








# GORSEBROOK JUNIOR HIGH COMMUNITY MEMO

THIS WEEK AT GORSEBROOK: Oct 7<sup>th</sup> – Oct 11<sup>th</sup>, 2024

\*Please read below for the week's events and other school-related information

## This is: Week 2

<p style="text-align: center;"><b>MONDAY</b></p> 	<ul style="list-style-type: none"> <li>• GSA at lunch in room 101</li> <li>• Mme Jang will be offering extra help and Chess club in Room 210 at lunch</li> <li>• Male-identifying soccer practice after school at Gorsebrook Park</li> <li>• Female-identifying soccer game @ 5:15 pm at Glenbourne</li> <li>• Terry Fox Run all afternoon</li> <li>• Female-identifying volleyball tryouts @ 3:15-4:45 pm in the gym</li> </ul>
<p style="text-align: center;"><b>TUESDAY</b></p> 	<ul style="list-style-type: none"> <li>• Debate Club at lunch. Please come straight to room 222 at the bell and bring your lunch.</li> <li>• French extra help in room 211 @ 12:10 pm</li> <li>• Cross-country practice @ 11:45. Meet at the outdoor basketball court. Make sure you are wearing appropriate running shoes and dressed accordingly with a water bottle. Students may eat lunch in Mr. Chaulk's room when practice finishes.</li> <li>• Extra help for Math 8 and 9 with Ms. Nicholl in room 216</li> <li>• Female-identifying volleyball tryouts @ 11:45-12:35 in the gym</li> </ul>
<p style="text-align: center;"><b>WEDNESDAY</b></p> 	<ul style="list-style-type: none"> <li>• Library opened @ lunch</li> <li>• Film Club @ noon - Room 217</li> <li>• Violin with Mr. Jefferies in the band room 201 all of lunch.</li> <li>• Male-identifying soccer practice after school at Gorsebrook Park</li> <li>• Male-identifying volleyball tryouts @ 3:15-4:45 pm in the gym</li> </ul>
<p style="text-align: center;"><b>THURSDAY</b></p> 	<ul style="list-style-type: none"> <li>• Library opened @ lunch</li> <li>• Grade 8 band rehearsal will take place from 8:00-8:30 am in the band room.</li> <li>• Math extra help @ 12:10-12:50 pm in room 221 with Mr. Katcher.</li> <li>• String Ensemble with Mr. Jefferies in the band room 201 all of lunch.</li> <li>• Male-identifying soccer game @ 4:00 pm at Tremont Plateau Park</li> <li>• Female identifying soccer game @ 5:15 pm at Tremont Plateau Park</li> <li>• Cross-country practice @ 11:45. Meet at the outdoor basketball court. Make sure you are wearing appropriate running shoes and dressed accordingly with a water bottle. Students may eat lunch in Mr. Chaulk's room when practice finishes.</li> <li>• Extra help for Math 8 and 9 with Ms. Nicholl in room 216</li> <li>• Junior Woodworking club with Mme. Jang for students who have not yet completed Grade 8 Tech in the shop. All welcome, no experience required.</li> <li>• Male-identifying volleyball tryouts @ 3:15-4:45 pm in the gym</li> </ul>
<p style="text-align: center;"><b>FRIDAY</b></p> 	<p style="text-align: center;"><b>Professional Development Day – No Classes for Students</b></p>

### Upcoming Dates

- Oct. 7<sup>th</sup> - Terry Fox Run
- Oct. 11<sup>th</sup> - PD Day (No School for students)
- Oct. 14<sup>th</sup> - Thanksgiving Holiday (No School)
- Oct. 17<sup>th</sup> - Bus Evacuation Drills (AM)
- Oct 24<sup>th</sup> – School Dance (6:00-8:00 pm)
- Oct 25<sup>th</sup> – NSTU Conference Day (No school for students)

## Safe Arrival Reminder

**Attendance:** Students are recorded as absent by their homeroom teachers if they aren't in their homeroom by 8:40 am.

**SAFE ARRIVAL:** To report your child(ren) absent or late, you can use any of the following methods:

→ **Toll-Free Number**

Parents/guardians can call 1-833-582-6940 to report:

- Future absences using an automated system (max 5 consecutive days) at a time.
- Excuse your child(ren) for a **full day (no half-day option)**. If they arrive late or after an appointment, their attendance will be updated in our system upon arrival.

→ **PowerSchool Parent/Student Portal**

Parents/guardians can log in to <https://sishrsb.ednet.ns.ca/public/> to access the School Messenger website to report future absences.

→ **School Messenger App**

Parents/guardians can download the School Messenger app for Android and iOS devices and use their username and password for the PowerSchool Portal.

\*All three methods are available 24 hours a day, 7 days per week. Absences can be reported any time before the start of school (9:10 am) on the day the student will be absent. Up to five consecutive absences can be recorded at once.

If your child will be absent for the afternoon only, please contact the main office at 902-421-6758 ext. 5451000. Feel free to leave a message for this absence. This information can also be found on the [hrce.ca](http://hrce.ca) website under For Families > General Information > Safe Arrival

**Please do not email teachers for attendance purposes.**

Thank you for your understanding 😊

## From the Office

- Please note: Gorsebrook is a scent-free school. Many students and staff have sensitivities. Please do not use spray deodorants/perfumes while at school.
- We kindly ask that students bring a **cold lunch** to school, as we do not have access to a microwave for student use.
- We've noticed that some students have been leaving their lockers unlocked. To prevent any lost or misplaced items, we kindly ask that students remember to lock their lockers when not in use. This will help protect their belongings throughout the day.

