



Cambridge Times

June 2016 Newsletter

From the Principal



Hello Families at home: although we still await the really warm weather one thing is certain and that is summer holidays are within reach. It has been a busy month and the month ahead will be busy as well. Friday will be our much anticipated Fun Fair for students and their families. Come enjoy a BBQ, games, prizes and take the opportunity to look at some antique cars and fire trucks set up by the Waterville Fire Department. We still need parent volunteers so please call the school or see a staff member once you arrive. We will also celebrate the Special Olympics Torch Run on Friday morning at 9:00. This represents 33 years of supporting Michel in with this special event to celebrate athletes and their accomplishments. We always enjoy their presentation and the opportunity to cheer and encourage our athletes.

Some of our students will have the privilege to meet up with the torch run athletes and run a short distance with them. Monday June 6th is our Spring concert with 1:15pm and 6:30 concert times. There are many class trips coming up in the coming weeks so be watching for info and permission slips to be coming home. Please be sure to get these back to us in a timely manner. Talent Show (1:15) and Field day (11:00-2:30) are tentatively set for 20th and 21st depending upon weather. We will communicate the dates once we have the weather forecast. Students will need to remember to wear sunblock, hats, sneakers, water bottles, etc. on Field Day. Please try to use unscented sunblock

if at all possible as we have several students and staff members who are extremely sensitive to scents. It is hard to believe that our grade 5 students will be leaving us shortly. We are looking forward to their Grade 5 Celebration on the 27th at 6:30 and wish all of them the best as they start a new chapter in their lives in Middle School. Students will be done school for the summer soon and we just want to remind you to continue their learning over the summer. Students should play math games and continue with home reading to ensure they do not lose all that they have learned this year.

Crystal Turner-Tracy,
Principal



Dates to Remember:

- Jun 3** Fun Fair 5:30 - 7:30 pm
- Jun 6** Spring Concert 1:15 & 6:30 pm
- Jun 10** Early Dismissal 11:35am
- Jun 20/21** Talent Show 1:15pm or Field Day (11-2:30) Weather will determine which day these will be held
- Jun 21** Aboriginal Day
- Jun 24, 27 & 28** - Marking Days **No School**
- Jun 27** Grade 5 Celebration 6:30
- Jun 29** **Last Day** **Early Dismissal** 11:35 am **Have a Safe Summer!**

Fun Fair - June 3rd 5:30 - 7:30 pm



Fun Fair will take place this Friday, June 3rd from 5:30 - 7:30 rain or shine. Please come out and enjoy a fun evening with your children and many families in

our community. There will be barbecued Jimmy Dogs, hamburgers and drinks available for purchase. Kids can enjoy some of our many games. Punch cards can be purchased for \$5.00.

Newsletter

Starting in September we will be switching to an electronic newsletter only. We will post the newsletter on our website. If you do not have access to the internet you can contact the school, in

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Donations

Breakfast club always welcomes donations of Cheerios or Shreddies (must be nut free).



We are **always** accepting donations of the following items as well:

Lego - children love playing with lego on indoor days.



Mittens - for those who forget theirs at home or theirs are wet and they need a dry pair.



Tick Season

It's a great time of year to enjoy the outdoors, but we need to be aware and careful in areas where there may be blacklegged ticks (also called deer ticks). These are very small ticks - sometimes as small as the period at the end of this sentence. They can carry the germ that causes a bacterial infection called Lyme disease. Deer ticks are found across Nova Scotia - so please share this letter with teachers, staff, students, parents and guardians. Follow these steps to help protect against ticks, especially in grassy, wooded or shrub covered areas:

- Apply insect repellents containing DEET or Icaridin to exposed skin and clothes. Follow directions on the package carefully.
- Wear light colored long sleeved shirts and pants, closed-toed shoes, and tuck shirts into pants, and pant legs into socks.
- Keep lawns mowed short.
- Put playground equipment in sun-

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

ny, dry places away from wooded areas, yard edges, and trees.

- Check your whole body for ticks and, when possible, take a bath or shower within two hours of coming indoors. This makes it easier to find ticks and washes away loose ones.
- If you find ticks, here's how to remove them safely:
 - Carefully grasp the tick with tweezers as close to the skin as possible.
 - Gently and slowly pull the tick straight out. Do not jerk, twist or squeeze it.
 - Clean and disinfect the site with soap and water, rubbing alcohol, or hydrogen peroxide.
 - Dispose of the tick in a sealed plastic bag and put in the garbage.

- Do NOT burn, squeeze or coax a tick's mouthparts from your skin using other methods.

The first symptom of Lyme disease is usually a rash that may look like a bull's eye target near the tick bite. The rash can appear anywhere from 3-30 days after the bite. Symptoms such as fever, headache, tiredness, stiff neck, pain and swelling in the joints and general body aches and pains may develop. Symptoms may appear over a period of months. If symptoms appear, it is very important to contact a health care provider. Lyme disease can be treated with antibiotics

To access a great educational video for kids about how to protect against tick bites, and to learn more about Lyme disease and blacklegged ticks, visit <http://www.novascotia.ca/hpp/cdpc/lyme.asp> - or call your local Public Health office at 542-6310.

