



Clareville Middle School



“Where Children Come First”

Craig Pardy
Principal

Clareville Middle School
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Assistant Principal

NEWSLETTER : WEDNESDAY, MAY 24TH 2006

IMPORTANT DATES TO REMEMBER

Monday, May 29TH Aladdin Jr. Performance @ 7:00 p.m.
Tuesday, June 6th “Phantom of the Op’ry” @ 7:00 p.m.

*** The above major performances by our students are dates you should check off on your busy calenders. The many students involved will be putting off a fantastic show!**

Wednesday, June 7th Elementary Lion’s Speak-off @ Random Island
Junior High Kiwanis Speak-off@ St. Jude’s Hotel
Thursday, June 8th NL Power Envirofest

POLICE FOR A DAY WINNERS

Congratulations to Ashley Button (5Pye) and Alex Parrott (6Avery) who were winners of the ‘Police For A Day Contest’. Their outstanding art work will be displayed on our school’s homepage very soon!

MR. PARDY WORKING AT BOARD OFFICE

Mr. Pardy will be away at the board office for the remainder of the year. In his absence Mr. Walsh will again assume the Principalship while Ms. Stanford will be the Assistant Principal. Mr. Pardy will frequent the middle school each week and maintain close contact with the office as we wrap up the current year and plan for the 2006-07 school year.

MIDDLE SCHOOL GRADE 7 & 8 FINAL EXAM SCHEDULE:

Monday, June 12th - French
Tuesday, June 13th - Social Studies
Thursday, June 15th - ELA
Friday, June 16th - Science
Monday, June 19th - Math

TIDBITS

S Middle School Helps Build School in Sindhuli, Nepal. Many weeks ago a group of grade 8 students started an initiative to build a school in this underdeveloped country by selling baked goods at the mall and hand made jewellery at the school. Under the guidance of project leaders Mr. Troy Mitchell and Mrs. Krista Percy the middle school held the first-ever **Dal-Bhat-Tarkari** (a staple food in Nepal) Day on Wednesday April 26th where rice was sold raising \$574.36. Check out the website at www.silverhawkpromotions.com/twovillages/ to see pictures of our grade 8 team of young humanitarians who are leading the way in help our neighbors in Nepal!

S Big Thank-you to Jenine Sheppard (5Pye) and family for sending in a healthy contribution of Campbell Soup Labels.

RECENT STUDENT “WAY TO GO’S”

The following items were published in the daily morning bulletin. The intent is to celebrate the wonderful student actions / deeds that occur at CMS. **We have much to be proud of !**

- ☺ Way to go extended to some grade 8 students by Ms. Thistle, one of our wonderful parent volunteers : to **Teeana Matchem, Stephen Goobie, and Ricki-Lee Stanley** who helped in the kitchen on Thursday May 11th. As well, to **Mitchell Lane** (80rgan) who is becoming very good in the kitchen as he demonstrated by being assistant chef on Taco Thursday (May 11th). He helped whip up some great tacos for the hungry appetites at Clarendville Middle School.
- ☺ Middle School Celebrates ‘SUPER’ Initiative. On Monday May 15th several Middle School students and their siblings helped raise \$ 40.00 for the ‘**School For Nepal**’ project. The group put off a Talent Show for the parents, neighbours and friends on Thorburn Place. A great project for a dedicated group of students seeking to help their world neighbours. Way to go to: Nathan (4Vey) and Joseph Mitchell; Jordyn(4Vey) and Brady Cole; Ashley (5Pye) and John Button; and Jenine Sheppard(5Pye).
- ☺ Way to go : **Megan Garrett; Courtney Holloway; Rebecca Rideout and Gabrielle Green**. On Friday May 19th Chef Ennis was without his assistant - alone. These grade 8 girls noticed the predicament and gave him a hand cleaning up. Thanks from Chef Ennis and way to go from the staff of CMS!! Have you heard Megan Garrett sing any Paul McCartney tunes? She’s GREAT!
- ☺ Way To Go to **Stephen Davis**. Watched him sink 3 basketball shots (3 pointers) in the gymnasium on Friday May 19th. Super shooting Stephen!
- ☺ Way to go to **Mark Power** who passed along compliments to the crew on the replacement of the smoke detectors. Mark stated, ‘Thanks for looking after us sir!!’

SOME MIDDLE SCHOOL HEALTH INFORMATION

How many servings of Milk Products does my child need each day?

Canada’s Food Guide recommends that 4-9 year olds have two to three servings of milk daily while 10-16 year olds should have three to four servings of Milk Products daily. A serving is 250 ml (1 cup) milk, 50 grams cheese, or 175 grams (¾ cup) yogurt.

What’s the difference between 2% white and 2% chocolate milk?

Sugar. Sugar is the only difference between the two. Although both contain the same amounts of calcium and vitamin D and other important nutrients, 250 mL chocolate milk contains 3 tsp more sugar than 250 mL white milk.

DID YOU KNOW?

- ☺ A growing child finishes every day with more muscle, bone, blood and skin than they began with. Thus healthy eating is so important for them.
- ☺ The main source of caffeine for children is cola.
- ☺ The most caffeine a child age 5-6 should have is 45 mg/day which equal one 355 ml can of cola.
- ☺ Children break down caffeine much slower than adults do.
- ☺ The most caffeine children age 7-9 should have is 62.5mg/ day and 85mg /day for children 10-12 years of age.
- ☺ Caffeine is not a nutrient; children do not need caffeine.

Why does my child need milk?

Children and adults need milk. The Milk Products food group provides calcium, vitamin D, protein and some of the B vitamins.

- ☺ Calcium and vitamin D help build healthy bones and teeth.
- ☺ Protein helps in the development of bone, blood, muscle and skin cells.
- ☺ The B vitamins help in the breakdown of fats and carbohydrates in the body which gives you energy. The B vitamins are also used for working of nerves and to make healthy blood.

