



# PARENT PAGE

April 17, 2015

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[http://sunburywest.nbed.nb.ca/About\\_Our\\_School.html](http://sunburywest.nbed.nb.ca/About_Our_School.html)

## MISSION STATEMENT

All students will receive an education that will help them to develop their potential as community members and life-long learners in a changing world.

## Office

Please call Miss Marilyn at the SWS office if you have had any change of contact information or address.

As we practice safe arrival, please call or email if your child is going to be absent or tardy.

[Marilyn.allaby@nbed.nb.ca](mailto:Marilyn.allaby@nbed.nb.ca) Thank you.

We are looking to receive gently used K – 5 sized socks and grade 5 – 8 sized pants. If you have any that you would like to donate, please drop off at the school office. Thank you.

## Grade 8 Quebec Trip

The balance for Québec is due April 24th.

## Guidance Corner

Guidance Corner

It is reported by The Hospital for Sick Children in Toronto that five of every 100 adolescents suffer from unhealthy obsessions with food.

One mistaken notions parents have is that “All an Anorexic needs to do is eat a sandwich.” One parent recalls how after a visit to an Emergency room one eating disorder sufferer told her that the doctor told her to go home and eat a bagel. But many of the features of an eating disorder involve more than simply eating more; it involves self-discipline, perfectionism and wanting to please others – traits that are often socially desirable in females. “Parents need to learn as much as they can about eating disorders before

<u>Dates to Remember:</u>	
April 20 <sup>th</sup>	Grade 8 Orientation to OHS
April 21 <sup>st</sup>	Grade 6/7 E & FI UNB – Space presentation with Chris Hadfield
April 22 <sup>nd</sup>	Entire School travelling to OHS for the Drama Presentation of The Little Mermaid.
April 22 <sup>nd</sup>	Lights Out Canada
April 30 <sup>th</sup>	<b>CANCELLED - Professional Development Day.</b> <b>THIS WILL BE A REGULAR SCHOOL DAY FOR STUDENTS</b>
May 1 <sup>st</sup>	NBTA Subject Council Day, no school for students
May 8 <sup>th</sup>	Welcome to Kindergarten – 1 pm to 2 pm
May 8 <sup>th</sup>	UNB Math Competition – Mme Clerk and selected gr. 6, 7 and 8 students
May 11 <sup>th</sup>	NBTA Branch Meeting, no school for students
May 18 <sup>th</sup>	Victoria Day, no school for students
May 21 <sup>st</sup>	Headstart Early Registration for 2015/2016 6 – 7:30 pm SWS Cafeteria \$35.00 Registration Fee, please bring immunization record and medicare card. Any child born in 2011 is able to register.
May 23rd - May 25th	Grade 8 Quebec Trip
June 4 <sup>th</sup>	Athletic Awards 6:30 pm
June 12 <sup>th</sup>	SWS Family Picnic 11 am (rain or shine)
June 15 <sup>th</sup>	Advancement Ceremony 6:30 pm
June 18 <sup>th</sup>	Farewell Dance 6 – 8:30 pm
June 19 <sup>th</sup>	Last Day of School for Students, Bus Drivers and Education Assistants.
June 23 <sup>rd</sup>	Last Day of school for Teachers
June 26 <sup>th</sup>	Last Day of school for Admin.Asst./ School office – closed until Aug 17th.

confronting their child and they need to provide security and structure from which the child will begin to relinquish food and weight preoccupations.”

Warning Signs of disordered eating”

- 1) Excessive concern about weight, shape and calories
- 2) Tendency towards perfectionism and self-criticism
- 3) Guilt, shame or secrecy associated with eating
- 4) Increasingly vigorous exercise routines
- 5) Strict avoidance of certain foods particularly those considered ‘fattening’
- 6) Feeling fat regardless of body size
- 7) Weight and food control determining feelings about her/his worth

### **Student Corner**

#### **The Package In The Mail by Jayden. Gr. 5**

Ahhhhh! Thump!! Sorry for the screaming explosion it was just my sister screaming and fainting. My sister got a package from my mom for smiling in one Christmas concert picture. One picture. It all started about two month ago, on a weekend.

One rainy weekend my mother asked me if I could get the mail. I said “sure but Hunter comes with me”. So mom let me take Hunter. I opened the mailbox and there was a key that said B on it. I looked for the mail box that said B on it. It was a very big mailbox, but I opened it anyway, and there was a package. I brought it home.... mom said that it was for Jorja for Christmas. When my mom was explaining to me what it was Jorja walked in the door.

Two hours later Jorja wanted to play Barbies with her new dolls. She asked mom, and mom said yes, but mom did not know that Jorja still had her boots on. A couple of minutes later Jorja came upstairs and her boots were scuffed!

Jorja was crying because they were scuffed, it was really light brown but it was pretty bad. Soon

enough Jorja had her own river of water!

