



“A New Year's resolution is something that goes in one year and out the other”
Author Unknown

Updated Information – If there are any changes to your phone numbers or address etc., please let the office know so we can update our records and have the most current information for our students.

Thank you – Thanks to all the members of the Home and School Committee for preparing and serving the pancakes on December 20th. Also special thanks to all the parents who have made cookies and hot dogs to sell to our students. Next Home and School Meeting is January 18th at 7 pm.

Winter Carnival Week – We have rescheduled our Winter Carnival week for the week of February 14th. This week will also be Teacher Appreciation Week.

Breakfast for Learning™ Tips

Five Tips for Feeding Healthy Minds

Introduce the Fab Four – Serve meals that represent at least 2 of the 4 food groups.

Experience the Exotic – Serve fruits, vegetables and grains that are a little out of the ordinary. School is a great place for students to expand their taste buds and try new foods.

Dish up a whole lot of goodness – Serve whole grains whenever possible. Whole grains provide an array of healthy nutrients and can help increase the amount of fibre in our diet. To determine if a product is made with whole grains, look at the ingredient list. The word “whole” or “whole grain” should be in front of the name of the grain.

Skim the fat – Foods from milk and milk alternatives food group provide our bodies with a lot of fantastic nutrients that help our bodies grow and stay strong. When possible, choose milk products that are low in fat.

Can the Sodium – Serve low sodium foods whenever possible. Sodium can raise blood pressure in both children and adults and can make it very difficult for our body to function properly. A diet high in sodium can accelerate the development and onset of heart disease (even in children). Canned food is generally high in sodium so you could drain the contents and rinse well with water before serving or cooking.



Birthday Party Invitations – We would ask that parents send out Birthday Party Invitations through the mail or by phone rather than sending them to school with your child. We cannot accommodate passing out invitations or transportation to or from the party. Also there have been instances where other students who were not invited to the party have hurt feelings and we would prefer to stay away from these situations.

Music News – What a wonderful Christmas Concert we had. Thanks to everyone for the support and also to the band students who brought items for the Christmas baskets. Thank you to the parents who baked for the bake sale. Proceeds from the ticket sales and the bake sale will go towards the band trip to Halifax. There will be a meeting for Band Parents on January 18th at 6 pm.



School Surveys – In March, 2011 every parent on PEI will be asked to fill out a school survey form on-line. If you do not have access to a computer at home, you may fill it out at Somerset during Parent-Teacher interviews. More information to follow.

Lost Cell Phone – There was a cell phone found on the school property and it is in the office.



January						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
16	17	18 Band Parent Mtg @ 6pm Home & School Mtg @ 7pm	19	20	21	22
23	24	25	26	27	28	29
30	31					

February						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 P.D. Day No Classes	2	3	4	5
6	7	8	9	10 Gymnastics Zone Meet	11 Storm Date for Gymnastics Zone Meet	12
13	14 Winter Carnival & Teacher Appreciation Week Begins Valentine's Day	15	16 Brookvale Ski Trip	17	18	19
20	21 Islander Day No Classes	22	23	24	25	26
27	28					

