

Natoaganeg School

11 Riverview Road East

Eel Ground N.B.

E1V-4G1

Terri Anne Larry, Principal
Jenny Sonier, Vice Principal

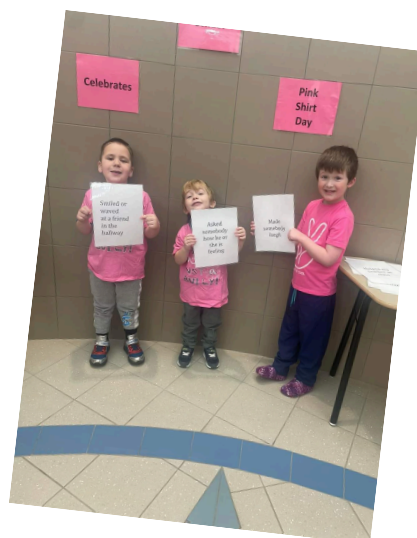
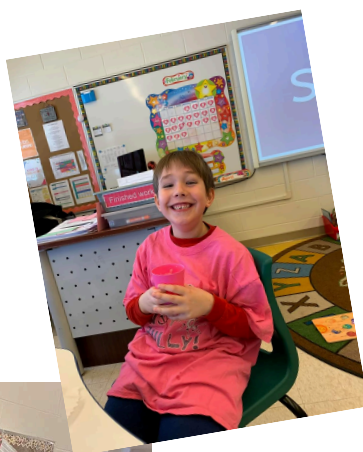
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Siwkewi'ku's

Newsletter

March

Pink Shirt Day



Dates to Remember

March 24th Parent teacher Day- No school for students.

April 7th Good Friday, school closed

April 10th Easter Monday, school closed.

April 28th Last Friday of the Month., Half Day for students.

Suicide Awareness/Day in Yellow

On February 3rd Students and staff engaged in Yellow Shirt Day as part of suicide awareness month. It is noted that the color yellow is proven to make us feel joyful, cheerful and happier. These feelings can play a huge role in improving our mental wellness. Every student and staff wore their yellow shirts and posed for pictures with their smiley face bananas. It's a great way to lift spirits and bring light to our lives.





NSMDC ANKO'TASIT

Wrap-around Services For Community and Youth

Natoaganeg (Eel Ground) Community Engagement Session

**If you are interested in attending, please RSVP by March 13th
to the following email:
cathy.hyland@nbed.nb.ca**

We would love to hear from you!
Please scan here to participate in
our survey and enter for a chance
to win an iPad!

WELA'LIEG



**March 15, 2023
10 AM – 2 PM**

The Eel Ground Community Centre
47 Church Rd, Eel Ground First Nation
Enter to win a prize at the door (Tims Gift Card)

March is National Nutrition Month.

National Nutrition Month takes place in March each year to highlight the importance of healthy eating.

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, chips and cakes should not be brought to school.

Apple Sandwiches

You will need:

2 apples cored & sliced thin

1/3 Cup Greek yogurt mixed with ¼ cup peanut butter and a sprinkle of cinnamon.

Optional toppings: sliced almonds, raisins, shredded coconut, seeds, dried fruit.

Spread the yogurt/peanut butter mixture evenly on the apple slices, add toppings of your choice.



(<https://food-guide.canada.ca/en/recipes/open-faced-applewiches>)

National Engineering Month is Canada's largest celebration of engineering excellence. An annual national campaign, National Engineering Month celebrates engineers, their work, and the important role they play in society.

On March 28th engineering students from UNB will be visiting our school. They have various activities planned for each grade.



(<https://engineerscanada.ca>)

PATHS® IN OUR SCHOOL



All feelings are OK! It is what we do with those feelings that can be good or bad. Uncomfortable feelings like sad, mad, frustrated, disappointed, scared are things that we sometimes feel. The important thing is to help our students choose positive ways to express or show their feelings. Positive ways to express uncomfortable feelings might be to talk to someone, take deep breaths to calm down, take a break from the situation, ask for help... In our PATHS® lessons and throughout the day, we talk about how to handle uncomfortable feelings by using the control signals poster. Ask your child to show you the three steps of **Red**, **Yellow** and **Green**!

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, March 24th**. At the end of the month a draw will be made for a gift card from all the ballots that are returned.

February winner: **Russell. C**

Parents Signature

Childs name

Grade