

Natoaganeg School

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Eel Ground N.B.
E1V-4G1

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Dear Parents/Guardians:

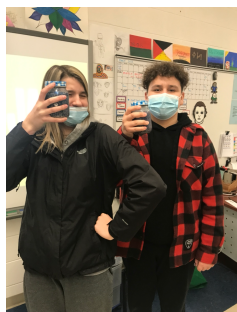
Grade 8 Students Discover Mental Wellness begins within!

Over the past 2 months the grade 8 students at Natoaganeg school have been participating in a program geared towards enhancing their mental wellness. The 14-session program is funded by Eel Ground Health Centre and is instrumental in helping the teens make the connection between their relationship with self (personal values, biases, social and emotional health) and their relationship with others (managing conflict, communication, empathy and compassion).

The program leader, Josee Brun from Campbell Health, engages the students in meaningful discussions, games and activities to help put theory into practice. As we prepare to celebrate **Mental Health Week May 2-6th** we encourage everyone to take time to foster their own mental wellness and engage in empathy and compassion for others.

Thank you to Eel Ground Health Centre for collaborating with Natoaganeg School supporting this mental wellness initiative.
#GetReal
#MentalHealthWeek

In The Photos: Students learn strategies to foster their own mental wellness...calming jars is a great way to help calm and manage feelings of anger or frustration.



May 2-6th is Mental Health Week: This year it's all about **empathy**

"I can relate." It's a familiar expression and one you've likely used countless times throughout the pandemic. When someone has been sick or stressed, felt lonely or lost their job. You say it without having to think: **"I get it. I've been there. I can relate."**

But did you know that, hiding in these very simple sentences, is a sophisticated skill you may not even realize you have? It's called **Empathy**

Empathy is the ability to share someone else's feelings or experiences by imagining what it would be like to be in their situation. When someone is struggling, they don't always need someone to swoop in and fix things for them. First, they need someone to understand where they're coming from.

If empathy doesn't come easily to you, the good news is that it can be learned and practiced. Empathy can help us **lead**, help us **communicate** and help us **support** and **connect** with others, at home, at work and at school.

We may be different, but that doesn't make us rivals.

Be there for each other when times are hard and be ready to listen.

You don't have to agree to understand, and you don't have to fix it to help.

#GetReal. Before you weigh in, tune in.

Get Ready to

#GetReal about how to help.

When someone is struggling, you don't have to fix their pain. Tune in and see through their eyes. **This is empathy.**

We may be different but we're not on different sides. See the world as others do. **This is empathy.**

You can understand even if you don't agree. Understand someone's feelings. **This is empathy.**

This Mental Health Week, #GetReal about how to help. **Before you weigh in, tune in.**

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.

The Salad Bar is back!

We offer a variety of fresh fruit and vegetables like: lettuce, spinach, carrots, snap peas, red and yellow peppers, cheese, cucumber. The choices vary week to week.

Fruit Smoothie Pops

(You can use your favorite fruit for this recipe)

1 banana

1 kiwi

½ cup yogurt

½ cup of milk

Put ingredients into a blender. Blend until smooth.

Put into freezer safe cups or ice cube tray.

After 1/2 hour in freezer place popsicle sticks or toothpicks into smoothie mixture.

Freeze thoroughly. Enjoy!



Mi'kmaq word of the day

Na to'q.
All right then.

Tetpaqa'n ki'l.

You're right.

Teliaq teluen.
What you said is
right.

E'e.
Yes. (agreeing)

Moqwa.
No. (disagreeing)





PATHS® in our School

Summer is nearly here! You can help your children make new friends on the playground and build their friendship skills. Sometimes children find it hard to make new friends. You can help your child with this problem by practicing some ways to start a conversation with another child. Saying things like, "Hi. My name is _____. Would you like to play with me?" Or, "Hi. You are good at playing ball. Can I play too?" helps children get over feeling shy. Some children just do not know what to say to another child that they do not know. By helping your child have a conversation starter, you will boost their confidence and self-esteem!

Please ensure that the school has the most up to date phone numbers for your children. If you have changed your phone number or the emergency contacts for a student have changed, please notify the office at 627-4615.

SUCCESSFUL NEWSLETTER DELIVERY BALLOT

Sign below to indicate that your child 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, May 20th. At the end of the month a draw will be made for a gift card from all the ballots that are returned.

April's winner: Jillian G.

Student name

Grade

Parent Signature

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!

WALK FOR HAPPINESS
for Mental Health & Awareness

As part of Mental Health Month the Health Centre invites everyone to take part in our Walk For Happiness.

 **When: May 4/2022** 
Time: 11:00am
Where: Eel Ground Band Hall

BBQ to follow @ the Health Centre


We encourage everyone to wear YELLOW on this day!

We will walk from the Band hall to the Health Centre.

Made with PosterMyWall.com

Grade 8 Graduation is being planned for June 13th. A notice will go home with grade 8 graduates as soon as the agenda is finalized.

May 23
Victoria Day Holiday
No school for students

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Website www.eelgroundschool.ca

Facebook page/group:

Natoaganeg School

