



Cambridge Times

February 2016 Newsletter

From the Principal

Staff Appreciation Week! In February we take the time to recognize staff and their efforts to support students and the school community. They demonstrate daily, their commitment to provide the best experience for your children in their early years of learning. They continually strive to do what is best for the students. I am very proud of all the staff at Cambridge and District School and truly appreciate all they do. They all play a unique and important role in the day to day functioning of our school and it is because of their efforts that our school continues to improve and be a safe and caring learning environment for the students.



Skating. We are enjoying our skating program and are certainly faring better in terms of available volunteer team. You have made a tremendous difference and added to the experience for all.

Feb 12. Spirit Day. Next Friday we would like children to wear red, pink or white combinations in honor of **Canada Flag Day as well as Valentines.** Home & School will be delivering Candy Grams in honor of Valentines day where we celebrate our friends in kind ways. This is a wonderful activity that we all enjoy and special thanks to our Home & School volunteers who have worked hard to create them all for our students. The money raised will go to The Children's Wish Foundation **Primary Registration** We will be welcoming our new primaries this month. Registration takes place February 25th. There will be no school for the Primary students in Ms. Daniels class on this day. If you know of any families in our area with school age children it would be helpful if you directed them to call the school at 902-538-4680.



Feb 29 Sweater Day "Lets Beat the Winter Blues" by wearing blue, green, brown and earth colored sweaters. put on your favourite, warmest or maybe your wackiest sweater and help bring awareness to energy conservation and action on climate change! You may wonder, what does a sweater have to do with climate change? National Sweater Day is a day to think differently about how we use energy and how we can all play a role in tackling climate change in Canada. Turning down our heat and wearing a sweater is a small action that is symbolic of bigger change. Imagine the possibilities! Crystal Turner-Tracy, Principal

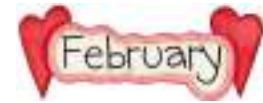
Primary Registration

Primary Registration will take place on February 25, 2016. If you have a child who will be 5 by December 31, 2016 please phone the school as soon as



possible to register your child and to arrange an appointment time for February 25th. If you know of any families with a child who

will be starting school in September of this year, but may not see this newsletter, please let them know to call the school. 902-538-4680



Dates to Remember:

- Feb 5** Cambridge Night at Wildcats game 7pm Apple Dome
- Feb 8** CandyGrams Due back at school
- Feb 10** Skating All grades
- Feb 12** Wear Red, White or Pink
- Feb 15** Heritage Day **NO SCHOOL**
- Feb 17** Home & School 7pm Library
- Feb 24** Early Dismissal 11:35 am
- Feb 25** Primary Registration
- Feb 29** Wear a Sweater

Inside this issue:

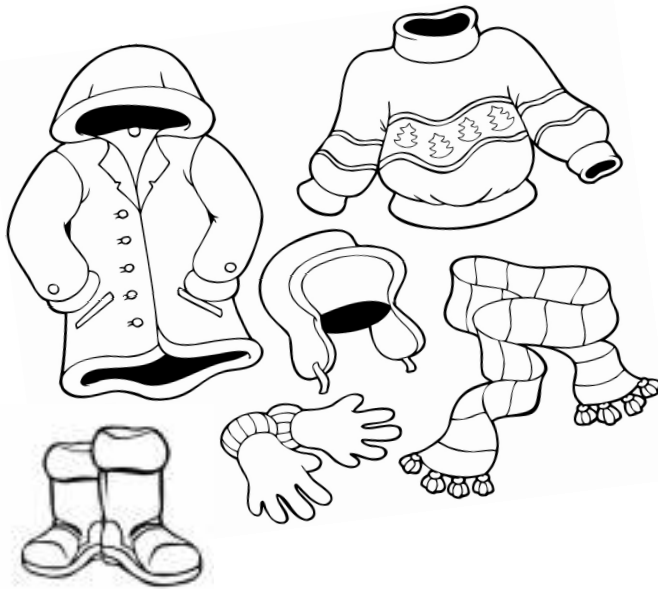
Air Quality	2
Alert Solution Information	2
Dress for the Weather	2
Wildcats Game	2
Hot Lunch Menu	3
Feb & Mar	
Community Events	4

