



# GORSEBROOK JUNIOR HIGH COMMUNITY MEMO

THIS WEEK AT GORSEBROOK: Jan. 19th-23rd, 2026

[\\*Please read below for the week's events and other school-related information](#)

**This is: [Week 1](#)**

<div>MONDAY</div> <div></div>	<ul style="list-style-type: none"><li>● Grab &amp; Go Breakfast available</li><li>● Chess &amp; Strategy Games @ 12pm - Room 210</li><li>● GSA @ 12pm - Room 214</li><li>● Intramurals @ 12pm (max. 30 students) - Gym</li><li>● Musical Rehearsal (Full Cast) @ 3-5:30pm</li><li>● Female-identifying Basketball Game at St. Agnes @ 4pm<ul style="list-style-type: none"><li>○ <i>St. Agnes Junior High's spectator policy does not allow students to attend games without a parent/guardian. If you would like to attend any games at St. Agnes this season, you must be with a parent and/or guardian or you will not be allowed in.</i></li></ul></li></ul>
<div>TUESDAY</div> <div></div>	<ul style="list-style-type: none"><li>● Grab &amp; Go Breakfast available</li><li>● Debate Club @ 12pm - Room 222</li><li>● French Extra Help @ 12pm - Room 211</li><li>● Musical Rehearsal (Full Cast) @ 3-5:30pm</li><li>● Female-identifying Basketball Practice @ 3:15-4:45pm</li></ul>
<div>WEDNESDAY</div> <div></div>	<ul style="list-style-type: none"><li>● Musical Rehearsal (Full Cast) @ 7:30-8:30am</li><li>● Grab &amp; Go Breakfast available</li><li>● String Ensemble @ 11:40am - in the Band Room</li><li>● Library Open @ 12pm</li><li>● Robotics Club @ 12pm - Room 209</li><li>● Film Club @ 12pm - Room 217</li><li>● Intramurals @ 12pm (max. 30 students) - Gym</li><li>● Junior Woodworking/Duke of Ed Volunteering @ 12:05pm - Woodshop</li><li>● Male-identifying Basketball Practice @ 3-5pm</li><li>● Female-identifying Basketball Game at Oxford @ 4pm</li></ul>
<div>THURSDAY</div> <div></div>	<ul style="list-style-type: none"><li>● Grab &amp; Go Breakfast available</li><li>● Violin Technique @ 11:40am - in the Band Room</li><li>● Musical Appreciation Club @ 12pm - Room 211</li><li>● Library Open @ 12pm</li><li>● Math Extra Help @ 12pm - Room 216</li><li>● Male-identifying Basketball Game at Armbrae @ 4pm</li></ul>
<div>FRIDAY</div> <div></div>	<ul style="list-style-type: none"><li>● Male-identifying Basketball Practice @ 7-8:30am</li><li>● Musical Rehearsal (Full Cast) @ 7:30-8:30am</li><li>● Grab &amp; Go Breakfast available</li><li>● Warhammer Club @ 12pm - Room 221</li><li>● French Club @ 12pm - Room 211</li><li>● Games &amp; Conversation Club @ 12pm - Room 107</li><li>● Readers Rumble @ 12pm - Room 215</li><li>● Senior Woodworking/Duke of Ed Volunteering @ 12:05pm - Woodshop</li><li>● Female-identifying Basketball Practice @ 3:15-4:45pm</li></ul>

**[Upcoming Dates](#)**

Feb 5th - Grade 8 Oval Trip (1-2:45pm)  
Feb 5th - Dance (6-8pm)  
Feb 9 & 10th - School Musical (*stay tuned*)  
Feb 12th - Grade 7 Oval Trip (1-2:45)  
Feb 16th - Heritage Day (*No School*)  
Feb 18th - Grade 9 Oval Trip (1-2:45pm)

**From the Office**

**Office Update**

We would like to share that we are saying goodbye to Mr. Lewis, who has been supporting our school as Acting Vice Principal. We are very grateful for the time, care, and leadership he has given to Gorsebrook during his time with us. As Mr. Lewis moves on, Ms. Conrad will be stepping into the Acting Vice Principal role for the time being. We appreciate her willingness to support the school in this capacity.

**Building Access for After-School Sporting Events**

Please note that the main entrance to the school is actively monitored for the first 20 minutes following dismissal (until 3:15pm) for spectators arriving to attend after-school sporting events.

After this time, the teacher supervising the game will periodically check the doors; however, there may be a short delay before access is granted. We kindly ask for your patience and request that visitors avoid knocking or banging on the doors repeatedly.

Thank you for your understanding and cooperation as we work to maintain a safe and orderly environment for students and staff.

**Duke of Edinburgh**

Duke of Ed participants are reminded that if they have Duke-related questions, they should ask Mme Jang or Ms Conrad outside of class time, not during instruction. They are also reminded that there will be Duke of Ed Support on Tuesdays at 12pm in Room 210. At this point, goals should be inputted in Online Record Book (Due date: Monday, January 19).

Duke of Ed Bottle Return Fundraiser: The school has set up an account with Tanner's Recycling to raise funds for the Duke of Ed Program to help offset student fees for the program. Tanner's Recycling is located at 6393 Bayne St, Halifax, NS B3K 2V6, near the Windsor Street Exchange. At any point, you can bring refundable bottles/cans/tetra packs to their location, tell them that it is for Gorsebrook Junior High School, and they will add it to our account. It would be a great help to them if you label the bags with our School name. If the bottle depot is out of your way, you are also welcome to drop clean, refundable bottles/cans/tetra packs to Mme Jang at Gorsebrook on Fridays.  
Thank you!

