



**COLDBROOK & DISTRICT SCHOOL NEWSLETTER**  
2305 English Mtn. Road, Coldbrook, NS B4R 1B6  
Phone: 902-690-3830 Fax: 902-690-3833



**2018**

**Office Hours: 8 am – 3:30 pm**  
**Web page address** <http://coldbrook.ednet.ns.ca>  
**Email:** [cbds@avrslb.ca](mailto:cbds@avrslb.ca)

**Principal: Jean Corporon**  
**Vice Principal: Cherrie Goss**

**PRINCIPAL'S MESSAGES**  
**January 2018**

As we say goodbye to 2017 I would like to thank all members of the Coldbrook and District School community for their continued support throughout the year and say welcome to 2018! My wish is for everyone to have a year filled with happiness and good health.

I would like to take this opportunity to thank the students and staff of Coldbrook and District for the time and energy put in to preparing for the both the Band and P- 3 Concerts. The students did an amazing job with their performances and it is thanks to the support and direction of Ms. Quinton and the classroom teachers. In addition I would like to thank the parents/guardians and other family members who attended the concerts which added to the success of these performances. It is nice to see the community all come together to celebrate and support the children.

The shopping party was once again a huge success. The students had a wonderful time shopping for their family members. It was nice to watch the older students helping the younger students pick out the perfect gift. Thank you to everyone who donated items. Your support is greatly appreciated. I would like to thank the Home and School for supporting and organizing this event

As always if you wish to share info or make a comment please complete the form attached to this newsletter.

Happy New Year and All the Best in 2018!!

**WINTER POLICIES and REMINDERS**

- Throwing snow and/or ice can cause an injury and therefore we have clear rules that snow and ice should not be thrown. Students who do not respect this rule will lose the privilege of being on the playground for a reasonable period of time and a letter will be sent home to notify parents.
- Crazy carpets must be rolled up, secure and placed in a bag. Sleds and snowboards are not allowed on the school bus and should not be brought to school.
- In addition, please warn your children of the danger of playing in snow
- Please ensure your children are dressed appropriately for the weather. On days when there may be a wind chill they should come prepared to go outside. We will not send them out if temperature and wind chill becomes a risk. However they should always come prepared for going outside.

**Reminder**, if you wish to volunteer you are required to have the Child Abuse and Police Record Check completed. You will not be permitted to offer your services without these documents and we have been informed of approval. These forms can be obtained from the secretary. It is recommended to not wait until the last minute as there is no guarantee they will be processed in time for the event and at this point we are unable to have you as a volunteer.

**RECYCLING YOUR CHRISTMAS CARDS**

If you receive any Christmas cards over the holiday break, could you please send them in to the school for Mrs. MacLean. There is a project that she likes to do with students where the used Christmas cards are needed.



**HOME & SCHOOL**

**Happy New Year** to everyone! We hope that all of you had an amazing 2017 Holiday Season and are looking forward to a great year in 2018!! Thank you Tracy Nordoff and her team of volunteers that helped sort, set-up and support the Annual Christmas Shopping Party that was once again wonderfully successful! This month there will be a Movie Night held on Friday January 19th for Grades Primary to 5. The movie will be announced at a later date, so please watch for updates on the Home &

School Facebook page.

Please feel free to contact Tanya Gencarelli at 902-681-7312 or email: [tgencarelli1@gmail.com](mailto:tgencarelli1@gmail.com), as well as contact any member on the executive committee, to address any additional questions or concerns that you may have. **The next Home & School meeting is on Monday January 15th, 2017 at 6:30 in the library with FREE childcare!**

Kindest regards,  
2017/2018 Home & School Committee

**Upcoming Events**

Band and Choir Assn. Meeting	Tuesday January 9 at 6:30 pm
<b>Early Dismissal</b>	<b>Wednesday January 17 @ 11:30 am</b>
<b>No School – Inservice</b>	<b>Thursday February 1</b>
Primary Registration for 2018/19	<b>No School for Primary</b> February 26 and 27
Home & School Monthly Meeting – All Welcome	Monday January 15 at 6:30 pm
Visit <a href="http://www.coldbrook.ednet.ns.ca">www.coldbrook.ednet.ns.ca</a> to stay up to date on school activities)	
Click here to open Coldbrook School online calendar: 	



**STUDENT DROP OFF:**

When dropping off or picking up students before or after school, we ask that you please do not linger in the drive-through lane as this ties up others trying to pick up their students. If you need to linger, please park in a designated parking spot to do so. Your cooperation is appreciated!

**PHYSICAL EDUCATION**

Sometimes physical education classes of all grade levels will take place outside. Please make sure your child has appropriate snow gear to participate in physical education classes in the snow.

