

# COLDBROOK & DISTRICT SCHOOL

2305 English Mtn. Road, Coldbrook, NS B4R 1B6  
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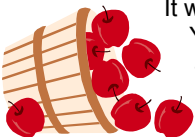


Office Hours: 8:00 am – 3:30 pm  
Phone: 690-3830  
Web page address: <http://coldbrook.ednet.ns.ca>

Principal: Jean Corporon  
Vice Principal: Cherrie Goss  
Email: [cbds@avrsb.ca](mailto:cbds@avrsb.ca)

**Thanksgiving Day – (No School) - October 9**  
**Provincial Conference Day - (No School for students) – October 27**

## PRINCIPAL'S MESSAGE



It was nice to see parents/guardians at both "Meet the Teacher" it was the largest crowd we have seen in a couple years! You are sending a very important message to your children that you support and value their education and Coldbrook and District School. We hope to see more of you throughout the school year at future events.

It has been a busy but productive month for us but we are beginning to settle in nicely and look forward to the upcoming year. This year we continue to focus on goals established through the Student Success Plan, implementing the PEBS framework, enhancing our school playground and garden, breakfast program, wellness for both students and staff, providing the best education for the students through the program planning process and promoting a positive school environment.

On September 15th we had our first assembly and it was wonderful to see a "sea of pink" as students showed their support in taking a stand against bullying. All classrooms have signed a contract showing their support and promise to take a stand against this behavior. It was wonderful to have a visit by "Zougar" our school mascot and the energy from our School Spirit Team was contagious. It was a great and energetic start to our year!!! A true sense of community and school spirit. ☺

I am looking forward to working with everyone and would like to thank both the parent community and staff for all they do to support our students. Keep up the good work!

Our students have much to celebrate both in the sports and community service world. Cross Country, golf and soccer are well under way. We wish all of our athletes well and hope they enjoy the sportsmanship of being a part of a team. A great big "THANK YOU!" to our parent, community and staff volunteers who offer their coaching skills to support our teams. It is truly appreciated. Thanks to Ms. Brown and students for organizing the annual Terry Fox event as well!

Have a great Thanksgiving and enjoy time with family and friends.

Jean Corporon, Principal

## Middle School Dances

We are pleased to be able to offer the middle school students the opportunity to attend a dance on a monthly basis. It is an opportunity for them to socialize and have fun. In addition it provides a fundraising opportunity for our sports teams, home and school, and band. Students support our local food bank as part of the admission is a donation in support our local food bank. To ensure the safety of the students and things go smoothly there are a few guidelines and expectations that the students need to follow and parent/guardian support with this is greatly appreciated.

1. Guests are welcome but they must be invited and the invitation must be submitted to the office no later than noon on the Wed before. Students inviting a guest must check with the office at the end of the day to see if permission is approved or not. Students who show up and have not been approved will be required to call home to be picked up. Invites are for those students in grade 6-8.
2. Students who are not in school on the day of the dance are not permitted to attend the dance. We do check this at the door and if a student shows up they will be asked to call home to be picked up.
3. Cell phones are not permitted but if a child needs theirs to call for pick up we will gladly hold on to them and they can access them when it's time to call home.
4. Once students arrived to the dance and are inside they are to remain inside until the end of the dance or when parent/guardians come to pick them up.
5. Students are to adhere to the dress guidelines. A copy went home in Sept with an overview of the expectations.

**Students are aware of the above information.** These dances are supported by volunteers both staff and community. To ensure their continued success student and parent/guardian support is necessary. These expectations are in place for educational (attendance), safety and privacy reasons.

If you have any questions or need further clarification, please do not hesitate to contact the school.

## PHYSICAL EDUCATION NEWS

**Cross Country** - Students participating in the October 5th cross country meet in Port Williams need to get their own transportation to and from the meet due to no bus availability. A staff member will be onsite to supervise

"Thanks to Mr. Schurman who is coaching the boys soccer team. We are still looking for a **Junior Girls Volleyball** coach.