Luckily mom had a brown marker handy. Once the boots were finished they looked brand new. Mom said that if Jorja scuffed them again, she would lose them for a year.

That afternoon Jorja and Hunter went downstairs to play lego (hint - Jorja still had her boots on). The lego bucket was small so Jorja had to go on her knees. A few minutes after, mom asked Jorja to clean her room. Jorja ran like a puma. She went to take her lovely boots off and they were scuffed! Jorja had no choice but to hide them under her bed.



The next day Jorja had to go to (the most awesomeness sport ever) hockey. My mom cleaned Jorja’s room and Hunter helped (more like throw stuffies). Anyway, he went under Jorja’s bed when mom ran to get the phone, and saw the boots! Hunter said to mom “color” mom was on the phone so Hunter did not get a response. Hunter looked under Jorja’s pillow and saw a red marker, he popped the cover off and stared colouring.

Jorja came home and mom said that she cleaned her room. Jorja thought mom saw the scuffed boots so she ran upstairs, looked under her bed and....a big thump come from upstairs. Mom rushed up and saw Jorja laying on the ground.

Jorja’s feet were under the bed, mom went to pull them out and found the boots, a red marker and when mom tried to pick Hunter up he had red hands. I guess Hunter got caught red handed. Mom picked up Jorja and put her in her bed. Jorja still wears them but I guess she doesn’t care that they are scuffed only if they are still high heels.

Thanks for taking your time and reading my story.



# Sunbury West Shool

This year we are excited to use Regal Gifts for final steps in the purchasing of our playground equipment. Please use the link below to place your order. Items are shipped directly to your home.

They offer more than 1000 products with hundreds being priced under \$20. We are sure everyone can find something either for themselves or as a gift for family and friends.

### Important Points

1. Regal has designed our own website for safe and secure ordering – [www.sws.shopregal.ca](http://www.sws.shopregal.ca)
2. **The website can be viewed using any internet browser at address line but cannot be found using a search tool i.e. Google, it will not direct you to the website.**
3. You can start placing your orders immediately and all orders must be placed by **May 31<sup>st</sup>, 2015.**
4. After placing your order on our web store, the products are delivered directly to you. In stock items generally arrive within 7-10 business days.
5. To ensure your order is delivered quickly, we need you to either enter a physical address (not PO Box) or include your phone number when asked during the order process. For speedy delivery we recommend including both.
6. Regal has a low shipping rate - only \$5 per order under \$124.99 or 4% of the order total if your order is \$125 or more. ( plus taxes)
7. Our Organization earns at least 30% on every order and up to 35% if we all buy more!!
8. Product Exchanges are done directly through Regal's Exchange Centre – [www.regal.ca/exchangecentre](http://www.regal.ca/exchangecentre). Refunds can be requested through the Centre as well as long as your campaign is open. After the campaign closes you will only be able to receive an exchange.

**We thank you for your continued support!!**

### Tri-County News

- Ball Hockey Program- 8 week program for Kids, Youth and Adults starts Wednesday, April 15<sup>th</sup> until June 3<sup>rd</sup>. Sticks, goalie pads and goalie masks are provided by TCC for youth. Ages 5-8 on Wednesday @ 6:30pm, Ages 9-11 After school Thursday 3:45,

Ages 12-14 After school Wednesday 3:45, HS Wednesday @ 7:30pm and Ages 18+ Wednesday @ 9:00pm. Cost is \$30 for this 8 week session. To register please contact us 368-2422 or [info@tri-countycomplex.ca](mailto:info@tri-countycomplex.ca)

- FREE YOUTH DROP IN PROGRAM- Start's Thursday, April 16<sup>th</sup> and will be held every Thursday until June 18<sup>th</sup> from 6pm-9pm. Activities to include ball hockey, basketball, indoor soccer, indoor tennis, dodgeball, bowling and more!! Free for all of our youth within the Tri County area. For more info, please contact us anytime

- TRI- COUNTY AUCTION- SATURDAY, MAY 23<sup>rd</sup> · VIEW FROM 9 AM-10 AM- AUCTION FROM 10 AM-1 PM. DROP OFF NEW OR OLD ITEMS PRIOR TO OUR EVENT

Lots of great items from large appliances, furniture, paintings, crafts, baked goods and much more

- 6 week Soccer Program- Kids in K-8 on Monday Nights from May 25<sup>th</sup> –June 29<sup>th</sup>. Program will run from 6pm-7pm at the SWS Soccer Field and cost is only \$15!!! MUST PRE REGISTER

- Summer ACTIVE Day Camp at TCC - The Tri-County Complex takes pride in offering quality camping experiences to youth between the ages of 5-12years. All programs are recreational and designed for children of all levels with fun in mind. Our camps offer variety activities such as arts and crafts,

capture the flag, theme days, bowling, painting class, scrapbooking and much, much more. Contact us for more information 368-2422

Keeping checking out our website and FaceBook pages for more info!



