



UPPER MUSQUODOBOIT CONSOLIDATED SCHOOL

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March News and Notes:

March is Nutrition Month

Did you know? March is Nutrition Month! 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.

Some ways to engage your family during Nutrition Month:

- Get kids involved in meal planning. Ask them to help choose recipes, write out grocery lists and explore grocery store flyers.
- Make cooking a family event! Kids can participate in age-appropriate tasks, such as measuring ingredients or setting the table.
- Enjoy meals together when you are able. Mealtimes can be a great time to connect in conversation.
- Start planning for an indoor or outdoor garden. This is a great way to explore where our food comes from.

Did you know? March is Nutrition Month

A Healthy School Community:

- Recognizes that healthy students learn better and achieve more;
- Understands that schools can directly influence students' health and behaviours;
- Encourages healthy lifestyle choices, and promotes students' health and well-being;
- Incorporates health into all aspects of school and learning;
- Links health and education issues and systems; and
- Needs the participation and support of families and the greater community!

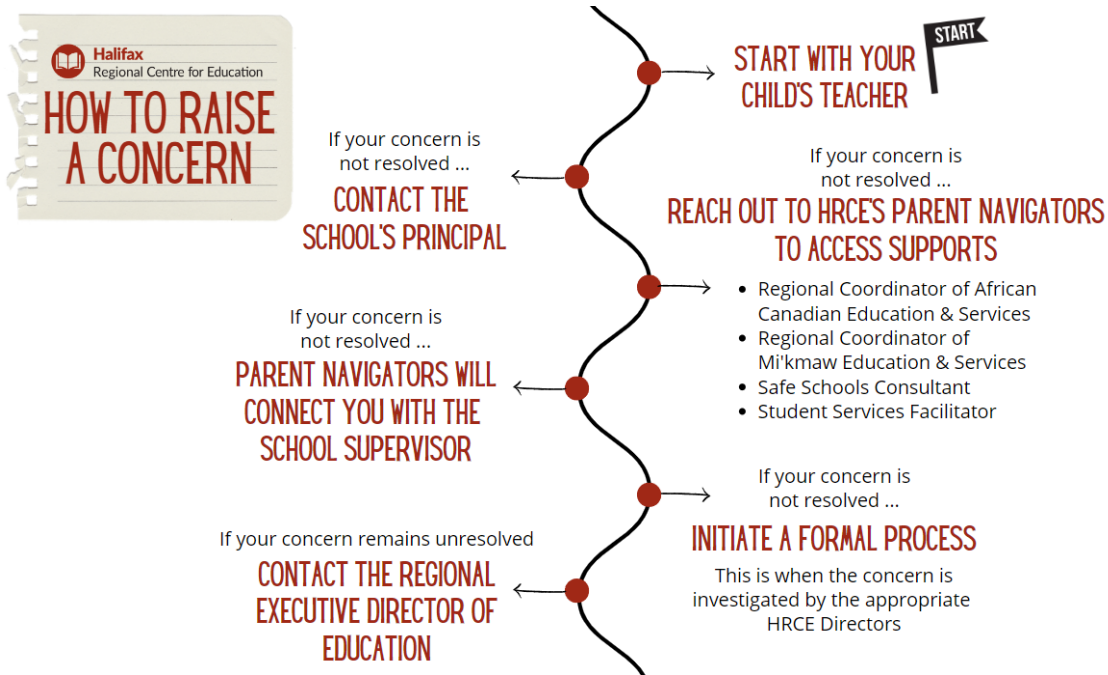


Do you know how to raise a concern?

Did you know that there's a protocol in place to help families contact schools, or HRCE Central Office, when you have concerns about your student's education or well-being?

- All concerns should first be shared with your child’s teacher.
- If your concern is not resolved, you should then contact the principal.
- If your concern remains unresolved, you can reach out to [HRCE’s Parent Navigators](#) who can provide information about a wide range of supports and resources or connect you with the school supervisor.
- If your matter continues to be unresolved, you can then initiate a formal review process in which the matter will be investigated by the appropriate HRCE Directors.
- The final step is for your concern to be passed on to the Regional Executive Director.

Click here to view the [Parent/Guardian Concern Policy](#).



March Break

Reminder that schools will be closed for March Break – March 11 to 15.

For elementary and junior high: Please note that Monday, March 18 is an Assessment & Evaluation Day. Classes will resume on March 19.

REMINDER: SCHOOLS WILL BE CLOSED MARCH 11-15 FOR MARCH BREAK!



Quick Notes / Reminders:

- School Counsellor – A reminder that Mr. S. is currently at UMCS on Wednesdays. If you or your child is interested in his support, please reach out to him via email at nschnerch@hrce.ca.
- As we move into the second half of winter, please ensure that students are dressed for our changing weather. Appropriate outer wear, sweaters, coats, hats and mittens or gloves are at the ready and in the backpacks to wear if needed.
- Parents and guardians are reminded that staff are not on duty until 7:40 in the morning, so please do not drop off students prior to that time as there is no supervision.
- 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.
- Although HRCE Registration month has ended, if you have, or know of, someone in the area who has a child starting school in September in Pre-Primary or Primary, have them register their child using the following link [Register for school here.](#)

School Calendar:

A few dates to keep in mind are:

- March 4th – 8th – School Spirit Week – See calendar for details
- March 11th – 15th – March Break - No classes
- March 18th – Assessment and Evaluation day – No classes
- March 26th – Report Cards sent home electronically
- March 27th – April 3rd – Parent / Teacher Appointments available to be scheduled with Mrs. Fleck.
Please call the school, (902 568-2285) to book a time.
- March 26th – SAC Meeting – 2:00pm

- April 4th – AM Professional Development – PM Parent / Teacher 1:00 – 3:00pm and 5:30 – 7:30pm - no classes

Head Lice Prevention

Not only can colds and flu bugs be spread at school, so can head lice. 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>

Peanut/Nut Awareness

Upper Musquodoboit Consolidated is a peanut free school. Peanuts, or products made with, or that may contain peanuts cannot be brought to school. There are students who may develop a life threatening reaction to exposure to these items. Please be aware of this information when packing snacks and lunches. Thank you in advance.

"SMALL SCHOOL, BIG SPIRIT"

As always, if you have any questions, please reach out to the school.

Thank you.

Troy Smith – Principal

Andrea MacAulay – Vice Principal