**TERRY FOX**

“On behalf of the Terry Fox Foundation, we would like to say a huge thank you to the students, staff and school community of Coldbrook & District School for participating in the 2017 Terry Fox School Run. Your very generous donation of \$700.00 for cancer research, along with the donations raised from the other 8500 schools across Canada, will help us come closer to finding a cure for this disease. Thank you so very much for 29 years of participation. We feel honored and inspired by your dedication to Terry’s dream.”



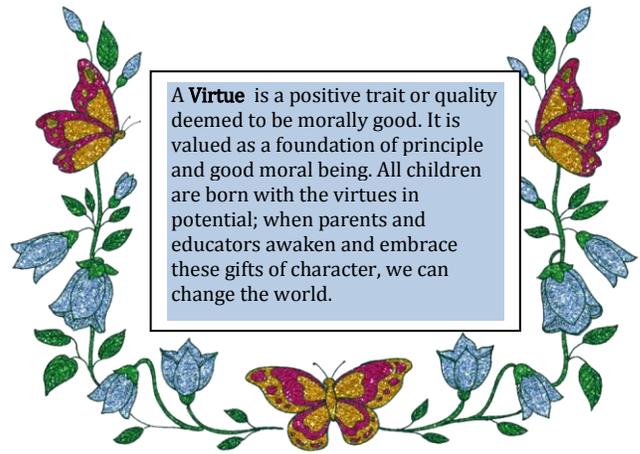
**PRIMARY ENROLLMENT FOR 2018-2019**

If you have a child who will be starting in grade Primary at Coldbrook School in September 2018 please fill out the form attached to the end of this newsletter and return to the school as soon as possible. You will be mailed out an information package with all of the information you need as well as an appointment time for you and your child on Primary Registration Day(s). These days will be Monday February 26 and Tuesday February 27, 2018. If you know of anyone else who has a child who will be starting Primary next year, please pass on this information to them.

**Rock Band Music Video**

Mr. Yeliga and Rock Band will be producing a Rock Band video over the next two months during lunch time. All students and staff members are invited to participate in the Rock Band video. The video will NOT be shared online. It will only be viewed by our school at the last assembly of the year. If you do not want your child to be in the music video, please email [cyeliga@gnsps.ca](mailto:cyeliga@gnsps.ca) and indicate which child(ren) and their home room teacher(s).

# Counsellor's Corner



**Understanding** is thinking clearly. It is using your mind so that you can see the truth about things. It is paying careful attention and thinking about things in order to see their meaning. Understanding is also having empathy and showing compassion.

Understanding gives us the power to think and learn and also to care. (thevirtuesproject.com)

***Kathleen Sampson***  
School Counsellor

## Exploring Anxiety

**Anxiety** is a subjective sense of worry, apprehension, and/or fear. It is considered to be the number one health problem in North America. Although everyone feels anxious from time to time, approximately 10% of children have excessive fears and worries that can keep them from enjoying life. Although quite common, anxiety disorders in children are often misdiagnosed or overlooked. It is normal for everyone to feel fear, worry and apprehension from time to time, but when these feelings prevent a person from doing what he/she wants and/or needs to do, anxiety becomes a disability.

### **Here are a few tips for dealing with an anxious child:**

- Genuinely accept your child/s concerns.
  - Listen to your child's perceptions and gently correct misinformation.
  - Patiently encourage your child to approach a feared situation one step at a time until it becomes familiar and manageable.
  - Always try to get your child to events on time, or early -being late can elevate levels of anxiety.
  - Continually set equal expectations for all kids anxious or not. Expecting a child to be anxious will only encourage anxiety.
  - Role-play strategies-how to react in certain situations. Explore both best case scenarios and worst case scenarios using realistic evidence.
  - Build your child's personal strengths.
  - Help your child organize their school materials for the next day the night before.
  - Allow and encourage your child to do things on their own.
  - Allow extra time on tests and/or allow students to take tests away from the other students.
  - If a child is going to be singled out for a classroom activity, let that child know a day in advance so that he can feel more prepared.
  - Designate a 'safe person' at school that understands your child's worries and concerns.
  - Try not to pass your own fears onto your child.
  - Work together as a team (family members, teachers, child/day-care providers etc).
  - Set consequences-don't confuse anxiety with other types of inappropriate behavior. Set limits and boundaries.
- (unknown)

## After School Program Information

Forms can be picked up at the office and are due back to the office by Wednesday January 17<sup>th</sup>

Check out these great FREE after school programs provided by the Municipality of the County of Kings!

### **Trailblazers**

Monday and Wednesdays from 3:00-4:30 p.m. for six weeks.