## HOME & SCHOOL NEWS

Thank you to all that attended the first Home & School meeting of the year in September, as it was a great success! During the meeting, the annual fundraisers were discussed, as well as the Guest Speakers for the year. The first Guest speaker is on Monday October 16<sup>th</sup> and the topic is **Lice Matters**. All members of the Home & School community are welcome to attend and we hope to see many of you there! The 2017-2018 Home & School Fundraisers were discussed and the following have been confirmed:



**HOME & SCHOOL NEWS (cont)**

- Maple Product Sales (Late October to early November)
- Holiday Shopping Spree (December)
- Movie Night (January)
- Spring Fling (June)

New volunteers in any capacity are always welcome and genuinely appreciated 😊 to help contribute to the ongoing support of the student and staff community at the school. Please watch for updates with regard to Home & School events, fundraisers and guest speakers via the Facebook page or memos that are sent home. If anyone is unable to attend a meeting, 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. The **next Home & School meeting is on Monday, October 16th at 6:30 in the library with FREE childcare! We genuinely look forward to seeing you!**

Kindest regards,  
2017/2018 Home & School Committee

**Health and Wellbeing**

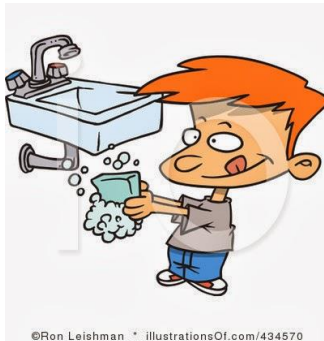
**Lice Matters**

We request that you please be proactive in checking your child(ren) for lice and treating as required in order to keep outbreaks to a minimum. If you do find lice on your child, please let the office know so that this information can be passed along to help control outbreaks. If you have any questions about how to treat for lice, please call the office or plan to attend the Home & School information session on Monday October 16. Thank you!

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The #1 way to  
avoid sickness  
(and the spread of germs)  
is  
**Hand washing!**

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Please consider making a good  
hand scrub part of your child's  
routine when they arrive home  
from school each day (and of  
course at many other times as  
well!)

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**Student Fees Reminder:**

A reminder to parents/guardians who have not paid their student's fees for the 2017/18 School Year.... The fees are as follows:  
Grades Primary, 1, and 2 - \$40  
Grades 3-5 - \$5  
Grades 6-8 - \$10

A huge **Thank You** to the many of you that have already paid this year's fees. We have approximately \$1165 in fees that are still outstanding. Without these fees the students and school programs will be directly affected. If you are experiencing difficulty with the payment of these fees please contact the school.

**Breakfast Program**

Thank you to Scotian Gold and Levi Freeman from API and for their continued support of our breakfast program. Thank you to the parents who have also dropped off donations this year. Your generosity is greatly appreciated. 😊

**Terry Fox Run**

We would like to send out a big **Thank you** to Madame Brown and her students and everyone who contributed to our Terry Fox Run. We raised \$700!



**WANTED for Family Studies Program**

We are looking for donations of scraps of material or small pieces of material that would be seasonal or for holidays. Thanksgiving, Halloween, fall, winter, Christmas, Valentine's Day, St. Patrick's Day, anything like that. Please drop off donations at the office. Thank you so much!

**COMING EVENTS AT SCHOOL**

Band & Choir Assn Meeting	<b>Oct 3 @ 6:30 pm</b>
Grade 7 Immunizations	<b>Oct 4</b>
QSP Magazine Campaign Kick-off	<b>Oct 6 (ends Oct 30)</b>
Thanksgiving (No School)	<b>Monday Oct 9</b>
Tim Horton's Camp for Grades 7&8	<b>Oct 10-13</b>
Fire Safety Assembly Grade P-3	<b>Oct 13 @ 8:45 am</b>
Home & School Assn Meeting	<b>Oct 16 @ 6:30 pm</b>
Grade 6 Provincial Assessments	<b>October 11-17</b>
Family Dance	<b>October 25</b>
Provincial Conference Day (No School for Students)	<b>Friday Oct 27</b>
Photo Retakes	<b>Oct 30</b>

Visit [www.coldbrook.ednet.ns.ca](http://www.coldbrook.ednet.ns.ca) to stay up to date on school activities)

A **Virtue** is a positive trait or quality deemed to be morally good; it is valued as a foundation of principle and good moral being. All children are born with the virtues in potential; when parents and educators awaken and embrace these gifts of character, we can change the world. (thevirtuesproject.com)

## Counsellor's Corner

**Enthusiasm** is being inspired – full of spirit. It is being cheerful and happy. It is doing something wholeheartedly, with zeal and eagerness; giving 100% to what you do. Being enthusiastic is being excited about something, looking forward to it. It comes from having a positive attitude.

