



Greenbrier School Newsletter Zone 4 (519) 756-5173

**Principal
Tom Smith**

**Secretary
Mrs. C. Pineau**

March 2019

Important Dates

Mar. 11-15 March
Break

Mar. 20—Dental
Screening

Dear Parents;

We entered March and, so far, have NOT had a snow day. I hope this continues. We have a busy month ahead. As you know, March Break is next week. After that, there are a number of important events.

Our next School Council meeting is on Tuesday, 19 March at 7:00. We need more parents to come out. If you cannot leave your child behind, bring them.

On March 20 there will be dental screening for a few classes. Those parents have been notified.

On the 21st is the kick-off for the Kidney Foundation clothing drive. Start collecting clean old clothes for this event.

Tuesday, March 26 is our Annual Heritage Fair. Students from Grade 6-8 are involved. So far this year we are having some difficulty getting a sufficient number of judges. If you can help on the morning of the 26th from about 9:00 to 11:30, please contact the school. We need your help. No historical expertise is required. I will walk all judges through the assessment process.

On the Friday, the 29th is our True Colours assembly.

We have an exciting event happening on the evening of Wednesday, April 3. From 6:30 to 8:30. It is a joint venture with Greenbrier, Brier Park and Grandview and will be held at North Park High School. It is a project using our Parent Reaching Out Grant and should be very interesting for parents and their children. A Survey Monkey survey (<https://www.surveymonkey.com/r/5PJ362H>) was sent out on March 7. Hopefully many of you can attend. More information will be available soon.

As you can see, things are not slowing down. We hope you can all get involved.

Regards,
Tom Smith
Principal

Kindergarten Registration

With the new year we begin our Kindergarten Registration. Children who will be four by the end of December 2019 are eligible for Junior Kindergarten and children who will be five by the end of December are eligible for Senior Kindergarten beginning in September.

Early learning is so important for our children. Our kindergarten program provides a caring setting for developing social skills in a learning environment rich in early language and mathematics opportunities.

We will be running a Welcome To Kindergarten program for parents and their children. Registered students will receive an invitation to attend. If you or someone you know has a child eligible for Kindergarten please contact Mrs. Pineau at 519-756-5173 to arrange a registration time.

March Break
March 11—15th

Cookie Dough Fundraiser

Just before Easter we will be kicking off our Cookie dough fundraiser.

Watch for order forms coming home

Dental Screening
March 20, 2019

REMINDER...REMINDER...REMINDER

THE FRONT ROUND-ABOUT IS STRICTLY FOR BUSES AND SPECIAL EDUCATION STUDENTS ONLY.

DO NOT DROP OFF OR PICK YOUR CHILD UP IN THIS AREA.

THANK YOU FOR YOUR COOPERATION WITH THIS

Paying School Items Just Got *Easier*

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[Www.granderie.ca/schoolcashionline](http://www.granderie.ca/schoolcashionline)

A Note From Your School's Public Health Nurse...
Breakfast at home is as Easy as 1-2-3

Breakfast at home can be as easy as 1-2-3! Let your family create tasty combos that include fruit or vegetables. Try one of these guaranteed-to-please ideas!

- Breakfast burritos with scrambled eggs with chopped vegetables
- English muffin pizza with tomato sauce, green pepper and low-fat mozzarella cheese
- Cereal (mix your favourites), sliced banana and milk
- Yogurt with granola and dried or fresh fruit
- Grilled ham and cheese sandwiches with vegetable juice
- Whole wheat pancakes with sliced peaches and vanilla yogurt
- Vegetable soup made with milk and whole grain crackers
- It doesn't have to be 'breakfast' food –try leftovers from the night before paired with a glass of milk or 100% fruit juice

Lack of time – It's no excuse!

If you have limited time in the morning, it doesn't mean a nutritious breakfast isn't possible. A healthy breakfast can be simple and quick; you can even try preparing breakfast the night before. Add low-fat milk or 100% juice as your beverage to these quick fixes:

- Crackers, low-fat cheese, grapes
- Instant oatmeal, banana
- Baby carrots, cheese stick, multigrain bagel
- Turkey and cheese sandwich, unsweetened applesauce
- Yogurt, berries, whole wheat toast
- Cold cereal, banana
- Tortilla with grated cheese and tomato slice or salsa
- Whole wheat pita, spread with peanut butter and wrapped around a banana

Breakfast on the go!

Busy families need 'grab and go' breakfasts. It's quick and easy to get all the benefits of breakfast, even if you're eating in the car, at the bus stop or at your desk. Try one of these delicious combos tomorrow morning and the whole family will rise, shine AND save time!

- Yogurt, whole grain cereal bar and canned peach cup
- Apple, whole grain roll and a hardboiled egg
- Turkey sandwich, pear, milk
- Smoothie made with yogurt, fresh or frozen fruit, milk
- Slice of leftover pizza with orange juice
- Baggie of trail mix, carton of milk
- Banana, a piece of cheese, a mini-muffin
- Tortilla wrap with slices of turkey and low-fat cheese and a fruit cup
- English muffin with hummus, banana, milk
- Bagel with a slice of low-fat cheese, apple juice
- Dry cereal, raisins and a cheese string

Feedback Form:

March 2019

As always, we sincerely appreciate your feedback. Feel free to let us know your questions, suggestions and compliments at any time.

We appreciate your feedback. Please respond either by paper or electronic means. Send your comments to tom.smith@granderie.ca.

Compliments:

Concerns:

Recommendations:

Student Name: _____ Class: _____

Your Name: _____ Email Address: _____

