

CAMBRIDGE SCHOOL NEWSLETTER



September 2013
Edition # 1

Dates to Remember

Sept 12	Stand Up Against Bullying - "Wear Pink to Show It"
Sept 17	Early Dismissal 11:35am
Sept 18	Open House Night 6:30-8:00pm
Sept 20	Terry Fox Walk 1:15pm
Sept 23	Kings County In Service, No School for students
Sept 24-Oct 4 th	Provincial Assessments (Grade 3 & Grade 4)

SCHOOL NEWS

Our first week of school has flown by and we have had a wonderful start to our year. Your children are fantastic and we are happy to be together again. We are now a primary to grade 5 school with 9 homeroom classes which range in size from twenty to twenty seven students. All in all it has been an excellent beginning and I thank you for all your preparation work in August to assist your child.

You are receiving lots and lots of information:

- **School Brochure (salmon).** This will provide you with holiday and in-service dates and information about our school.
- **Registration forms.** Please make any changes/additions or corrections and send the form back. It is extremely important to us to have the phone number of an alternate person to call should your child become ill during the day. Please note you must sign and date the form in TWO (2) separate places
- **Student Accident Insurance (SIP) Brochures-** every student is covered under the basic plan for free.
- **AVRSB Consent of use of Student Images, Names and Student Work (white) to be returned.**
- **Unexpected early Dismissal (beige)...please return**
- **Communication Plan (blue)**
- **School Safety Protocols (pink)**
- **Dress Code (white)**
- **Playground Expectations (white)**
- **Department of Education: Bullying and Cyber Bullying: what we need to know.** To be sent

Peanut FREE, Scent Aware and Pet Sensitive

Due to allergies in our school we need to keep our environment healthy for all, therefore we ask you not to send any items with peanuts to school. We are also pet sensitive and do not accept pets, animals and birds in our building. In addition we ask you and your child to refrain from using scented products or sending items such as deodorant and sunscreen to school. These items can be applied at home.

In case of serious health issues like suppressed immune systems, we work closely with families to ensure protection against those items and illnesses which can impact on the student. Communication is extremely important if your child has an allergy, so please be sure to make us aware of any concerns.

Walk to School SAFETY

Please remain aware that there are many walking students who need to travel across the Central Kings driveways. They are painted as crosswalks and all vehicles need to wait for students to cross safely.

We are also in need of a new Crossing Guard to work 10 hours per week (minimum wage) at the intersection of the hours are 8:00-9:00 and 2:30-3:30. Please contact Mrs. Tracy at the school if you are interested in applying for this position.

Early Morning Drop-Off Time

Our morning supervision for bussed students begins at 7:45 am. A second Educational Assistant begins supervision at 8:00. Students **cannot** be dropped off by parents/guardians until 8:00 a.m. when our second EA is on duty. Please help us to keep your children and our students safe.

End of day Protocols Pick up

Our school day ends at 2:35 and those being picked up, walking or biking home will be dismissed at 2:45 following busses being safely off school property. Please be reminded that picking children up early is disruptive to classroom teaching and we need your cooperation to protect instructional time. If you must do so for a medical appointment please provide a note to the homeroom teacher so they can prepare.

Open House Wednesday September 18, 2013

6:30 -6:50 All Parents/Guardians meet in the gymnasium. Introduction of staff by Mrs. Tracy, Principal

7:00 - 7:15 Information session in all classrooms. Specialist teachers also available in their classrooms

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As you will see from the above schedule, each teacher will present twice after the session in the Gym. If you have two children, you can visit both teachers this night. If you have three or more children...please go the two teachers who are new to your family. **Please note:** This is not a night to discuss your individual's child's progress but to discuss curriculum.

Terry Fox Walk

Our annual Terry Fox Walk will take place **Friday, Sept 20 at 1:15 pm.** Parents and Guardians are welcome and encouraged to come and join us for this worthy cause. Cross Country runners will have the opportunity to run the route. It looks to be great fun for all. Further information will be sent home at a later date.

Student Attendance

Consistent student attendance is important. When a child is frequently absent from school he/she misses important learning experiences including specific skills and knowledge that may be necessary for further learning. The real danger of frequent absences from school is that students will develop gaps in their learning that will hinder future learning. It is understood that there are legitimate reasons why students must miss school. When this occurs, the school will work with you to ensure your child does not fall behind. Please communicate these situations with the child's teacher and the school principal.

There are also many examples of students missing significant time when it is not necessary. Please take school attendance seriously, be consistent in ensuring that your child values the importance of a good education. Make sure he/she goes to bed at a reasonable time and gets a good night's sleep. Do not hesitate to phone the school if you are encountering difficulties getting your child to attend school. Allow us to work with you to find solutions. We are willing to sit with you to look at your child's programming and school experiences as well as any other factors that may impact on your child attending school.

Home and School News

The Home & School Association is a volunteer organization made up of interested parents working alongside the schools staff to help support the needs of the school and its students. There is a General meeting every month, which you are all invited to attend. This gives parents and others interested in children and their education the opportunity to be involved in decisions being made in our school. Everyone is welcome and we look forward to seeing you there.

- The first Home and School meeting for year will be coming up on September 17 at 7pm in the Library. Please join us to learn more about the latest at Cambridge and District Elementary!

