



Cambridge Tigers

Newsletter



From the Principal

What a wonderful Fall we have all enjoyed. Five weekend of sunshine, apples and farm fun have kept our students busy, outdoors and happy. We talk a lot about the weather and the importance of lots of outdoor play, fresh air and sunshine. You will notice that we work hard in all kinds of weather to see that your children enjoy outdoor play during the school day. It positively

burns off energy, creates physical and mental well-being and is an important part of the school day. You can support your child by never assuming it will be an indoor day and having your child prepared with warm coat, hat, mitts and outdoor footwear. The month ahead looks to be an exciting month and we are hoping to see you at our Remembrance Day Assembly on Fri-

day Nov 8th at 9:00 as well as our Home & School Fall Sale on November 16th from 10-3pm. We have much to be thankful for in this strong and vibrant school community, so come on out and support us all in continuing our great school traditions.

Crystal Turner-Tracy
Principal



November 2013



Dates to Remember:

- Nov 1** - In-service
No School for Students
- Nov 5** - KEYSS Clinic
- Nov 8** - Remembrance Day Assembly
- Nov 11** - Remembrance Day
- No School
- Nov 15** - Early Dismissal 11:35 am
- Nov 27** - In-service
No School for Students
- Nov 28** - Reports Go Home
- Dec 5** - Parent/Teacher

Drive Away Hunger



Because of our Communities' very generous support we collected and donated 336.5 pounds of food for the Annual Drive Away Hunger Food Drive. Thank you for your support.

Fabulous Fall Sale

November 16th - 10 am to 3 pm, Cambridge & District Elementary School hosts a fall sale, 6113 Hwy, 1, Cambridge (next to Central Kings). Tables \$25, contact Charlyn, cmcswebster@hotmail.com.



Variety of vendors, door prizes, coffee and treats room. Admission \$2 adults, free for all students. Presented by Cambridge Home & School volunteers.

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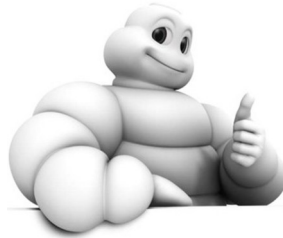
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Michelin Challenge Education



Michelin Challenge Education has challenged our whole student body to read for 250 hours in school by early in December. If they reach the 250 hours they will be rewarded for their ef-

forts by Michelin. At the time this newsletter was printed we were approaching 50 hours.



Grade 5's Bake Sale at the Fall Sale



The Grade 5 Students and Parents will be hosting a bake sale during the Fall Sale on November 16th. Parents are asked to contact Mrs. Nickerson to contribute baked goods and sign up for time to work at the Bake Sale table. The funds raised will be use for their year end activities and closing ceremonies. All items need to be **Nut Free**.

Kings Early Years Screening for School (KEYSS)

Preparing a child for their first day of school can be stressful for both the parent and the child. KEYSS strives to make this transition period easier for all involved. KEYSS clinics provide parents with valuable information on preschool behaviours, school readiness, healthy living, physical activity, and safety. KEYSS clinics can help identify any developmental, hearing, speech or

vision difficulties a child may have, and directs families to appropriate services before school entry. Friendly professionals provide enjoyable activities for children and parents.

The place and dates of the KEYSS 2013 clinics are:

Cambridge Elementary - November 5
Aldershot Elementary - November 14
Glooscap Elementary - November 20

Children born in 2010 are encouraged to attend. Parents can register your child and secure a spot by calling the KEYSS coordinator, Tina Lutz, at Valley Child Development Association, 678-6111, online at <http://www.earlyyearsscreeningforschool.ca> or at the AVRSB website under parents and 3 year old screening.

Coats for Kids

Coats for Kids is a program supported by Chuck's Auto Repair & Service and the Coldbrook & District Lions Club-where Winter Coats and Boots are provided for children in need. If you have a child or children that will need a coat or boots for winter please call the school office at 538-4680 and we will pass your name and phone # on to the Coldbrook & District Lions Club and they will contact you for sizes and whether you need a coat or boots for a girl or boy.



Home & School

The next Home & School meeting will be on November 19th at 7pm. Parents and community members are encouraged to attend.

