



# December 2010

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4

School Clothing order due today!  
Christmas Formal 8:00—11:00

5 6 7 8 9 10 11

Safe Grad Spaghetti Dinner 4:30-6:30

Middle School Sport-a-thon 6-8:30PM

12 13 14 15 16 17 18

Christmas Meal

19 20 21 22 23 24 25

Safe Grad's Pancake Breakfast  
Last day for students

Christmas Day

26 27 28 29 30 31

Boxing Day

Christmas Break

Christmas Break

Christmas Break

Christmas Break

HAPPY NEW YEAR

## NSER WEBSITE

Parents/students can take advantage of N. S. E. R. 's website to stay connected with the school. Parents can check the website regularly to see our latest news, look at student work, stay informed of extra-curricular activities, check homework, etc. Please check the site often to stay up to date on what's happening at NSER. <http://nser.nbed.nb.ca/>

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# N.S.E.R. NEWS

December 2010

The NSER Middle School has decided to pursue wellness this year. This student-led program has allowed all of the Middle School students the opportunity to walk each day for 20 minutes or 1Km. The goal for our Cross Country Walking is to travel across Canada and so far we have clocked a total of 2448Km in 8 Weeks.

Other events at our school have included an obstacle course challenge, bean bag scavenger hunt and skipping. On Oct 22nd Darlene MacDonald (District 16 Health Nurse) visited the grade 7 and 8 classes with the Healthy Food Choice Presentation. She challenged the students in making healthier choices, outlining the many benefits associated with eating well. She will be returning to present the health issues associated with consuming Energy Drinks.

In the upcoming months, we have decided to take on some winter activities such as skating and cross country skiing. NSER is also a Pedometer School therefore we will be challenging our students and staff to be active and coordinate their activities with the pedometers, aiming for 10 000 steps each day.

NSER has had an exciting and energetic start to the 2010 school year and value the benefits of being active while having fun with friends!



The Middle School Wellness Initiative gave away prizes on Nov. 4th. The students participated in a Scavenger Hunt to find bean bags. The winners are: Alex White, Brendan Tozer, Mackenzie Matchett, Craig Stewart, Tamara Stewart, Jaden Shaddick and Stephen Richardson. All MS students are winners because they all participated!

## In The Spirit of Christmas

The students and Staff of N. S. E. R. have adopted Seven Christmas Families again this year through the Early Intervention Program. Classes are working together to raise money and collect items to provide these families with a Christmas to remember. On Tuesday, December 21st, Early Intervention will be coming to the school for an assembly where students will present them with all the gifts. If you would like to make a donations of any type, please contact Mrs. Hamilton.



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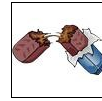
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**Do you know.... Energy Drinks**



Maximum daily caffeine intake recommendations:

4-6 Years	45mg
7-9 Years	62.5mg
10-12 Years	85 mg
Adults	400-450mg
Women of childbearing age	300 mg



**Source of Caffeine:**

Coffee	118-179 mg/250 ml
Cola Drink	36-46 mg/355 ml
Chocolate bar	14 mg/bar
Tea	43 mg/250 ml
Green tea	30 mg/250 ml
Chocolate Milk	8 mg/250 ml

**How much caffeine in ONE energy drink?**

- Red Bull has 80 mg/can
- Rockstar has 160 mg/can



Recently, Mr. Hendry's Science 10 class, Mrs. Hambrook's Environmental Science class, Mr. Wilson's Chemistry class and Mr. Curtis' Framing and Sheathing class enjoyed a visit from a non- profit, educational charity called the 'Gaia Project'. The Gaia Project delivers a hands on energy and climate change education program to students in New Brunswick schools. They are based in Fredericton, New Brunswick. The three day experience included an in-class presentation on energy and the environment. Classes then participated outside at the Mobile Energy Centre. This mobile unit is equipped with a solar electric panel, a solar thermal panel, wind turbine, pumped hydro demonstration and a bicycle generator; all controlled by computerized touch-screen displays. The experience proved to be worthwhile in promoting a deeper awareness of the environmental impact of our reliance on fossil fuels and the advantages of renewable energy sources for the future.

**It's a gift that will last a lifetime.**

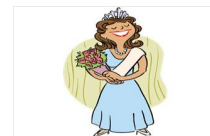
\$40 till December 31st, 2010  
 \$44 January 1, 2011  
 \$5 to personalize



<http://jostensyearbooks.com/?REF=A01084567>

**WINTER CARNIVAL**

Preparations will soon be getting underway for the 2011 NSER Winter Carnival Queen Pageant. This year's Pageant will be held on Tuesday, March 1st, 2011. Any girls interested in participating or anyone who is interested in working behind the scenes is asked to see either Miss Lavigne or Mrs. Ward-Cain. We're hoping for another great pageant!



