

## Natoaganeg School

11 Riverview Road East  
Eel Ground NB,  
E1V 4G1

Terri Anne Larry, Principal  
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Students and Staff at Natoaganeg School engaged in discussions, poster making, photo ops, mental wellness trivia and lots of positive affirmations as part of Bell Let's talk Day. Thank You Chief Ginnish and council, Miramichi Mental Health and Suicide Awareness, Rising Sun Treatment Centre, Mawlugutineg Wellness, Mi'kmaq Child and Family, Eel Ground Health Centre and our many community partners as we continue to work towards positive change. [#BellLetsTalk](#)



### Pink T-Shirt Day

#### Wednesday February 22<sup>nd</sup>

On **Pink T-Shirt Day**, everyone is encouraged to wear something pink to symbolize that bullying anywhere will not be tolerated. For students that do not have a pink t-shirt of their own, the school has extra's they can borrow.

**February 3** Yellow Shirt Day/ Mental Health Awareness

**February 13** Picture retake orders and payment due.

**February 14<sup>th</sup>** Valentine's Day

**February 17** Random Act of Kindness Day

**February 20** Family Day Holiday

**February 22** Pink T-shirt Day

#### Skating Schedule:

Skating schedule is based on which wing the classes are in at our school. Since COVID restrictions have been lifted, all parents and guardians are allowed to attend skating with their child(ren).

**K4 students CAN attend with guardian supervision.** The K4 guardian must be at the Civic Centre for no later than 9:00am.

K4, K5/1, grades 2 and 3/4 will go together, and grades 5, 6 and 7/8 will go together.

The bus will be leaving at 8:50 am sharp for both groups and will return around 10:15 am for snack.

JANUARY	FEBRUARY	MARCH
10 <sup>th</sup> – K4, K5/1, 2, 3/4	7 <sup>th</sup> – K4, K5/1, 2, 3/4	14 <sup>th</sup> – K4, K5/1, 2, 3/4
17 <sup>th</sup> – 5, 6, 7/8	14 <sup>th</sup> – 5, 6, 7/8	21 <sup>st</sup> – 5, 6, 7/8
24 <sup>th</sup> – K4, K5/1, 2, 3/4	21 <sup>st</sup> – K4, K5/1, 2, 3/4	
31 <sup>st</sup> – 5, 6, 7/8	28 <sup>th</sup> – 5, 6, 7/8	

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.



### PATHS® IN OUR SCHOOL

Parents...do you know that your child is learning and talking about feelings in our classrooms? The teachers are working with the students to help them understand their feelings better during our PATHS® lessons. They also are learning to recognize how others are feeling too. Learning to understand their own and other's feelings helps our students to get along better with each other. It helps the children to talk to each other better when they have problems. It helps them build their friendship skills. Ask your child about the different feelings they are learning about in class!

## 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, granola, yogurt, cheese, crackers.

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

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### Homemade Chicken Noodle Soup

- 6 Cups Chicken broth
- 3 cups cooked shredded chicken
- 1 cup shredded carrots
- 2 cups egg noodles
- ½ c diced celery
- Salt & pepper to taste
- Pour chicken broth in a large sauce pan.
- Add chicken, carrots and celery. Bring to a boil, reduce heat & cover, let simmer for 5 minutes.
- Add egg noodles, simmer another 5 minutes until noodles are tender.

# MI'KMAQ WORD OF THE DAY

Ta'sioq?

(Dah-see ohk)

How many are with you?

**KESKUK**

(GUESS-GOO-K)

**IT'S HEAVY.**

**Mu meko'tinuk**

(moo meg-oh din-ook)

It didn't cost much.





Thank you to Elder Robert Augustine for visiting Cultural Class for a storytelling session with our students and staff on Literacy Day.



**Random Act of Kindness Day is Friday February 17th.**

Do an act of kindness for someone and encourage them to pay it forward.



**RANDOM ACTS OF KINDNESS FOUNDATION**

SHARE A SNACK. PICK UP LITTER. READ WITH A CHILD. THANK A TEACHER. SUPPORT LOCALLY OWNED BUSINESSES. TEXT SOMEONE A POSITIVE MESSAGE. MAKE KINDNESS THE NORM!

GIVE OTHERS THE BENEFIT OF THE DOUBT. DRINK A GLASS OF WATER. DONATE BLOOD. ACKNOWLEDGE SOMEONE WHO DESERVES PRAISE. USE A REUSABLE WATER BOTTLE. SMILE. OPEN DOORS FOR OTHERS. COMPLIMENT WITH RECKLESS ABANDON. GIVE AN UNEXPECTED GIFT. CELEBRATE SOMEONE ELSE'S ACCOMPLISHMENT. LAUGH UNTIL YOUR BELLY HURTS.

RANDOM ACTS OF KINDNESS DAY FRIDAY, FEBRUARY 17TH

SHARE YOUR FAVORITE SONG WITH SOMEONE. PLACE ENCOURAGING STICKY NOTES IN PUBLIC AREAS. GO FOR A LONG WALK. LEAVE AN EXTRA BIG TIP. PUT AWAY YOUR PHONE AND LISTEN WITH YOUR HEART. SEND A THANK YOU NOTE. LOVE WHO YOU ARE.

**RANDOM ACTS OF KINDNESS FOUNDATION**

[RANDOMACTSOFKINDNESS.ORG](http://RANDOMACTSOFKINDNESS.ORG)

## 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 student has delivered to you this month's newsletter. Have them return this ballot to the ballot box located at the school office by Friday, February 24<sup>th</sup> 2023.

At the end of the month a draw will be made for a gift card from all the ballots that are returned.

*January Winner: Aubree F.*

Parents Signature

Grade

Childs name