

# SEPTEMBER 2017 NEWSLETTER

Coldbrook & District School  
2305 English Mtn. Road  
Coldbrook, NS B4R 1B6  
Phone: 902-690-3830  
Fax: 902-690-3833



Principal: Jean Corporon  
Vice Principal: Cherrie Goss

Webpage - <http://coldbrook.ednet.ns.ca>  
E-Mail: [cbds@avrsb.ca](mailto:cbds@avrsb.ca)

**September Dates to Remember**  
Tues. 12<sup>th</sup> Gr. 6 Band Registration/Instrument Rental / Band & Choir Meeting 6:30 pm  
Wednesday 13<sup>th</sup> Open House / Meet the Teacher 6:30 – 8 pm  
Friday 15<sup>th</sup> Pink Day -Stand Up Against Bullying (Wear Pink)Pink Day Assembly 1:30 pm  
Monday 18<sup>th</sup> Home & School Meeting 6:30 pm  
Wednesday 20<sup>th</sup> **Early Dismissal 11:30 am**  
Thursday 21<sup>st</sup> Bus Safety Evacuation Presentation (P-5) 9 am  
Thursday Gr. 6-8 Dance 6:30-8 pm  
Friday 22<sup>nd</sup> School Photos  
Thursday 28<sup>th</sup> Terry Fox Walk/Run 2 pm  
**Friday 29<sup>th</sup> Regional In-service – No School**

## STAY UP TO DATE!

Add the School Calendar to your Google Calendars: (Use the Google + Link). Visit [cbds@ednet.ns.ca](mailto:cbds@ednet.ns.ca)

## Principal's Message

### WELCOME TO THE NEW SCHOOL YEAR!



As we begin a new year it is hoped that everyone enjoyed their summer holidays and took time to be with family and friends and maybe had a chance to take that long awaited vacation or just hang out at home.

I am looking forward to another year as principal of Coldbrook and District School and working with all members of this school community. I would like to welcome all returning and new students and their families. It is nice to see our staff return as they prepare for the upcoming year. There have been a few changes this year and we welcome our new additions to our team.

New to the staff are: Ms. Inskip secretary, Mrs. Garrison Primary returns from her maternity leave, Mrs. Kellock Grade 4, Ms. McCarthy Grade 1/ 2 while Ms. Avery is on maternity leave, Mrs. Hire gr 2/ 3 Mr. Hines Grade 6, Mrs. Hall Tech Ed, Ms. Parnell will be job sharing with Mrs. Smith Grade 1 and we have a 60% Resource position TBA.

There have also been renovations and upgrades to the school. Over the summer the roof was resurfaced, tennis court improved, driveway paved and office updated to enhance security within the school. You will now have to enter the school by taking an immediate left when entering the school. Visitors will have to sign in before entering the main area of the school.

Our secretary allocation has been decreased and we now have 1.5 secretarial support. As a result there is an adjustment in our office hours. **The office will be open at 8:00 and close at 3:30.** Mrs. Dyke's hours are 8:00-3:30 and Ms. Inskip 10:00-1:30.

As you can appreciate this first newsletter is a lengthy one as it contains a lot of information that will help you to organize your school year. Please take time to read and share with your child as it contains details on codes and expectations. As you read this newsletter you will notice much of the information around routines, policies, etc. will have remained the same. I will be sharing information pertaining to the new Code of Conduct and Homework policies during Meet the Teacher. **Please note information around iPod and cell phone use.**

Communication is valued and encouraged. I have an open door policy and welcome your visits, phone calls, and notes. You will notice at the end of each newsletter you will have an opportunity to complete an attached form. This can be used to communicate, share good news, suggestions etc. These can be returned to school with your child and delivered to the office. Your input and feedback is appreciated.

Parent/Guardian participation is an important part of your child's education and is strongly encouraged. Research has shown that when parents/guardians take an interest in school students do better in school. If you value education they too will see it as important as well. Please partake in committees, meetings, events etc. We welcome your active participation.

Once again I look forward to working with the student, parent/guardian and staff community of Coldbrook and District School over the next school year.

Thank You  
Jean Corporon, Principal

## Vice Principal Message

It is my pleasure to welcome all new students and returning students and their families to the Coldbrook and District School Community. It is wonderful seeing so many familiar faces and meeting many new people! Please do not hesitate to call me if you have any questions or concerns. I would be happy to help in any way that I can! I am looking forward to seeing you at our Open House on September 13th at 6:30pm.