**Oval Field Trips**

Each grade level will be attending the Emera Oval for skating on the following dates:

- Grade 7 - Thursday, February 12th
- Grade 8 - Thursday, February 5th
- Grade 9 - Wednesday, February 18th

Students will leave at 1pm to walk to the Oval and skate until they are dismissed at 2:45pm. Students are expected to dress appropriately for the weather (hats, gloves, jackets, warm pants). Skates and helmets will be provided free of charge; however, students are welcome to bring their own gear if they have it. Permission forms should be signed and returned to the school a week before the trip.

**HeART Program: Art and Mindfulness Program**

Each week youth will get to be creative and explore different art styles, in a supportive peer environment, paired with a mindfulness or other coping skill to support their mental wellness.

**Costs for the upcoming year is pay what you can! --> We accept donations of all sizes, and welcome youth if that amount is also zero dollars.**

**Location:** 6036 Coburg Rd, Halifax, NS B3H 1Y9  
We have two registration forms this year please ensure you are signing up for the one which best matches your youth:

Ages 8-12 Elementary School aged youth  
Wednesday Evenings 6-8pm  
<https://forms.gle/Q1s8erqxuqLUzJnf8>

Ages 13-18 Junior High and Highschool aged youth  
Thursday evenings  
<https://forms.gle/PzvVjnKjEMxheyz76>

If you have any questions please reach out by email to:  
[heartyouthprogram@gmail.com](mailto:heartyouthprogram@gmail.com)



From the HRCE

Online Platform Risks From Unplugged Canada

Many digital platforms today, including social media, online gaming and AI chat tools, are designed to keep kids scrolling and engaged, often exposing them to addictive features, adult content, and interactions they may not be developmentally ready to handle.

Below is a resource that outlines some of the most common social media, gaming, and AI chat platforms, helping families better understand the risks, start meaningful conversations at home, and consider delaying smartphones and access to these apps until kids are more developmentally ready.

You can access the full resource [here](#).

*Unplugged Canada is a parent-led, national movement advocating for healthier childhoods by delaying smartphones and social media until kids are more developmentally ready. Join thousands of Canadian families choosing to delay by taking the Unplugged Canada Pledge at [unpluggedcanada.com/sign-pledge](https://unpluggedcanada.com/sign-pledge).*

APPS EVERY PARENT SHOULD BE AWARE OF

unplugged Canada

 <b>SNAPCHAT</b> <ul style="list-style-type: none"><li>Disappearing messages</li><li>Snap Map location sharing</li><li>Addictive features (streaks)</li><li>Sexting &amp; adult contact</li></ul>	 <b>INSTAGRAM</b> <ul style="list-style-type: none"><li>Body-image pressure</li><li>Hidden DM requests</li><li>Teens use secret "Finstas"</li><li>Exposure to adult content</li></ul>
 <b>ROBLOX</b> <ul style="list-style-type: none"><li>Inappropriate games</li><li>Unmoderated private servers</li><li>Chat with strangers</li><li>Pressure to buy Robux</li></ul>	 <b>TIKTOK</b> <ul style="list-style-type: none"><li>Highly addictive feed</li><li>Harmful viral trends</li><li>Attention fragmentation</li><li>Frequent adult content</li></ul>
 <b>DISCORD</b> <ul style="list-style-type: none"><li>High grooming risk</li><li>Adult/NSFW content</li><li>Harassment &amp; cyberbullying</li><li>Unmoderated servers</li></ul>	 <b>YOUTUBE</b> <ul style="list-style-type: none"><li>Inappropriate content</li><li>High risk of grooming</li><li>Addictive short form content</li><li>Attention fragmentation</li></ul>
 <b>CHARACTER AI</b> <ul style="list-style-type: none"><li>Sexualized roleplay bots</li><li>High grooming-style risk</li><li>Fake "AI relationships" with kids</li><li>Encourages secrecy from parents</li></ul>	 <b>TELEGRAM</b> <ul style="list-style-type: none"><li>Encrypted hidden content</li><li>Large, risky group chats</li><li>Minimal moderation</li><li>Hard for parents to monitor</li></ul>
 <b>REDDIT</b> <ul style="list-style-type: none"><li>Unfiltered communities</li><li>Adult/disturbing content</li><li>Harmful topics easily found</li><li>Anonymous users &amp; predators</li></ul>	 <b>CHATGPT</b> <ul style="list-style-type: none"><li>Kids may overshare personal info</li><li>Mature themes can appear</li><li>Emotional dependence on AI</li><li>Hard for parents to monitor use</li></ul>

Before you let your child use a platform, create an account using their age and explore it yourself to see the content and interactions they'll be exposed to.

Coming Soon - School Musical, Shrek Jr!

Gorsebrook Junior High is excited to present *Shrek the Musical JR.* on **February 9th & 10th at 7:00 pm**, with a snow date of **February 11th at 7:00 pm**.

This fun, family-friendly production is based on the DreamWorks film and the book by William Steig, featuring music by Jeanine Tesori and book and lyrics by David Lindsay-Abaire. Tickets will be available on School Cash Online or at the door: **\$5.50 students, \$17 adults, \$35 family (2 adults + 2 students under 16)**. Come support our talented students and enjoy a great night of theatre!



Safe Arrival Reminder

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

**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 and sign-in at the Main Office.
- **PowerSchool Parent/Student Portal:** Parents/guardians can log in to <https://sishtsb.ednet.ns.ca/public/> to access the School Messenger website to report all 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 9:05 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 stating your child's full name and the duration of the absence.

Information can also be found on the [hrce.ca](https://hrce.ca) website under For Families > General Information > Safe Arrival

\*Please do not email teachers for attendance purposes.

**Communication**

Other updates and important school information can be found on our webpage. <https://gbf.hrce.ca/>  
Gorsebrook Jr. High has a Parent-led Facebook Group – you can find it by searching for 'GJHS Community'.