

## PROSPECT ROAD ELEMENTARY SCHOOL

2199 Prospect Road, Hatchet Lake, NS

Phone 902-852-2441: Main Office

Email [pres@hrce.ca](mailto:pres@hrce.ca)

Principal: Kim Michaud-Wheatley

Vice Principal: Malena Matthews

Administrative Assistants: Louise Marriott and Shirley Beth MacNeil

### Allergies

An important reminder to check that school snacks/meals are **peanut AND tree nut free**.

### Safe Arrival

To report an absence, parents and guardians can call 1-833-582-6940. This number is available 24/7. Absences can be reported in advance, up to 9 AM on the morning of the absence.

### March/April Dates

March.18<sup>th</sup> Assessment and Evaluation Day, No Classes

March.28<sup>th</sup> Report Cards Home

March.29<sup>th</sup> No Classes

April.1<sup>st</sup> No Classes

April.3<sup>rd</sup> Parent Teacher Conferences (Evening)

April.4<sup>th</sup> No Classes: Professional Development (AM) and Parent Teacher Conferences (Afternoon)

April.12<sup>th</sup> Matt the Music Man, Grades PP-5

### Indigenous Athlete of the Month



Fred Sasakamoose (1933-2020) was a hockey player from Big River First Nation in Saskatchewan. Fred was the first Indigenous hockey player in the NHL. In 1953, he played for the Moose Jaw Canucks in the Western Canada Junior Hockey League. Fred was selected as the most valuable player, scoring 31 goals in 34 games in the 1953-54 season. At the end of the 1953-54 season, he was selected by the Chicago Blackhawks, for whom he played 11 games. He became a member of the Order of Canada in 2018.

### Lunch Monitors

We are in need of lunch monitors for Grades P-5. Lunch monitors can choose to work anywhere between 1-5 days per week. This is a paid position. Our lunch hour runs from 12:15-1:15. Options are available for INDOOR lunch supervision of lunch clubs. If interested, please contact the office at [pres@hrce.ca](mailto:pres@hrce.ca) or 902-852-2441.

## From HRCE

### 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 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.