**Take into account that great love and great achievements involve great risk.**

- When you lose, don't lose the lesson.
- Follow the three R's: Respect for self, Respect for others; and Responsibility for all your actions.
- Remember that not getting what you want is sometimes a wonderful stroke of luck.
- Learn the rules so you know how to break them properly.
- Don't let a little dispute injure a great relationship.
- When you realize you've made a mistake. Take immediate steps to correct it.
- Spend some time alone every day.
- Open your arms to change, but don't let go of your values.
- Remember that silence is sometimes the best answer.
- Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
- A loving atmosphere in your home is the foundation for your life.
- In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
- Share your knowledge. It is a way to achieve immortality.
- Be gentle with the Earth.
- Once a year, go someplace you've never been before.
- Remember that the best relationship is one in which your love for each other exceeds your need for each other.
- Judge your success by what you had to give up in order to get it.
- Be daring and self-sacrificing in love and cooking.

### **When you Awake:**

Stretch, appreciate being alive, drink water, go outside and breathe deeply looking at the sky, stretch, meditate/breathe, focus on being a benefit to the world, what can you do to help people benefit?

***Kathleen Sampson***  
School Counsellor

**Compassion** is having kind feelings toward someone who is hurt or troubled. It is caring deeply and wanting to help, even if you don't know them. It is being kind and forgiving to someone who has hurt you. You treat people and things gently and respectfully. You treat people the way you want to be treated, "The Golden Rule."



# Coldbrook School Cafeteria

## Menu Prices

**\*Not all items are available everyday**

<b>Daily Specials \$3.00 to \$4.00</b>					
Valley Pizza	Tuesday only	\$3.00 per slice			
Chicken Nuggets & dipping sauce	Monday & Wednesday Only	\$3.00	Chocolate Pudding (when available)		\$1.00
Salads (when available)		\$3.50			
Veggie Box cheese, crackers, butter, tomato, carrot, cucumber, pepper		\$2.50	Muffins		\$1.50
Protein Box Wow butter, apple, celery, grape & cheese		\$3.00	Cinnamon Roll		\$1.50
Wraps		\$3.00	Fruit sticks (when available)		\$1.50
Sandwiches		\$2.50	Popcorn		\$2.00
			Cookies		\$0.50 (Max 2)
Soup of the Day with crackers & butter		\$1.50	Baked chips (various Flavors)		\$1.50
Carrot sticks and dip		\$0.50	Welches		\$1.50
Cheese string		\$1.00	Mini Welches		\$0.50
Frozen Treat		\$1.50	IOGO Drink		\$1.50
Fruit		\$0.50	White Milk		\$0.40
			Chocolate Milk		\$1.50
			Juice Carton		\$1.00
			Bottled Water		\$1.00

**MENU IS SUBJECT TO CHANGE**

Starting in September 2017, Coldbrook School started a new 5 week rolling cafeteria menu. School started on Wednesday September 6 with Soup & 1/2 Sandwich. When we get to Friday week 5 we then start back at week 1 again. If we have an in-service day or a snow day the menu will roll to the next day. This is a CASH ONLY service; please make sure your Child has enough money to purchase their lunch.



