



LESLIE THOMAS JUNIOR HIGH

Home of the Lions

100 Metropolitan Ave, Lower Sackville, NS

<https://ltj.hrce.ca> 902-864-6785 B4C 2Z8

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November 2023

Counselling Tidbit from Julie Zinck - School Counsellor

Helping Kids With Upsetting News Coverage

No matter the age, scary or upsetting news can affect us all. It can be hard to fully understand what's happening and tell facts from opinion or misinformation. What can you do as a parent or caregiver to help your kids process all this information? Here are some ideas to consider:

- Think about how you react. Your kids will look to you for guidance. If you stay calm and rational, they will too.
- Get informed and be available for questions and conversations. At this age, kids tend to see events as right or wrong, and they're figuring out their own beliefs. You might need to explain things like prejudice, bias, conflicts, or historical context. Ask them what they know, as they might have heard information from various sources. You might need to correct some facts. Share your own insights, but avoid dismissing theirs, as it will shut down the conversation.
- Look for the helpers: Guide your child to focus on those who are helping, even during the worst of scenarios. Look for ways you can help others in your own community to bring this message into your child's life too!
- Consider what's best for your child's maturity and temperament: Some kids can handle discussions about scary events, but if your child is sensitive, limit their exposure to the news. Seeing the same images and stories over and over can make dangers seem bigger, closer, and more widespread. Remember that kids this age get news from social media influencers and friends. Just turning off the TV news won't shield them from current events.
- Keep an eye on where your kids go online and consider setting rules or parental controls if they can't control their curiosity. Many experts suggest removing social media platforms such as TikTok or YouTube during times of alarming news.
- Let teens express themselves. Many teens feel strongly about current events, especially if someone they know is affected. They know their own lives could be impacted by violence too. Acknowledge their concerns without minimizing them. If you disagree with media portrayals or influencer perspectives, explain why so they can separate news platforms from the messages conveyed.
- As always, remind them they're safe and loved. Don't dismiss their concerns and fears. Reassure them by explaining how they can stay protected and get help. Be together: Distraction and physical comfort can go a long way.

Calendar of Events

November 1 – Picture Re-Take Day

November 8 – Indigenous Veteran's Day

November 10 – Remembrance Day Ceremony-

November 11 and 13 – Remembrance Day and Remembrance Day Observed (No Classes)

November 17: Assessment and Evaluation Day (No Classes)

November 22: Report Cards Sent home electronically.

November 22: Parent Teacher Meetings: 5pm to 7pm

November 23: Professional Learning Day and Parent Teacher Meetings: 1pm to 3pm (No Classes)

If you see your child struggling, reach out for support.

Julie Zinck
School Counsellor
902-864-6785 ext 730-1003
<https://sites.google.com/gnspes.ca/jmzinck?usp=sharing>

Picture Retake Day

Adams photography will be returning November 1st for retakes.

Remembrance Day Ceremony

AT 11am, Friday November 10th, we will be holding our Remembrance Day Ceremony for our students and staff. Family members who have or are currently enlisted are welcome to attend. If you plan on attending, please email the principal (dferguson@hrce.ca) so we can ensure appropriate amount of seating for our guests.

Parent Teacher Interviews

Parent/Teacher Interviews will be held on **November 22nd from 5pm-7pm and November 23rd from 1pm-3pm**. The **first hour** will be for phone call appointments. Please note that the teacher will call you at your scheduled appointment time and this call may be from a number that reads, "No Caller ID". The **second hour** will be reserved for in-person meetings which will be held in the gymnasium at Leslie Thomas. Each meeting will be scheduled for **five minutes**. If a longer time is needed, please discuss with the teacher, and schedule another time to meet. Leslie Thomas has opted to use the School Interviews website to book all Parent/Teacher interviews. **Bookings will go live on November 14th**. To book an appointment, please log onto the website: schoolinterviews.ca and enter the **event code - agn8w**. You may also use the QR code below to book. Once booked, you will receive a confirmation email from the School Interview website. If you have any questions or need further assistance with this process, please contact the main office at 902-864-6785.



LTJH School Clothing

School Clothing can be found here: <https://lesliethomasjuniorhighschool.entripyshops.com/>

Entripy is the official online shopping portal for Leslie Thomas Junior High School. You can browse a wide selection of products from a variety of brands that you can then customize with the approved logos and graphics found on the site. Display your pride in fantastic apparel customized entirely by you. Entripy lets students, families, fans, & staff choose from approved merchandise to fit their needs 24/7 with no minimum order quantities.



SchoolCash Information

To get started, please register for **SchoolCash Online**. It's free and takes less than two minutes. You will receive an email once items are posted for purchase.

Visit <https://hrce.schoolcashionline.com/> and click **Register** to get started.

Need support? Connect with the SchoolCash Online help desk at schoolcashionline.com/Home/Support
We hope that **SchoolCash Online** makes paying school-related fees more convenient!

Homework Hub: Homework Hub continues to be available to all Nova Scotian students from grades 4-12. The Homework Hub provides electronic textbooks, instructional videos, vocabulary review, practice questions, and live tutoring. Tutors at The Homework Hub are all Nova Scotia teachers. Please reassure students that while they interact with the tutor, it is through typing and/ or speaking depending on their comfort level (this is not a video chat). Students can find the link on their GNSPES launch page. The EECD has produced web versions of promotional cards that can be shared on your website: NS [Homework Hub 4-6](#) and NS [Homework Hub 7-12](#). These cards are also attached. I encourage you to share these with your families.

The hours of operation for online tutoring via Homework Hub can be found below. We invite teachers to take a few moments to show students where to find it and share its benefits.

- Grades 4-6: Monday-Wednesday 5:30-6:30 pm
- Grades 7-12: Sunday-Thursday 5:30-9:30 pm

NEED HELP WITH A MATH QUESTION?

- GNSPES Access**
Click the Nova Scotia Homework Hub icon
- Available 24/7**
textbooks
videos
practice questions
vocabulary review
- Bilingual Tutors**
Tutors for Grade 4 - 6
Monday, Tuesday, Wednesday
5:30 - 6:30 p.m.

1-888-444-6607 Nova Scotia Homework HUB APP | Academics Nouvelle-Écosse gnspe.ca

NEED HELP WITH A MATH QUESTION?

- GNSPES Access**
Click the Nova Scotia Homework Hub icon
- Available 24/7**
textbooks
videos
practice questions
vocabulary review
- Bilingual Tutors**
Tutors for Grade 7 - 12
Sunday through Thursday
5:30 - 9:30 p.m.

1-888-444-6607 Nova Scotia Homework HUB APP | Academics Nouvelle-Écosse gnspe.ca

Lunch Monitors

We are looking for several lunch monitors for the upcoming school year. Lunch will be from 12:10 – 1:10. This is a paid position. If interested, please contact Principal Ferguson at dferguson@hrce.ca.

All applicants will be required to provide a current Criminal Record Check and Child Abuse Registry Search.