Grades P-2: January 22nd- February 28th

Grades 3-5: March 5th- April 18th.

\*Please note: there is a maximum amount of participants per session.



So what is Trailblazers?

Trailblazers is an outdoor play program that is spreading around the Annapolis Valley and Nova Scotia! We are excited to offer it at Coldbrook School! This program is founded on the following goals:

- To introduce children to the joys and benefits of playing in nature in a more unstructured way;
- To demonstrate to parents and children that nature can be a positive, welcoming place that can be enjoyed in all types of weather provided that children are prepared with the appropriate clothing;
- To carve out time in children's week to have unstructured play in nature;
- To help children learn to assess and manage risky situations in nature play for themselves so that they are better able to play safely on their own;
- To provide children with supervised nature play with which their parents feel comfortable.

There are many well-documented benefits of outdoor play! Some of these are:

- Play in nature is essential for development of problem solving and creativity;
- Children are more physically active when they are outside;
- Physical activity is associated with many physical health benefits including: improved body composition, bone density, cholesterol levels, muscle tone, heart and lung efficiency and better eyesight;
- Outdoor play allows children to develop essential physical skills, which helps ensure they will be more active later in life;
- Children are more creative and curious in natural spaces than in human constructed spaces;
- Children can develop a sense of self, independence and confidence during play in natural environments;
- Children develop social skills such as flexibility, cooperation, self-reflection, and reduced aggression;
- In an unstructured outdoor environment, children can choose age and skill-appropriate risks and challenges;
- Child-chosen risks are essential for development of self-awareness, self-esteem, willingness to take intellectual risks, and physical skill development;
- Children who are not permitted to take risks do not gain these benefits, and moreover, often choose to do high-risk activities with a higher potential for injury. They also miss the opportunity to develop risk-assessment skills, which they use across all areas of their lives.

### **Girls Yoga**

Thursdays from 3:00-4:00 p.m. for Grades 5-8. The program runs January 25-April 19th.

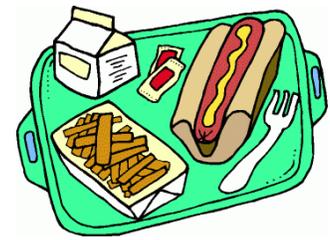
Join us for a weekly yoga session taught by a certified yoga instructor! Connect with yourself and take some time to self-reflect.

\*Please note: there is a maximum number of participants per session. Depending on numbers and interest, it may be a 12 week program or two 6 week programs.





# January Menu



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>Week One</b> Jan. 29 - Feb. 2	<b>Cheesy Nacho's</b> \$3.00	<b>Valley Pizza</b> \$3.00	<b>Chicken Quesadilla's</b> \$3.00	<b>Feb.1st</b> <b>No Cafeteria</b>  <b>Inservice</b>	<b>Hot Sub</b> \$3.00
<b>Week Two</b> Jan 1 – Jan 5	<b>January 1</b> <b>School Break</b>	<b>January 2</b> <b>School Break</b>	<b>1<sup>st</sup>. Day Back</b> <b>Chicken nuggets &amp; Fries</b> \$3.00		
<b>Week Three</b> Jan. 8 - Jan. 12	<b>Storm Day</b>	<b>Valley Pizza</b> \$3.00	<b>Perogies</b> \$3.00	<b>Cougartine</b> \$3.00	<b>Hot sub</b> \$3.00
<b>Week Four</b> Jan. 15 - Jan. 19	<b>Grilled Cheese Sandwich &amp; Cup of soup</b> \$3.00	<b>Valley Pizza</b> \$3.00	<b>No Cafeteria</b> <b>Early Dismissal</b>	<b>Macaroni &amp; Cheese</b> \$3.00	<b>Cougar Flatbread Cheese Pizza</b> \$3.00
<b>Week Five</b> Jan. 22 - Jan. 26	<b>Cougartine</b> \$3.00	<b>Valley Pizza</b> \$3.00	<b>Soup &amp; ½ Wrap</b> \$3.00	<b>Macaroni Casserole</b> \$3.00	<b>Hot Sub</b> \$3.00





# Community Bulletin Board

## **AFTER SCHOOL PROGRAM AT PRIMARY REGISTRATION**

The licensed Coldbrook After School Program (offered directly on site) will have forms available during primary registration days. Applications will be offered and limited spaces accepted then for the upcoming 2018 school year. If you have any questions please feel free to contact the program administrator, Krista Toole-Hebb, at 902-670-4353. Contact can also be made by e-mailing [coldbrookasp@hotmail.com](mailto:coldbrookasp@hotmail.com)

## **AFTER-SCHOOL CARE - SEPT. 2018**

Are you looking for after school care that is safe, affordable and more importantly, FUN?! I have 10+ years of experience in child care and am certified in first aid and CPR. Conveniently located on Langille Drive, less than 10-minute walk from Coldbrook School. Includes in-services, snow days, March Break and summer vacation. Healthy snacks and meals are also provided. Call 902-692-1195 and ask for Leah. There are only 2 spots available.

