



Sackville Heights Junior High Newsletter January 2019

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SHJH Family of Schools: Millwood

VP: D. Ferguson

Bus Cluster: 1

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Happy New Year!

SHJH has welcomed 2019 and is excited about all the new learning opportunities that each new year brings! Watching our students learn and grow over the second half of the school year is always extremely rewarding. I'm sure the next few months will fly by as they always do!

Here are a few important pieces of information this month:

- **School Bus Safety continues to be a concern on many of our buses.** Please take time to remind your children that the expectation for student behavior on buses is the same as it is in school; that is, that students are respectful of themselves, others and their environment at all times. This means that students must respect the bus safety rules, show respect for the bus driver and respect their peers on the bus at all times. Students should never be standing, blocking the aisle, moving around the bus or distracting the bus driver while the bus is in motion nor should they be damaging the bus in any way. We are thankful that students are quick to report incidents of bullying on the buses and show strong support for their peers who are being made to feel uncomfortable. By working together, we can ensure that school bus safety is maintained at all times and that all students who travel on a school bus feel safe and comfortable.
- **February is registration month** so for grade 6 and 7 parents/guardians, now is a good time to start thinking about whether or not you will want to register your child for the Band and/or French Immersion program next year. Teachers will be able to help you with this important decision so be sure to reach out and ask questions when the forms are sent home next month.

Grade 8 students do not need to do any registration procedures for their transition to high school.

- **School Cancellations:** The Halifax Regional School Board takes great care when making the decision to alter the normal operations of schools in the event of severe or inclement weather. Decisions on school closures and/or bus cancellations are posted on the board's website at www.hrsb.ns.ca, on Twitter at [www.twitter.com/HRSB_Official](https://twitter.com/HRSB_Official), recorded on 464-INFO (4636) and communicated to all local radio stations. You can also receive notice of school and bus cancellations by e-mail or text message by following the link on the front page (left side) of the HRSB website. If you are interested in learning more on how decisions regarding closures and cancellations are made, visit <http://www.hrsb.ns.ca/content/id/1137.html> . **Sackville Heights Junior High is in the Millwood family of schools** in case schools are cancelled by feeder schools.

***In the event of **early school closure** due to deteriorating weather conditions, Principals will be notified by 11:00 a.m. **All students at SHJH will be dismissed at the start of the first lunch at 11:25 am. Bus students will wait inside the building until buses start to arrive at 12:40 (2 hours before our normal dismissal time of 2:40 pm). To ensure student safety and to ensure that staff can implement early dismissal procedures in an organized manner, bus students will not be permitted to dismiss early to walk home.**

Please note: With over 600 students and staff in the building, dismissal during inclement weather, and especially in the event of an early school closure, often causes disruption and chaos. **Parents/guardians can help us reduce this by respecting the above dismissal times so that bus lanes are kept free from other vehicles and staff can focus on student safety until everyone has safely left.** We appreciate your cooperation.

Counsellor's Corner

I Don't Know What To Do With, "I Don't Knows"...

Parent: "What's wrong?" Child: "I don't know". Communication with our kids is important, but it's not always easy. If you get frustrated by frequent "I don't know" answers from your children and teens, you're not alone. "I don't know" can actually mean a lot of different things, including:

- I don't want to talk right now
- I'm not sure how to put it into words
- I think you might not approve of my answer or will get mad at me
- I think you'll have too many questions or comments, so I'm avoiding the question
- I'm thinking about something else and not putting any real thought in my answer
- I really don't know

Without interrogating your kid, try to find out what's underneath the "I don't know". You may come to understand that they need some space and/or time to think about what they want to say, or some help finding the right words. Sometimes, naming feelings is a good place to start. As much as is practical, make sure that you make the time to listen to your reluctant speakers

when they do want to share. Also, make sure that you don't give them your too many of your own "I don't knows" when answering questions from them. Communication, as you know, goes both ways.

Important Dates in January:

- Monday, January 21 Martin Luther King Day

Our regular messages...!

- **Students are welcome to bring their own electronic devices to school; however, they are not permitted to use them to make calls or send/receive text message to anyone, including parents, during class time.** If students need to contact home for any reason, they should go to the main office where they can use their own device to call home if they wish or the main office phone. Thank you for your cooperation with this.
- All students are expected to **dress in a respectable and appropriate manner** during the school day at and at school events including dances. This includes 'crop tops'.
- Our **Breakfast Program** is available from 8:20 - 8:40 a.m. Mon, Wed. & Fri. We offer students grab n' go items such as yoghurt tubes, cheese sticks, cereal bars. **We need parent volunteers!!** If you are available to help us, please contact the main office at: 902-869-3800
- **SHJH is a NUT/Scent Aware school.** We have a number of students and staff who have strong anaphylactic, life threatening allergies to peanuts and tree nuts as well as those severely affected by scents such as perfumes and body sprays. For this reason, students and visitors **MUST** refrain from wearing scented products at school, especially AXE, and should not bring foods containing nuts to school. Thank you for your cooperation!
- **Late Arrival:** Parents/guardians can report a student absence or late by dialing the Late Arrival **phone #: 902-869-3842** or by sending an **email to: svjattendance@hrsb.ca** Please do not report a student absence on the main office number.
- **Drop off and pick up student safety:** Parents/guardians are reminded that **our driveway is One Way. All vehicles are only permitted to enter the driveway from Sackville Drive.** Parents/guardians dropping students off in the morning or picking students up after school are asked to **pull over at the curb outside of the designated bus areas** i.e. not in the area directly in front of the school. Vehicles should drive through the driveway with caution!
- **Building Security:** The front door will be locked at 9 a.m. and then after the lunchtime at 12:45 p.m. In order to gain entrance to the school during school hours, visitors need to push the button on the camera located at the front door of the school. Someone will then give you access to the building. **All visitors must report to the main office upon entering the school.**