



March Newsletter



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March 2020
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NOTES FROM THE OFFICE



March has come in like a lion! Despite what the calendar says, it is still wintery. As always, we will be playing outside as long as it is not pouring rain. Families are reminded to send their children to school prepared for outside play. As things melt and our playground gets sloppy, it is also a good idea to have a spare change of clothes at school. Labelling clothing is very helpful, especially for the Lost and Found. It is a good idea to check the Lost and Found (located in the cafeteria) at each visit to the school. Unclaimed items are bagged and donated to a worthy cause on a monthly basis.

Unstructured play at recess and lunch help students develop motor skills, social skills, fair play and self-regulation. At times, games can become too rough for the school yard. "Play fighting" is not permitted. Our teachers and supervisors monitor students' free play to ensure students are benefiting and learning positive social behaviors.

Primary Registration: If you know of any parents who may not have registered their child for grade primary next year, please tell them to do so as soon as possible. Staffing is based on numbers we receive now.

Skating: Our last skating sessions will be held from March 2-12. We greatly appreciate the help we receive from parents who tie skates. As this is a school organized activity, the expectation is that students will stay with their classmates and teacher to make the most of our skating program. Students are not permitted to run or play in the bleachers.

Morning Drop-off: We have ordered some new signs to help with traffic flow in the drop off loop. In the meantime, here are some reminders about how to keep our students safe and keep things running smoothly:

- 1) If you need **to get out of your car** to assist your child for any reason (examples: unbuckling, putting on backpack, opening the car door, etc.) please **park** and **do not use the drop off loop**.
- 2) Please **pull ahead as far as you can**, preferably to just before the accessible parking spots.
- 3) Please wait until the car ahead of you moves to pull forward. **Do not pass** vehicles in the drop off area.

Primary Orientation Day will be held on March 27th, from 8:30 am to 11:30 am. All current primary students will stay at home on that day. Grade 1 students from Mrs. Kennedy's and Ms. Lisa Colton's classes will attend as usual. Students who attend Pre-primary may go there following Primary Orientation Day, providing parents have made this arrangement.

Pre-primary will be hosting an open house on the morning of March 27th from 9-11am.

I hope all students, staff and families have a great March Break!

Ellen Milner,
Acting Principal

Comprehensive Guidance and Counselling

March marks Nutrition Month. This year's theme is "More than Food!"

"The 2020 Nutrition Month campaign recognizes the Healthy Eating Habits that are part of the new Canada's Food Guide: be mindful of your eating habits, cook more often, enjoy your food, and eat meals with others."

In our busy lives, we are often shuttling from one activity/ event/ job to the next, and eating on the road or on the run. This month, try to make a conscious effort by slowing down and appreciating the food and family/company you are eating with. Try to make it into a lifelong habit. Take this opportunity to discuss and help children understand the importance of slowing down, being mindful, and having conversations around the supper table to learn about each other's day. In preparing lunches and suppers, invite your child(ren) to help with some of the food preparations. And don't forget, if you are rushed we have breakfast program here at school each morning - another opportunity for students to sit together, eat together and talk together. What are your quick, healthy snacks for on-the-go? Drop me an email; I would love to hear your suggestions and make a list to share.

In keeping with the theme of good health, we always need to be looking after our mental health. Two important days to mark on your calendar to celebrate are World Compliment Day on March 1st and International Day of Happiness on March 20th. Both days are opportunities to fill someone's bucket, and when you fill someone else's bucket, you fill your own bucket too!

An Internet Safety parent session is scheduled for March 25th, 7pm in the Multi-purpose room at AEC facilitated by Cst. Morgan MacPherson. Please note his service dog will be accompanying him.

Just a reminder to send in your used stamps.

In closing, I wish all families a safe and relaxing March Break. Remember to laugh and enjoy your time with family.

Kim Grant, CCC
School Counsellor

Cafeteria: We will be having Turkey Dinner in the cafeteria on Tuesday, April 7th. The dinner will include turkey, mashed potatoes, veggies, stuffing, gravy, milk and desert. The cost is \$5.75 and there will be no other menu options on that day. Orders are due March 31st.

