

# 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
<b>Grab n' Go</b>	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
<b>Grab n' Go</b>	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
<b>Grab n' Go</b>	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

**NSF**  
 Food Services Inc.

## 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

## September 2017

## WELCOME BACK COBRAS

NSER is pleased to have Angela Murphy as our Acting Principal for the 2017-2018 school year. Mr. Mutch will be working at District Office as the Director of Schools for this school year. We are also very happy to have Mrs. Cynthia Russell join the administration team as our Acting Vice-Principal. We would also like to welcome to the NSER Staff - Troy Cabel, Elaine Foran, Melissa Mountain, Marly Sutherland, Gloria Kelly, Melissa Flanagan, Barb Matchett, Stacey Porter, Mallory Paul and Lisa LaTullip

Hello Family and Friends of NSER,

On Thursday, September 21st we will host the NSER Walk-a-Thon to help raise money to support school programs. It's our biggest fundraiser and the money really does a lot for all the students at NSER. This event allows our students to raise money for their school without selling merchandise while promoting wellness and fitness. We collect pledge money for our participation in the Walk-a-Thon and every student gets to participate. 100% of the profits go directly to NSER. This year our goal is \$10,000 and the money will help NSER provide new lobby and library seating and to support the further development of the community garden.

Thanks for your support! If you require a receipt for your contribution please contact the school at 836-7000.

Pledge Sheets and money need to be given to the office by the day of the Walk-a-thon: Thursday, September 21st. Donations must be submitted to be eligible for prizes.

For every \$10 raised, students will earn a ticket for a prize drawing. The more money raised, the more tickets earned! The more tickets earned, the better the chance of winning. Draws will be divided for grades 7/8, 9/10 and 11/12.

The class that raises the highest amount of money per student will win a McDonald's Party.

Bottled water will be available on the walk. A lunch of hotdogs and chocolate milk will be provided after the Walk-A-Thon.

Students are reminded to wear proper footwear and dress according to the weather for the Walk-a-thon. We will be walking 10 kms.

Our school goal is to raise \$10,000. For each \$1,000 raised, we will have a school-wide reward. Thank you for supporting the improvements for our NSER family.



# 2017-2018 Staff List

Angela Murphy - Acting Principal

Cynthia Russell - Acting Vice-Principal

Shelley Ward-Cain - Guidance Counselor

Jennifer Black - First Nations Guidance Counselor

## Teaching Staff

Troy Cabel	Lynn Carney	Brock Curtis
Elaine Foran	Karen Glynn	Shiann Holmes
Mitchell Linkletter	Tanya Matchett	Jennifer Mitchell
Melissa Mountain	Dax Silliker	Harriet Silliker
Judy Stewart	Marly Sutherland	Elinor Taylor
Stacey Verner	Mary Jane Ward	Frank Wilson

## Educational Assistants

Lauris Cortes	Mallory Flanagan	Melissa Flanagan
Sara Hyland	Gloria Kelly	Lisa LaTullip
Barb Matchett	Leanne Mullin	Stacey Porter
Valarie Sutherland	Brenda Ward	

## Custodians

Perry Matchett	Jason Manderville	Pat Mutch	Alma Sherrard
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## Support Staff

Paula Matchett - Administrative Assistant	Wendy Fortune - Librarian
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**ORANGE SHIRT DAY** - NSER will commemorate the First Nation Lives that were and are affected by Residential Schools by participating in Orange T-shirt Day on September 29!

## ALL DOORS LOCKED

All doors at NSER will be locked at 8:30 am. All students and visitors must buzz in after that time. We have a security system at the front doors. When you arrive at NSER, you will see a silver intercom box on the far left of the main doors. Just press the button and someone will buzz you into the school. There are brief times during the day when there is no one in the office to buzz in. Visitors may want to call ahead.

