

Welcome back everyone!!

A special welcome to our new kindergarten class: Jordyn Bekiaris, Liza Klassen, Lexi Kemp, Andrew Leece, Jayden Leece, Norah Mowbray, and Kirill Tolmachev.

*Also, we are excited to welcome our new staff members:*

**Teacher**-Drew Haight

**Educational Assistant**-Maxine Sattler

## ORIENTATION DAY

Prairie Spirit School Division has declared Tuesday, September 6, 2016 as an orientation day throughout the division, there will be no buses running. Parents are asked to bring their school children to school and stay with them during the orientation time specific for their grade.

**Cartwright School has scheduled their morning as follows:**

**Kindergarten to Grade 8:** 9:30 – 10:30—bring supplies, put in assigned desk, locker assignment, fill out and sign forms, get to know teacher and others.

**Grade 9 – Grade 12:** 10:30 – 11:30—bring supplies, locker assignment, teacher will go through student handbook, timetables, cougar sports explanation, student council info, etc. with parents and students.

## NEW CLASS TIMES AND NUTRITION BREAKS

PSSD has implemented a new schedule for class times in the high schools. As Cartwright School is part of this new scheduling, we have implemented the revised times. Our school day will be from 9:00 to 3:30.

However, the day has changed to the following:

**morning classes will be from 9:00-12:25; afternoon classes will be from 1:15-3:30.**

There will be a nutritional break in the morning for the K-Grade 8 students from 10:15-10:25 followed by a recess break from 10:25-10:40. This means that the students will have the opportunity to have a snack that will sustain them through to the now later lunch time.

## HEALTHY CHOICES FOR NUTRITION BREAKS

-**vegetables and fruit**-choose whole fruits instead of juice and leave the skin or peel on.

-**grain products**-choose products with at least 2 grams dietary fibre and less than 3 grams of fat per serving.

-**milk and milk alternatives**-choose lower fat content, like skim, 1% or 2% milk.

-**meat and alternatives**-include lean meats, eggs, tuna, salmon, hummus or bean dip.

Include a beverage for each break. Choose healthy beverages like white or chocolate milk (2% or less), fortified soy beverage or water. Limit 100% unsweetened fruit juice to one juice box per day.

## ECO CHALLENGE

The grades 7/8 will be going to Clearwater for the Eco Challenge on Thursday, September 15<sup>th</sup>. More information in September.

## TERRY FOX RUN

Our Terry Fox Run will be held on Friday, September 16<sup>th</sup> @ 11:30 a.m. starting at the school. Everyone welcome to join the staff & students. Donation sheets will be sent home with students in September.

## PICTURE DAY

Cartwright School picture day will be on Tuesday, September 20<sup>th</sup> starting @ 9:00 a.m. Your class will be called to the gym when it is your turn.

## HOT LUNCH PROGRAM

Cartwright School has a hot lunch program where all proceeds go to the Cougar Sports Association which funds many school related sports. More information will be sent home in September.

**For information on our community and school, please check out these websites:**

**[cartwrightroblin.ca](http://cartwrightroblin.ca) & [prairiespirit.mb.ca](http://prairiespirit.mb.ca)**

## PARENTS

**PLEASE** call or email the school if your child will not be attending that day. All absences have to be recorded in the school office.

**204-529-2357 OR [cartwright@prspirit.org](mailto:cartwright@prspirit.org) OR [I.hildebrand@prspirit.org](mailto:I.hildebrand@prspirit.org)**