



Sackville Heights Junior High Newsletter February/March 2019

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SHJH Family of Schools: Millwood

VP: D. Ferguson

Bus Cluster: 1

Main Office Manager: J. Knight

It's a Chilly Winter!

It has been a freezing winter so far. It is always a worry when the roads are icy or the weather is unpredictable. Know that keeping our students safe is our greatest priority.



February is **African Heritage Month!** Join us in celebrating the culture of our African Nova Scotian students and their families. It is a time for everyone to be mindful of the rich culture and history they share with us each day and how important this is to our Nova Scotian identity. We are grateful for all the beautiful ways that those with African heritage add to the positive culture in our school and in our classrooms each and every day!

Here are a few important pieces of information this month:

School Cancellations: The Halifax Regional Center for Education 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/HRCE_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 HRCE website. If you are interested in learning more on how decisions regarding closures and cancellations are made, visit <http://www.hrce.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.

February is Registration Month

- For our incoming grade 5 students, it means deciding whether they will be in the grade 6 Band program.
- For grade 6 students, this means deciding whether or not they will be in the **French Immersion and Band program** in grade 7.
- For our grade 7 students, this means deciding whether you will stay in the French Immersion and Band programs for grade 8.

Registration forms for these programs will be sent home the week of **Feb. 4th**. We thank you for returning them to us by the **March 1st deadline**. If you have any questions about the French Immersion program, please don't hesitate to contact your child's classroom teacher, Core French teacher or the administration. Classroom teachers know their students well and are able to provide valuable feedback as to whether your child would be a good candidate for the program. A feedback form (completed by your child's Core French and classroom teacher) will be sent home for you during the week of Feb. 11th and should be used to help you consider a decision about the grade 7 French Immersion program. Information about the late French Immersion program can also be found on the HRCE website.

Counsellor's Corner – Helping Kids & Teens Handle Stress

Stress is not just something that adults have to deal with- the issues in your children's lives are often as real to them as yours are to you. Some stressors can include:

- Change and loss (moving, family changes, grading, to name a few)

- difficulty with school work and/or homework
- Being over-committed (soccer and piano and karate and...)
- Problems with friends, peers and/or family members

Remember, though, that stress can be positive. It tells us that something is not right, and can motivate us to make things better. Healthy stress also helps us do our best by pushing us further. Stress is only a problem when it becomes overwhelming, or when we handle it in ways that cause more problems.

Help your child learn to manage stress rather than fixing their problems for them. This is good for both them and you, as you watch your children grow into competent, well-balanced people. Helping them build strong self-esteem and know when & how to get help are important. Developing problem-solving & assertive communication skills and relaxation strategies will give them tools they need to handle stress well. Please check my website or contact me if you'd like resources or support.

Important Dates to Remember:

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| • Week of Feb.4 th | Registration letters for Band and French Immersion go home |
| • Fri., Feb. 8 th | Group/Club/Team Yearbook Photos taken in a.m. |
| • Week of Feb.15 th | Lockdown Drill – second drill for the school year takes place |
| • Monday, Feb.18 th | Maud Lewis Heritage Day – Family Day – No classes |
| • Monday, Feb. 25 th | Next SAC meeting 5:30 p.m. in library |
| • Fri. Mar.8 th | Assessment & Evaluation Day – No classes |
| • March 18-22 | March break! |
| • March 28 | Report Cards Go Home |

Our regular messages...!

- Students, adults or any visitor to SHJH are reminded that as outlined in the **Provincial School Network Access and Use Policy** and the **HRCE Digital Citizenship Policy** **audio or video recording another student(s) or adult(s) without their explicit consent is NOT permitted** anytime during the instructional day whether on or off school property and/or on a school bus. Any violation of these policies will be addressed through the Provincial Code of Conduct.
- **Students are NOT permitted to text, email or message 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 call home. 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. 'Crop tops' or pants that reveal underwear are not permitted anytime.

- 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.
- **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 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.**