Impact of Low Humidity

It is the time of year when the weather turns colder. As cold air can hold less moisture, as it becomes colder outside, the air dries out. This dry outside air is then brought into schools through open windows and doors or by mechanical air handling systems, as it does throughout the year. However, because the air is dry it may have a negative impact on school occupants, both staff and students. Eyes can be dry and irritated, skin can be dry and itchy and noses and throats can be dry and feel irritated. Nosebleeds can be more frequent. This is the indoor environment in many buildings during the winter. Knowing that the air is dry, it is recommended that school occupants continually sip water throughout the day both at home and school. In addition, because dry noses and throats can make people more susceptible to germs, frequent hand washing is encouraged.

Dress for the Weather

Dress for the weather as ALL students will go outside at recess & noon! We do not have indoor supervision. **Coats, Hats, Mittens, Boots!**



Important Info about Alert Solutions

When an unplanned early dismissal happens during the school day, schools work with AVRSB to notify parents/guardians and school community members. Unplanned early dismissals are caused by worsening weather conditions, power outages, etc. Starting February 1, 2016, AVRSB will use Alert Solutions in addition to our current ways of communicating about unplanned early dismissals. AVRSB will communicate unplanned early dismissals by:

- Twitter messages (follow @avrsb)
- Announcements on local radio (AVR Network, Magic 94.9, K-Rock 89.3, and CBC Radio 1)
- Information on the AVRSB website (www.avrsb.ca)
- Alert Solution messages by text, email and/or phone for affected school(s)

- AVRSB's "Notify Me" text/email service, in cases where the dismissal affects a large number of schools (subscribe or unsubscribe at <http://avrsb.ca/content/notify-me>)

Some schools may also continue to use their own processes to notify parents/guardians about unplanned early dismissals.

AVRSB will continue to communicate **early morning notices and cancellations** related to weather and/or road conditions by:

- Twitter messages
- Announcements on local radio
- Information on the AVRSB website
- AVRSB's "Notify Me" text/email notice service

Wildcats Game

The Wildcats will be hosting a "Cambridge School night" at the Wildcats game in Berwick Friday night, Feb 5th. Game time is 7 PM. Students from Cambridge School will get in FREE to the game, but must be accompanied by an adult.



Hot Lunch Menu

Milk	0.40
Water	0.40
Apple or Orange Juice	1.00
Whole Apple	0.75
Apple Wedges	1.00
Banana Slices	0.75
Orange Wedges	1.00
Fresh Fruit	1.00
*** Frozen Choc Dipped Banana ***	1.00
*** Orange Juice Jello with fruit ***	1.00
Carrots & Dip	1.00
Veggies & Dip	1.00
Hard Boiled Eggs	0.75

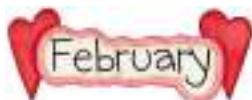
Gold Fish Crackers/fruit	1.50
Cheese & Crackers	1.50
½ Bagel with Butter	1.00
½ Bagel with Cream Cheese	1.00
Whole Bagel & Butter or Cr. Cheese	2.00
Cheese String	0.75
Yogurt	0.75
Raspberry Choc. Chip Bran Muffin	1.00
Homemade Bits and Bites	1.00
Healthy Rice Krispie Square	1.00
Cookies	1.50
Multigrain Roll	0.75

Daily Lunch Items

Sandwiches	1.50
Cheddar Cheese, Tuna, Egg, Chicken Salad or Cucumber	
Chicken Noodle Soup	1.50
Chili	1.50

Baked Potato	1.50
with cheese & butter	
Chicken Noodle Soup or Chili and Multigrain Roll	2.00

Hot Lunch Daily Meals \$3.00 each



Monday	Donair
Tuesday	Spaghetti & Meatballs
Wednesday	Grilled Cheese
Thursday	Perogies
Friday	Pizza - veggie or cheese



Monday	Burritos
Tuesday	Mac & Cheese
Wednesday	Grilled Cheese
Thursday	Sweet & Sour Meatballs
Friday	Pizza - veggie or cheese

All meals include a 2% milk and fruit or vegetable of the day. The cost is \$3.00.
If your child prefers juice, the cost is \$4.00.

