

NSER Cafeteria Menu 2018-2019

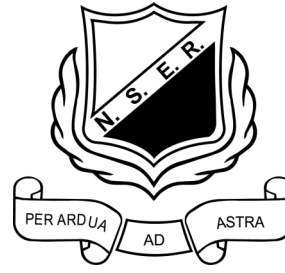
| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---------------------------------------|--|---|------------------------------------|
| Week One \$5.00 Drink not included | Cheese Burger or Hamburger Potato Wedges or Side Salad | Potato Bowl with Chicken, Corn, Gravy | Spaghetti Healthy Side | Meatballs & Rice & Veggies | Ham & Cheese Sub Healthy Side |
| Week Two \$5.00 Drink not included | Chicken Caesar Salad Garlic Fingers | Shepherd's Pie Garden Salad | Chicken Quesadillas Healthy Side | Picnic Plate Ham, Cheese, Crackers, Fruit, Veggies & Dip | Ham & Cheese Sub Healthy Side |
| Week Three \$5.00 Drink not included | Cheese Burger or Hamburger Potato Wedges or Side Salad | Lasagna Healthy Side | BBQ Chicken Mashed Potatoes & Veggies | Taco Salad or Taco Pizza Healthy Side | Ham & Cheese Sub Healthy Side |
| Wrap of the Day \$4.00 Drink not included | Chicken Caesar Wrap Healthy Side | Chicken Ranch Wrap Healthy Side | Quesadillas Wrap Healthy Side | Sweet Chili Chicken Wrap Healthy Side | Chicken Ranch Wrap Healthy Side |

EXTRA CHOICES

| | | | | | |
|--------------------|--------|--------------------------------|--------|----------------------|--------|
| Water | \$1.00 | Garden Salad | \$4.00 | Tuna Sandwich | \$3.00 |
| White Milk | \$0.50 | Chef Salad | \$5.00 | Assorted Cut Fruit | \$1.00 |
| Grilled Cheese | \$3.00 | Egg & Cheese on English Muffin | \$3.00 | Assorted Whole Fruit | \$1.00 |
| Egg Salad Sandwich | \$3.00 | Chicken Salad Sandwich | \$3.00 | Grapes & Cheese | \$2.00 |
| | | Tuna Melt | \$3.00 | Veggies & Ranch | \$1.00 |

NSER
Food Services Inc.

**HEALTHY SIDES – For the meals with a Healthy Side – you may select one of the following:
Caesar Salad, Fruit Cup or Veggie Cup**



North & South Esk Regional

September 2018



WELCOME BACK COBRAS

Dear Cobra Students, Families and Community Members,

Welcome to the 2018-19 school year! My name is David Cripps and it is a privilege to be the newest principal of North and South Esk Regional School, a school known throughout the district for its dedication towards excellence in education.

Over the past 25 years, I have worked as a teacher and an administrator. My goal has always been to ensure all students are happy, healthy and safe, so they can learn to the best of their abilities.

The staff at NSER will strive to ensure every child feels welcome, connected, and part of the Cobra family. Additionally, we will dedicate ourselves to helping your children reach their academic potential, and look forward to working with you to provide the high-quality education they deserve.

The foundation of student success means building partnerships with students, staff, and parents. Active parent participation is very important. I ask all of our families to help by showing your appreciation to our teachers and staff whenever you can. Also, try to become involved in at least ONE activity or event this school year. We not only want our students to feel as though they are part of our learning community – we want you to be part of our Cobra family as well.

A very special thank you to Angela Murphy, Paula Matchett and other support staff as they have worked hard throughout the summer preparing our school for the new academic year.

I look forward to working with the NSER staff and students to create programs that will engage, motivate, and provide experience for lifelong success! As well, I am eager to meet all parents, and feel free to come into the school and get to know our building and staff. Your first opportunity to visit will be later in the month for Meet the Teacher.

Please know my door is always open and I encourage any questions or just a friendly hello as we look forward to a successful and rewarding school year! Go Cobras!