## WE SCHOOL

NSER We School is excited this year about the possibilities of helping out in our community and around the world! In June 2017 the WE School and Interact donated \$10,000 to WE charity for the Adopt a School program.

We constructed a classroom in Haiti. Congratulations and Hip Hip Hooray!



## Immunizations

October 24th is Immunization Day for grades 7 and 9.

Consent forms will be sent home before this date.

**REMINDER - ALL VISITORS MUST REPORT TO THE OFFICE UPON ARRIVAL TO THE SCHOOL**

## Reminder Grade 7 & 8

Grade 7 and 8 students are reminded they are not permitted to leave the school grounds during lunch hour.

If you have any health concerns regarding your student please notify the office.

## CELL PHONES



Students are permitted to use cell phones while at school, however, they are not to be used during instructional hours. Teachers may confiscate a phone until the end of the day should a student be using them during instructional time.

As parents and guardians please be aware of this when you are texting them remembers. If it is something they need to know asap then contact the office and we will get the message to them.

**Becca Schofield Day**  
Saturday, September 16th  
NSER is aiming for one act of kindness from each student and staff member.

**Please email photos of your acts of kindness to [nser@nbed.nb.ca](mailto:nser@nbed.nb.ca)**

## Lockdowns, Fire Drills and Bus Evacuations



Over the next 2 weeks students will receive bus evacuation instructions and practice from their morning bus driver. As well we will be having our lockdown and fire drills. These drills will be repeated at least 3 times during the school year. We understand that some students may find these drills unsettling so if you have any concerns, please contact the school.

## Information for Prospective Grads

Over the course of the next few months, Grade 12 students will be making plans for their post-secondary education. Many have already been asking about applications and scholarships/bursaries. Any information that pertains to post-secondary education can be found on the NSER website, under the "Grad Info" tab. Information about major/national scholarships has already started to come in to the Guidance Centre. As soon as any information arrives, it is posted on the website. In the next few weeks, we will also meet with all Grade 12 students to help them prepare for the year ahead. In the meantime, if you have any questions regarding post-secondary education, please feel free to contact Mrs. Ward-Cain at the school.

Make it a  
*September*  
TO REMEMBER

## STOP BULLYING

Bullying happens! It happens here, at home, at friend's houses, everywhere. Bullying happens when there is an **imbalance of power**; where someone purposely and **repeatedly says or does hurtful things to someone else**. Bullying can be considered illegal. If your son or daughter has received a threat, assault, theft, harassment, sexual exploitation (videos or pictures showing nudity of people under age 18) or a hate crime please contact the RCMP.



## Nut Safe

Please note that NSER is a Nut and Peanut Safe Environment. We have many students who have life threatening nut/peanut allergies, so students and staff are NOT to bring any food that may contain nuts/peanuts.



Thank you for your cooperation.

## Bell Schedule

Middle School Bell Schedule		High School Bell Schedule	
8:20	First Bell	8:20	First Bell
8:25	O Canada/Announcements	8:25	O Canada/Announcements
8:27 - 9:26	Period 1	8:27 - 9:31	Period 1
9:26 - 9:28	Travel Time	9:31 - 9:33	Travel Time
9:28 - 10:27	Period 2	9:33 - 10:36	Period 2
10:27 - 10:37	Break	10:36 - 10:47	Break
10:37 - 10:39	Travel Time	10:47 - 10:49	Travel Time
10:39 - 11:37	Period 3	10:49 - 11:53	Period 3
11:37 - 12:22	Lunch	11:53 - 12:33	Lunch
12:22 - 12:24	Lunch Travel Time	12:33 - 12:35	Lunch Travel Time
12:24 - 1:23	Period 4	12:35 - 1:39	Period 4
1:23 - 1:45	Study Block	1:39 - 1:41	Travel Time
1:45 - 1:47	Travel Time	1:41 - 2:45	Period 5
1:47 - 2:45	Period 6		

School Website - <http://nser.nbed.nb.ca>