



Cambridge Times

September 2016 Newsletter

From the Principal

Welcome back and HAPPY NEW SCHOOL YEAR! As shared in June our newsletter is going PAPERLESS and this is the only paper copy you will receive this year. We will be sending our e-newsletter electronically each month via email as recorded on your students registration form. It will also be posted on our website which is on the back of this newsletter...mark us in your favorites!

Our first days of school has flown by and we have had a wonderful start to our year. Your children are a delight to us and we are happy to be together again. A special welcome to our new students and families and especially our new primaries. We hope

that as a part of our school community you and your child feel warmly welcomed, educationally supported and that you have a sense of belonging. It has been an excellent beginning and I thank you for all your preparation work in August to assist your child.

Please make sure to read the important sections on Student Attendance and Volunteering in our school which you will find inside.

Our Home & School is getting ready to go and will have an update for you soon! Thanks to Tobi Samson, President; Tiffany Barkhouse (Co-Pres), Dave Marriage

(Treasurer) for stepping into executive positions. We are seeking a Secretary to record meeting minutes at our meetings if you are interested or know of someone we could recruit onto our team. I look forward to working with you all.

We hope you have a wonderful year ahead. Our school is open and welcoming and we encourage your conversations, ideas and input to how we all learn and grow together here at Cambridge Elementary.

Crystal Turner-Tracy,
Principal



Dates to Remember:

- Sep 12-23** Nourish Your Roots Fundraiser
- Sep 26** Nourish Your Roots **Orders Due**
- Sep 14** **Picture Day**
- Sep 15** Stand Up Against Bullying **WEAR PINK**
- Sep 21** **Early Dismissal** 11:35am
- Sep 21** **Open House** 6:30 - 8:00pm
- Sep 29** Terry Fox Walk
- Sep 30** Inservice Day **No School**

Nourish Your Roots Fundraiser

Our school is taking part in the Nourish Nova Scotia's "Nourish Your Roots" fundraiser to support healthy food programs and activities at **Cambridge School**. You can support our students/children and local farmers by selling/buying boxes of fresh produce from **Elmridge Farm** which represent good value and support

local farmers. Selling for \$30, each farm box will include a variety of farm-fresh, local vegetables and fruit such as carrots, potatoes, turnip, and depending on the farm/availability, a selection from apples, beets, Brussels sprouts, cabbage, cranberries, garlic, greens, herbs, kale, kohlrabi,

leeks, onions, parsnips, pears, sweet potatoes and squash. The selling period is between **Sept. 12-23**. All orders/money must be by **Sept 26**. The farm boxes pick-up will take place on **Oct. 5**, between **2:30pm - 5:00pm** at **the school**.

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Social Media

Modelling Appropriate Social Media Behaviours for our Children

Social media has become an important means of communication and of seeking information for most people. It is proving to be of particular importance for our youth as technology has become a significant part of the identity of this generation. Unfortunately, increased technology has also resulted in new social issues. It is sometimes used as a means of cyberbullying or an exchange of inappropriate information. **It is up to us, as adults, to serve as proper role models with regards to technology use.** We need to teach our children to respect the use of technology and to be good digital citizens. In order to do this properly, we as adults must also learn to be good social citizens and to model appropriate use of social me-

dia. We must use social media tools like Facebook, Twitter, Snapchat, Instagram, etc. appropriately, because our children are watching and emulating our behaviours.

Please be advised that inappropriate use of technology falls under the Provincial School Code of Conduct. Inappropriate use of technology and social media can result in serious consequences for students. Inappropriate use of technology and social media may also fall under the Criminal Code. We have recently seen criminal charges resulting from the sharing of inappropriate photos. Please be informed and help to inform your children.

For more information around proper use of social media and good digital citizenship, please visit our website at: avrsb.ca/digital

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. Plan your vacation at times that will have no impact, or at the least a minimal impact, on school attendance.

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.

Volunteers

The AVRSB has had a *Volunteers in Schools* Policy since 1999. As stated in this policy, the Board takes its obligation seriously to ensure safe environments for learning by taking all reasonable steps to minimize risks and threats to students. Because student safety is a top priority, in January 2015, this policy underwent an extensive review to ensure that any potential gaps in practice are closed or minimized. All recommendations for change were presented to our school community members and was circulated to our school stakeholders for the opportunity to respond to the proposed changes and to provide further input. To highlight some of the changes:

- clearly defines volunteers versus visitors;
 - requires volunteers to complete a standard application form for any volunteering;
 - will continue to require the completion of Criminal Records Check (including the Vulnerable Sector) and Child Abuse Registry checks prior to working with students but will now require re-checks be completed every (3) three years; and,
 - as of January 8, 2015, will require all current volunteer to renew their Criminal Records Check (including the Vulnerable Sector) and Child Abuse Registry if it has been over (3) three years since it was last completed.
- The recommended changes to the *Volunteers in Schools* policy are not to discourage volunteering in the AVRSB. It is to employ the best practices to ensure our policy is as effective as possible for decreasing the chances of student harm from volunteers. We will be reminding our volunteers throughout the remainder of the school year so that we are well prepared for such events, as Class Trips.

