



Cambridge Times

October 2016 Newsletter

From the Principal

September is over and we are half way into October, we had a very busy first 6 weeks of school and hopefully things slow down a little for everyone. Thanksgiving was a wonderful time to take a breather, relax and spend time with family and concentrate on what we are all thankful for. I am most thankful for my years here at Cambridge and our wonderful students, staff and school community.

October is Mi'kmaq History Month; as in previous years, Cambridge will be scheduling activities in our classes that celebrate the Mi'kmaq culture, language and heritage.

Nourish Your Roots was a fabulous event for our school seeing 116 boxes of root vegetables into our 130 family homes. The province-wide campaign defi-

nately surpassed initial expectations. Rough numbers show over 1400 boxes sold within AVRSB (~\$12,300 for school food programs) and over 7000 boxes sold across the Province. Cambridge earned nearly \$1000.00 towards healthy foods in our school which we are so THANKFUL for!!

Drive Away Hunger campaign ends with an exciting tractor pickup on the 12th. Thanks to all families for great donations. We will be receiving food bank items up until tomorrow.

Food for Thought Each family received 5 tickets costing 9.00. You have a chance to win 1 of 5 \$100 gift cards and all proceeds go directly to our wonderful Breakfast Club. We hope that each family is able to contribute the pur-

chase or sell to others their 5 tickets. It takes a community effort to fund our program. Breakfast Club is always in need of volunteers.

Fluoride Program The Department of Health is ready to once again run the weekly fluoride program and we have 3 trained volunteers to assist us on Thursday mornings. If you feel you can donate 45 minutes of time please email me your interest and I will help set you up.

Menu Please keep the newsletter menu as we are now posting 2 months at a time so you are always aware of what the first week's menu is.

Crystal Turner-Tracy,
ctracy@avrsb.ca
Principal



Dates to Remember:

- Oct 10 Thanksgiving No School
- Oct 6 Vesey's Orders Due
- Oct 7 Food for Thought Tickets Due
- Oct 12 FCC Foodbank Donations Picked up
- Oct 19 Early Dismissal 11:35am
- Oct 24 Norcard Orders Due to School
- Oct 28 Provincial Inservice No School for Students

KEYSS: Kings Early Years Screening for School

KEYSS Clinics are a community partnered program and offer parents valuable information on child development, preschool behaviors, school readiness, healthy living, physical activity, child safety and community resources. Our expertise provides an interactive experience for children and their parents. Screening includes preschool development, hearing, speech, gross and

fine motor and vision. Our professionals are able to inform families about available programs and services in Kings County. A total of nine KEYSS Clinics take place during October and November each year at various Kings County elementary schools. The clinics are not school specific so you may attend which ever location or date is most convenient

for you and your family. Any three year old living in the area is encouraged to register and make valuable community connections. Please call 678-6111 or register online at www.valleychilddevelopment.ca in September 2016. I look forward to meeting you in the fall!
Chelce Cyr
KEYSS Coordinator

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Home & School

Another successful start to the school year has taken place and we look toward Thanksgiving weekend already! Home and School had a very positive first meeting of the year and we are well on our way to plans for the school year ahead – most immediately is the **Fall Fair: November 19th from 10am-3pm** here at Cambridge Elementary. There are still a few tables available if any parents have skills of a crafty kind, or home based business. Table cost is only \$25 (including a hot lunch item.) Please contact the executive members below for additional information and forms. We will be asking children to bring in baked goods for a bake table at the fair – this request will come home in their back-and-forth bag. Would you consider how you can support this initiative as 100% of the pro-

ceeds go back to the school to benefit our children. At our October H&S meeting, **October 26, 2016, 7pm**, we will have Tracey Bartie from Lice Matters to speak to us regarding education, prevention, treatment and after care of lice. Ugly topic, but incredibly useful information to our school community. Everyone is welcome to this informative meeting—bring a friend. Our new executive for Home & School is:
Tobi Sampson – President -
tnwinmill@hotmail.com
Tiffany Leyte-Barkhouse – Vice President -
tabarkhouse@gnsps.ca
Dave Marriage – Treasurer -
davidbmarriage@gmail.com
Sharon Kinsman – Secretary -
skinsman@capitalpaper.ca

We would appreciate parents coming out to meetings and taking part in discussions regarding the school and ways to benefit the community for our children. Below are the dates of the meetings for the year – please mark them on your calendar and plan to attend.

Upcoming dates:

October 26 – meeting

November 19 – Fall Fair

November 23 – Meeting

December 4 – Pancake breakfast

January 25 – Meeting

February 22 – Meeting

March 29 – Meeting

April 26 – Meeting

May 24 – Meeting

June 2 – Spring Fling

June 21 – Meeting and AGM

DEECD Action Plan Update

New year and new initiatives for students and teachers

As we head into year two of Nova Scotia's Action Plan for Education, there are many more exciting initiatives for students at all grade levels this school year.

