



Leslie Thomas Junior High

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March 2019 NEWSLETTER

Calendar of Events

Mar. 18-22 March Break

April 1st Neptune School Performance

April 4th – Report Cards go home

April 10th – Parent-Teacher Interviews 6-8 pm

April 11th PD Day for students. Parent teacher interviews 1-3pm.

April 19th-22nd Easter Break

Principal's Message

Dear Parents/Guardians,

Students and teachers have been working hard in preparation for the end of term 2 where we will pause and reflect on student learning to date for the 2018-2019 school year. Our parent teacher interviews will be held April 10th from 6-8pm and April 11th from 1-3pm. We would encourage all parents and guardians to attend. If you cannot attend please feel free to call or e-mail your child's teacher at any time.

Our implementation of our cell phone hotels has gone well. Teachers and students report being more engaged in learning during class time. We are very grateful for your support of this initiative.

School will be closed for March break starting March 18th to 22nd inclusive, and reopens on March 25th. On behalf of the LT team I want to wish all our students a safe and happy break.

In the Spirit of Learning and Community,

Mark MacPhee

Acting-Principal

Staffing Changes

March brought with it a few changes in the administration and staff at LT. Mr. Beaton has been seconded to work for the Public School Administrators of Nova Scotia (PSAANS). Mr. MacPhee will be the interim principal for the remainder of the year. Ms. Fee will be the interim vice-principal. Ms. Borkowski has been hired to replace Ms. Fee as the Junior High Intervention Teacher. Throughout these changes we are working hard to ensure a consistent school experience for every student.

African Heritage Month

Our students participated in many activities to celebrate African Heritage Month. To highlight a few activities: we had daily African Heritage Trivia, our grade 6 students went to the Black Cultural Centre in Cherry Brook, and Keith Mullins joined us for a day of African Drumming with grade 7 & 8 classes followed by a school assembly with all students to perform and educate us about African Drumming and traditions.

Cafeteria

MC Food Services operates our cafeteria. Besides the daily healthy choice meal, there are a variety of foods to choose from. If you would like to set up an online option, that's doable. Check out our menu at the following link or go directly to the LT website.

https://ltj.hrce.ca/sites/default/files/websites/ltj.hrce.ca/our-school-file/2018/09/cafeteria_price_list_2018-2019.pdf

Please note that students who bring their own lunches, **should also bring their own utensils** if required. The cafeteria does not provide utensils for lunches brought from home.

Students of the Month

Congratulations to our Students of the Month for November and December!

| | January | February |
|---------|----------------------------------|------------------------------|
| Grade 6 | Gordon Rooks, Megan Samways | Sean Belanger, Maggie Webb |
| Grade 7 | David MacDonald, Kylie Fraser | Ash Tomlik, Lawson Butler |
| Grade 8 | Nathaniel Upshaw, Taylor Hartlen | Alex Robichaud,, Carly Niemi |



Host a Student; Make a Friend

The International Services Department at the Halifax Regional Centre for Education is excited to welcome a group of visiting students from Colombia this spring (March—May) 2019. Students will be in Grades 7 and 8 and will stay for a period of 8 weeks. They will study in our classrooms and live with a family to learn English and experience our culture.

The HRCE is looking for families who would be interested in welcoming a student into their home. This is a great opportunity for your family to experience and share culture first hand. Your family would be matched up with a student and they would participate in your daily family routines.

To find out how you can get involved or if you would like to have more information about this unique hosting experience, please contact **Judy Filshie**, Project Manager, at jfilshie@hrce.ca or 902-225-5938

Yearbook

Order forms for the school yearbook (more of a memory book) will go home with students on Monday March 11th. The order forms also include a web ID access code if you wish to place your order online. All orders are due on Monday March 25th. The cost of each book is \$16.00 and they will be delivered some time mid-June.

Activities at Lunch

We have a number of activities going on at lunch time each day. Intramurals run five days a week, our library is open on Wednesday and Thursday and various clubs (Crib Club, Project of Caring, Chess Club, Aquarium Club, Student Leadership etc...) and team meet at lunch times.

Intimate Images and Cyber-protection

The rapid growth of smart phones, social media and the anonymity of the online world has created increasing opportunity for cyberbullying and the unwanted sharing of intimate images. The impacts of these behaviours can be devastating for victims. Supports are available. For more information please visit novascotia.ca/cyberscan . If you believe your child is a victim of cyberbullying, or that an intimate image of them was shared without their consent, call CyberScan at 902-424-6990 or toll free at 855-702-8324.

Regional Executive Director's Monthly Report

Inside, the [February](#) Report you'll find a number of remarkable things happening in the HRCE.

Community Supports

Community mental health has asked us to pass along the below information which includes **free** workshops on how to support positive mental health.

Parenting Your Teenager - Walking the Middle Path

1 Day Workshop

Learn to better understand your teen, improve communication and help your family run more smoothly.

- Saturday – April 13 9:00 am - 4:30 pm Halifax – Gorsebrook Junior High

This program is offered in partnership with IWK Community Mental Health & Community Health Teams.

MY CHILD IS ANXIOUS. SHOULD I WORRY?

2 week program

All children have some anxiety. How do you know when to be concerned? You will learn how to identify early signs of anxious feelings in your child, up to 12 years old, and skills to help your child manage everyday anxiety. You will have the opportunity to practice these new skills at home and come back to discuss with the group. Information on additional health and community resources will also be available.

- Wednesdays — May 15 & 22 6:00 - 8:00 pm Fairview – Burton Ettinger Elementary School
- Wednesdays — June 5 & 12 9:30 - 11:30 am Lower Sackville – Memory Lane Family Place
- Wednesdays — June 12 & 19 9:30 - 11:30 am Halifax CHT – Young Street

Space is limited. Registration is required. (902)460-4560

Free Program for Adults Interacting With Youth Mental Health First Aid Canada- Adults Interacting with Youth 14 hour Certification Program

Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a mental health crisis. To become a Mental Health First Aider and receive a certificate of completion, attendance at ALL sessions is required.

- Tuesdays Oct 23, 30, Nov 6 & 13, 2018 1-4:30pm
- NSCC, 5685 Leeds St. Halifax

Parent Wellness Series 4-week program