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# Natoaganeg School

11 Riverview Road East

Eel Ground N.B.

E1V-4G1

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**Punamujuiku's**

**2023**

**January**

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Dear Families and Caregivers:

We hope everyone had an enjoyable and restful Holiday Season.

A few reminders as we begin the new year:

- Please ensure students come to school dressed appropriately for the weather. Indoor shoes are necessary.
- If your phone number or emergency contacts have changed, please notify the office @ 627-4615
- Use the designated student drop off and pickup area, please do not park in the bus loading zone.
- Being at school on time has an impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day. It is important to understand that attendance is essential for success in school. If children do not arrive on time regularly, they miss out on fundamental reading and math skills and the chance to build a habit of good attendance that will carry them through school.

## Important Dates

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**January 12th** Picture retakes

**January 25th** Bell Let's Talk Day

**January 27th** Family Literacy Day/PBIS Rewards Day. Half Day for students (early dismissal)

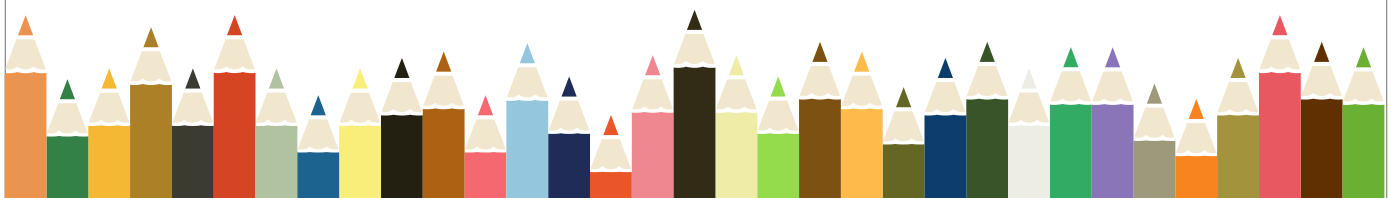
**January 30th** PD Day (No school for students)

**February 20th** Family Day (all schools closed)

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**March 6-10th** March Break

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*Family Literacy Day* takes place every January 27<sup>th</sup> to raise awareness about the importance of reading and engaging in other literacy-related activities as a family. Since 1999, thousands of schools, libraries, literacy organizations and other community groups have taken part in the initiative. ABC creates free learning and promotional resources for anyone that wants to get involved. Taking time every day to read or do a learning activity with children is crucial to a child's development, improving a child's literacy skills dramatically, and can help a parent improve their skills as well.

### **Kelulk Mijipjewey – We Eat Good Food**

At Natoaganeg School we do our best to impart a message to the students that promotes healthy foods and healthy food choices.

One way we do this is by providing the children with a healthy and nutritious breakfast, mid-morning snack and lunch each day.

If children bring a snack or lunch from home, they should come prepared with a healthy choice that is low in sugar and sodium.

Some examples of an appropriate snack are:

applesauce, fruits, veggies, cereal bar, granola, yogurt, cheese, crackers.

**Sugary snacks like chocolate, juice, chips and cakes should not be brought to school.**

## Attendance Matters

“Good school attendance helps to build habits that will last a lifetime.”

### School Schedule

8:10- 8:35am Breakfast is served

There is always a hot breakfast option along with fresh fruit. A toasted item such as bagel, toast or english muffin and cereal.

8:40am Morning announcements

8:45am Classes begin

10:15-10:30am Nutrition Break

11:40am-12pm K4 – Gr 3/4 Lunch

12-12:20pm Gr.5 – Gr.8 Lunch

2 pm K4 – Gr.2 Dismissal

2:30pm Gr.3/4 – Gr.8 Dismissal

## PATHS® IN OUR SCHOOL



Parents...do your children ever have difficulty calming down?

You can use the control signals poster as a way to help your child get control of their behavior.

Step 1 is the **Red Light**: STOP! Take a long, deep breath. Say the problem and how you feel.

Step 2 is the **Yellow Light**: THINK! What can I do? Would it work?

Step 3 is the **Green Light**: GO! Try out your solution.

Your child is learning this way to solve problems in the classroom during our PATHS® lessons. Using the same steps at home will help your child remember and follow these steps more often when they have a problem. Helping your child solve their own problems builds self-esteem!

# Mi'kmaq Words of the Day

**Ketu metuamkwa'sit sa'ponuk**

(gey-doo    med-do-am-gwa-sit    sa-boh-nook)

Bad weather tomorrow

**Tekik eksitpu'k**

(Day - gig    eck – sit – boog)

Cold Morning

**Piskwa'**

(Biss - kwa)

Come in



On January 25, participate in Bell Let's Talk Day to create positive change.

- C**hoose a mental health organization to learn about or support
- H**elp a friend struggling with mental health issues by learning ways to support them
- A**sk about how your school, workplace, or community is creating change for mental health
- N**urture your own well-being by practicing and learning mental health strategies
- G**et involved in a mental health initiative or organize an event to support mental health
- E**ngage in conversations about mental health to fight stigma

Share your actions using #BellLetsTalk and help inspire others to join the movement to create positive change.

For more ideas visit [bell.ca/letstalk](http://bell.ca/letstalk)



We are joining in and committing to take meaningful action to create positive change.

Since 2011, Canadians and people around the globe have joined in the world's largest conversation around mental health on Bell Let's Talk Day. Together we have taken big steps to reduce the stigma around mental health issues, inspire one another to take action, and help create a Canada where everyone can access the mental health support they need. But it is clear more needs to be done.

[Insert information about how your organization, school or community is joining in to help create positive change.]

### **Let's change this. Take action on Bell Let's Talk Day and all year long!**

This year's Bell Let's Talk Day campaign highlights ways we can all create meaningful change and take action by doing one or more of the following:

- **C**hoose a mental health organization to learn about or support
- **H**elp a friend struggling with their mental health by learning how to support them
- **A**sk about how your school, workplace or community is creating change for mental health
- **N**urture your own well-being by practicing and learning mental health strategies
- **G**et involved in a mental health initiative or organize an event to support mental health
- **E**ngage in conversations about mental health to fight stigma

Share your actions using **#BellLetsTalk** and help inspire others to join the movement to create positive change.

We are proud to come together, take action, and help create change for mental health in Canada so that Canadians can access the mental health and addiction supports they need to flourish.

You can find resources, learn more about some of the organizations providing mental health supports and services throughout Canada and download the [Bell Let's Talk toolkit](#) to begin your own conversation about mental health and create positive change at home, school or in the workplace.

Please join us this Bell Let's Talk Day by showing your support for all those who live with mental illness and those taking action to help them.

## Natoaganeg School Mission Statement

Natoaganeg School strives  
to have students prepared  
with necessary skills to  
become responsible and  
successful lifelong learners.

To create a positive learning environment  
that will inspire ALL to believe in developing to  
their full potential.

**MOTTO: When you Believe,  
You will Achieve!**



### SUCCESSFUL NEWSLETTER DELIVERY BALLOT

Sign below to indicate that your son/daughter has delivered to you this month's newsletter. Have your child return this ballot to the ballot box located at the school office by Friday, January 20 2023. A draw will be made for a gift card from all the ballots that are returned.

Winner for December: Kayden G.

Parents Signature

Child's name

Grade