If there is a **holiday or in-service** on Friday,
pizza day will be moved to **Thursday**.

Thank you to Valley Pizza for providing us with whole wheat crust pizza.

Cambridge & District Elementary School

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E-mail: cads@avrsb.ca

www.cambridgeelementary.ednet.ns.ca

Working Together for
Students!

Community Events

Berwick Recreation is pleased to offer the following free programs, and we hope students and parents will enjoy them!

- Free Family Open Swim at the Nova Scotia Youth Facility in Waterville, Sundays, 4:30 to 6:30 pm. January 10 and 17, February 7 and 31 and March 6 and 20
- Free Public Skating at the Kings Mutual Century Centre (Apple Dome), every Sunday from 11:55 to 12:45 until the end of March. (unless cancelled due to hockey tournament, etc. – updates on KMCC website).

VALLEY COMMUNITY LEARNING ASSOCIATION

Do you find it hard to help your children with homework? Would you like to improve your reading and writing skills? Do you wish your math skills were stronger? Is your spelling a little too “creative”? Do you have trouble filling out forms? The Valley Community Learning Association is committed to help adults reach their learning goals. If you want to upgrade your skills, get your GED, or become involved as a volunteer, contact the Valley Community Learning Association (VCLA) at 679-5252, or toll free 1-866-898-7323. **All our programs are free!** www.vcla.ca

MARCH BREAK CAMP AT ROSS CREEK

We are looking forward to a fabulous week at Ross Creek’s March Break Camp for children and teens. From Space Rangers to Unicorns, from Dragons to Whirligigs, there is something great for everyone aged 5-16. At Ross Creek we provide an amazing art day taught by professional artists and a great camp experience for kids on our 178 acres of camp and forest, led by our fabulous counselors. Whether searching for the Creekster, creating a masterpiece or making new friends, our workshops have something for every kid! We offer workshops in theatre, drawing, sculpture, dinosaurs, nature and science. Kids can come for a day or for a whole week of adventure and art. We cook lunch and snacks onsite and run our Camp bus around the valley for camper pick up. We also have bursaries for economically challenged families. For more information check our website: www.artscentre.ca or call: 902-582-3842.

MCAD is hosting an African and Caribbean Rhythm and Dance Show on February 27th 2016. Enjoy an evening of Live African Dance, African Drumming and Caribbean Dance (modern and traditional) performed by MCAD Instructors from various parts of Africa and the Caribbean. Dances will feature traditional African and Caribbean Dance, Afrobeats, Ndombolo, Kwaito and more! Time: 630pm Venue: St Margaret’s of Scotland, 3761 Robie Street, Halifax, NS Tickets are on sale now \$10 for students and \$25 for Adults.

Dykeland Equestrian Centre - Looking for a physical and fun activity for your child(ren) who love horses? Consider enrolling them in our March break riding school, March 14-18, 2016 to learn about handling horses and riding or to advance their skills and knowledge if they already are riders. Our day and residential riding schools are schools available for beginners to advanced and include riding lessons, fun activities and meal(s). Information and registration form are available on our website (dykelandequestriancentre.weebly.com) or contact (902) 542-3054 for details.

Hyronomous A. Frog ---A Family Show at CentreStage Theatre

Hyronomous, an inept and lonely frog prince, lives in a bog in the kingdom of Spamelot. Hyronomous is bored and unhappy as a frog. He’s larger than the other frogs and hates the taste of flies. But what is he to do? Can life change for him or is he destined to live on a log in a bog? Suddenly life changes for Hyronomous when he meets Gloria, the Good Witch and his life will never be the same!

There are 2PM shows on February 3,14,20,21,27,28 in the Upper Performance Centre, 61 River Street, Kentville. Tickets are \$7.00, call 902-678-8040 for reservations.

