

# NSER Cafeteria Menu 2017-2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> \$5.00	Spaghetti Garlic Bread	Sausages & Pancakes	Chicken Fingers and Potato Wedges or Side Salad	Meatballs & Rice	Ham & Cheese Sub Baked Chips
Grab n' Go	Chicken Soup & Roll \$4.00 Hamburgers \$2.75 Cheeseburgers \$3.25	Cheese Pizza \$3.00	Garlic Fingers \$3.25	Chicken Burger \$3.50	Taco Salad \$5.00
<b>Week Two</b> \$5.00	Chicken Caesar Salad	Shepherd's Pie Garden Salad	Sweet & Sour Chicken Balls Rice & Egg Roll	Chicken Nuggets & Fries	Ham & Cheese Sub Baked Chips
Grab n' Go	Chicken Soup & Roll \$4.00 Hamburgers \$2.75 Cheeseburgers \$3.25	Cheese Pizza \$3.00	Garlic Fingers \$3.25	Chicken Burger \$3.50	Taco Salad \$5.00
<b>Week Three</b> \$5.00	Chicken Fingers and Potato Wedges or Side Salad	Lasagna Caesar Salad	BBQ Chicken Mashed Potatoes & Veggies	Chicken Nuggets & Fries	Ham & Cheese Sub Baked Chips
Grab n' Go	Chicken Soup & Roll \$4.00 Hamburgers \$2.75 Cheeseburgers \$3.25	Cheese Pizza \$3.00	Garlic Fingers \$3.25	Chicken Burger \$3.50	Taco Salad \$5.00

## Beverages

Water.....	\$1.00
White Milk.....	\$.50
Chocolate Milk.....	\$.50
Apple Juice (6 oz).....	\$.75
Orange Juice (6 oz).....	\$.75
Cans of Juice.....	\$1.00



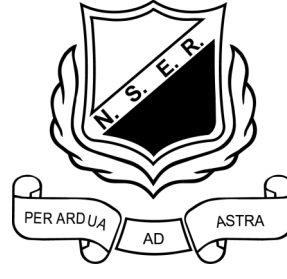
## Extra Extras

3-4 Choices Available Daily

Taco Salad.....	\$5.00
Grilled Cheese.....	\$3.00
Egg Salad Sandwich.....	\$3.00
Chicken Salad Sandwich.....	\$3.50
Ham & Cheese Sandwich.....	\$3.00
Garden Salad (sm).....	\$3.50 (lg).....\$4.00
Chef Salad (sm).....	\$4.00 (lg).....\$6.00
Chicken Burger.....	\$3.50
Chicken Wrap.....	\$3.00
Hamburger.....	\$2.75
Cheeseburger.....	\$3.25
Chicken Caesar Salad.....	\$4.50
Apples/Oranges/Bananas.....	\$.75
Muffin.....	\$1.00
Rice Krispy Squares.....	\$1.00
Cookie.....	\$.75
Fruit Stick.....	\$1.00
Nacho Chips/Salsa.....	\$1.00
Baked Chips.....	\$1.00
Veggies & Ranch.....	\$1.00
Chicken Soup & Roll.....	\$4.00

Revised September 2017

**A reminder to Parents that when students purchase from our cafeteria that 100% of the profits are returned to the school.**



# North & South Esk Regional

## October 2017

**NSER Mission:** It is the mission of NSER to support and challenge students to meet and exceed their potential.

**NSER Vision:** NSER's number one priority is the intellectual development of its students and also giving priority to social, emotional and physical development.

**NSER Values:** The intellectual, emotional, physical, and social needs of each child will be developed to his or her fullest potential. Expectations for students will be age appropriate and pedagogically based. A spirit of cooperation will be fostered among students, staff, and community. All students and staff will show respect for students, staff and the campus. All students will be encouraged and given the opportunity to participate in extra and co-curricular activities. A high moral standard will be exemplified by the staff, and expected of our students.



On Monday, October 2nd, Big Brothers Big Sisters/Boys and Girls Club presented a cheque to our Student Council to sponsor our Breakfast Program. NSER is one of 17 schools sponsored by Big Brothers. With their continued generous support, we are able to provide our students with a healthy start to their day!

## Congratulations Mary!



Congratulations to Mary Vanderbeck, a Grade 12 student, who has been selected to attend the RCMP Academy in Regina, Saskatchewan, from November 6-10. Mary is one of only 32 students from across Canada, and one of only 2 from New Brunswick, to be selected to attend this unique event. The selection of students was based upon their academic achievement, their community engagement, and their interest in law enforcement. While in Regina, Mary will have an opportunity to participate in a wide variety of activities, from police training classes, to police driver training and the firearms range. Just another example of the great things being accomplished by NSER students!

## Halloween Activities

Students and Staff will be participating in Halloween Activities on Tuesday, October 31st. Students are encouraged to dress up for the activities.