Mrs. Goss, Vice Principal

### Telephone Directory:

Main Office	902-690-3830
Principal	902-690-3831
Vice Principal	902-690-3832
School Fax	902-690-3833

## **Meet The Teacher / Parent Orientation – Wednesday September 13<sup>th</sup>**

All parents should plan to attend this important open house to meet your child's teachers. During this time we will have a chance to have informal communication about class and program plans and to see the classrooms. The schedule for the evening is as follows: September 14<sup>th</sup> . Grades P-8 6:30 general meeting in the Gymnasium then classroom presentations until 8 pm.



### **Student Arrival 7:45 am**

Please note students will not be able to access the building until 7:45. This is when the doors will be unlocked. Student supervision is not available and is not scheduled to start until 7:45 and it is for their safety that we ask they not arrive before this time. Although there may be staff on site they are not responsible for students at this time. Some come early to do work and prepare for the day. We appreciate your support with this.

In addition students should arrive **no later than 8:25**. Lateness means they are missing important instruction and late arrivals disrupt the learning of others.

### **Attendance - Student success in school is directly tied to attendance.**

If a student is absent from class, he or she should do one of the following within two days of returning to school:

-Bring a note to school from a parent or guardian stating the date(s) of the absence and the reason(s) for the absence. Teachers are asked to share this information with Janet or Carol and then keep these notes. OR Have his or her parent or guardian call the school office and give the date(s) of the absence and the reason(s) for the absence.

-In order for students to attend school dances or take part in music, sport or extra-curricular events, including all end of year events, they must have attended school for the full day.

### **Driveway:**

Please follow the following guidelines to help us provide safe arrival and departure routes for our students:

Students should travel on buses whenever possible. If you must drive your students to school please enter the upper driveway proceed to the drop off area and have your child(ren) exit as quickly as possible. (right hand side of the car is the safest) then proceed to exit. If you need to walk your student to their room please enter the first driveway, park in the available spaces outside the cafeteria windows and sign in at the office. If you are picking up your children at the end of the day please enter the upper driveway and take a parking space to wait. Please turn off your vehicle and remember do not block the loop. Also please note there is **%No Parking Fire Lane%** in the bus loop. There is no parking on the side closest to the school. This is to ensure easy and immediate access for emergency vehicles. Parking is permitted on the opposite side of the loop. Thank you for your co-operation.

\*During Recess and Noon students are expected to be outside unless they have special permission to be involved in an organized, supervised activity. In the rare case that a student needs to stay inside because of health reasons, he/she must have a letter stating the specific reason. It is understood that if students are present in school they should be well enough to go outside.

\*When you visit the school please make sure you stop at the office to sign in before proceeding throughout the building.

\*If you need to leave messages for students please do so by 11:30. Messages will be left in teacher's mailboxes in order to reduce the number of interruptions in the school day.

## **TO DO...**

**Student Registration Form:** Each child will bring home a registration form in Sept. Please review, correct, date and sign the form and return it to the school. Please note it is very important that all information is complete and accurate. **Unexpected early dismissal arrangements are very important.** We are not able to call every home to make arrangements when we are closing early. If you are not able to make arrangements with family, neighbor, etc. and require us to call please note it is most likely your children will not be able to travel on a bus since the timing is often too short. We appreciate getting complete information so that we don't have to inconvenience you by returning the form for further data. It is very important that our records for your children are up to date and correct. **If during the year information changes please notify the school.** Thank you for your attention to this matter. Completion of the **%Student Self-Identification+** portion of the registration form is voluntary but would be greatly appreciated.

General Consent for school to use Student Personal Information:

***Frequently at school events photos are taken for publication in the yearbook and used for school based events. If you wish for your child's picture to be included we must have a photo release form on file.*** Once the completed form is received at the school, this is the information that will be followed for the **entire** school year. If you have questions of media access to student pictures please visit the AVRSB website.



### **Student Supplies & Fine Arts Fee Information**

Student supply fees for 2017-18:

Grade Primary & 1 - \$40. (includes the \$5.00 Fine Arts Fee)

Grades 2-5 - \$5. Fine Arts Fee

Grades 6-8 - \$10. Fine Arts Fee & Exploratory Supplies. Please send these student fees to the office as soon as possible.

