

# DR. LOSIER MIDDLE SCHOOL

## DECEMBER NEWSLETTER

December 2, 2010

### REMEMBRANCE DAY CEREMONY

What a wonderful service we had this year. A special thank you to Mr. John Bosma, who shared with us stories from his father's life during the liberation of Holland. He also prepared a traditional Dutch soup for a luncheon for the veterans. Many students, through reading, singing, acting and being emcees, helped to make our service very special this year. Thanks to the following students for their participation:

Kaitlyn Frost	Tyler Sargent	Jordan Gallan
Jenny McEathron	Elyse Girouard	Sara Quann
Jantzen Losier	Emily O'Toole	Alicia Galley
MacKenzie Russell	Jessica Marshall	Alex Blake
Andrew MacDonald	Victoria Merritt	Sydney Stymiest
Sydney Doiron	Tristan Hallihan	Andrea Dinan
James Trevors	Amber Gautreau	Matt Carroll
Darian King	Nathan Rose	Justin Jardine
Celidh MacKinnon	Dalen Dugas	



### CHRISTMAS DANCE

THURSDAY, DEC. 16

6:00 P. M.—8:00 P. M.

### HOME & SCHOOL FUNDRAISER

Home & School Gas Ticket fundraiser runs from November 28th to December 22nd. Please support your Association by selling tickets. We are hoping that each family can sell at least five tickets. There are numerous incentives for those wishing and able to sell more. 2500 tickets have been printed.

### SUPPORTING THE TROOPS

— Thank you to parents and students for being so generous. We were able to put together 51 boxes for the Canadian Soldiers in Kandahar. We were one of two schools in the province who participated in this event, the other school was from St. Andrew's, New Brunswick. The boxes have been shipped to Afghanistan and will be delivered to a regiment of soldiers who are mainly from the Maritimes. Their Christmas will be a little merrier because of all of you.

### PARENT PERCEPTION SURVEYS

—Parent Perception surveys are being sent home today with your child's report card. Along with the members of the Dr. Losier Middle School PSSC, we strongly encourage you to complete and return the survey. All responses are confidential. The data from these surveys is used to help us with planning for school improvement. Thank you.

### WALKING ACROSS CANADA

—The Dr. Losier Middle School Club has started the "Walking Across Canada" initiative. The students and staff involved aim to walk from St. John's, Nfld. to Victoria, B. C., passing through all provincial capital cities. Our first group of 20 walkers started the journey on Tuesday, November 30th, and hope to be all the way across Canada by June. Pedometers will track the kilometres walked, and celebrations will be held when each capital city is reached. Happy walking!



### NEWS FROM THE GYM

- Our Basketball teams are off and running. Our Varsity Girls are being coached by Mr. Corlett; Varsity boys are being coached by Mr. Richard, our JV Girls Blue team is being coached by Olden Court, and our JV Girls White Team is being coached by Kelly Creamer. Thank you to our coaches, because without them we would not have our teams. If you are interested in coaching any of our sports, please contact Mr. Mullin or Mr. Corlett.

**New Brunswick School Wellness Survey**

During the 2009 – 2010 school year, the New Brunswick School Wellness survey was administered to students throughout the province. Each month in our newsletters we will feature a section of this survey. The complete survey results will be available on our school website: [www.drlosier/nbed.nb.ca](http://www.drlosier/nbed.nb.ca)

**Healthy Eating**

In the past 25 years, there has been a dramatic increase in the percentage of Canadian adolescents who are considered to be overweight or obese. Overweight and obesity rates in adolescence often persist into adulthood (Heart and Stroke Foundation of Canada, 2006). Fast food consumption and food portion sizes have increased significantly in the past 20 years. During the same period, youth have become less physically active. This newsletter discusses healthy eating, while the next one will discuss physical activity.

**Food Intake**

The amount of fruits and vegetables teens eat is an especially important marker. Children and adolescents who eat fruits and vegetables five or more times a day are substantially less likely to be overweight or obese than those whose fruit and vegetable consumption is less frequent (*Tjepkema & Shields, 2005*). Consuming an adequate amount of milk and milk products is also important. In addition, limiting food and beverages high in calories, fat, sugar and salt (sodium) is an important step towards better health and healthy body weight (Canada’s Food Guide). Forty-five percent of students at DLMS eat five or more fruits per day, while 35% drink at least three servings of milk per day.

**DATES TO REMEMBER**

<b><u>THURSDAY, DECEMBER 16</u></b>	<b>CHRISTMAS DANCE</b>	<b>6:00-8:00 P. M.</b>
<b><u>FRIDAY, DECEMBER 24 To FRIDAY, JANUARY 7</u></b>	<b>CHRISTMAS VACATION</b>	
<b><u>MONDAY, JANUARY 10</u></b>	<b>CURRICULUM IMPLEMENTATION DAY</b>	<b>NO SCHOOL FOR STUDENTS</b>
<b><u>TUESDAY, JANUARY 11</u></b>	<b>FIRST DAY BACK FOR STUDENTS</b>	
<b><u>MONDAY, MARCH 7 TO FRIDAY, MARCH 11</u></b>	<b>M A R C H B R E A K</b>	
<b><u>FRIDAY, APRIL 1</u></b>	<b>PARENT/TEACHER INTERVIEWS/PD</b>	<b>NO SCHOOL FOR STUDENTS</b>
<b><u>FRIDAY, APRIL 22 MONDAY, APRIL 25</u></b>	<b>GOOD FRIDAY EASTER MONDAY</b>	
<b><u>THURSDAY, MAY 5 FRIDAY, MAY 6</u></b>	<b>NBTA BRANCH MEETINGS SUBJECT COUNCIL DAY</b>	<b>NO SCHOOL FOR STUDENTS</b>
<b><u>MONDAY, MAY 24</u></b>	<b>VICTORIA DAY</b>	
<b><u>FRIDAY, JUNE 24</u></b>	<b>LAST DAY FOR STUDENTS</b>	

**MERRY CHRISTMAS & HAPPY NEW YEAR**

**FROM THE STAFF & STUDENTS OF DR. LOSIER MIDDLE**