## Student Forms

It is very important to have all forms back at the school. These forms include health, leaving school property, etc. These are necessary in case there is ever an emergency we need to have all the students updated contact information.

# Halloween Dance

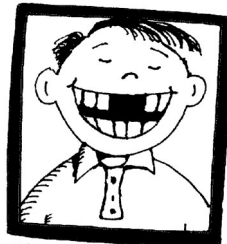
**Tuesday**  
**October 24th**  
**\$5 Each**

**Gr. 7-8 6:30 - 8:30**  
**Gr. 9-12 8:00 - 10:30**



NSER's Rotary Interact Club will once again be hosting Trick or Eat on Halloween in support of local food bank. We thank you in advance for your support of this great fundraiser.

Stay tuned for more upcoming fundraisers from Rotary Interact.



**PICTURE RETAKE DAY!**

Picture Re-Takes will take place on Friday, October 27th

## Winter Camp

NSER is seeking host families for the Winter Camp Program from February 3-10, 2018. The Winter Camp Program, involving students from the Concord Colleges of Sino-Canada, will take place for one week at New Brunswick High Schools. The dates for this year's Winter Camp will be February 3 – February 10, 2018.

The program will host 8-10 student plus 1 chaperone, giving them the opportunity to practice English skills while experiencing the Canadian education system and Canadian family life, values and culture.

The requirements of this program include homestay program for students and Chinese teacher (no remuneration), some organized activities coordinated by the school, NB class integration (with student buddy) – when classes are in session.

The benefits of this program provide additional culture in school for one week, reciprocal program to the Summer Camp for New Brunswick students (students from participating schools may apply to be involved). AEI will provide \$350 per student to offset special events or activities coordinated by student councils and homestays.

If you are interested in hosting a student or a chaperone please contact Angela Murphy at 836-7001 or [angela.murphy@nbed.nb.ca](mailto:angela.murphy@nbed.nb.ca)



## ORANGE SHIRT DAY

The students and staff of NSER marked Orange Shirt day on Friday, September 29th. This day commemorates children who did, and did not, survive the Residential Schools system in Canada. This day signifies a day of remembrance, but also a day to affirm that "Every Child Matters" and the commitment to ensure a better future for all children.

## What is Mindfulness?

You may hear students talking about "mindfulness" over the next few months. So what is mindfulness and why is it important? Mindfulness can be defined as a way of paying attention "on purpose, in the present moment, and nonjudgmentally" (Kabat-Zinn, 1994). The Learning to Breathe curriculum that we are implementing with small groups of students in grades 7-10 is designed to help students better recognize and understand the nature of thoughts and emotions. As well, the mindfulness activities are designed to help students fine tune their focus, slow down their thoughts and reduce their stress levels. Mindfulness practice can help students:

regulate anxiety before a test

concentrate in class

handle difficult moods

handle everyday stress

For more information on the Learning to Breathe program, visit <http://learning2breathe.org>

## REMINDER THAT ALL VISITORS MUST REPORT TO THE OFFICE UPON ARRIVAL TO THE SCHOOL

The NSER Parent School Support Committee will meet on Wednesday, October 18 at 6:30 in room 179. We are looking for new members. If you are wondering about the role of the Parent School Support Committee (PSSC), it is a group of parents and community members who work in an encouraging, advisory, and collaborative fashion with the School Principal and staff to ensure the best possible learning opportunities for students of their school.

## IMPORTANT DATES

October 17	Interim Report Cards go home
October 18	PSSC Meeting @ 6:30 pm
October 24	Grades 7-9 Immunizations School Halloween Dance
October 25	PL Day - Students dismissed at 11:30 am
October 27	Picture Retakes
October 31	Halloween Activities - Rotary Trick or Eat
November 9	Remembrance Day Ceremony
November 10	PL Day - No School for Students
November 13	Remembrance Day - No School for Students
November 23	Parent Teacher (evening)
November 24	Parent Teacher 9:00-11:30 am - No School
December 22	Last Day of classes before Christmas Break

## WHOO WHOOP North & South Esk Regional WALKATHON

On Thursday, September 21, NSER students and staff participated in our Walk-A-Thon, walking 10.5 kilometers and raising \$9,000!

Thank you to all who supported our school by making a donation.

A special thank you to local businesses for their generous support that helped make this fundraiser such a success - Beaudet Motors Ltd. and R. Tozer Construction Ltd.

Also thank you to the Lyttleton Pentecostal Church for the use of their washrooms at the end of a long walk.

Finally, thank you to Stewart's Tubing for giving us an awesome place to have our BBQ.

It is the support of our amazing community that enables us to continue making NSER such a great place for our students!

## Interim Reports

On October 17, teachers will send home Interim Report Cards. This will provide up-to-date attendance and information on how your student is progressing so far this year. Should you have concerns, please contact your student's teacher at 836-7000.