\*Money from Home: Please ensure that any money students bring to school is clearly labeled with its purpose.

All students should have sneakers for physical education class to prevent foot injuries. All students in grades 5 to 8 are expected to change their clothes. Please help them remember to bring a change of clothes for physical education class.

\*Indoor Footwear: All students are expected to have indoor sneakers to use while at school and during Physical Education classes



### **School Photo Days:**

Our School picture day will be on September 22. We will call classes for photos as soon as the photographers are ready. Specific times are not available.

### **TERRY FOX WALK/RUN:**

In support of Terry's Marathon of Hope, we will be celebrating the 37<sup>th</sup> Anniversary by collecting coins for cancer. Please send in your nickels on Monday Sept. 25, dimes on Tuesday Sept. 26, quarters on Wednesday Sept. 27 and loonies & toonies on Thursday Sept. 28. Please feel free to join us on Sept. 28 at 2 pm to help us remember Terry Fox and his legacy.

### **Student Code of Conduct**

1. Academic Success --Students are expected to complete all class and homework assignments on time and to the best of their ability.
2. Honesty--Students are expected to be honest in their relations with all members of the School community.
3. Attendance, Absenteeism, Tardiness--Students are expected to report to class promptly each day, ready and willing to work. If for any reason, students arrive late for school, they are to report to the office before going to their classroom. Absenteeism requires a written excuse from parents or guardians. Telephone calls may be made to student homes to verify absences. The Safe Arrival system is recommended.

## **Code of Conduct** (cont.)

4. Respect For Others--Students are expected to treat all people with consideration and respect. Aggressive behavior, examples include: fighting, pushing, or tripping is not acceptable. Any behavior designed to incite another student to be aggressive is unacceptable behavior.

Language must be such that it shows respect for fellow students and all staff members and visitors. Name-calling and obscene language - written, spoken, implied or gestured - are unacceptable.

5. Student Movement in Hallways and Stairways/Designated Areas--While inside the school and while going to buses, students are expected to walk in a quiet, orderly manner. When walking on stairways and in hallways, students are expected to keep to the right hand side.

6. Washrooms--Students are expected to keep washrooms clean and tidy. Students are expected to use washrooms promptly and not to gather in groups in washrooms.

7. Playground-- We believe all students have a right to a supervised and safe play area.

Thus it is expected that students will:

- a. Stay in the areas and on the equipment to which they are assigned
- b. Display fair play and respect for one another during all activities
- c. Stay on school property at all times
- d. Show respect for and use safely all playground equipment
- e. Show respect and consideration for the playground and environment by not damaging any aspect of this environment or littering the school grounds
- f. Refrain from throwing rocks, dirt, sticks, ice and snowballs or any other objects
- g. Not bring knives, sharp objects, matches or any other unsafe objects/materials to school

8. Personal Appearance- A life skill for students is knowing how to dress appropriately for the environment they are in, such as Classroom, Phys. Ed., Leisure, Formal, Informal & Work. Students will dress appropriately for a school work environment that respects self, others and learning. Clothing which depicts inappropriate working/graphics will require a change. Discussions may be had with students and a parent/guardian if clothing is deemed inappropriate. Hats should be removed while eating in the cafeteria and while in class. Coats and outside footwear are to be removed and stored in the locker. All students are to have appropriate indoor footwear to wear inside the school.

9. Care of Property--Students are expected to respect all school property including physical building, all equipment, textbooks, supplies, desks, and the playground. Items brought to school are the responsibility of the students; therefore careful consideration should be given before toys, games, and equipment come to school.

10. All relevant School rules apply and students are expected to act accordingly during extra-curricular or co-curricular activities and all school-sponsored activities. Only students participating in such events are permitted to stay after school. To participate in extra-curricular activities such as: Dances, sports, band, special school events students are expected to follow school expectations as outlined in our PEBS Matrix: Respect towards self, others, learning and environment. Decisions around participation will be in consultation with administration, teachers and communication with parent/guardian. **In order for students to attend special school events, as listed above, they must have attended school on the day of the event.**

11. Alternative After-School Arrangements --The school must be notified in writing of any requested change in a student's regular after-school travel arrangements. Only students involved in after school programs are able to stay.

12. Tobacco, Alcohol and Drugs--The use of any tobacco product, alcohol, or illegal drug while on School property or any other AVRSB property is strictly prohibited. Possession of these products by students is also strictly prohibited.

