



JOHN ALLISON ELEMENTARY SCHOOL

PO Box 40

PRINCETON, B.C.

YOX 1W0

Phone: 250-295-6727

Newsletter No. 15

May 3, 2012

JAE CALENDAR UPDATE

- May 7 **PAC Meeting @ 5:00 in the LIBRARY**
- May 15 **SURREY BAND at J.A. at 1:15 P.M.**
- May 17 **CLASS AND SCHOOL PHOTOS**
- May 21 **VICTORIA DAY HOLIDAY**
- May 23 **READY SET LEARN**
- May 30 **MRS. GREGSON AND MR. BRUM to DISTRICT POWWOW**
- May 31 **ARENA FUN DAY in the afternoon**
- June 1 **BIKE RODEO**
- June 4 **PAC Meeting @ 5:00 in the LIBRARY**
- June 15 **SPORTS DAY**
- June 28 **LAST DAY OF SCHOOL FOR STUDENTS**

Please see other side

PAC Meeting



Please join us for our next PAC Meeting on May 7th

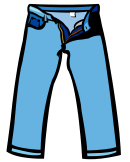
Ready Set Learn



Our last Ready Set Learn is May 23 at 9:15 a.m. Please join us.

EXTRA CLOTHING

If you have extra pants size 5 or 6, could you please drop them off at the office.



J.A. Community Garden

Seeds are now for sale \$2.00 each or 3 for \$5.00



BIKE RODEO

Our annual Bike Rodeo will be held June 1st. Please remember to drop off your child's bike on this day. If you are able to help with this event, please contact Dawne Graves at 295-6263, or Renee Harrison at 295-0082.

SUPERVISION

We have noticed that some students have been dropped off in the morning prior to when supervision starts. Please remember that supervision starts at 8:30 a.m. It is very important that we keep our students safe.

3:00 DISMISSAL

Please remember to notify the school if your child will be doing something different after school. Children often don't remember what they have been told in the morning. Please send a note or phone the school if there is a change in your child's normal afterschool routine.

May

Taste the First Veggies of Spring

Nugget potatoes, leafy lettuce, radishes, green onions, tender spinach ... are the first vegetables produced by BC farmers. They should be available soon in a store or farmers' market near you. Watch for them and enjoy the taste of spring.

Springtime is also Time to Plant a Seed for Good Health - Plant a Family Garden

A great way to introduce children to nutrient and fibre rich vegetables is to involve them in planting and caring for a family garden.

No space for a backyard garden - try a simple windowsill garden or gardening in pots on the balcony or patio. One pot could hold a variety of greens (lettuce, spinach, arugula, parsley, chard) for salads and sandwiches.

- Pick local fruits and vegetables
- Wash fresh fruits and vegetables before eating
- Enjoy the taste of local fruits and vegetables

This program uses BC produce whenever possible.

Top Reasons to Buy Local

- Locally grown food tastes better (it hasn't lost flavour in getting here from far away and long term storage).
- Local produce is better for you (it hasn't lost nutrients during transportation and storage like produce that has spent a week getting here).
- Local food preserves genetic diversity (local farms grown a large number of varieties).
- Local food supports local farmers (consuming local food helps keep farm families doing the work they love).
- Local food builds community (relationships develop with food producers when people seek out local foods, support farmers' markets, community gardens and other food projects).
- Local food preserves open space (when farmers can make a living from their land it is less likely to be sold off for development).
- Local food supports a clean environment and benefits wildlife (in general farmers are stewards of the land).
- Local food is about the future (supporting local farmers ensures the farm will be there to produce nourishing, flavourful food in the future).