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, Chicken Salad 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

SEPTEMBER

Monday	Donair Wrap
Tuesday	Sweet & Sour Chicken
Wednesday	Grilled Cheese & Veg/Dip
Thursday	Lasagne (beef) Stew
Friday	Pizza - veggie or cheese

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

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

6113 Highway 1
Cambridge Stn., NS
BOP 1G0
Phone: 902-538-4680
Fax: 902-538-4686
E-mail: cads@avrsb.ca

Working Together for
Students!

Community Events

The Valley District Soccer Association is now accepting registrations for its 2016 indoor fall programs—ages U-4 to U-18. These programs are run out of the indoor facility in Kentville. For more information and registration forms, please visit www.valleysoccer.org

Acadia Dance Community Club is a non-profit dance organization run out of Acadia University in Wolfville. Our program offers a unique dance experience, with classes taught by Acadia Students in a broad range of styles. We are pleased to provide an exciting and fun opportunity to the community at a very reasonable cost. Styles Include: Ballet/ Tap/ Jazz/ Lyrical/ Musical Theatre/ Hip-Hop/ Contemporary/ Acro/ Irish For More Information: Facebook: Acadia Dance Community Club Email: acadiadancecommunityclub@gmail.com Website: acadiadancecommunityclub.blogspot.ca

2nd Berwick Scouting

Beavers (5-7yrs) – Starts September 15th (Thursdays) 6:30pm-7:30pm @ Berwick Baptist Church

Contact: Kris Graham 538-9882 or krissysflowers@hotmail.com

Cubs (8-10yrs) – Starts September 13th (Tuesdays) 7:00pm -8:30pm @ Berwick Baptist Church

Contact: Jeff Reeves 538-0483 or pltnav@hotmail.com

Scouts (11-14) – September 7th (Wednesdays) 7:30pm-9:00pm @ Berwick United Church Basement

Contact: Lisa Steadman 680-1852 or lsteadman@eastlink.ca

Venturers (14-17) - September 7th (Wednesdays) 7:00pm-9:00pm @ Berwick United Church Basement

Contact: Robert Chittick 680-8753 or robert.chittick@bellaliant.com

You are able to register your child on the first meeting night, or at the Town of Berwick Recreation Registration night, Friday September 9th 6-8pm or Saturday September 10th 9am-12pm. The registration fee for the year for scouting is \$200. There will also be Jump Start applications available at any of the registration times.

YOUTH REGISTRATION – BERWICK BAPTIST CHURCH HALL

Please note change in location due to construction of the new Town Hall. The 15th Annual Registration and Information Session for all youth groups in Berwick and surrounding area will take place on Friday, September 9th from 6:00 – 8:00 pm and Saturday, September 10th from 9:00 am to 12:00 noon in the Berwick Baptist Church Hall. (use side door entrance).

Sunday, September 18th– Terry Fox Walk, Registration 1 pm, Walk starts at 1:30 from Berwick Anglican Church Hall. (Pledge sheets are available now at the Town Hall).

Sunday, September 25th Walk for ALS, Annapolis Valley. Registration at 10 am, Walk starts at 11 from Centennial Park on Union Street. There will be a barbeque, children's activities and entertainment.

Carol Boylan-Hartling, **Recreation Coordinator, Town of Berwick**

Telephone: 902-538-8616

GIRL GUIDES REGISTRATION

Sparks Age 5-6-Mondays; Brownies Age 7-8-Wednesdays; Guides Age 9-12-Tuesdays; Pathfinders Age 12-15-Thursdays; Rangers Age 15-18-Sunday Adult Opportunities Available

Cambridge Sparks starts Monday, September 12th @ Cambridge Baptist Church from 6:00pm - 7:00pm

Coldbrook Welcome Night Wednesday, September 14 @ Coldbrook Lions Hall from 6:00pm - 8:00pm

Girl Guide Registration - Berwick

September 9, 6:30 p.m. to 8 p.m., and September 10, 9 a.m. to noon, Girl Guide units in Berwick will host registration for Sparks (ages 4-6), Brownies (ages 7-9), Guides (ages 9-12), Pathfinders (ages 12 to 15) and Rangers (ages 15-18) – and welcome any new women as unit leaders - at the Berwick Baptist Church (Town of Berwick registration event). Join us! Contact 902-341-2040.

Berwick & District Nursery School - A non-Profit Parent co-operative 538-9680 berwickpreschool@eastlink.ca
Now accepting Registration for The 2016-2017 School Year!

Morning classes available and Afternoon classes are Dependent on enrolment. **Your Child will.....be nurtured by a well planned environment.begin working with numbers & letters.....build a positive self-image.....participate in arts, crafts AND SHARING TIME.....have fun! Fully qualified and trained ECE staff: Get your child ready for elementary school**