13. Racial, Ethnic or Gender Discrimination--we believe that all people have a right to be respected and treated with dignity and fairness regardless of their race, religion, culture, sexual orientation, ethnic or family background, gender, age or abilities. Discrimination shows itself in many ways. Some of the more common behaviors include: name-calling, jokes, slurs, discourteous treatment, graffiti, threats, insults, physical or verbal abuse and violence. Any form of discrimination or harassment along such lines will be viewed very seriously.

14. Cell phone use or use of handheld devices, outside of specific programming needs, is not permitted. If students must have their cell phones at school they are to remain in their lockers and can only be taken out at the end of the day when going home and on the bus.

15. Students are encouraged and education is provided to promote positive digital citizens. If online use affects the daily functioning of the school administration will deal with these situations accordingly. Responses will be to educate the students on their behavior and to promote positive and responsible use.

## **Cell Phones and Electronic Devices**

Three years ago it was decided, as a staff students will not be permitted to use cell phones or other handheld devices at any time while at school. 7:45 . 3:00, unless it is part of their programming. Students should not be bringing these items to school and should there be a reason they are required to have them they must be kept in their backpack and lockers at all times and brought only for after school purposes. Some teachers may hold these items for the day if a request is made by the student.

**If students are caught with these items they will be taken away and returned at the end of the day. If there is a second offense they will be taken away and parents will be asked to come in and pick them up.**

These items are not required for school purposes. Should a child need to be contacted please call the school **690-3830** and the office staff will forward your message on to them. If your child needs to reach you they are able to use the office phone as long as they have a note from their teacher to do so.

Efforts continue to be made by staff to embrace the use of these devices and have put guidelines in place for programming purposes. There also continues to be school wide effort to educate students and parents/guardians with a focus on digital citizenship but it is evident more work needs to be done to ensure they are used in a responsible manner. Parents/Guardians are encouraged to have conversations with their children on the proper use of these devices and in turn follow the expectations of the school. Since the implementation of our no cell phone policy we have seen a decrease of disruptions to the daily functioning of the school. However there are still situations of misuse where student, parents and guardians are not following school policy, which cause safety concerns.

For example, students should not be texting or calling to go home unless they go through the office and have had conversations with their teacher.

We appreciate your support and understanding and ask that the student and parent/guardian community respect this school wide decision.



## **BAND & CHOIR**

Grade 6 Instrument Pick-Up (for ALL Gr.6 students) will be Tuesday, September 12th at 6:30pm. There will be a brief meeting followed by instrument pick-up. The voluntary fee is \$50. It is very important that parents and Gr.6 students attend this meeting (unless you already have access to an instrument from another source).

This year, rehearsals will be:

Grade 7 Band - Tuesdays 3-4pm

Grade 8 Band - Thursdays 3-4pm

Jazz Band - Fridays 3-4pm (subject to change)

Grade 3/4/5 Choir - Thursdays 12:30-1pm (no permission required)

**Grade 6/7/8 Glee Club** - Grade 6-8 Glee Club will be starting on Monday, September 25th at lunch. Please meet in the Music Room if you are interested!

**Choir** - Students in Grades 3, 4 & 5 are invited to participate in choir. Practices are Thursdays from 12:30-1pm (after lunch) starting in October. If your child has chosen to join, they will need a white blouse or white shirt and black pants for performances, starting in December. In addition to participating in the Band & Choir Concerts, choir also performs at the Annapolis Valley Music Festival in the spring (permission form will be sent home at that time). There is no form for joining choir, but attendance (excepting school absences) is required.

**School Concerts** - You will notice the concerts are taking place in the afternoons only. Over the years it has become more difficult to have these evening events as we are unable to get enough volunteers to assist with supervising students while they wait their turn to perform. There is a shortage of available volunteers for a variety of reasons and as a result adjustments to concert time are required.



## **Coldbrook School Breakfast Club**

Our Breakfast Club (BFC) will be starting up at 8:00 on the first day of school and will be held once again in the family studies room. All students are welcomed. We appreciate all donations and are so thankful for the ongoing success of this program.

