

# St. Andrews Consolidated School

## News from the Eagle's Nest



February, 2017

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February! We made it! We are officially halfway through the school year. At this point in the year we have many successes to celebrate and many learning opportunities and experiences to look forward to during the remainder of the year.

Our breakfast program will continue to run five days a week with grab and go snacks such as fruit breakfast bars and yogurt.

I hope everyone enjoys the second half of the year.

### Daily Attendance:

Keep in mind that daily attendance is very important. It is important to your child's academic progress, for their sense of belonging and for their social development. Please notify the main office of all absences. As always, keep up the great work and have yourselves a safe month of February.

Kirk Johnstone  
Principal

### BUS PASSES

If anyone needs an emergency bus pass, you may email our secretary, Debbie at [debbie.sinclair@srsb.ca](mailto:debbie.sinclair@srsb.ca). She checks email often and will make sure that the students get their bus passes. You should receive a reply and if you do not, please call to make sure that the email had been received. We are currently not permitted to make arrangements by telephone and all bus permissions need to be **in writing** from parent or guardian.



### COLD WEATHER & WIND CHILLS

We have received several questions recently regarding wind chill and when it is appropriate to keep students inside during the school day.

Wind chill is the cooling sensation caused by the combined effect of temperature and wind.

The following is a concise guideline:

0 to -20 Wind chill: Care should be taken in assessing the appropriateness of sending students outside.

-21 C to -27 Wind chill: Serious consideration should be given to whether it is appropriate for students to be outside.

**Deciding factors include but are not limited to:**

- Whether students are appropriately dressed (hat, mittens/gloves, scarf, warm clothing, etc),
- How long the students will be outside,
- Activity level (heat generation) and,
- 4) Exposure to the wind (also, the sun has a small warming effect this time of year so may affect the perception of cold).

**Please make sure your child is dressed for the weather with a warm hat, mitts and snow pants. It is also advisable to have a spare pair of socks and pants in their book bags to avoid calls home for dry clothes. Here is a link to Environment Canada's Guide to windchill: [Wind Chill](#)**

## **SCHOOL READINESS PROGRAM**



The School Readiness program from Kids First resumed on February 7<sup>th</sup> at St. Andrews Community Centre. This program will be for students who will be starting school in September and will be held each Tuesday. They have 2 sessions, one from 9:30 to 11:30 a.m. and the other from 12:30 to 2:30 p.m. There are still a few openings in the afternoon session from 12:30 to 2:30. Please contact Colleen Mathews @ 902-863-3848 for more information. Also please bring indoor shoes, a peanut free snack and a school bag.

### **PRIMARY REGISTRATION**

Primary Registration took place the last week of January. If you have missed Registration week, you are asked to contact the school as soon as possible to arrange for registration or drop into the school between 9:00 am and 3:00 p.m. The number of students registered affects staffing allocations by the Board for the school. Children who are five (5) years of age on or before December 31, 2017, are eligible to attend primary. For more information go to the Board website at <http://www.sacs.srsb.ca>. The Primary Registration form is in the Document Depot on the Board site if you wish to have a head start.

**\*\*\*\*PLEASE BRING YOUR CHILD'S BIRTH CERTIFICATE AND PROVINCIAL HEALTH CARD AS THESE ARE REQUIRED by the Department of Education to complete registration. \*\*\*\***

### **MUSIC PROGRAM NOTES**

- (1) Students in grades 3-4-5-6 are reminded to bring their recorder to music class each day in February.
- (2) If any student is still without a recorder, Ms. D Mac has new recorders available for purchase. Recorders are \$4.60 each.
- (3) No school choir rehearsals in February. Choir rehearsals resume in March.

## **STAY WELL THIS WINTER**

**It may be cold outside, but winter needn't be the unhealthiest time of year for you and your family.**

Here are five ways to make sure that, even when your body is telling you to hibernate, you can keep healthy and fit, no matter what the weather's like.