## **EDALENE THEATRE CLASSES**

Winter classes get underway in January. Classes are offered for kids ages 4-18 throughout the week. For a full and complete list of all of our classes, go to <http://www.edalene theatre.ca/theatre-school.php>. There is something for everyone!

UPCOMING MUSICAL - WE WILL ROCK YOU: Set in a dystopic future where original music has been outlawed and the only sound is digital - a rebellious boy, Galileo Figaro and bohemian girl, Scaramouche strive to restore original music and defy the Killer Queen, with the help of other Bohemians. Directed by Kerri Leier, with props and costumes from Phantom Effects, a talented local cast of actors and musicians, vocal direction by Brent Raddall and choreography by Anya DenHartog, this show will entertain and have you singing along to all your favourite Queen Songs. It absolutely will Rock You!

DATES: March 29th-March 31st at 7:30 and a matinee on March 31st and April 1st at 2:00pm. Tickets are \$14.00 for children under 16. \$17.00 for Adults and 4 for \$60.00. All online tickets are \$15.00

Buy your tickets at <https://www.eventbrite.ca/e/edalenes-we-will-rock-you-the-musical-tickets-41537512819?aff=es2>

Major Props to Jaimie Corbin from Phantom Effects for an AMAZING poster design!!!!

## **Edalene Theatre Intensive Camp-BUGSY MALONE**

Camp will be offered for students aged 10-18 and run for three weeks in August, from Monday-Friday. During this camp the students will be trained in dance, music and theatre technique while rehearsing for a full scale musical production. All who audition will be accepted, auditions help us to find the best part to showcase you. However, if you would like to come to camp and be part of the chorus, no audition is required, just fill out a registration form.

Cost of the camp will be \$350.00 with deposit paid by July 4th. \$365.00 if paid on first day of camp, 380.00 if fees are paid late.

## **CENTRESTAGE THEATRE**

Is pleased to present their first family play of 2018, Cinderella! Cinderella! By Edith Weiss. This Cinderella is very kind and not known for her beauty, especially compared to her beautiful, calorie obsessed, selfish stepsisters; and has big feet to boot. She learns during this very funny play that it isn't magic that will help you in life as much as the courage to stand up for yourself.

The play is on Feb.17.18.24.25. March 3, 4. All shows begin at 2 PM (door opens at 1:15) and all tickets are \$5.00. It will be the first play in our newly renovated Upper Performance Centre. Please call 902-678-8040 for reservations.

The play is directed by Nancy Henry and the cast includes Ciaran Quimby-MacIntyre, Ethan Vanmeekeren, Keira Melanson, Kaitlyn Thompkins, Charlotte Crouch, Mike Butler, Mindy Vinqvist-Tymchuk, Wendy Stewart.



## **VALLEY BULLDOGS ANNUAL WINTER FOOTBALL CAMP**

Come join The Acadia Axemen players and coaches for our fun winter football camp. Bring your friends and make some new ones! Starts February 11 at the Kentville Soccer Dome (register first day). Sundays from 12 noon to 1:00 pm for eight weeks. \$50 (plus discount for siblings). For boys and girls age 6-15. No experience required. Great camp for new and experienced players. This is a non-contact introduction to basic football skills with an emphasis on fun and hard work. Any questions to [bulldogsregistration@hotmail.com](mailto:bulldogsregistration@hotmail.com)



**PRIMARY ENROLLMENT FOR 2018-2019**

At the present time we are in need of information concerning next year's primary classes. If you have a child who will be registering at Coldbrook & District School for the 2018-2019 school year, please fill out the following form and return it to the office as soon as possible. Children born on or before December 31st, 2013, are eligible to enroll. If you know of someone in your neighborhood that has a child entering Primary next year, please give them this form to fill out and send to the school. Thank you.

Child's Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Gender: \_\_\_\_\_

Parent's/Guardian's Names: \_\_\_\_\_

Civic Address: \_\_\_\_\_ Community Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Siblings attending CDS:  
\_\_\_\_\_

Any Special Needs: \_\_\_\_\_

Attended Day Care or Nursery School: Y or N and if so, which one: \_\_\_\_\_





# School Newsletter

Your opinion is valued and encouraged by us. The following form can be used to communicate, share good news, suggestions etc. with us at Coldbrook & District School.

Please complete and return with your child. Thank you.

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NAME: \_\_\_\_\_