



Sackville Heights Junior High Newsletter November 2018

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SHJH Family of Schools: Millwood Bus Cluster: 1

VP: D. Ferguson

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We Remember

Fall is a beautiful time of year! Always, this November SHJH students and staff will be remembering those who have given the ultimate sacrifice so that we may live in freedom and peace. Our Remembrance Ceremony will be held on Thursday, November 8th at 10:15 a.m. in our gymnasium. All are welcome.

Important Dates to Remember in November:

- Thurs., Nov.7th Immunization Clinic
- Thurs., Nov. 7th Band Concert 1 6:30-7:15 p.m. School Gymnasium
Grade 6 Band, Honor Band, Choir
- Fri., Nov.8th Band Concert 2 6:30-7:15 p.m. School Gymnasium
Grade 7 & 8 Band, Choir
- Thurs., Nov. 8th 10:15 a.m. SHJH Remembrance Ceremony
- Mon. Nov. 12th No classes
- Wed. Nov.21st Assessment & Evaluation Day No classes
- Thurs.Nov.29th **Report Cards Go Home**

Here are a few important pieces of information this month:

- **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, 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. *Walking students would then be dismissed at the start of their regular lunch time and **school buses will be dispatched to schools two hours earlier** than their normal regularly scheduled pick-up i.e. at SHJH, school buses would be dispatched to our school for **12:40 p.m. rather than 2:40 p.m.**

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: Unhelpful Thinking Styles**

Both adults and kids can get caught in thinking patterns that are not helpful. These ways of thinking can make problems seem bigger, make us feel stuck, lead to us misinterpreting other people's words and intentions, negatively affect how we see ourselves, and generally make life harder in many ways.

Some example are:

1. **All or Nothing Thinking** (e.g. "If I'm not perfect", I have failed")
2. **Mental Filter** (e.g. Noticing our failures but not our successes, or only remembering times when people said something unkind)
3. **Labelling** (e.g. They're such jerks", "I'm a loser")
4. **Shoulds/Musts** (e.g. "She should know how I feel", "I should know this"- leads to frustration or thinking we've already failed)

Try noticing which ones catch you or your children up and practicing turning them around. For example, "Nothing good ever happens" could become, "When tough things happen, I can handle them" or, "I am grateful for ...", or "I have some good people in my life". Find words that fit you. Just like it took time and repetition to get us stuck in these unhelpful thinking styles, it will likely take time and repetition to replace

them. It's okay if your more helpful thoughts don't even feel true at first: remember that the unhelpful thoughts probably didn't really feel true the first times you said them, either. Stick with it. Check out www.psychologytools.org for more information and examples, or feel free to contact me.

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 8:25 - 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. **Late Arrival needs volunteers!** If you are able to help with Safe Arrival one day per week we would be extremely grateful.
- **Drop off and pick up student safety:** 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. **All visitors must report to the main office upon entering the school.**