



# Cambridge Times

November Newsletter

## From the Principal

Happy Fall to All. Finally the seasons have changed and its time to get ready for the winter ahead. Each day we talk a little about the weather and how we prepare for outdoor play. Outdoor play is important for young and growing children. You will notice that we are committed, in all kinds of weather, to seeing that your children enjoy outdoor play during the school day. It burns off energy, creates physical and mental well being and is an important part of being social and having friends. 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. "Coats for Kids" in partnership with Coldbrook Lion's Club and Chuck's Auto Repair have once again provided children in need with coats, ski-pants and winter boots. Thank you for the support once again! On Tuesday, November 10th at 9:15 we hope to see you at our Remembrance Day Ceremony to honor our Veterans and remember their sacrifices. Students of the Guiding and Scouting movements; parents who are past or present members of the Canadian Armed Forces are warmly welcomed to attend in uniform to assist with the Veteran's

Parade. Special thanks to Mrs. Harris our Music teacher and the Choir who have worked hard on a musical piece to share with you. Mrs. Butler's class will be leading the assembly. We have much to be thankful for in this strong and vibrant community, so come on out and support us all in continuing our great school traditions. Watch for information coming home about our Pancake Breakfast, Holiday Concert, Open House, Student & Parent Conferences and I am sure much more... Mrs. Turner-Tracy  
Principal



## Home & School Pancake Breakfast

We will hold our annual pancake breakfast on December 6th here at Cambridge School from 8:30 - 10:30am. There will be



delicious homemade buttermilk pancakes, sausages, coffee, tea and juice. We will also be hosting the Christmas light

exchange program and will have Robyn Keddy here giving flu shots free of charge (just bring your health card).

## November

### Dates to Remember:

- Nov 10** Remembrance Day Assembly 9:15 am
- Nov 13** KEEYS Clinic 3 year olds
- Nov 18** Home & School 7pm Library
- Nov 19** 1st Term Reports Go Home
- Nov 26** **Early Dismissal** 11:35 Parent/Teacher 1-3pm & 6-8pm
- Nov 27** Inservice **No School** for Students
- Dec 6** Pancake Breakfast 8:30 - 10:30 am

### Inside this issue:

Important Info for Parents	2
Michelin Challenge Education	2
Lunch Program	2
Hot Lunch Menu	3
<b>November &amp; December</b>	
Community Events	4

# Important Information for All Parents

## LICE Update:

Recently we have sent home several class notices that live lice has been found on a child in your class. This is not a health hazard but it is concerning and annoying to families as lice spreads quickly and without distinction.

As a school our primary function is education and we do not have the people power or time to be conducting school wide lice checks and lice management services. We are however able to provide accurate information and supports to families with the management of head lice. Please phone our school office at 538-4680 for assistance.

Please remember that as per school board policy students may be asked to go home for treatment/appropriate action if an infestation of live lice is found. We understand that this is concerning to families, can be upsetting to children and disrupts the school and work day for all.

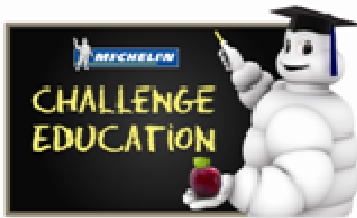
We are requesting that as part of your child's weekly routine include a check for head lice. Also following sleep overs and every day during lice outbreaks at school. Head lice spreads easily so if one person in the household has lice, others may have it too. Check everyone in the household on the same day.

## In addition it is helpful if:

- Keep long hair tied back or braided
- Teach your child not to share personal items that are used on their head. Barrettes, headbands, elastics, towels, hats, helmets and scarves.
- Teach children to place their scarves and hats in the sleeves or backpacks when they take them off at school.

## Michelin Challenge Education

For our third year Cambridge & District Elementary School will be participating in the Michelin Challenge Education Program.



Students will have the opportunity to work one on one with volunteers from Michelin on reading and math skills. This is an incredible opportunity for our students. Michelin has made great contributions to our school through their volunteer program as well as fi-

nancial donations that have allowed us to purchase bean bag chairs, subscriptions for reading software, and have the wonderful experience of having the Discovery Centre come to our school with several of their programs including their Planetarium. We plan to once again have the Discovery Centre visit in the spring.



## Lunch Program

The price list and lunch menu for the month is printed in the newsletter. Order Forms will come home with your child. Complete an order form daily and send it to school with your child. If you get low on order forms just send a note to school. If you do not plan to order you can return the forms to the school. Thanks!



# 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
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	Mac & Cheese
Wednesday	Grilled Cheese
Thursday	Sweet & Sour Meatballs
Friday	Pizza - veggie or cheese



Monday	Burritos
Tuesday	Spaghetti
Wednesday	Grilled Cheese
Thursday	Shepherds Pie
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

6113 Highway 1  
Cambridge Stn., NS  
B0P 1G0  
Phone: 902-538-4680  
Fax: 902-538-4686  
E-mail: [cads@avrsb.ca](mailto:cads@avrsb.ca)  
[www.cambridgeelementary.ednet.ns.ca](http://www.cambridgeelementary.ednet.ns.ca)

Working Together for  
Students!

## Community Events

### After School Care

I currently have a couple of spaces for after school care. Please contact Teena Connors at 902-680-2564.

**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. November 1 and 15, December 6 and 13, 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).
- Free Family Open Gym Time – Berwick Town Hall Gym, beginning October 31<sup>st</sup> and happening every Saturday from 12:30 TO 2:30.

For more information, please contact Carol at 902-538-8616, [cboylan@berwick.ca](mailto:cboylan@berwick.ca)



Gems Girls Club meets every other Friday evening from 6:30 - 8:30pm at the New Hope Wesleyan Church on Chester Ave, Kentville. This club is for girls in grades 2 - 8. Our evenings start with singing and a devotional. The girls then go into small groups to work on our Annual Theme, badges, crafts, etc. Our next club night is October 2, 2015. For more information contact Janet at 902-679-4801 or [kroezen@eastlink.ca](mailto:kroezen@eastlink.ca).

