



# BELL PARK BULLETIN



## IMPORTANT DATES

March 5	Quincy Mack All Star Assembly
March 11 – 15	March Break
March 18	Assessment and Evaluation Day (no classes)
March 29	Good Friday (no classes)
April 1	Easter Monday (no classes)

### March is Nutrition Month

Did you know? March is Nutrition Month! This is a great time to explore and learn about food. An important part of this is food literacy, which includes having the knowledge and skills to grow, choose, prepare, and talk about food.

Some ways to engage your family during Nutrition Month:

- Get kids involved in meal planning. Ask them to help choose recipes, write out grocery lists and explore grocery store flyers.
- Make cooking a family event! Kids can participate in age-appropriate tasks, such as measuring ingredients or setting the table.
- Enjoy meals together when you are able. Mealtimes can be a great time to connect in conversation.
- Start planning for an indoor or outdoor garden. This is a great way to explore where our food comes from.

### *Did you know? March is Nutrition Month*

A Healthy School Community:

- Recognizes that healthy students learn better and achieve more;
- Understands that schools can directly influence students' health and behaviours;
- Encourages healthy lifestyle choices, and promotes students' health and well-being;
- Incorporates health into all aspects of school and learning;
- Links health and education issues and systems; and
- Needs the participation and support of families and the greater community!



## **March Break**

Reminder that schools will be closed for March Break – March 11 to 15.

Please note that Monday, March 18 is an Assessment & Evaluation Day. Classes will resume on March 19.

## **Reminders**

- Water bottles are important to bring each day.
- Do not send nuts or peanuts products to school.
- If you change your number, please let the school know so we can update your contact information.

## **School Counsellor**

We would like to welcome Megan MacPherson our new School Counsellor to Bell Park Academic Centre. If you would like to refer a student, you can connect with her via email ([meghan.macpherson@hrce.ca](mailto:meghan.macpherson@hrce.ca)).

## **Administering Medication at School**

To have medication administered to students while at school, parents/guardians need to drop off the medication and fill out the required forms.

Medication needs to be in the original bottle with the prescription label. School staff can only administer prescribed medications. Please advise the school in advance of administering medication so that the appropriate forms can be sent home.