This fall, students in grades primary to 3 will benefit from hands-on learning, including using floor robots to learn sequencing and programming. Students in grades 4-6 will benefit from Innovation and Exploration Kits that include Spheros and Makey Makey invention kits. Students in grades 7 to 12 will learn coding through events, such as the Hour of Code and STEAM Olympics, and courses, such as

Computer Programming 12. Coding promotes problem solving, teamwork, critical thinking, creativity and innovation. These skills are not only related to learning math, science and the arts, but they are also directly linked to many careers, including computer programming and the marine industries.

With the province's first literacy strategy for students in all grades, there will be a greater focus on the teaching of reading and writing and the development of oral communication skills. Reading Recovery support has been increased for grade 1 students.

Students in Grades 4 to 6 will have a renewed curriculum, with more time for literacy and math. Class caps are expanded to grades 4 to 6.

To help more students succeed in math, additional supports will be made available for both teachers and students. Career education outcomes will assist students as they begin thinking about their futures and the many possibilities ahead. To learn more about what is new this year, go to <http://novascotia.ca/educationactionplan/> to sign up for ongoing updates from the Department of Education and Early Childhood Development.

Hot Lunch Menu

Milk	0.40	Hard Boiled Eggs	0.75
Water	0.50	Gold Fish Crackers	1.00
Apple or Orange Juice	1.00	½ Bagel with Butter	1.00
Whole Apple	1.00	½ Bagel with Cream Cheese	1.00
Apple Wedges	1.00	Whole Bagel & Butter or Cr. Cheese	2.00
Banana Slices	0.75	Cheese String	1.00
Orange Wedges	1.00	Yogurt	1.00
Fresh Fruit	1.00	Raspberry Choc. Chip Bran Muffin	1.00
Frozen Choc Dipped Banana	1.00	Homemade Bits and Bites	1.00
Carrots & Dip	1.00	Cookie	1.50
Veggies & Dip	1.00	Multigrain Roll	0.75

Daily Lunch Items

Sandwiches	1.50
Cheddar Cheese, Tuna, Egg, or Cucumber	
Chicken Noodle Soup	2.00
Chili	2.00

Baked Potato	1.50
with cheese & butter	
Chicken Noodle Soup or Chili and Multigrain Roll	2.50

Hot Lunch Daily Meals \$3.50 each

OCTOBER

Monday	Chicken Caesar Wrap
Tuesday	Chicken Drumstick and Twice Baked Potato
Wednesday	Grilled Cheese & Veg/Dip
Thursday	Stew with Bannock
Friday	Pizza - veggie or cheese

NOVEMBER

Monday	Quesadilla
Tuesday	Shepherds Pie
Wednesday	Grilled Cheese & Veg/Dip
Thursday	Creamy Chicken Tortellini
Friday	Pizza - veggie or cheese

All meals include a 2% milk and fruit or vegetable of the day. The cost is \$3.50.
If your child prefers juice, the cost is \$4.50.

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 pizza crust.

Cambridge & District Elementary School

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E-mail: cads@avrsb.ca

Working Together for
Students!

Community Events

Fall Fair: November 19th from 10am-3pm here at Cambridge Elementary. There are still a few tables available if any parents have skills of a crafty kind, or home based business. Table cost is only \$25 (including a hot lunch item.) Please contact Tobi Sampson - tnwinmill@hotmail.com OR

Tiffany Leyte-Barkhouse - tabarkhouse@gnspecs.ca

CENTRESTAGE The Herdmans are going to be in the Christmas Pageant!!! Whatever will happen, come to CentreStage and find out! This family show begins on November 4th and runs each Friday and Saturday evening (7:30) until December 10th with matinees on November 13th and December 4 (2:00), no show on November 11th. Prices for The Best Christmas Pageant Ever by Barbara Robinson are \$10 for adults and \$5 for children 12 and under. Call 902-678-8040 for reservations.



Happy Fall! Come check out the programs at the Kings County Family Resource Centre this year. We have programs for all ages and stages! We offer programs just for adults, parent-child interactive programs, cooking programs and pre-school. All of our programs are free! Hope to see you soon?

For more information contact us at: 902-678-5760 family.centre@ns.sympatico.ca www.kcfrc.ca

CALLING ALL GHOST AND GOBLINS TO A HALLOWEEN PARTY!

SATURDAY OCTOBER 29TH 1 PM TO 3 PM

\$5.00 PER TICKET

COLDBROOK HEARTIGE HALL MUSIC BY KATZ DJ SERVICES (LIMITED SPACE CALL 902-385-9045)

TICKET INCLUDES:

FOOD AND DRINKS, DANCING, USE OF LIGHTS AND FOG MACHINE, COSTUME CONTEST, TOKEN FROM KATZ DJ SERVICES

SLEDGE HOCKEY

We're looking for new players to come out and give sledge hockey a try. If you or someone you know might be interested, here are the details:

Where: Kentville Arena

When: Sundays 9:00 – 9:50 am, October – March

Cost: \$100

Players of all ages and abilities are welcome. All equipment is provided if required, including sticks. For more information, please contact Todd Grant at todd.grant26@gmail.com.