If you would like to make a donation, we need the following: whole wheat bread, apple juice(100%), regular Cheerios, Shreddies, vanilla yogurt (no artificial sweeteners), WOW butter, butter, cheddar cheese, instant plain/regular oatmeal, 100% orange juice and any fruits or vegetables. Peanut-free please! Thanks for your support. Donations may be dropped off at the Breakfast Club in the mornings or at the school office. For information contact: Luanne Isnor at [luc@eastlink.ca](mailto:luc@eastlink.ca)



## **Medications**

A reminder to parents whose child(ren) require(s) medication we will need an updated permission slip signed by a parent specifying the medication, dosage, and at what time(s) through the school day the medication is to be administered. This permission slip will be required before medication is administered (including aspirin, Tylenol and allergy meds).

**The school does not provide any over the counter medications.**

## **Working Towards Being a Nut Free and Scent Free School:**

We request that students, staff and visitors not wear or use scented products.

We have a number of students in our school with severe nut allergies. After consulting with Public Health Staff, and our School Board, we need to put precautions into place for our school. It is necessary to guard against **cross contamination** as well as the child actually eating nuts or nut products. Cross contamination occurs when a child with the highest level of nut allergy touches a surface that has nut butter or nut oil on it. The child would then be at risk of rubbing his eyes or the inside of his mouth and the nut oil is rapidly absorbed through this absorbent body tissue resulting in anaphylactic shock. It is important that as a school community we make an effort not to bring nut products to school. This can be life threatening to those affected and we must take steps to make our school **Nut Safe**.

Our plan is:

-All nut products will be sent home.

-We are unable to receive any home baked or home prepared food.

## **Volunteers in School**

We are extremely fortunate to have great parent support at our school. Your efforts to assist are very valuable and certainly improve the quality of education for our students.

In order to make this experience safe for all, the AVRSB requires all volunteers complete a Volunteer Application Form (each year), Child Abuse Registry and Criminal Record check (3 years) The forms are available at the school office.

Confirmation of completion of the above mentioned forms must be documented in the office prior to being permitted to volunteer in any capacity.

Wondering how you can help out? Call 690-3830 if you are interested in helping out with any of the following:

-We need help with our Breakfast Program from 8:00 . 8:35 a.m.

-We need parents to attend Home & School Meetings the third Monday evening of each month.

-We need classroom helpers to assist us with activities in class.

-We are looking for presenters at our Middle Level Exploratory.

**Volunteers Needed for Coaching** We are seeking volunteers to COACH female soccer, male and female basketball and female volleyball. Please contact the school if you are willing to assist.

We also offer GRADE 3 to 8 CROSS COUNTRY RUNNING. If you are able to go on the bus and take about 25 kids to 4 cross country meets, please contact [gflecknell@gnspecs.ca](mailto:gflecknell@gnspecs.ca)

The students at Coldbrook School have a variety of opportunities to participate in activities that take place outside of their daily learning. Sports teams are one example of this. Geoff Flecknell has volunteered to be our Athletic Director for this school year. Throughout the year notices will be sent out asking for volunteers to coach the various teams. Some staff who have an interest or skill set for some activities may sign on to manage a team. Please note they are volunteering their time to do this and it is not a requirement of their job. They do so because they enjoy working with the students in this capacity. If we are unable to get the volunteers from the parent/guardian community, these activities will not be offered. If you have the time, interest or know someone who may want to volunteer please contact Mr. Flecknell. The students will appreciate it very much.

#### Annapolis Valley Regional School Board Transportation Rules and Responsibilities for parents/guardians:

~The responsibility for the safe and timely arrival of students at the School Bus Stop and the student's safe return home from the School Bus Stop rests with the parent or guardian.

~ Students are expected to board the bus at the approved School Bus Stop nearest their home address.

~ The parent or guardian will ensure the student arrives at the Bus Stop a minimum of five (5) minutes before the scheduled bus arrival time. The bus driver is not obligated to wait for late arriving students.

~ Travel on the school bus is a privilege. Parents/guardians will encourage the student to demonstrate cooperation and courtesy on the bus.

~ The parent or guardian must advise the student that inappropriate behavior on the bus may cause a serious incident or accident, and must emphasize the importance of following the instructions for School Bus Passengers. The parent or guardian may be required to meet with School Board Staff and the Bus Driver following inappropriate student behavior on the school bus.

~ Parents or guardians shall not attempt to board the school bus at an established School Bus Stop or loading or off-loading zone. It is a Criminal Act to interfere with the normal operating procedures of a school bus. If you have a concern regarding transportation please call the school or First Bus.

~ It is a Criminal Act to pass a school bus in either direction while the school bus is displaying flashing red lights.