### **Daily Specials for October 2017\***



	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>Week One</b> Oct.9-Oct.13	<b>Cheesy Nacho's</b> <b>\$3.00</b> <b>Thanksgiving Day</b> <b>No School</b>	<b>Valley Pizza</b>  <b>\$3.00</b>	<b>Chicken Quesadilla's</b>  <b>\$3.00</b>	<b>Chicken Burgers</b>  <b>\$3.00</b>	<b>Cougar Flatbread Cheese Pizza</b> <b>\$3.00</b>
<b>Week Two</b> Oct.16-Oct.20	<b>Chicken Nuggets &amp; Fries</b> <b>\$3.00</b>	<b>Valley Pizza</b>  <b>\$3.00</b>	<b>Beef Taco's with Lettuce, Tomatoes, salsa and sour cream</b>  <b>\$3.50</b>	<b>Cheesy Nachos</b>  <b>\$3.00</b>	<b>Grilled Cheese sandwich</b> <b>\$3.00</b>
<b>Week Three</b> Oct.23-Oct.27	<b>Cheeseburgers</b>  <b>\$3.00</b>	<b>Valley Pizza</b>  <b>\$3.00</b>	<b>Perogies</b>  <b>\$3.00</b>	<b>Cougartine</b>  <b>\$3.00</b>	<b>Hot Sub</b> <b>\$3.00</b> <b>No School</b>
<b>Week Four</b> Oct.30-Nov.3	<b>Cold Sub</b>  <b>\$3.00</b>	<b>Valley Pizza</b>  <b>\$3.00</b>	<b>Chicken Nuggets &amp; Fries</b>  <b>\$3.00</b>	<b>Macaroni &amp; Cheese</b>  <b>\$3.00</b>	<b>Grilled Cheese Sandwich &amp; cup of soup</b> <b>\$3.00</b>
<b>Week Five</b> Oct.2-Oct.6	<b>Cougartine</b>  <b>\$3.00</b>	<b>Valley Pizza</b>  <b>\$3.00</b>	<b>Soup &amp; 1/2 Wrap</b>  <b>\$3.00</b>	<b>Macaroni Casserole</b>  <b>\$3.00</b>	<b>Hot Sub</b>  <b>\$3.00</b>

# Community Bulletin Board



Happy Fall! Come check out the programs at the Kings County Family Resource Centre this year. We have programs for all ages and stages! We offer programs just for adults, parent-child interactive programs, cooking programs and preschool. All of our programs are free! Hope to see you soon?

For more information contact us at: 902-678-5760

[family\\_centre@ns.sympatico.ca](mailto:family_centre@ns.sympatico.ca)

[www.kcfrcc.ca](http://www.kcfrcc.ca)

**Berwick & District Nursery School** is having a Dinner and Auction on October 22nd at the Berwick Lions Hall (Berwick Apple Dome) to raise money for a Natural Playground. Silent auction opens at 5:30 and Dinner at 6:00. Meal is a half chicken dinner, dessert, and tea/coffee. Tickets are \$20 a piece and can be picked up at Larry's Pharmasave in Berwick or from Meghan Joudrey (902) 848-6689.

## **Victory Taekwondo**

Victory Taekwondo will have an Open House on Saturday October 21st, 2017 from 12:00pm to 3:00pm. Come in and check out our new space and watch some of our athletes show what they can do. You can enter your name for a draw for a free month of Taekwondo just for stopping by.

Victory Taekwondo has classes for ages 4 and up. Instructors are 3rd and 4th degree black belts and have earned multiple National medals. Two instructors each have over 25 years experience in WTF Taekwondo. Classes also help improve flexibility, conditioning, focus and discipline. Contact us for our new fall schedule. Call 902-670-7897 or email [tkdvictory@hotmail.com](mailto:tkdvictory@hotmail.com).

## **After School Care. \$15/day**

Nicole Hiltz

Phone: 902-300-2557

Diploma in Early Childhood Education and I would also walk to pick the children up from the school. \$15/ day and that would include a snack.

## **Cotton Tale news:**

**Donna and Andy Concert at Cotton Tale:** Sunday, October 22: 2 - 3 pm - a lively afternoon of fun songs with our local children's entertainers. Cost \$5.00 pp

Join us at Cotton Tale on our next PD day, Friday, October 27th from 9:00 - 12:00 as we make our own **Stop Motion Animation**. Participants can bring their own small figurines and objects (or use what we have) and watch them come to life! Everyone will take part in writing the story line, creating the backdrop and the animation process. Cost is \$25.00 per child, which includes a snack. Call 902-680-1691 to secure a spot now. For ages 6+

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## ***Coldbrook School Goes Digital!***



Beginning in November, 2017 we will be sending out monthly newsletters digitally. We will send you notification email and/or text msg to remind you that the newsletter has been put online. You can view it by going to the School Website (under "Newsletters") or by following the link provided in the reminder email. If you do not have access to the Internet to receive your newsletter, please let us know by returning the notice below.

Student Name \_\_\_\_\_

\_Grade and Teacher \_\_\_\_\_

\_\_\_ *I do not have access to online newsletters, please continue to send home a copy, or*

\_\_\_ *Please add the following email address to my contact information:*

Name: \_\_\_\_\_ Email: \_\_\_\_\_