**School Clothing**

School clothing orders have to be in by Thursday Dec 2nd.  
 T-Shirt \$12.00  
 Long Sleeve T-Shirt -\$37.00  
 Two tone Hoodie -\$52.00  
 Insulated Jacket -\$87.00  
 Track Suits -\$103.00



**IMPORTANT DATES TO REMEMBER**

- December 2 - School Clothing orders in
- December 3 - Pre-Order your Christmas meal
- December 3 - Christmas Formal—8:00-11:00
- December 8 - Spaghetti Supper
- December 14 - Order your Christmas Meal
- December 17 - Christmas Meal
- December 23 - Pancake Breakfast & Last day for students
- December 27 - Christmas Break
- January 10 - Curriculum Implementation Day - No School
- January 11 - First Day For Students
- January 24-27 - Semester 1 Exams
- January 28, 31 - Turn-Around Day - No School
- February 1 - Semester 2 Begins
- March 1 - Winter Carnival Queen Pageant
- March 7-11 - March Break - No School
- March 31 - Parent Teacher (Evening)
- April 1 - Parent Teacher (Morning) - No School
- April 22 - Good Friday - No School
- April 25 - Easter Monday - No School
- May 6 - Subject Council - No School
- May 23 - Victoria Day - No School
- June 13-16 - Semester II Exams
- June 17 - Prom
- June 19 - Baccalaureate - 2pm/Grad Banquet - 3 pm
- June 23 - Graduation - 7:30 pm/Safe Grad - 10:30
- June 24 - Last Day For Students



**CAREER CRUISING**

[www.careercruising.com](http://www.careercruising.com)

Username: nsers - Password: Sunny798  
**New At a Glance Page in Career Profiles**

To help students more quickly access critical information for careers of interest, we have added a new At a Glance page to each profile. These new pages, which are now the entry point to the career profiles, present key points on core tasks, workplace, earnings, education and training, and attributes and abilities. Students can use the "More" links in each section of the At a Glance page to view more detailed information. Students can also continue to access all sections of the career profiles using the left-hand menu of each profile.

While the At a Glance page will help all students get the information they need more quickly, we also believe the short, point-form text will make the occupation information more accessible to students who are less proficient readers.

**MIDDLE SCHOOL SPORT-A-THON**

There will be a Middle School Sport-a-thon held on Dec. 10th from 6-8:30 PM in support of the grade 11 Christmas families. Cost is \$5.00 and there will be movies, sports, games, and snacks for sale. We welcome all middle school students to attend.

**Yearbook Contest**

Jostens 2nd annual Yearbook Commercial Contest is now underway. This unique contest helps you promote the yearbook at your school while giving creative students a chance to win some great prizes including the grand prize of \$ 1,000 cash! Other prizes include and iPad, and iPod Touch and an iPod Nano.

**Who Can Enter the Contest?**

All students, whether they are on a yearbook staff or not, are eligible to enter as long as they are 13 years of age or older. The contest is open to all legal residents of the US, District of Columbia, US military and Canada (except Quebec) that are 13 years of age.

1. Create an original video commercial promoting their school's yearbook.
2. Enter their commercial through our Jostens Facebook Committee Contest app.

<http://apps.facebook.com/jostensvideocontest>

3. SHARE, VIEW and RANK their commercial. They will be awarded points for video sharing, views, thumbs up and thumbs down rankings and the video with the most points at the end of the contest is the winner. (contest ends March 31,2011 at Midnight CDT)

**Christmas Meal**

Order your Meal on Dec. 3rd and enjoy on Dec 17th,  
 Gravy, Turkey, Potatoes, Vegetable, Dressing & Dessert  
 White Milk- \$6.00  
 Chocolate Milk—\$6.05



**Spaghetti Dinner**

NSER Safe Grad will host a Spaghetti Dinner on Wednesday, December 8th from 4:30pm-6:30pm in the NSER Cafeteria. Dinner will include spaghetti, salad, roll, Death by Chocolate and tea/coffee. Tickets are \$8.00 for adults and \$5.00 for children 12 and under. Tickets must be purchased by Monday, December 6th and are available from Safe Grad Members or in the office.

