



Natoaganeg School

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January 2020

PUNAMUJIKU'S

Dear Parents/Guardians:

We hope everyone enjoyed their Holiday.

As the second half of the school year begins, we would like to remind parents how important it is that students arrive on time every day.

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.

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 school.

Dates to remember:

Jan.17 Young
Entrepreneur
Market

Jan. 24. Skating

Jan.27 Literacy
Day

Jan.31. Half Day
Early Dismissal

Feb.3 PD Day (no
school for students)

Attendance Policy

School attendance is taken at 9 a.m. Breakfast is served from 8:40 – 9 am. Students that walk to school should arrive as close to 8:40 am as possible (especially if they are eating breakfast). All students being dropped off after 9:01 am must arrive through the main doors of the building. Parents please walk your child into school and sign them in.

Students with perfect attendance get their name put into a gift card draw at the end of the month.

Congratulations to the perfect attendance winners for December:

Dana P

Gianna W

Perfect attendance is awarded to students who arrive at school on time every day.

Note 3 lates = 1 absent



Help Your Child Succeed in School:

Build the Habit of Good Attendance Early
School success goes hand in hand with good attendance!

DID YOU KNOW?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school – and themselves. Start building this habit in preschool so they can learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

When Do Absences Become a Problem?



CHRONIC ABSENCE

18 or more days



WARNING SIGNS

10 to 17 days



GOOD ATTENDANCE

9 or fewer absences

Note: These numbers assume a 180-day school year.



NEKAW NAQSI P+SIN

We're always at school Perfect Attendance Program

The goal is to promote attendance at school, encourage punctuality, and discourage tardiness. Every day that a class has perfect attendance they will receive a letter from the phrase

NEKAW NAQSI P+SIN

The first class to spell out this phrase will receive a surprise at the end of the week in which they won.

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.

Visit our website for photos and recipes!

www.eelgroundschool.ca



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 Word of the Day

Tekik eksitpu'k

(Day - gig eck – sit – boog)

Cold Morning

Ketu metuamkwa'sit sa'ponuk

(get-oo-med-do-am-gwa-sit sa-boh-nook)

Bad weather tomorrow

Mi'kmaq Monday

Every Monday we will have a smudge in the drum of the school to start the week and encourage students and staff to wear something of cultural importance to them such as braided hair, beaded items, culturally positive clothing, moccasins, etc.

We want our students to reclaim their cultural identity and we are looking forward to implementing any other cultural initiatives or ideas they have!

SUCCESSFUL NEWSLETTER DELIVERY BALLOT

Sign below to indicate that your son/daughter has delivered to you and you have read this month's newsletter.

Have your child return this ballot to the ballot box located at the school office by **Friday, January 24th**.

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

Winner for December: Aubree Francis

Parents Signature

Child's Name

Grade

Family Literacy Day

Family Literacy Day takes place every January to raise awareness about the importance of reading and engaging in literacy activities as a family.

On January 27th from 12:45pm to 2:30 pm we will be celebrating Family Literacy Day.

Parents, Grandparents and caregivers are invited to come and join us for some literacy-based fun & activities.



Natoaganeg School Promotes Positive Mental Health

Bell Let's Talk Day is Wednesday January 29... Natoaganeg School will be joining the conversation and playing its part in reducing the stigma of mental health illness.

Mental illness affects people of all ages and from all walks of life. According to the Mental Health Commission of Canada, one in five people in Canada will experience a mental health issue or illness in any given year.

Natoaganeg values our school and community. We believe it is important to ensure that students are supported throughout their learning experience. Choosing language that is positive and healthy, recognizing and responding to changes in behaviour and allowing students to express themselves without fear of alienation or judgement is important.

That's why we're joining in on the 10th annual Bell Let's Talk Day to help create positive change.

On Bell Let's Talk Day, for every text, mobile and long-distance call made on the Bell network, tweet using #BellLetsTalk, social media video view, or use of the Facebook frame or Snapchat filter, Bell will contribute 5 cents more to Canadian mental health programs.

Our Cell Phone Policy has been updated with input from the Grade 7/8 student leadership.

Cell Phones are permitted to be used:

- Before class starts in the morning
- During lunch and recess
- After school while waiting for the bus

Cell Phones are NOT permitted:

- During class instruction time
- During assemblies

Consequences:

Step 1: student is asked to put phone away until time in which they are allowed to use it. If student refuses, see step 2

Step 2: Parent or Guardian is notified and asked to come pick up phone, if no one can pick it up it will be left at the office for the rest of the day. If student refuses, see step 3.

Step 3: Parents or Guardians are notified and student will leave their phone home for 1 day.

Young Entrepreneur Show

Young Entrepreneurs are “Open for Business”

Over the past several weeks, our middle school students have been participating in PowerPlay Young Entrepreneurs®, an engaging, hands-on program that empowers students to develop their own businesses. Our Young Entrepreneurs invite parents, teachers and students to attend their Young Entrepreneur Show.

This showcase event is educational for our school community. Other students will have the opportunity to be inspired, learn about business and have fun. Students will visit the show with their classes during regular class time. Students and parents may want to bring along a nominal amount of money for spending. There will be a variety of crafts and lots of creative surprises. Prices generally range from \$1.00 to \$10.00. Mark your calendars. We look forward to seeing you there!

Please join us at:

Natoaganeg School gymnasium

January 17, 2020 1:30 pm – 3:00 pm

Young Entrepreneur Market

Friday, January 17, 2020

Cherro's Paintings
and
Pencil Sketches



GIANNA'S HOMEMADE
DOG TREATS

ALL NATURAL
INGREDIENTS

Mariah's Bath Bombs



ALL TWISTED UP
TIE-DYED CLOTHING

BY FAITH

Preston's Hockey Bracelets



Joshua's Fantastic Pencil Holders



organize with colors

Blade's Amazing

Galaxy Jars

Rachael's Original
Dream Catchers



Hunter's Mugs And Waterbottles