~ The bus driver does not have the authority to off-load or load a student at an unapproved School Bus Stop.

#### Instruction for school bus passengers:

1. The Driver is in full charge of the school bus. Obey his/her instructions.
2. Be on time. The Bus will not wait.
3. Do not talk to the driver unless necessary.
4. Keep the seat assigned to you by the driver.
5. Do not use foul or profane language.
6. No loud or boisterous talking, yelling or, whistling.
7. Do not stand or move about while the bus is in motion.
8. Do not put hands, arms, feet, or head out of the bus window.
9. Do not throw anything inside the bus or out of the windows.
10. Do not eat or drink on the bus.
11. When the bus is in motion, keep the aisle of the bus clear at all times.
12. When it is necessary to cross the road in front of the school bus, walk 3 meters (10 ft.) in front of the school bus to a point where you can see the driver; cross to the center of the highway, STOP, LOOK, and LISTEN, and cross the highway when it is safe.
13. If there is no sidewalk, walk well over on the left side of the road when walking to and from the bus stop.
14. Never stand or play on the road while waiting for the bus.



## HOME & SCHOOL NEWS

We would like to welcome everyone back from a fabulous summer and extend a warm welcome to our new students, parents/guardians and teachers who have joined the amazing community here at Coldbrook & District School! The 2017-2018 Home & School executive members are as follows:

Secretary: Belinda Terris  
Treasurer: Lara Ingles  
Vice Presidents: Shannon Mooney  
President: Tanya Gencarelli (902-681-7312 or [tgencarelli1@gmail.com](mailto:tgencarelli1@gmail.com))  
Past President: Vicki Hartenhof



Every parent/guardian who has a child or children at Coldbrook and District School are already members of the Home & School Committee. We encourage everyone to attend the meetings to share ideas and thoughts, as well as offer suggestions that would benefit the student community at Coldbrook and District School. The Home & School Committee meets on the 3rd Monday of each month at 6:30pm in the school library for which FREE childcare is provided! The meetings are a first-hand opportunity to learn about events in our school, as well as meeting other members of our school and surrounding community. If anyone is unable to attend a meeting, please feel free to contact us at the phone numbers/emails listed above or contact any member on the committee. Please find and join the Coldbrook Home & School group on Facebook as well!

We are genuinely looking forward to another wonderful and productive year, and sincerely look forward to seeing you at meetings and events! The first Home & School meeting is on **Monday, September 18th at 6:30** in the library with FREE childcare!

Kindest regards,  
2017/2018 Home & School Committee

## SIP INSURANCE

The Nova Scotia School Insurance Program (SIP) is the non-profit insurer owned by school boards across Nova Scotia.

In previous years each student was given a flyer providing parents and guardians the option to purchase the Gold Plan for 24/7 coverage. This year we would like to promote the Gold Plan only online, in an effort to take the eco-friendly route, reduce costs and staff time. Please check on our website at [www.sip.ca](http://www.sip.ca) for the flyer.



# Community Bulletin Board September

## **Family Show at CentreStage Theatre**

Higgelty, Piggety and Hamlet are three devil may care pigs who spend their days avoiding work. *Biggity Bad and the 3 Little Pigs* is another delightful family show by Edith Weiss. Would be appropriate for 4 and up. Come and enjoy this show in the Upper Performance Centre, CentreStage Theatre on September 9, 10, 16, 17, at 2 PM and September 23 at 11 AM and 2 PM. Tickets are all \$5.00. Call 902-678-8040 for reservations.

## **Berwick & Dist. Ringette**

Berwick & Dist. Ringette will be holding a registration/information session at the Berwick Youth Registration Night being held Friday, Sept. 8 at the Berwick Town Hall from 6:00 p.m. - 8:30 p.m. Programs for ages 4 -19. Contact: Marlene Connell 902-538-8448 Also offering **Ringstart** - a new introductory ringette program targeted to new players ages 5 - 10. For more information on this program go to [www.ringstart.ca](http://www.ringstart.ca)

**Kid Ink** provides opportunities for students of different ages and skill levels to learn the process of creating their own illustrative work. Whether you have experience drawing, or want to begin now, these art classes will show students how to use materials to create their own comic book. We have various courses for different ages available at [patbez.wixsite.com/kidink](http://patbez.wixsite.com/kidink).

