

# Marysville Monthly Memo

October 2018



## Fresh from the Farm Fundraiser

Fresh from the Farm is a healthy alternative to school fundraising, offering Ontario-grown fruit and vegetables, and providing opportunities for students to learn about agri-food and healthy eating. Order forms are due October 11. Delivery will be between Nov 5-Dec 6 and will be confirmed 10 days prior to delivery.



## Upcoming Events

### Oct 5 - Kingston Jumpstart Games

The senior class will be taking part in the Jumpstart Games being held at Queen's Tindal Field. This is an opportunity for students to take part in various sports and recreational activities.

### Oct 9 - Trip to Fire Hall

As part of Fire Prevention Week, Fire Chief Tim Hawkins has invited both Island schools to an Open House at the W.I. Fire Hall. A hot dog lunch will be provided by the Fire Dept.

### LESAA Cross-Country Race

The cross-country race at Fort Henry will take place on Wednesday, October 10th. Good luck to all of our participants!

### Corn Maze

Senior classes from Central & Sydenham PS will be joining MPS for a trip to the Corn Maze on Thursday, October 11th. White's Rides will pick us up at the school at 10:00 and we will return to school for approximately 1:00. Hot dogs will be provided, or students can bring a bag lunch if preferred. Parents are welcome and greatly appreciated!

### Oct 24 - Public Health immunizations

### October 26 - PA DAY



Students are welcome to wear their costumes to school on Wednesday, October 31st. Students will be participating in a scavenger hunt throughout the village followed by Halloween themed activities.



## Thursday Hot Lunches

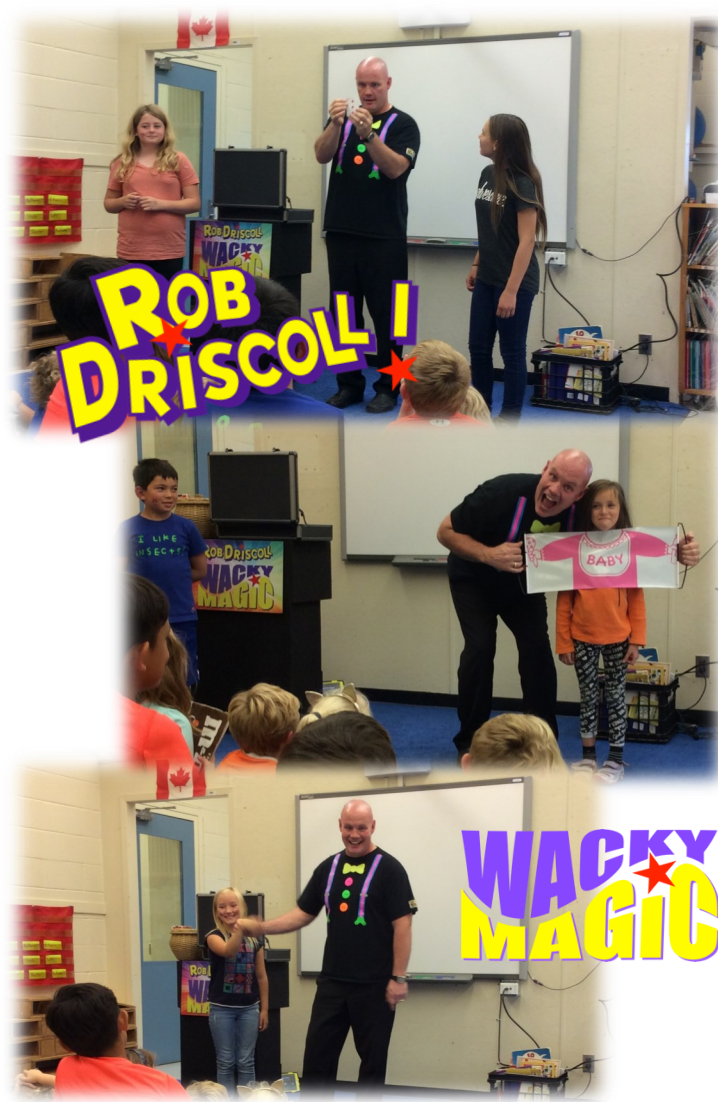
- Oct 4 - veggie lasagna
- Oct 11 - hot dogs @ the Corn Maze
- Oct 18 - potato & leek soup w/homemade bread
- Oct 25 - corn rice & spring rolls



## HOT LUNCH VOLUNTEERS NEEDED!

Help prepare and/or serve hot lunch.

Please contact Kayo at [murakamiwood@me.com](mailto:murakamiwood@me.com)



## World Teachers' Day - October 5th

*Let us remember: One book, one pen, one child, and one teacher can change the world.*

- Malala Yousafzai





Orange Shirt Day is a day to remember what happened to First Nations students at residential schools across Canada. Orange Shirt Day was inspired by Phyllis Jack Webstad, a Stswechem'c Xgat'tem First Nation elder in Williams Lake, B.C., and by her first day at residential school in 1973, when she was six. The event was launched in 2013 to commemorate all of the residential school survivors. The motto of the event is "Every Child Matters."



Supporting Healthy Schools

## Choose Water

Make it easy for kids to choose water instead of sugary drinks!



## Tips



Drinks like 100% fruit juice, chocolate milk, sports drinks, pop, and yogurt drinks have high amounts of sugar and bump out the nutrients that kids need to feel good and perform their best.

Pack a reusable water bottle instead of a sugary drink in your child's lunch bag.

For more tips, visit [kflaph.ca/ChooseWater](http://kflaph.ca/ChooseWater) #choosewaterKFLA #YGK