

Frank L. Bowser NEWSLETTER



March 2026

Hot Lunch Tickets

After the break, Hot Lunch tickets will be on green paper. We've run out of blue, but your tickets are still good to use.

Also, please ensure you tell your child when they have hot lunch. We send in numbers for orders by 9am to the outside partners. Some kids are coming to us at 11:50 saying they don't have a lunch expecting us to give them hot lunch. **We will not be accommodating this.** They will need to eat snacks from the kitchen if a lunch isn't provided.

Important Events

March 2nd -6th : March Break – No School

March 13th : Report Card Prep day – No school for students

March 25th : PSSC @ 6PM

March 27th : Tri-city Basketball presentation

March 30th : Report Cards go home

Fabulous February!

February had lots of fun activities for FLB Students. Check it out!



Important Reminders

- Drop off time in the morning is 7:50. There are no teachers on duty before this time.
- Absences should be reported online or through the phone number
- Students go outside daily, please send proper outdoor clothing including mitten/gloves and hat.
- After school activity pick up is outside at the main office doors at the designated time.

Cold Flippers Ahead!

Donations needed!



Our reserve of gloves and mittens has been depleted. We are looking for donations of new or used gloves and mittens to keep our penguin flippers warm.

Counsellor's Corner

We are living in the digital age and, like adults, children use technology for fun, learning and communication. As such, we are focusing on the importance of digital citizenship – helping students learn how to be safe, responsible, and kind online.

All classes have completed lessons with the School Counsellor about technology, specifically regarding these two main points:

1. Online Safety & Personal Information

- Keep personal information private (full name, address, phone number, school name, passwords, and location).
- Use strong, secure passwords and never share them with friends.
- Ask a trusted adult before downloading apps or joining new online platforms.
- Tell an adult immediately if something online makes them feel uncomfortable or unsafe.

You can support this at home by reviewing privacy settings on devices, keeping computers in shared spaces, and having regular conversations about online activity.

2. Being Kind Online

Digital citizenship also means treating others with respect. We encourage students to:

- Think before they post, comment, or share.
- Use kind and respectful language.
- Understand that words online can have real-world impact.
- Speak up or report when they see unkind behavior.

A helpful reminder we share with students is: If you wouldn't say it in person, don't say it online.

Families play an important role in reinforcing these lessons. Consider:

- Setting clear expectations for device use.
- Creating tech-free times at home.
- Modeling positive online behavior.
- Keeping open communication so your child feels comfortable coming to you with concerns.

By working together, we can help our children build safe, respectful, and responsible digital habits that will serve them well now and in the future.

If you have any questions, please feel free to contact the School Counsellor: jenna.bamford@nbed.nb.ca



ATTEND TODAY, ACHIEVE TOMORROW

GOOD SCHOOL ATTENDANCE MEANS...



Too many absences—excused or unexcused—can keep students from succeeding in school and in life. How many are too many? 10% of the school year—that's 18 missed days or 2 days a month—can knock students off track.



The importance of arriving on time

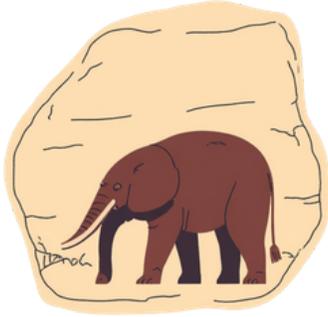


Arriving at school and class on time:

- ✓ Ensures that students do not miss out on important learning activities scheduled early in the day.
- ✓ Helps students to learn the importance of punctuality and routine.
- ✓ Gives students time to greet their friends before class.
- ✓ Reduces classroom disruption.



After School Programs for the Spring



Snapology

Snapology will be offering another session for the spring, information has not yet been sent. We will send information as soon as we receive it.

Frank L. Bowser
School

Grade
K to 5

LEES
SCIENCES
WITH
STIMAC

(514)444-7443
Sciences@stimac.ca
Stimac.ca

Science Club

STIMAC: A Multidisciplinary Adventure!
Through fun experiments and engaging activities, young scientists will explore a wide range of fields including science, technology, engineering, mathematics, arts, and culture. Classes are designed to spark imagination and inspire future passions!

Session 1

- 1. Beneath the Earth's Surface**
Discover the three layers of the Earth and explore the fascinating theory of plate tectonics.
- 2. Volcanoes and Earthquakes**
Travel the world to learn what causes volcanoes to erupt and the Earth to shake. Create your own mini volcano.
- 3. Fossils: Traces of the Past**
Learn how fossils form and create your own fossil to take home.
- 4. Optical Illusions**
Challenge your senses and discover how your brain can be fooled through amazing visual illusions.
- 5. The World of Sound**
Explore sound waves through fun experiments and discover how vibrations travel through the air.

Spaces are limited and will be filled on a first-come, first-served basis.
Registration is by email only.

Time: 2:35 p.m. to 3:35 p.m. (After school)

Mondays – Kindergarten to Grade 2:
April 13, 20, 27 and May 4, 11, 2026

Tuesdays – Grade 3 to Grade 5:
April 14, 21, 28 and May 5, 12 2025

Fee: \$80.00 (Payment plan available)
Payment methods:
Cash or bank e-transfer
Email: sciences@stimac.ca
Password: Canada123
(Please include the student's first name and school in the message.)

Registration Form – Session 1

To register, please copy and paste the information below into an email and send it to: sciences@stimac.ca

Frank L. Bowser Mondays or Tuesdays

Child's name:
Grade level:
Homeroom teacher's name:
Parent/Guardian's name:
Phone number(s):
Email:
Health information / allergies:
Who will pick up your child:



March Break is almost here! 🌸🌟

Please note that there will be no school from March 2nd to March 6th as we take a short pause to rest and recharge. We hope your family enjoys a wonderful week filled with laughter, special moments, outdoor adventures, or simply some well-deserved cozy time together.

March is always a busy and exciting time in our school, so this break is the perfect opportunity to relax and reset for the weeks ahead. We can't wait to hear all about the fun when students return!

We look forward to welcoming everyone back on Monday, March 9th, refreshed and ready for a fantastic spring together! 🌸😊