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

Hot Lunch Daily Meals \$3.00 each

Monday	Chicken Caesar Wrap
Tuesday	Chicken Drumstick & Oven Baked Wedges
Wednesday	Grilled Cheese & Veg/Dip
Thursday	Nachos & Cheese
Friday	Pizza - veggie or cheese

As year end is coming we will be using up the food we have available and therefore items may become unavailable as the end of the school year approaches. Students and staff will be notified by announcement when items are no longer available.

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.

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Working Together for
Students!

Community Events

Canadian Parents for French Summer Camps 2016

Canadian Parents for French offers a wide variety of French summer camps to help your child learn French - while having fun! Registration is now open.

In Nova Scotia, we have a wide variety of camps for all ages. The FrancoForum is an international camp that takes place on the French island of St. Pierre. This camp is open to core French and immersion students, aged 14-18 years, from June 6-10. The Sea Kayak Adventure Camp and Nautical Camp take place on the Magdalen Islands from July 10-16. Campers meet in Souris, PEI where they are escorted on the ferry by Canadian Parents for French chaperones. For younger campers there are day camps available in July on both sides of harbour. Camp Chocolat is located close to the Hydrostone in Halifax. Camp Chocolat will run for three week long sessions from July 4-22. Camp du Soleil offers two week long at the Dartmouth Sportsplex from July 18-29.

The month of August starts off with Camp Artistique from August 1-5. This is a smaller camp for ages 10-14 yrs. Located close to Digby, this camp has lots to offer. Our final and largest camp of the season will be held in Sambro Head from August 21-27. Camp de la Baie is for campers from 10-14 yrs. This is a great refresher before school or a confidence booster for students going into the late immersion program. Campers sleep in heated cabins and access to up-to-date sports and waterfront facilities. For information on camp dates, ages and costs, please visit ns.cpf.ca. Or contact, Erin MacDonald, Camp Coordinator at the Branch office, cpfprograms@ns.sympatico.ca. Registration forms can be accessed at ns.cpf.ca.

SUMMER CAMPS AT COTTON TALE CAFE + PLAY! www.cottontale.ca

Lego Week: July 4th-8th, ages 5-8 "Everything is Awesome" at CottonTale Café + Play at this week's **Lego Camp!** Kids will be building life size lego, paint with lego, make jello lego molds, and create their own stop motion animation! Get ready for a wacky week!

French week: July 18-22, ages 5-8 *Allons-y!* to CottonTale Café + Play for this week's **French Camp.** Kids will be putting on a French fashion show and puppet show, create their own commercials in French, and have a special guest teach us some fun French games! Everything in French, of course! This week is going to be *fantastique!*

Disney week: July 25-29, ages 5-8 Experience Disney magic at the CottonTale Café + Play at this week's **All Things Disney Camp!** Kids will create puppets and put on their own Disney puppet show, dress up as their favourite Disney Characters and have a special guest help us create our own fairy-tale castles! It's going to be a magical week!

Music time, yoga in the park, outdoor water games, and take home art activities are offered in each camp. A healthy choice of lunch and snacks are included daily as well.

Cost of each week is \$225 per child and runs Monday-Friday 9:00-3:00

Enroll soon - camps are limited to 10 participants each week.

Contact CottonTale Cafe + Play 902-680-1691

Munsch At Play! Back by popular request: Cotton Tale Cafe + Play is once again hosting the Travelling Trunk Troop and their marvelous collection of Robert Munsch stories. Sunday, June 19 at 2 pm 5.00 per person

REFUGEE WELCOME DAY & SUMMER CAMP AT ROSS CREEK!

We are looking forward to a fabulous **summer** at Ross Creek's **Summer Arts** Camp for children and teens. From Panthers to Picasso, from Architects to Writers, there is something **great for everyone aged 5-18!** **Animation, Dr. Seuss, Jungle Jamboree, DRUMS, Crazy Comics, Fashion Design, Theatre, Film, Urban art** and **so much more.** **Come for overnight or as a day camper.**

Lunch provided for all campers. For more information or to register visit our website at www.artscentre.ca or give **Josh Darling** (Camp Registrar) a call: 902-582-3842. Camp Bus available: **For day campers** our camp bus runs from Wolfville to Coldbrook.

Also come join us for our **WELCOME DAY** and Camp open house on the 15th of May. 1-7pm. This is a fundraiser to bring a refugee family to Canada. Music by: Ida Red, SWIG and Andrew & Lise Rand. Pot luck, Art activities for kids and adults, storytelling and live music. All proceeds go to the interfaith and Community Refugee Support Group.

