

# Chiganois Elementary Notes



Mrs. Davidson has been teaching Chiganois Elementary students yoga after school on Monday and Friday. What a great way for students to unwind after a full day of classes. (Harrington Photo)

By Linda Harrington

Congratulations to the students who had their pictures on the "I Spy" bulletin board for December: Colton Smith, Rachel Wilson, Noah Nichols, Cassidy Proctor, Ayden Hadley, Rylee MacKenzie, Jackson Haight, Emma Spicer, Maddie MacLeod, Cassidy Verheul, Kiara Morris, Halle Faulkner, Kloe Tipping-Newby, Kelsey Clough, Lauren Mattatall, Rachel Angevine, CJ Atkinson, Danica McGee, Lexi Blair, Ryan Merriam, Neita Lindsay, Miranda Bates, Brandon Martin, Elizabeth Remple, Harley Cummer, Mary-Emma Barnhill, Katherine Bentham.

On Friday, January 27th students who will be 5 years of age as of December 31st,

2012 will be registering for Grade Primary. Anyone with a child planning to attend school this fall, who has not yet registered, is asked to phone the school for an appointment.

After school skating with Debert Elementary continues from 4:00-5:00 on alternate Tuesdays. All children must be accompanied by an adult and must wear a helmet. The dates of the next Skates will be February 14th and 28th. The cost per person is \$2.00. Come out, have fun and get some exercise.

Congratulations to the Communication Team and Writing Team who have been working very hard on the strategies developed in the

School Improvement Plan. The writing team has been collecting writing samples and no excuse data. These teams meet monthly to work on their specific goals. This is the final year in the Chiganois plan.

After school Yoga classes with Mrs. Davidson are held on Mondays and Fridays from 3:30 to 4:30.

After school sports with Mrs. Weatherbee and Mrs. Keizer will be held from 3:30 until 4:30 on Feb. 7th and Feb. 21st for Grades 2- 5 students.

Skipping is offered on Tuesdays at recess as well as Kilometer Club on Mondays.

February is African Heritage Month. Razzmatazz will be presenting a multi-cultural concert at the school on Feb. 15th.

Teacher Appreciation will be held on February 21st. This is a great opportunity to send a note of appreciation to your child's teacher.

This year the school will once again be holding a Heritage Fair. All students in Grades Four and Five will be required to complete a project, and if they so choose, they can enter it in the School Fair. The School Fair will be held May 9th. More information will be provided to each student by their classroom teacher.

The Regional Science Fair will be held March 27th. Any student wishing to put in a project must see Mrs. McCarron by January 31st to get a package. Projects must be completed and brought to the school on March 5th. Any questions see Mrs. McCarron.

Please remind children to keep their personal electronics at home. The school cannot be responsible for any missing or stolen property.

Report cards go home on March 5th. Parent Teacher will be held 6:00 - 8:00PM on March 7th, and 1:00- 3:00PM on March 8th.

No school for students on March 8th or 9th. March Break is from the 12th to 16th.

# Physical Activity at All Stages of a Woman's Life

By Robin Norrie

Most people will grow and change through a variety of roles in their lives. For women, each role places different demands on her time and can often affect her physical activity levels. But no matter what else a woman has going on in her life, it's important that she take time to be physically active. Not that men's physical activity levels aren't important too but traditionally boys and men tend to be more active and are more likely to continue to be active throughout their lives. So for now, this is about women and some thoughts and suggestions for them to stay active throughout the different stages of their lives:

**Early life.** Girls' physical activity typically starts to decline as they approach their teenaged years. For many reasons being physically active often becomes less of a priority. Support from friends and family, as well as a having a choice of physical activities are important to help teen girls remain active. Here are some ideas for teenage girls:

Choose an activity that is fun, that way you are more likely to continue with it.

Incorporate something active into others things you already do. Instead of watching movies when hanging out with friends, try going for a walk or bike ride

Remember that healthy, active people can be a variety of weights and body shapes

**New mom?** All of a sudden, you have someone completely dependent on you, 24/7. Being active, both with your baby and on your own will help you deal with the new demands and delights in your life. You can try:

**Postnatal yoga.** The classes are specifically designed for new moms. Walk & talk with other new Moms and their babies. Set a time to meet each week with other new Moms inside or out!

