

# BURFORD DISTRICT ELEMENTARY SCHOOL



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**Principal** Mary Ann Shay  
V.P. Adam Walker

**Office Staff**  
Angela Homick  
Ruthanne MacGregor

## Important Dates

Feb. 27– Chocolate Bar Sales  
Begin

March 5– French Workshop for  
Junior Students (Library)

March 8– Dance-a-Thon &  
Western Day

March 9-25– Pizza, Pita and Milk  
orders posted on school cash  
online

March 12-16– March Break (No  
Classes)

March 21– Junior/Intermediate  
Speech Competition & Crazy Sock  
Day

March 23– Hot Dog Lunch

March 30-April 2– Easter  
Weekend (no classes)

**Volunteers Needed:** Please contact the school if you are able to volunteer to help with food preparation for the Healthy Snack Program. Many hands make for light work!

## **Message from the Administrators' Desks . . .**

We have had some exciting events at the school recently to go along with the changing weather. Our Primary Carnival was a huge hit, despite the lack of snow. We are gearing up for our Dance-a-thon and students are getting excited about the big event. Please consider sponsoring a student by accessing the Professor Jamz website or giving a cash donation. Pink Shirt Day was a huge success and students spent the day discussing positive relationships and self-advocacy. Local OPP will be continuing this discussion with our Intermediate classes in the coming weeks.

As the weather gets warmer, we tend to see an increase in the number of Intermediate students going out for lunch. If your child is leaving the school for lunch (second break), please provide a dated note for each day that they will leave outlining where they are going. We have found that some students have been going places other than those that are expected, and both parents and the school need to know where they are during the school day to ensure safety. This privilege will be revoked if students do not adhere to expectations.

Blessed Sacrament School has reached out to us with an excellent opportunity for parents. As a school, they have been focusing on resiliency and perseverance. They will be hosting a speaker, Peter Wright, on **March 22 at 7:00** at Blessed Sacrament. Peter spent most of his life in Southern Africa. The Zimbabwe government forced farmers off their land and Peter was thrown in jail. He and his partner Sue moved to Canada in 2004 with just two suitcases and a horse saddle each and enough cash to buy an 8 year old pick up truck. As a speaker he inspired his audience by his personal experiences including the good, the bad and the terrifyingly ugly. Reserve your spot today by emailing [liveyourbestyou@gmail.com](mailto:liveyourbestyou@gmail.com) or calling Jackie at 519-465-2844.

Finally, we would like to wish everyone a safe and happy Spring Break!

## **Exciting Opportunity for Parents: Triple P- the Power of Positive Parenting: Raising Competent, Confident Children**

Monday, April 16, 5:30-7:00, at Burford DES

Led by Melanie LeBlanc R.N., B. Sc. N. Public Health Nurse

Email Melanie: [melanie.leblanc@bchu.org](mailto:melanie.leblanc@bchu.org) to sign up and indicate if you need child care or call the school at 519 449 2457. Dinner is provided.



## **Popcorn Sales**

Popcorn sales have been well-received. Our Grade 8s will continue to sell popcorn every Friday for \$2.00. All proceeds go to support the Grade 8 Graduation. Popcorn is nut-free and gluten-free.

## **Hot Dog Day**

The Kindergarten Division will be having a Hot Dog Day fundraiser on March 23rd. Hot dogs will be \$1.75 each. Funds raised will go towards outdoor education supplies for the kindergarten pen. Orders can be placed on School Cash Online from March 1-18.





## Chocolate Bar Sales

Mr. Wood, Mr. Schrader, Mr. Mann, Ms. MacGregor and Mr. Zondag's classes will begin chocolate bar sales on February 28th. All proceeds from chocolate bar sales

go directly to students' year end trips. Cases of chocolate can be purchased on School Cash Online and boxes will be given to students after they are purchased. Nut and nut-free options are available. Please be aware that we keep chocolate bars containing nuts in a secure location, and that we do not send them on the bus due to potential allergies. Please consider supporting our students as they raise funds to pay for their trips.

## Boomerang Lunch

We would like to thank all of the families who have been helping us to reduce our waste by participating in the Boomerang Lunch program the last week of each month. Our Eco Team have started tracking lunch waste. Our Primary classes have done a great job of bringing re-usable containers instead of disposable wrappers. Let's continue to pack healthy, waste-free lunches as often as possible!

## Scoreboard Raffle

Time is ticking on for our Scoreboard Raffle. All tickets need to be returned to the school by March 6th to be included in the draw. Tickets can be purchased up until that date. Books of 5 and 10 tickets are available on School Cash Online. Sell to your family, friends, or keep them for yourself. Winners will be contacted in the order that they are drawn to choose their prizes.

Prizes
New Jersey Devils jersey
Los Angeles Kings jersey
Calgary Stampeders jersey
4 golf passes to Otter Creek Golf Club
4 Golf passes to Woodside Greens Golf course
Keg Gift Certificate
Scape Spa Gift Certificate
Brant County one hour ice time rental for 2018-2019 season
Anytime Fitness Package including 1 month trial membership, t-shirt, etc.
2 Toronto FC tickets
Goodlife (1 Year Membership and gym bag)
McMaster Marauders Prize Pack

## Dance-A-Thon

Our Dance-a-Thon will take place on March 8th. Please ensure that all envelopes are returned by this date. Items will also be available to purchase from the Cosmic Store the day of the event. Please help to support our Gym and Library Renewal.



## Junior/Intermediate Speech Competitions

As a part of their Language programs, our Grade 5-8 classes will be hard at work preparing speeches this month. Classes will prepare and practice speeches on topics that interest them and present them to their own classes. Exemplary speeches will be selected from each class to be presented in



our school-wide speech competition on March 21st. Grade 4 students will be invited to attend the speech competition to help them to prepare for next year. Parents are welcome to attend. More information will be sent home in the coming weeks.

## A Note From the Public Health Nurse at Your School: Five Tips for Cooking With Kids!

It's fun and rewarding to include kids in meal making – whether it's at breakfast, lunch or dinner. Here are five tips for getting your kids involved:

**Pick a recipe together:** Children need to be part of the plan from the beginning, and it helps if they prepare something that they love to eat. Shop for groceries together too!



**Include learning:** Build on lessons kids learn in school, such as math, social studies, media literacy, spelling, science and reading. Younger children can practice fine motor skills.

**Keep it fun:** Imaginative play helps children get deeply involved. Make a theme night or turn your kitchen into a restaurant or reality cooking show.

**Be a role model:** If you're excited, they will be too. Try a new food, describe the flavor and be adventurous to inspire your eaters to do the same. Get other members of the family involved.

**Be cool about the mess:** Spills and accidental messes happen, and it's important to remain calm about little mishaps. Keep kitchen towels handy for cleaning up spills.

Kids are much more likely to eat what they make, so cooking at home is a great tip if you have picky eaters. It's fun for them to eat their art creation! Cooking with kids helps reduce mealtime battles and boost their willingness to try new foods. It's great for their self-confidence too.