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sion \$2 adults, free for all students. Presented by Cambridge Home & School volunteers.

If you have any questions contact Home & School Volunteer Sara Keddy at 538-9191 or cskeddy@hotmail.ca



Hot Lunch Menu November

Chocolate Milk	1.00	½ Bagel with Butter	1.00
Water	1.00	½ Bagel with Cream Cheese	1.50
Apple or Orange Juice	1.00	Whole Bagel with Butter	2.00
Apple or Orange Wedges	0.75	Whole Bagel with Cr. Cheese	2.00
Fresh Fruit Bag	1.00	Cheese Strings	0.75
Fresh Veggie Bag	1.00	Yogurt	0.75
Hard Boiled Eggs	0.50	Homemade Bits & Bites	1.00
Cookies	0.75	Apple	0.50
Gold Fish Crackers/fruit	1.00	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 Homemade Chicken Noodle Soup
Tuesday Pizza Buns
Wednesday Tuna Casserole
Thursday Grilled Cheese
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 they purchase the first meal for \$3.00.

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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Working Together for Students!

Community Events

Home & School Fabulous Fall sale

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Annapolis Valley Chapter of Autism Nova Scotia

We are the Annapolis Valley Chapter of Autism Nova Scotia, a not-for-profit organization providing programs and services for those living in the Valley with an Autism Spectrum Disorder diagnosis. We offer social groups for teens and young adults, arts and crafts for elementary school children and music therapy

for all ages. We present monthly information sessions on topics as varied as Sleep Strategies, Naturopathic Medicine and Assistance Dog Guides. We offer workshops on subjects like Estate Planning and Social Stories. And we put on family events that take us to the zoo, the local corn maze and the bowling alley. We welcome all ages and abilities. If you would like further information, please call as at our Berwick office at 375-3031 or email us at avautism@gmail.com

The Annapolis Valley Chapter of Autism Nova Scotia is pleased to offer several 8 week after Music Therapy programs for children with Autism Spectrum Disorder. These sessions are FREE to families and being offered in Berwick for Pre-school children on Thursday afternoons, in Kingston for Elementary and Middle School Students on Thursday after school, and New Minas for Elementary and Middle School Children on Tuesday after school. The sessions will be led by **Brenda Johnson**, MEd Counseling, MTA, a qualified Music Therapist and Counseling Therapist who has extensive experience with autism at all ages. Brenda's strength based approaches combined with the elements within the music create a safe and playful environment to facilitate therapeutic goals while providing a positive social experience.

Locations:

Kingston and District Elementary School (Music Room) Thursday from October 10th, 17th and 24th, November 21st and 28th and December 5th, 12th and 19th.

Group 1: ages 5-9 from 4:00 pm - 5:00 pm

Group 2: ages 10-15 from 5:15 pm - 6:15 pm

Berwick area (TBA) Thursday from October 10th, 17th and 24th, November 21st and 28th and December 5th, 12th and 19th.

Pre-school age: 2:00-3:00pm

New Minas Elementary School (Music Room) Tuesday from October 8th, 15th, 22nd, November 19th, 26th, December 3rd, 10th and 17th.

Ages 5 -15 from 5:00-6:00pm

There are spaces for 8 children per group. To register your child for either group 1 or group 2, please call **Brenda Johnson** at 692-1662 or contact her at soundconnections@eastlink.ca. For more information about music therapy or Brenda's practice consult her website www.soundconnectionsmt.com or find her facebook page "Sound Connections Music Therapy".

Attention Families!

Are you looking for ideas of things to do with your family? Want to keep on top of all the events that are happening in the area? Then, look no further than www.valleyfamilyfun.ca!

Valley Family Fun is an activities resource for the Annapolis Valley that has everything your family needs to know for living in the Valley! There is a daily calendar of events for family-friendly ideas, links to sign up for recreation, music or art classes, ideas of where to go and much more!

Sign up for a weekly email to find out all the information for the week. Find us on Facebook and Twitter under Valley Family Fun. For more information, or to subscribe, visit www.valleyfamilyfun.ca or email info@valleyfamilyfun.ca.