



**Looking ahead....
December**

- ★ 1st PAC pasta lunch
- ★ 7th Winter Show rehearsal 1:30
- ★ *NJ Winter Show
December 7th 7 p.m.*
- ★ 8th PAC Subway lunch
- ★ 10th - PAC craft afternoon **
- ★ 11th no Gymnastics
- ★ 15th Pizza lunch
- ★ 20th Student Hotdog Lunch
- ★ 21st Last Day

Monday, January 8th, 2018
Back to School!

December is here! This is always a magical, busy time of year. Our Winter Show is in full preparatory swing. Mr. Daly has been working with all of the involved classes and students.

Our atrium is quickly becoming a winter wonderland, thanks to the efforts of Ms. Betty and Ms. Evica. What treasures we have! You will notice we have placed wrapped boxes in the atrium for our Food Drive. Each year, NJ is proud to be able to support the local Food Bank or the Salvation Army with substantial donations of canned and dry food items. This year, we will be contributing to the cause again! Thank you so much everyone for showing our children what generosity can do for a community.

Thank you to everyone who came out to Parent-Teacher Conferences. It was great to have such a good turn out. As always, Ms. Rogers has a terrific book fair to ensure great books make their way into the hands of our families while giving back to the school. We earn 'book fair credits' for hosting a book fair with Scholastic and this translates into classroom books and materials for all of us!

We are looking forward to a fun filled month! Fingers crossed, the weather will cooperate and we will get out and enjoy our recesses. Thank you again for your support in your child's learning.

Shirley Zouboules

Food Drive at NJ!

Each year during December, we set out nicely wrapped boxes in anticipation of the canned and dry goods we invite our families to donate. All of the food is donated to the Salvation Army or the Food Bank during the Christmas Season. This is a particularly difficult time of year for families doing their best to make ends meet. Please join us in supporting our Yellowknife families by donating to our NJ food drive.

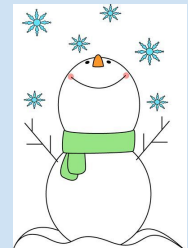


Many, many thanks.



**Thank you PAC for the pizza!
2017 Santa Parade**

**Montessori CASA
Winter Concert
December 4th at NACC
6:30 pm**



**Annual NJ Student Hotdog Lunch!
December 20th**

Staff will make lunch for the students this day and we will all celebrate as a school in the Gym. Students are welcome to bring a lunch if they would prefer. Gluten free option will be available.



Bringing the best out of our learners requires a lot of energy! Eating meals together when possible and getting plenty of rest really goes a long way to help get students off on the right foot.

"Come and Get It!"

EAT TOGETHER MORE OFTEN

It may be dinnertime, but many families find it difficult to find the time to sit down and enjoy a meal *together* on a regular basis? With music lessons, sports practice, play rehearsal, and work schedules, it can be tough. Rounding up the troops for an evening meal can be almost impossible! However, research is showing that eating as a family has great benefits for your children. Here are 5 reasons why you should try to sit down together as often as possible.

1. **Communication & Wellbeing:** Conversations during the meal provide opportunities for the family to bond, plan, connect, and learn from one another. It's a chance to share information and news of the day, as well as give extra attention to your children.
2. **Model Manners (and more):** Family mealtime is the perfect opportunity to display appropriate table manners, meal etiquette, and social skills.
3. **Trying New Foods:** Encourage your children to try new foods! Introduce a new food along with some of the stand-by favorites.
4. **Nourish:** Meals prepared and eaten at home are usually more nutritious and healthy.
5. **Teaching Self-Sufficiency:** Basic cooking, baking, and food preparation are necessities for being self-sufficient. Involve your family in menu planning, grocery shopping, and food preparation.

Helpful Hints

- Set a goal. Twice a week, perhaps? Build from there.
- Keep it simple. Family meals don't have to be elaborate.
- Get the family involved. Let kids help prepare meals and set the table.
- Use the crock pot. Put everything together before leaving for work in the morning. You'll come home to the delicious smell of a cooked meal.
- Make it enjoyable. Leave the serious discussions for another time. Family meals are for nourishment, comfort, and support.
- Set the mood. Play soothing music. Put flowers on the table. Light a candle. Create a relaxing environment.

Here's another hint -- no TV allowed, no phones answered! This is time for listening to each other, sharing the day's stories, and nurturing the family connection.

Sources:

<http://www.sparkpeople.com>

<https://www.webmd.com>

<https://upliftingfamilies.com>



Sleep and Kids!

How much sleep you need changes as you age. The American Academy of Sleep Medicine and the Sleep Research Society recommend:

Age Group		Recommended Hours of Sleep Per Day ^{1,2}
Infant	4-12 months	12-16 hours per 24 hours (including naps)
Toddler	1-2 years	11-14 hours per 24 hours (including naps)
Pre-school	3-5 years	10-13 hours per 24 hours (including naps)
School Age	6-12 years	9-12 hours per 24 hours
Teen	13-18 years	8-10 hours per 24 hours
Adult	18-60 years	7 or more hours per night

**NJM P.A.C.
FAMILY HOLIDAY CARD MAKING
COME OUT AND CRAFT WITH YOUR
KIDS!!!**

SUNDAY DECEMBER 10, 2017
1:00PM – 3:00PM
N.J. Macpherson School Atrium

The NJM P.A.C is sponsoring a family craft day we will be making holiday cards.
All crafting materials will be supplied. You only need to bring your family & your imagination.
In order to have enough supplies we need to know how many people will be attending.
Please fill out the form and return to your homeroom teacher by December 7, 2017.(All students must be accompanied by an adult)



NJ Macpherson School
presents
"Our Annual Winter Show"

a Walk in the Wintery Woods

featuring
150 NJM students on stage!
Performances from the following classes -
4E, 4/5C, 3K, 2AOK, 1/2B, KD & JKF & the Gr. 3 -
5 Choir
"Behind the Scenes" Crew - 4/5H

Thursday, December 7th, 2017 - 7:00 p.m.

Performance Dress - Wednesday, December 6th
- 1:30 p.m.*

*Parents/families are welcome to attend

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 PAC pasta lunch	2 Stage set & Build 9-noon
3	4 Subway orders go home CASA Concert @ NACC	5	6 Wellness Wednesday snack 1:30pm - dress rehearsal Subway orders due Hockey Academy	7 NJ's Winter Show 7pm *stage tear down	8 Subway Lunch	9
10 PAC Family Fun Craft 1-3:00 *children must be accompanied by an adult	11 Pizza orders go home	12	13 Wellness Wednesday snack Hockey Academy Pizza orders due	14	15 Pizza lunch	16
17	18	19	20 Student Hotdog lunch	21 Last day for students	22	23
24	25	26	27	28	29	30
31	1 Happy 2018!	2	3	4	5	6
7	Welcome Back Monday, January 8th, 2018					

NJ Macpherson School

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