



Nestor Falls School

P.O. Box 219, Nestor Falls, ON P0X 1K0

Phone (807)484-2101 Fax (807)484-2222

Principal: Lucinda Meyers

Vice Principal: Gemma Lamonato



January 10, 2006

DATES TO REMEMBER:

Jan. 15 – Toronto Trip Payment Due

Jan. 16 – School Council Meeting

Jan. 18, 25 – Hot Lunch

Jan. 18 – Spirit Day

Jan. 30 – P.A. Day-No School

LOOKING FOR LUNCH IDEAS?

Check out the Canadian Health Network website and look for the “HEALTHY LUNCHES TO GO TOUR”. Take the tour and find out how to pack a nutritious lunch everyday!

Go to www.canadian-health-network.ca



Hot Lunch Program:

Hot Lunch dates for January are the 18th and the 25th. On the menu this month:

Jan. 18th – Chicken Fingers

Jan. 25th – Perogies

School Council is always looking for volunteers for the Hot Lunch Program, so if you are interested please contact Billy-Jo Chalupsky at 484-3474 or the school.



Winter Safety Tips:

- Always wear a helmet when skating or sliding.
- Skates should be well fitted and have good support around the ankles.
- Always keep skate blades sharpened and maintained.
- Skiing equipment should be regularly checked and in good working condition.
- Always make sure that your skates, ski's and snowboards are comfortable and correctly fitted.
- Before they use it, children should always have an adult check the condition of their ski's, skates or toboggan.

Toronto Trip

The next payment is due on January 15th to the office. If you have any questions about payments please contact the office.

Spirit Day:

Wednesday, January 18th is “Sports Day”. Come to school dressed in your favourite sports attire or as your favourite sports player. Students are encouraged to participate but are reminded to adhere to the dress code.



School Council Meeting:

A School Council Meeting will be held on Monday, January 16th at 6:00 pm. All parents are welcome to attend. If parents have an issue that they would like put on the agenda please contact chairperson, Billy-Jo Chalupsky at 484-3474.

Source: Think First Foundation of Canada
www.thinkfirst.ca

Newsletters:

Newsletters will be sent home the first and the fifteenth of every month. Dates are subject to change if there are holidays in the month. We encourage parents to read the newsletters that are sent home with your child. They contain important and helpful information!

Hot Lunch and Milk Programs:

Forms are sent home every month for the Hot Lunch and Milk Programs. Parents are asked to fill out these forms carefully and completely, with your child's name and lunch or milk selection. **Parents are asked to complete these forms as it is not the job of school staff to complete them.**

WELCOME BACK EVERYONE!