



LESLIE THOMAS JUNIOR HIGH

Home of the Lions

100 Metropolitan Ave, Lower Sackville, NS

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

Derek Ferguson (Principal)
dferguson@hrce.ca

Heather Barnes (Vice Principal)
hbarnes@hrce.ca

Julie Zinck (Counsellor)
jzinck@hrce.ca

January 2024 – Happy New Year!!

Important weather reminders

Did you know? HRCE takes great care when making the decision to alter the regular operations of schools and school busses in the event of severe or inclement weather.

It is HRCE's goal to communicate any changes to the regular operations of schools and/or buses as close to 6:00 a.m. as possible. **A 6:00 a.m.**

announcement could be:

- All schools are delayed in opening by two hours and bus pickups are delayed by two hours; or
- All schools are open, but some or all busses are not operating for the day; or
- Some schools (either individually or by family) are closed for the day; or
- All schools are closed for the day.

If weather deteriorates, or is forecasted to worsen throughout the morning, **an 11:00 a.m. announcement could be:**

- Bussed students will be picked up two hours earlier than their regular dismissal time; and
- Walking students will be dismissed at their regularly scheduled lunch hour.

How will I find out?

- By email to the addresses in PowerSchool
- By text message, **if you have opted-in**. If you aren't sure if you have opted-in, text Y to the following number: **978338**
- On our website www.hrce.ca
- On X (formerly Twitter) at [Twitter.com/HRCE_NS](https://twitter.com/HRCE_NS)
- On Instagram at www.instagram.com/hrce_ns/

It's important to always have a plan in place for childcare in the event of any cancellation.

For more information on how HRCE manages during inclement weather, visit www.hrce.ca/families/cancellations.

Calendar of Events

January 2 – Classes Resume

February is Registration Month – More information to follow in future memos.

February 19 – Heritage Day (No Classes)

March 11 – 15 – March Break

March 18 – Assessment and Evaluation Day (No Classes)

March 29 – Good Friday (No Classes)

April 1 – Easter Monday (No Classes)

April 3 – Report Cards Sent home.

April 4 – No Classes
AM – Professional Learning
PM – Parent / Teacher Meetings 1 – 3 PM and 5 – 7 PM

School Counselor Corner

Sleep Hygiene Strategies

As caregivers, we've all encountered the challenges of a sleep-deprived child at one time or another, but do you know just how important sleep is for pre-teens and teens? Sleep is important for this age group because it is how their bodies repair themselves. Sleeping can help strengthen their immune system, rebuild muscles, and help their brains work better so that they can focus. It may even help to prevent some mood problems (like anxiety and depression). Good sleep habits (sometimes called "sleep hygiene") can promote a good night's sleep. Below are some hints to develop strong sleep habits:

Screen curfew

The blue light emitted from TVs, tablets, and other mobile devices suppresses the hormone melatonin and stimulates the brain, making it harder to get ready for sleep. Keep such devices out of the bedroom and encourage downtime at least an hour before sleep.

Avoid caffeine

Avoid soda, tea, coffee, and chocolate within the six hours leading up to bedtime, as it makes getting to sleep difficult and can cause sleep disturbances. Even small amounts of caffeine can significantly impact sleep quantity and quality.

Healthy eating

Eating well has many physical and mental health benefits and is of particular value for a good night's sleep. Avoid going to bed hungry by eating a low-sugar snack earlier in the evening, but also try not to go to sleep too full.

Create a bedtime routine

Promote a bedtime routine as a family goal 😊

Avoid sleeping in or napping

Staying in bed or napping to make up for lost sleep will disrupt the internal body clock; instead, try to maintain or return to a regular bedtime and wake-up time.

Mindfulness exercises

Meditation and mindfulness techniques (including guided imagery, body awareness, and breathing techniques) reduce stress hormones and calm the nervous system before bedtime. Headspace and CALM are two great apps to try!

If ongoing problems persist, consider seeking professional help. Keep a diary of sleeping habits to identify sleep patterns and problems that require help.

Julie Zinck

School Counsellor

902-864-6785 ext 730-1003

<https://sites.google.com/gnspes.ca/jmzinck?usp=sharing>

January 27 is Family Literacy Day

Family Literacy Day takes place each year on January 27 to raise awareness about the importance of reading and engaging in other literacy-related activities as a family.

This year's theme, in honour of Family Literacy Day's 25th anniversary, is let's have a party! Make food, sing songs, and play games. The possibilities for learning are endless.



Check out the new HRCE.ca!

Last winter, we asked staff, families, and SACs for feedback on our website. We used that input to build a new family-focused site that prominently features the information our communities need most.

You'll notice:

- Fewer pages – we deleted outdated information.
- A clean, modern look and feel – it's an easy-to-navigate, user-friendly experience.
- Significantly improved accessibility – this is better for our community members who use screen readers and translation services.

Supports for Families

<https://beaconhousens.org/>

<https://www.freedomkitchensackville.com/>

Find food

Find a food bank or meal program. If you are in need of food for yourself or your family we can find the closest location near you.

www.feednovascotia.ca

Home | Freedom Kitchen | Lower Sackville, NS

Freedom Kitchen & Closet is an outreach program of Knox United Church Lower Sackville. We provide free meals to those in need every Monday night. We also provide free clothing, toiletries, and other essentials for those in need.

www.freedomkitchensackville.com

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.



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/Accessoires Nouvelle-Ecosse gnspes.ca

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Sunday through Thursday
5:30 - 9:30 p.m.

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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.