Mr. David Cripps

NSER is 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



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

2018-2019 NSER Staff

David Cripps - Principal

Angela Murphy - Vice-Principal

Allison Maozzorato - Guidance

Paula Matchett - Administrative Assistant

Teaching Staff

| | | | |
|-------------------|-----------------|---------------------|----------------|
| Troy Cabel | Lynn Carney | Brock Curtis | Elaine Foran |
| Karen Glynn | Shiann Holmes | Mitchell Linkletter | Tanya Matchett |
| Jennifer Mitchell | Cynthia Russell | Gary Ryder | Dax Silliker |
| Harriet Silliker | Judy Stewart | Elinor Taylor | Stacey Verner |
| Mary Jane Ward | Frank Wilson | | |

Educational Assistants

| | | | |
|---------------|------------------|---------------|--------------------|
| Lauris Cortes | Mallory Flanagan | Sara Hyland | Gloria Kelly |
| Lisa LaTullip | Barb Matchett | Leanne Mullin | Valarie Sutherland |

Custodians

| | | | |
|-------------|----------------|---------------|---------------|
| Ruth Harris | Perry Matchett | Pat Mutch CII | Alma Sherrard |
|-------------|----------------|---------------|---------------|

Cafeteria Staff

| | |
|---------------|-------------|
| Cynthia Tozer | Susan Tozer |
|---------------|-------------|

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.

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. If you have any questions regarding post-secondary education, please feel free to contact the school.

Immunizations

September 25th is Immunization Day for grades 7 and 9.

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

Reminder Grade 7 and 8

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

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.

Lockdowns, Fire Drills and Bus Evacuations

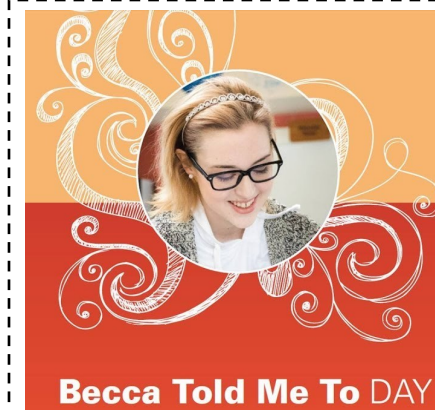


Over the next 2 weeks students will receive bus evacuation instructions and practice from their morning bus driver. As well we will be having our lockdown and fire drills.

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.

Grade 7 Building Projects

On Tuesday, September 4th, the grade 7's spent the afternoon in their new classroom building games. It was an arcade style challenge and materials included cardboard, packing tape and ping pong balls. A few extra materials were added if needed. This activity was an introduction to the new middle school enhancement plan that focuses on problem solving and inquiry. Students had fun, cooperated with their classmates and built impressive games!



Becca Told Me To DAY

The Provincial Government has proclaimed September 15th the 2nd Annual Becca Schofield Day. Rebecca Schofield, who lived in Riverview, started a campaign to encourage kindness after being diagnosed with terminal brain cancer in 2016. People were asked to perform random acts of kindness and share them on social media using the hashtag #BeccaToldMeTo.

This year we encourage all our Cobras to participate in performing random acts of kindness this upcoming school week, September 10th to 14th. Make sure you follow us and tag us @nser_rotaryinteract using the #BeccaToldMeTo for the chance to win a prize. The winner will be randomly selected on Monday, September 17th. Remember, in a world where you can be anything, be kind.



| Middle School Bell Schedule | |
|-----------------------------|-----------------------|
| 8:20 | First Bell |
| 8:25-9:10 | French |
| 9:10-9:30 | Silent Reading |
| 9:30-10:15 | Humanities & Health |
| 10:15-10:30 | Break |
| 10:30-11:15 | Humanities & Health |
| 11:15-11:53 | Lunch |
| 11:53-11:55 | Travel Time |
| 11:55-1:25 | Science/Math |
| 1:25-1:45 | Advisory |
| 1:45-2:45 | STEAM (3)/Phys Ed (2) |

| High School Bell Schedule | |
|---------------------------|-------------|
| 8:20 | First Bell |
| 8:25 | Period 1 |
| 9:27-10:27 | Period 2 |
| 10:27-10:37 | Break |
| 10:37-10:39 | Travel Time |
| 10:39-10:58 | Advisory |
| 11:00-12:00 | Period 3 |
| 12:00-12:40 | Lunch |
| 12:42-1:42 | Period 4 |
| 1:44-2:45 | Period 5 |

Looking For - Mason Jars

The Culinary Class will once again be making jelly and pickles.



If you have any mason jars (any size) and would be interested in donating them, please contact the school.

**WELCOME BACK
TO SCHOOL**