Teacher: local artist Patrick Bezanson. Limited spacing

1st course Sep. 13 - Oct. 4 2:45-4 pm \$70

Call 902-680-1691 or stop in to: **Cotton Tale Café + Play** 9185 Commercial Street New Minas, NS B4N 1L4

## **KEYSS: Kings Early Years Screening for School**

**KEYSS** Clinics are a community partnered program and offer parents valuable information on child development, preschool behaviors, school readiness, healthy living, physical activity, child safety and community resources. Our expertise provides an interactive experience for children and their parents. Screening includes preschool development, hearing, speech, gross and fine motor and vision. Our professionals are able to inform families about available programs and services in Kings County.

A total of nine KEYSS Clinics take place during October and November each year at various Kings County elementary schools. The clinics are not school specific so you may attend which ever location or date is most convenient for you and your family. Any three year old living in the area is encouraged to register and make valuable community connections.

Please call 678-6111 or register online at [www.valleychilddevelopment.ca](http://www.valleychilddevelopment.ca) in September 2017. I look forward to meeting you in the fall!

Chelce Cyr  
KEYSS Coordinator

**Tidal Spirit Taekwondo** Fall Session Begins September 6th, 2017. We have classes for ages 4 to adult. Remember Taekwondo is more about learning to have the confidence to know that you don't have to fight rather than the fighting itself. First class is always free. Come give it a try!! 902 670-8696 or [tidalspirittaekwondo@gmail.com](mailto:tidalspirittaekwondo@gmail.com)

## **Count Your Blessings Child Care**

365-2794 Open Monday to Friday 7:30 . 5:30 pm for Ages 18 months to 12 years.

Conveniently located on a bus route to and from school, 1406 South Bishop Rd., Coldbrook.

We offer hands on learning experiences, friendly, flexible, highly qualified and experienced staff. Separate classrooms for age appropriate activities. Serving hot lunches and snacks, local produce. Don't require a full day; ask about the school readiness program. Your family is our top priority with lots of love and fun.

Nova Scotia Junior Squash Development Programs

**Janet MacLeod** Vice President, KCSC, Director of Programs, High Performance Director, Squash Nova Scotia, Advanced Coaching Diploma, Provincial and Canada Games Head Coach 2015, 2019, Assistant Coach/Manager Canadian Junior Girls Team 2015, 2017, U13 Girls Athlete Development Coach, Squash Canada, Teacher Grade 7 Coldbrook School, [janetbmacleod@gmail.com](mailto:janetbmacleod@gmail.com)

**1. FUNdamentals.** FUNdamentals Squash, AKA **Little Racquets**, is best suited to junior players ages 6-9 years of age with no experience playing squash. Basic squash skills will be taught and focus will be on balance, hand-eye coordination, speed, agility and spatial awareness. Janet MacLeod will be the coach and may be assisted by other more experienced junior players. ALL equipment provided. To learn more, contact [janetbmacleod@gmail.com](mailto:janetbmacleod@gmail.com)

10 week schedule (September - December) 2 sessions per week = \$100  
 Friday 4-4:45pm First Day September 22  
 Sunday 2:45-3:30pm First Day September 17

**2. Learning to Train, AKA Jr Drivers**, is best suited to junior players ages 8-12 years with some sport experience and a year or two of squash experience (FUNdamentals). Basic skills will continue to be emphasized but the focus will be on developing technical as well as strategic squash skills. Janet MacLeod will be the coach and may be assisted by other more experienced junior players. ALL equipment provided. To learn more, contact [janetbmacleod@gmail.com](mailto:janetbmacleod@gmail.com)

10 week schedule (September - December) 3 sessions per week = \$150  
 Wednesday - Skill and match practice 5-6pm First Day September 20  
 Friday - Technical practice - mandatory 4:45-5:45 First Day September 22  
 Sunday - Skills and match practice 3:30-4:30pm First Day September 17

**3. Training to Train, AKA Boosters**, is best suited to junior players ages 12-15 years who have played for at least 2 years and have participated in at least two or more local or regional tournaments. The junior player has shown an interest and passion for improving not only in the technical and tactical aspects of the game, but the physical and mental aspects of the game as well. Emphasis will be on developing a strong athlete that will be able to play with moderate - high success in local and regional events. To learn more, contact

10 week schedule (September - December) 3 sessions per week = \$150  
 Wednesday -- Skill and match practice 7-8pm First Day September 20  
 Friday - Technical practice - mandatory 5:45-6:45pm First Day September 22  
 Sunday -- Skill and match practice 4:30-5:30pm First Day September 17