Scholastic Book Fair



The Book Fair will run from from
April 3 – April 9, 2020
The schedule is as follows:

	FRIDAY April 3 DAY 2 (B)	MONDAY April 6 DAY 3 (C)	Tuesday April 7 DAY 4 (D)
8:45 – 9:15	2/3 F	3-4	2-1
9:15 – 9:45	4-2	P-4	2-3
9:45 – 10:15	3-3	3-1	2-4
RECESS			
10:30 - 11:00	4-3	2-2	1-3
11:00 – 11:30	3-2	P-2	2-F
11:30 – 12:00	PF	1-1	P/1 F
12:00 – 12:30			
1:00 – 1:30	3/4 F	1-2	P/1 E
1:30 – 2:00	4-1	1-F	P-3
2:00 – 2:30	4-4		

Students will receive Bookfair flyers on Monday, March 30. The Book Fair will be opened from 8:45 – 2:00 on Friday, Monday and Tuesday. It will be opened from 1:00 – 3:00 on Wednesday and 6:00 – 8:00 Wednesday evening during parent teacher meetings. For last minute shoppers it will be open Thursday 8:45 – 10:00. We accept Visa, Mastercard, Debit and Cheques made out to the school.

Choir will begin again on MARCH 23, 2020.

AEC Choir rehearsals will resume on Monday, and run from **March 23 to June 8, 2020**. Rehearsals take place from **2:30-3:15pm** in the music room at AEC. Our choir will be learning four songs to perform at the annual "Music, Strait From the Heart" concert which takes place in early June at AEC. Details about this concert will be sent home in our May & June newsletters and Ms. Dunn MacIsaac will post information on her "Strait Up" link at www.srce.ca. **Choir members are asked to attend all rehearsals and memorize their new songs at home with the links provided by Ms. Dunn MacIsaac.** Parents/guardians are asked to pick up their child in the entrance at AEC at 3:15pm on choir rehearsal days.



Members will be receiving their music for the Music Strait from the Heart Concert which is taking place on June 4, 2019 here at AEC. I'm looking forward to seeing all returning members.

Ms. Dunn



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

We are having a blast with our participants of our Friends groups! We've been learning new skills and having lots of fun with friends.

The following **FREE** activities are offered throughout March Break:

March 14th

- X-Chem workshop for 4-9 year olds. Registration begins March 4th and is required at <https://www2.mystfx.ca/chemistry/x-chem-outreach/about>
- Family Swim at STFX, 1-3 pm

March 15th

- Open Gym at SAJS, 9-11am
- Keppoch Fun Day, 10am -3pm
- Family Skate at Antigonish Arena, 4:30-6pm

March 16th

- Story time at the Town Library, 10-11am
- Jewellery Making at the Town Library, 10am- 5pm
- Family Skate, 12-1pm
- Dr G Science Music 1:30-2:30pm

March 17th

- Craft making at the Town Library, all day
- Family Skate at Antigonish Arena, 12-1pm
- Family Swim at STFX, 2-4pm

March 18th

- Drop in scavenger hunt at the Town Library, all day
- Family Sing-along at the Town Library, 10-11am
- Family Skate at Antigonish Arena, 12-1pm

March 19th

- Lego Challenge at the Town Library, all day
- Spanish Story Telling at the Town Library, ages 4-12, 10:15-11:15
- Family Skate at Antigonish Arena, 12-1pm
- Teen Pizza Party at the Town Library, ages 12+, registration is required, 12-1pm
- Fun with Dog Man at the Town Library, ages 6-12, registration is required, 2-3pm
- Family Swim at STFX, 2-4pm
- Design your own T-Shirt at the Town Library, ages 6+, registration is required, 3-4pm

March 20th

- Keychain making at the Town Library, ages 6+, registration is required, 10-11am
- Art club at the Town Library, ages 6-11, 3-4pm
- Open Mic at the Town Library, 6:30-8:30pm

March 21st

- Family Swim at STFX, 1-3pm

March 22nd

- Open Gym at SAJS, 9-11am
- Family Skate at Antigonish Arena, 4:30-6pm

Visit <https://www.facebook.com/townofantigonishrecreation> for a full list of activities and information

Marguerite MacGillivray -SchoolsPlus Facilitator
Innis MacDonald and Tara Hassin -SchoolsPlus Community Outreach Workers

Community Announcement:

The Czech Republic Women's National Team will be competing in the 2020 IIHF Women's World Championship in Halifax but will be hosting their pre-tournament camp in Antigonish. They will play an exhibition game against the X-Women Hockey Team on Thursday, March 26 at 7:00pm. A great opportunity for our community to see world class hockey!