**Working Mom.** With numerous demands on working Moms, trying to fit in some physical activity for yourself can seem impossible! Make physical activity part of your everyday routine. You can try:

When dropping your child off at school or other activities, park a little farther away and walk the rest of the way with your child

**Do things as a family!** Do yard work together or visit a local park or playground for fun.

While watching TV get up and stretch and move during commercials

**Retirement.** Retirement does not mean sitting on the porch in a rocking chair. Now you finally have the time to do all the physical activity you didn't have time for when you were working. You can try:

**Aquafit.** Water provides added resistance to your movements, but also supports your bones and joints

Donate your time as a volunteer. Many volunteer opportunities require you to be active, and it's a great way to meet new people and try new activities

**Becoming a grandparent.** A great way to spend time with your grandchild is to do something active together. Not only will you get more activity into your day, but your grandchild will see you as a role model for



healthy habits. You can try:

Walking your grandchildren to school. Working parents may appreciate it if you have the time and you will help children establish this daily active habit

Take your grandchild on outings and make it "your thing" to do together. Go to the local pool, go bowling, garden or make a snowman, fly a kite!

Life is busy and seems to be getting busier all the time. Finding time to be physically active at each stage in life requires a little creativity and a bit of a commitment. However, finding ways to make it part of your everyday routine will make it that much easier. You are a woman, you can do anything! Especially being physically active!

By Robin Norrie Fundy Active Communities Coordinator. This is Robin's last column she is starting a new job and is leaving as the Active Community Coordinator. She will encourage her replacement to carry on with regular column. In the meantime, you can contact Teresa McNutt at 893-6215.



Chiganois students Lauren Sooksom, Hannah Birk and Ava Faulkner lift their legs high, ready to perform a more advanced yoga pose. (Harrington photo)

# Third Annual Double "C" Family Christmas Dinner

By Maurice Rees

Debbie Cock, husband Darrell, took a big step 13 years ago, when they made the decision to open the Double "C" Truckstop, in Glenhome after the site had been closed for over 7 months following the opening of the Highway 104 Cobequid By-pass.

Since then they have never looked back, and have played an important role in creating employment, providing a quality restaurant for local clientele, truckers, tourists, contributing to many charities and supporting fundraising events of a variety of local groups.

Big Brothers, Big Sisters have been their charity of choice and contribute approximately \$2,000.00 per year. Money is raised by donations from customers and also operating "Bowl for Millions". In 2012 they have set a goal of \$2,500.00.

Three years ago, Debbie started another annual tradition in the form of a Double "C" Christmas Dinner for family and friends. At 12 noon on Christmas Day 2011, 48 people gathered at the restaurant for a family festivity. Approximately 20 of those in attendance were friends and customers joining nearly 30 family members. Debbie says this year her mother, Bernice Kaulback,

attended for the first time, because Debbie persuaded her brother and sister-in-law to attend.

Five of the people attending were a couple and a senior who called the restaurant to make reservations and a truck driver and his wife. Not wanting them not to have a Christmas dinner, Debbie invited them to join-in. The truck driver is a regular customer, who was invited by evening staff to drop by on Christmas Day.

Debbie says, she has always tried to be aware of area seniors, who might be alone. In the past, if they were not able to drive, a family member would deliver dinner to their house. Still wanting staff to have the day off, Debbie along with daughters, Sam, Kim and Karen did the cooking. Karen dropped by the restaurant around midnight on Christmas Eve to turn on the ovens to cook the turkey overnight. Vegetables and all the trimmings were prepared in the morning. Clean up, was not a major problem as all family members pitched in to help.

**Editor Note:** This is just another example of how locally owned businesses continue to support and help the local community, when larger corporations are unable to do so.

# C@P Site



**Where:** Bass River Elementary School  
**When:** Monday: 4-7pm  
Tuesday: 4-7pm  
Friday: 4-7pm  
Saturday: 11am-5pm  
Any questions call Carly at 647-2026 or 647-2763

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