**4. Training to Compete** (Provincial Squad) 15-23+ years is suited to players who have more than two years of tournament experience, in and outside the region. The player has shown an aptitude, interest and commitment to the High Performance Pathway in alignment with Squash Canada and is willing to train and travel to improve. This player is seeking to gain high national rankings for their age group and may or may not be part of the Nova Scotia Provincial Squash Team. Emphasis will be on creating an individualized Yearly Training Plan (YTP) to include peaking, tapering, improving physical, mental, and technical, tactical and nutritional requirements for the game.

Ongoing based on YTP \$100/month\*  
 Wednesday 6-7pm First Day September 20  
 Friday 6:45-8 First Day September 22  
 Sunday 1-2:45pm First Day September 17

\*Players in the Programs 1 and 2 do not need to be a member of the Kings County Squash Club. Players in the other two programs must be club members.

Private Lessons are available by directly contacting me, [janetbmacleod@gmail.com](mailto:janetbmacleod@gmail.com). However, juniors will need to be a **Kings County Squash Club** member for this. Private lessons are \$25 for 40min.

**Intro-to-Squash for Women**

Looking for something to keep you active while the kids are playing soccer in the dome? Look no further than courts. Squash is an easy, fun, quick way to get a workout, meet some new people and learn something new on a Monday evening! ALL equipment provided!

Email Janet MacLeod, for further inquiries [janetbmacleod@gmail.com](mailto:janetbmacleod@gmail.com).

**NOTE:** Kings County Squash Club is a two court squash only not-for-profit club. We charge a yearly membership fee which allows us to rent the space from the Soccer facility for the courts. We need approximately 65 full adult memberships to maintain this.

**CAFETERIA NEWS**

Here is the cafeteria menu for September. This is our new 5-week rolling cafeteria menu; so after Week five the menu starts again at Week 1. We welcome Pam Coleman as our new Head Cafeteria worker. Students bring cash only to the cafeteria at lunch and purchase their own lunches. Snacks are ordered during morning class. Please try to send exact change.

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	Cheesy Nachos \$3.	Valley Pizza \$3. per slice	Soup & 1/2 Sandwich \$3.	Chicken Burgers \$3.	Homemade Pizza Flatbreads \$3.
Week Two Sept 11-15	Soup & 1/2 Sandwich \$3.	Valley Pizza \$3. per slice	Beef Tacos with Lettuce, Tomatoes, Salsa & Sour Cream \$3.	Hot Subs \$3.	Grilled Cheese Sandwich & Cup of Soup \$3.
Week Three Sept 18-22	Cheeseburgers \$3.	Valley Pizza \$3. per slice	Soup and 1/2 sandwich \$3 <small>(EARLY DISMISSAL Sept 20)</small>	Cougartine \$3.	Grilled Cheese Sandwich and soup \$3.
Week Four Sept 25-29	Cold Subs \$3.	Valley Pizza \$3. per slice	Soup & 1/2 Sandwich \$3.	Mac "n" Cheese \$3.	Hot subs \$3 <small>(No SCHOOL Sept 29)</small>
Week Five Oct 2-6	Cougartine \$3.	Valley Pizza \$3. per slice	Soup & 1/2 Sandwich \$3.	Macaroni Casserole \$3.	Grilled Cheese Sandwich & Cup of Soup \$3.

**Chicken Nuggets will continue to be available on Monday's and Wednesday's ONLY.** Other items available daily: Freshly made Sandwiches, Wraps, Veggie boxes, Protein boxes, and Veggie bags with dip. Also a selection of Sweet treats.

<b>Daily Specials \$3.00 to \$4.00</b>					
Valley Pizza	Tuesday only	\$3.00 per slice	Jell-O Pot (when available)		\$1.00
Chicken Nuggets & dipping sauce	Monday & Wednesday Only	\$3.00	Chocolate Pot (when available)		\$1.00
Salads (when available)		\$3.50	Chocolate Eclair (when available)		\$1.50
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	Homemade baked treat (when available)		\$1.00 & up
Salads (when available)		\$3.50	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
Grape Pots (when available)		\$0.50	White Milk		\$0.40
			Chocolate Milk		\$1.50
			Juice Carton		\$1.00
			Bottled Water		\$1.00