### **1. Eliminate your sleep debt**

But in winter, we naturally sleep more because of the longer nights. "It's perfectly natural to adopt hibernating habits when the weather turns cold," says Jessica. "Use the time to catch up."

### **2. Drink more milk**

You are 80% more likely to get a [cold](#) in winter, so making sure your immune system is in tip-top condition is important. Milk and dairy products such as cheese and yogurt are great sources of protein and vitamins A and B12.

They're also an important source of calcium, which helps keep our bones strong. Try to go for semi-skimmed or skimmed milk – rather than full-fat – and low-fat yoghurts.

### **3. Eat more fruit and veg**

When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food, but it's important to ensure you still have a healthy diet and include five portions of fruit and veg a day.

If you find yourself craving a sugary treat, try a juicy clementine or satsuma instead, or sweet dried fruits such as dates or raisins.

Winter vegetables such as carrots, parsnips, and turnips can be roasted, mashed or made into soup for a comforting winter meal for the whole family. Explore varieties of fruit and veg that you may not normally eat.

### **4. Try new activities for the whole family**

Don't use the cold winter months as an excuse to stay in and lounge around. Instead, get out with the whole family to try out a new activity – maybe ice skating, or taking a

bracing winter walk on the beach or through the park.

Regular exercise helps control your weight, boost your immune system and is a good way to break the tension that can build if the family is constantly cooped up inside the house.

### 5. Have a hearty breakfast

Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps boost your intake of starchy foods and fibre.

These give you energy and help you feel fuller for longer, stopping the temptation to snack mid-morning. Oats also contain lots of vital vitamins and minerals.

## WINTER CANCELLATION INFORMATION

**When it is announced in the morning on the radio (CJFX, CIGO or CBC) that busses will be travelling on paved roads only, please be**



**aware that busses will not be travelling on gravel roads in the morning and also not in the afternoon.**

Even though conditions may seem favourable

late in the day, busses that do not travel on gravel roads in the morning will not travel on these roads in the afternoon. This also applies to runs which are cancelled due to conditions in a specific area -that bus will not be returning students home at the end of the day. **If parents transport their child(ren) to school in the morning in either of these cases you are responsible for providing transportation home after school.** Also if your child will be going to a sitter's in the afternoon, please listen for cancellation of those runs. This is an important Strait Regional School Board Policy that has been in place for a number of years that parents need to be mindful of.

Please listen to CJFX, CIGO OR CBC radio on days when weather may influence bussing arrangements and/or school cancellations. This would apply to early morning announcements or notification of

transportation/school closures during the day if weather/road conditions change.

### Mini Gaelic lesson

Is mise...(iss mishuh) I am

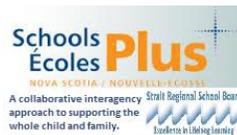
#### Introducing someone.

Seo...(shawh) this is...or here is...  
seo Iain this is John  
seo Iain agus Niall this is John and Neil  
agus...(ahghuhs) and

#### Who's who?

an duine agam...(uhn duhnyuh ackuhm) my husband  
a'bhean agam...(uh vehn) my wife  
an nighean agam...(uhn nyeeuhn) my daughter  
am mac agam...(uhn machk) my son  
an caraid agam...(uhn kareetch) my friend

Brian MacDonald  
Grade 4-6 Gaelic Teacher



Schools Plus is a comprehensive and collaborative interagency approach to educating and providing service to the whole child and family with the school as the center of service. The focus of Schools Plus is to support students and families by helping them in attaining timely and effective services which meet their identified needs.

The following FREE upcoming programs are available from Antigonish Town and County Recreation:

**\*GO! program** for students in grades 4-6 every Monday Started January 23

-registration is required, visit:  
[www.recreation.antigonishcounty.ns.ca](http://www.recreation.antigonishcounty.ns.ca)

**\*Family Open Gym time** Sundays in February from 10am-noon at the STFX auxiliary gymnasium

**\*family swims** at the Alumni Aquatic Centre at STFX in on Saturdays from 1:00-2:55

**\*family skates** at the Antigonish Arena on Sundays from 4:30-5:50