

# Upper Musquodoboit Consolidated School

8416 Hwy 224 Upper Musquodoboit, NS B0N 2M0

Principal: Troy Smith   Vice Principal: Craig Ashley   Administrative Assistant: Cindy Fleck

## March Newsletter

### Message from Administration:

March is here! UMCS staff will continue working on making memories, providing high quality learning and building relationships. This newsletter will share activities and reminders. Don't forget, March Break is the week of March 10-14!

### Important Dates to Remember:

- **March 7:** Assessment and Evaluation Day – (No Classes)
- **March 8:** International Women's Day
- **March 10-March 14:** March Break – (No Classes)
- **March 21:** World Down Syndrome Day
- **March 21:** International Day for the Elimination of Racial Discrimination
- **March 17:** St. Patrick's Day
- **March 31:** International Transgender Day of Visibility



### March Spirit Days:

**Monday, March 3: Backwards Day**

**Tuesday, March 4: Twin Day**

**Wednesday, March 5: Beach Day**

**Thursday, March 6: PJ Day**

### Classroom Spotlight:

**Ms. Thomas' Classroom:** Students have been learning about different Black Nova Scotians, communities and authors. As we explore the work of North Preston author, Shauntay Grant, we are working to celebrate our own community through writing and art.

**Mrs. Hartling:** Students have been working on different types of personal narrative writing such as opinion and persuasive pieces.

### Jump Rope for Heart:

By participating in the Jump Rope for Heart, our school raises awareness of the important heart and brain research that will save lives, prevent heart disease and stroke and support families living with these conditions. It is an inclusive event for all abilities to get kids moving and help them discover new and exciting ways to get active. Students learn the EASY Healthy Habits that they can use to keep their hearts and brains healthy and help reduce their risk of developing heart disease and stroke later in life. This year, MVEC will be participating in Jump Rope for Heart on Thursday, March 6.

### Reminders:

- **Outdoor Recess:** Winter weather means it's important to dress warmly every day. Please pack extra mittens and socks just in case!
- **Attendance Matters:** Please ensure your child arrives **on time** and ready to learn each day. If they're feeling unwell, let the office know.
- **Afternoon Arrangements:** If there is a change to the end of the day routine for your child, we are asking that these changes be made no later than 1:00 PM. We do realize that life happens and while we do plan, plans sometimes have to change.

### Community Connection:

HRCE Schools Plus Program and the Musquodoboit Valley Family Resource Centre are partnering to offer: Incredible Years – School Age Parenting Program. This parenting program is designed to strengthen parenting skills, explore strategies to promote positive behaviours, and responses to inappropriate behaviour in elementary school age children. The program will be offered in person at the Musquodoboit Valley Family Resource Centre from Mon. March 31 (9:30 – 11:30) and run 10 Mondays ending on June 16. For more information, please contact 902-384-2794 ~ 902-568-0042 ~ [mvfrparentingjourney@gmail.com](mailto:mvfrparentingjourney@gmail.com)

### Quick Notes:

- **Head Lice Prevention:** Head lice are tiny insects that live on the head. They lay eggs (called nits) close to the scalp. Head lice spread through direct contact among children (head-to-head), or indirectly on items such as hats, combs, hairbrushes, headbands, helmets, or toques. Head lice do not jump, fly, or hop but they crawl very quickly. We encourage you to remind your children not to share anything that could cause a transfer of head lice. Check your child's head regularly for either live lice or nits (eggs), once a week as part of your routine and after every sleepover. Keep long hair tied back or braided. Head lice spread easily, so if one person in the household has lice, others may have it too. Check everyone in the household on the same day. Once your child has been treated, he/she may return to school if there are no live lice. It is important to carefully follow the directions on the treatment package so that re-infestation does not occur. All family members should be checked and treated as required. For more information, please click the link below to read the pamphlet "How to Prevent, Find & Treat Head Lice", written and reviewed by Public Health Services, Nova Scotia Health Authority

<http://www.novascotia.ca/dhw/publications/public-health-education/07135-head-lice-pamphlet-en.pdf>

### Safe Arrival:

PowerSchool Parent/Student Portal - Parents/guardians can log in to <https://sishrsb.ednet.ns.ca/public/> to access the SchoolMessenger website to report future absences.

SchoolMessenger App - Parents/guardians can download the SchoolMessenger app for Android and iOS devices and use their username and password for the PowerSchool Portal.

Toll-Free Number - Parents/guardians can call 1-833-582-6940 to report future absences using an automated system.

All three methods are available 24 hours a day, 7 days a week. Absences can be reported at any time before the start of school on the day the student will be absent. Up to five consecutive absences can be recorded at once.

### **March is Nutrition Month:**

Did you know? March is Nutrition Month! This year's theme, Nourish to Flourish, highlights the important role that food has on our physical, mental and emotional health and well-being.

Whether it's planting an indoor or outdoor garden, cooking together with family, or enjoying a meal with friends, food provides opportunities for building social connections that can support improved feelings of belonging and overall well-being. This is a great time to explore and learn about food. An important part of this is food literacy, which includes having the knowledge and skills to grow, choose, prepare, and talk about food.

### **School Bus Safety Reminder**

More than 33,000 HRCE students take the school bus. Making sure they have a safe and happy trip to and from school is very important to us. Please talk with your child about school bus safety on a regular basis. Students should tell their bus driver and/or school principal if they have any problems.

Here are some important safety tips:

#### **Bus Stop Safety**

- Be on time for the bus. Don't run to or from the bus.
- Stand back when the bus arrives and give everyone space. Get on or off the bus one at a time.
- Always cross the road in front of the bus. Walk to a spot where you can see the driver. When they signal it's safe, walk to the middle of the road. STOP, LOOK, and LISTEN, then cross when it's safe.
- Never crawl under the bus or cross the road from behind it.

#### **School Bus Safety**

- Respect and listen to the driver. Their job is to focus on the road, so avoid distracting them.
- Respect others and your space.
- Keep noise levels down.
- Stay seated while the bus is moving.
- Keep your arms, legs, and head inside the bus.
- Do not throw anything inside or outside the bus.
- Keep the aisle clear.

*Did you know: It's illegal for drivers to pass a school bus when it has stopped with its red lights flashing. Bus drivers will activate their amber lights 150m before they stop as a warning to motorists.*

School Lunch Program Ordering Calendar:

# NOVA SCOTIA SCHOOL LUNCH PROGRAM 2024 – 2025 Ordering Schedule

Ordering opens on Fridays at midnight and closes on Wednesdays at noon

## SEPTEMBER 2024

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## OCTOBER 2024

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## NOVEMBER 2024

S	M	T	W	T	F	S
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## DECEMBER 2024

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22	23	24	25	26	27	28
29	30	31				

## JANUARY 2025

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19	20	21	22	23	24	25
26	27	28	29	30	31	

## FEBRUARY 2025

S	M	T	W	T	F	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	

## MARCH 2025

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30	31					

## APRIL 2025

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20	21	22	23	24	25	26
27	28	29	30			

## MAY 2025

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## JUNE 2025

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### LEGEND

- Week 1 & 2 Menu Served
  - Week 3 & 4 Menu Served
  - Ordering Window for Week 1 & 2 Menu
  - Ordering Window for Week 3 & 4 Menu
  - No School
- Some schools may have additional closure dates. Please check your RCE/CSAP calendar for school-specific closure dates*