## Terry Fox Run 2024

#NOMATTERWHAT

**Run Date:** Monday, October 7th (Rain date: Monday, October 21st)

**School Goal:** \$2000

**Ways to Donate:**

- **Cash or cheque donation**  
*\*Donations will be collected in homeroom until October 15th or can be dropped off at the office.*
- **Online donation** - via our [School Fundraiser Page](#)
- **Purchase a 2024 Terry Fox T-Shirt** - Order forms going home Monday  
**\*DUE: Tuesday, October 1st. All sales are added to our fundraising total**

## Woodworking Club

This term, due to high interest and varying skill level, we will be splitting Woodworking Club into a Junior and a Senior group. Junior Woodworking Club will take place **Week 2 Thursdays at lunch** and will be for students who have **NOT YET COMPLETED GRADE 8 TECH IN THE SHOP** (All welcome, no experience required).

Senior Woodworking Club will take place on **Week 1 Fridays at lunch** and will be for students who **HAVE ALREADY COMPLETED GRADE 8 TECH IN THE SHOP**. With permission only from Mme Jang, Senior students may come on Junior days to mentor Junior students or to work independently.

**Junior Woodworking will start October 10<sup>th</sup> Senior Woodworking will start October 18<sup>th</sup>.**

## [Pizza Fridays](#)

Gorsebrook will be offering the opportunity for parents to purchase pizza lunches for their student on Fridays. Our provider this year is Domino's. We will offer a choice of veggie (mushroom, green pepper and tomato), cheese or garlic fingers. If you wish to participate in this program, please log into school cash no later than October 15<sup>th</sup> to select which of the options you want for your child and to make your payment. Late orders will not be accepted after Oct 15<sup>th</sup>. The cost is \$52.50 and will cover pizza to be provided on any Friday students are in school from Oct 18<sup>th</sup>-Jan 10<sup>th</sup> (10 weeks inclusive). Gluten free pizza is available. For this option, please contact Ms. Daley to order at [CarolAnn.Daley@hrce.ca](mailto:CarolAnn.Daley@hrce.ca). If a student is absent on a Friday and they ordered pizza, we cannot save it. The parent can come in and pick it up or we will give it away to someone who is in need of a lunch.

[School Cash Log In](#)

## [From the Math Department](#)

The EECD [Homework Hub](#) is a valuable mathematics resource for students in grades 7 to 12. Students can access live tutors on Sunday to Thursday evenings from 5:30 to 9:30 pm. These tutors are certified teachers who can tutor any mathematics course in both English and French. In addition to tutoring, students can access electronic textbooks, tutorial videos and practice problems any time of day. Please watch the following EECD video introduction to the homework hub: <https://www.youtube.com/watch?v=QnORoA5E7i4>. If you have any questions regarding Homework Hub please contact your child's mathematics teacher.

## [From the Phys. Ed. Department](#)

September and October have many outdoor sports and activities. We like to make use of the good weather while it lasts. Please remember to wear appropriate clothes for outdoor classes. At the moment the mornings are cool but the afternoons are hot, so layers that can be peeled off as the day goes on are ideal. Hats, water bottles, and sunscreen are also recommended.

### **Sneaker Donations Needed!**

If you have any old sneakers lying around that could be given a new life, please consider donating to our "Sneaker Bank". We try to keep pairs in multiple sizes available for those days when kids forget. We don't want students to have to miss out on an awesome phys ed class due to a little forgetfulness!

### **[Cross- Country](#)**

Regionals will take place at Point Pleasant Park on October 10. Runners must be at the park no later than 1 hour prior to the race start.

- Junior Girls Start: 10:00 am
- Junior Boys Start: 10:40 am
- Intermediate Girls Start: 11:20 am
- Intermediate Boys Start: 12:00 pm

## [From Schools Plus](#)

Family SOS will have two upcoming positive parenting groups beginning in the first week of October. One group will be held on Tuesday evenings, beginning on October 1st, from 7-8PM, and we will be running another group on Thursdays, beginning October 3rd, from 10-11 AM, both via Zoom.

### **[Family SOS Positive Parenting Group](#)**

Our free nine-week Positive Parenting Group is offered via Zoom. It consists of eight one-hour group sessions and four individual sessions with the facilitator. This is an evidence-based parent education program. It focuses on relationship building, communication, boundary setting, emotional wellness, and stress management.

**Our next Group Session will begin in October 2024.** Groups will be offered Tuesdays 7-8 PM and Thursdays 10-11 AM both via zoom.

We are also hoping to offer an Arabic-speaking group in the new year. Please reach out if you would like your name added to this list or have clients you think would benefit. To fill out an intake form, please click [here](#). You will be contacted by a team member closer to the course start date for an assessment.

### **[Individual Parenting Program](#)**

This nine-week individual parent education/support program uses evidence-based parenting strategies and is free of charge to parents/caregivers. A Parent Support Worker works collaboratively with parents/caregivers to decode and understand their children's behaviour as communication.

Focusing on supporting emotional regulation, effective communication, structure, and setting and maintaining boundaries. Families meet with a Parent Support Worker for approximately one hour per week during regular business hours (9:00 am-5:00 pm).

Individual sessions occur virtually, via Zoom, or in person at our location in Spryfield.

To fill out an intake form, please click [here](#).

A team member will contact you for an assessment. Please note our individual parenting program has a 3-4 week waitlist.

Please email [parentsupport@familysos.ca](mailto:parentsupport@familysos.ca), or call 902-455-5515 ext 280 if you have any additional questions, or you would like further information.

## **Communication**

Please follow us on Twitter for updates on school life at GJH! [@GorsebrookJHS](#)  
Other updates and staff emails can be found on our webpage. <https://gbf.hrce.ca/>  
Gorsebrook is now on Instagram. Find us [@gorsebrookjuniorhigh](#)

Gorsebrook Jr. High has a Parent-led Facebook Group – You can find it by searching GJHS community.