Child Abuse Registry/Criminal Records Check

If you plan to volunteer in the school or take part in class trips you need to have a Criminal Record Check through the RCMP and a Child Abuse Registry check as well. We encourage and welcome volunteers. Please see Jannet in the office for the appropriate forms. It can take several months to be approved to work with children in schools so it's best to get this done sooner than later.

Fluoride Mouth Rinse Program

Public Health Services is pleased to offer a weekly fluoride mouth rinse to all students at Cambridge & District Elementary School. Information and consent forms will be sent home next week. The program needs VOLUNTEERS - look for sign up information on the consent forms. We need you to make this work.

COMMUNITY NEWS

KINGS MINOR BASKETBALL ASSOCIATION (KMBA) 2013-2014

For boys and girls grades P-8 (age 4-14)

WEBSITE: www.kingsminorbasketball.com

Give Basketball a Try- Pre-Season FREE Sessions (no registration required)

Returning Players: attend these sessions to help welcome new players to the game and get a head start on the new season!

Dates: Saturdays: Sept 14 & 21 & 28 @ Coldbrook School

Tuesday nights: Sept 17 & 24 6-8pm @ Coldbrook School

Times and Age Groups: Listed on the KMBA website: www.kingsminorbasketball.com

Requirements: Clean sneakers, gym clothing, water, good attitude!

Coaches will introduce kids, encourage, help and teach!! GREAT FUN!

The **Berwick and District Nursery School Co-operative** is still accepting enrollment for the 2013-2014 school year. If you are interested in a quality pre-school program for your 3-5 year old to ready them for elementary school call 538-9680 for more information!

Learn-to-skate with **CanSkate !**

Lessons are led by NCCP certified **Professional Coaches** and will teach **Fundamental Skating Skills** that pertain to **hockey, ringette, speed skating, figure skating and safe recreational skating.**

New Time! SUNDAYS from 5-550 pm

Starting Sunday October 20th ~Kentville Centennial Arena~

~ REGISTRATION Information ~ Cost \$200 (tax included)

Program runs from October 2013 – March 2014, ending with an ice show!

SEPTEMBER 14th 9-12 noon at CLEVES Source for Sports, New Minas

SEPTEMBER 19th 430-7pm at Kentville Centennial Arena (warm room)

Space is Limited to ensure Quality!

For more info contact Michelle mbarkhouse2013@gmail.com Like us on Facebook!



The Western Kings Community Health Board, one of the 5 Community Health Boards within Annapolis Valley Health, has a mandate to improve the overall health of the community using a Population Health approach. We recognize that a healthy community is one in which barriers like income, education, physical and social environment, healthy development, etc (Social Determinants of Health) are diminished. The WKCHB is currently recruiting volunteer membership. If you live within the Western Kings catchment area and have an interest in population health and health communities, Go To :

http://www.avdha.nshealth.ca/sites/default/files/wk_chb_electronic_brochure_-_july_2013.pdf

The "**12th Annual Registration/Information Session**" for all local youth groups in Berwick and area takes place **Friday, September 6th** from **6:00 – 8:00 pm** and **Saturday, September 7th** from **9:00 am to 12:00 noon** in the Town Hall Gym. Please contact Berwick Recreation at 538-8616 for more information.

The Terry Fox Run - Sunday, September 15 at the Berwick Town Hall. Registration at 1 pm, Run starts at 1:30. Everyone is welcome - pledge sheets are available at the Town Hall or on-line at www.terryfox.org. Please contact Berwick Recreation at 538-8616 for more information.

Girl Guides Canada

Girl Guides is having an information and meet and greet for parents interested in enrolling their kids in Guiding. Please come in to talk to leaders and get information on how to register your girls for the coming year. Meeting will be held at the **Coldbrook Lion's Hall September 11 at 6:30** . Accepting girls of all ages. We look forward to seeing you there.

- Sparks Grade primary and grade 1
- Brownies Grade 2 and grade 3
- Guides Grade 4, 5 and 6
- Pathfinders Grade 7 and 8

Cambridge Hot Lunch Menu September

Chocolate Milk	1.00
Water	1.00
Apple or Orange Juice	1.00
Apple or Orange Wedges	0.75
Fresh Fruit Bag	1.00
Fresh Veggie Bag	1.00
Hard Boiled Eggs	0.50
Cookies	0.75
Gold Fish Crackers/fruit	1.00

½ Bagel with Butter	1.00
½ Bagel with Cream Cheese	1.50
Whole Bagel with Butter	2.00
Whole Bagel with Cr. Cheese	2.00
Cheese Strings	0.75
Yogurt Tubes	0.75
Homemade Bits & Bites	1.00
Apple	0.50
Multigrain Roll	0.50

Daily Lunch Items

Sandwiches 1.50

Cheese slice, Tuna, Egg or Chicken Salad

Baked Potato 2.00

comes with cheese & butter

Hot Lunch Daily Meals \$3.00 each

Monday Cheese pizza buns with veggies and dip

Tuesday Chicken Caesar Wrap

Wednesday Homemade Mac and Cheese

Thursday Grilled Cheese Sandwich

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 chocolate milk or juice, the cost is \$3.65. A second Hot Lunch Item is available for \$2.00 after then purchase the first meal for \$3.00.

*** Please note ***

If Friday falls on a holiday or in-service day, Pizza day will be moved to Thursday of that week. We would like to thank Valley Pizza in Coldbrook for providing us with their pizza made on a special whole wheat crust.