








GORSEBROOK JUNIOR HIGH COMMUNITY MEMO

THIS WEEK AT GORSEBROOK: Sept. 14-18, 2020

[*Please read below the week's events for more school-related info](#)

This is: Week 2

<p>MONDAY</p> 	<ul style="list-style-type: none">• Please ensure you have a mask and water bottle each day:)• School picture day - please have background choice card ready (there is another one attached to the Sept 11 memo email)
<p>TUESDAY</p> 	<ul style="list-style-type: none">• Please ensure you have a mask and water bottle each day:)
<p>WEDNESDAY</p> 	<ul style="list-style-type: none">• Please ensure you have a mask and water bottle each day:)• Cross country club - 12:00 pm (see below for more info)
<p>THURSDAY</p> 	<ul style="list-style-type: none">• Please ensure you have a mask and water bottle each day:)
<p>FRIDAY</p> 	<ul style="list-style-type: none">• Please ensure you have a mask and water bottle each day:)• Cross country club - 12:00 pm (see below for more info)

[Upcoming Dates](#)

September 21 - Picture retake day
September 21 - First grade 7 early morning band - 8:00am
September 22 - First grade 9 early morning band - 8:00am
September 23 - First grade 8 early morning band - 8:00am
September 24 - Curriculum Information sent home (details will be shared soon on this process)
September 25 - PD Day - no classes
October 12 - Thanksgiving Day - no classes



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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.
- Parents, guardians and visitors who are coming to the school are reminded they must call ahead or ring the doorbell. Someone will come assist you, but you are unable to enter the building.
- In an effort to ensure we have accurate and updated information for all our students, we ask that parents and guardians contact the main office if there are changes to home/cell phone numbers, home address, email address and health card expiry dates. Thank you in advance!
- If your child is going to be absent or late, please call our Safe Arrival line @ 902-421-2687. Additionally, if your child has an appointment during the school day, parents and guardians must contact the school to let us know. Students must always sign out at the main office before leaving the building during regular school hours.
- Energy drinks are not permitted in school. Please note, some drink flavours, such as Mio, may contain high amounts of caffeine, and are not permitted either. Thank you for your support in ensuring these types of beverages are not consumed during the school day.
- Please note that cell phone usage **is not** permitted during class time. It would be greatly appreciated if this could be reinforced at home. As you know, they can be a great source of distraction when not being used for educational purposes. If students have cell phones, they are to stay in their backpacks, on silent, or powered off. Students who do not follow these expectations can lose their phones for the remainder of the day.

- **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.

From the Library

We are excited to inform you that the library is officially open for borrowing purposes again, though things will go a little differently this year.

Due to the fact that students are not permitted in the library for borrowing books, this year students will be required to reserve their library books online through our Online Public Access Catalog (OPAC), which is linked to the school website. Once students place their reserves, they will receive their books when Mrs. McManus is in on Wednesdays and Thursdays.

This coming week all students will receive an in class tutorial on how to access their student accounts to allow them to place holds and browse the shelves virtually. Students will also be able to look through their account and view any outstanding books.

For the 2020/2021 school year, students will be permitted to borrow up to three books at one time, for a period of two weeks, and students will be permitted to transport their books home. All book returns will be turned in at the office.

Visit the Gorsebrook Virtual Library from the school website:

<https://sites.google.com/gnspe.ca/gbjhvirtuallibrary>

Contact Library Support Specialist Mrs. S. McManus at smcmanus@hrce.ca



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Cross Country Running Team

We are delighted to hear that we will be able to practice together as a (socially distanced) team and the current plan even has some races on the schedule. Everyone is welcome to come and check it out. Practices Wednesday and Fridays at noon starting Sept 16th. Meet outside by the basketball courts.

Looking forward to seeing the senior runners returning and to meeting the new crew.

Coaches Blair, Lee and Melanie

From the Community

VIRTUAL PROGRAMS FOR PARENTS

REGISTER NOW 902-460-4560

Have your child's health card number on hand when you call to register

Incredible years (school aged)- Only Available to residents of greater Halifax

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. It is for parents of children who are 6-12 years old.

Wednesdays September 23rd - December 16th, 2020 6-8pm

Tuesdays September 29th - December 15th, 2020 6-8pm

Incredible years (pre-school aged)- Only Available to residents of greater Halifax

Incredible years (pre-school): This program focuses on improving your child's social and emotional skills and reducing behaviour problems. It is for parents of children who are 3-6 years old.

Thursdays November 5th - February 18th, 2020 6-8pm

An Introduction to Parenting Your Teenager

An introductory session to help you better understand your teen and how their brain works, practice skills to improve communication and help your family run more smoothly.

Tuesday - October 13 9:30 - 11:00 am

Thursday - December 10 1:00 - 2:30 pm

My Child is Anxious. Should I Worry? - 2 week program

Learn how to identify early signs of anxious feelings in your children and skills to help them manage everyday anxiety. For parents and caregivers of children up to 12 years old.

Thursdays - October 22 & 29 12:00 - 1:00 pm

Wednesdays - November 18 & 25 1:00 - 2:00 pm

Screen Time and Your Family

We live in a world where screens are everywhere. Learn about the risks and benefits of screen time, its impact on sleep, and ways to help your family. For parents of children age 0-12.

Wednesday - November 4 9:30 - 11am

Self-Compassion for Parents

Parenting is a difficult job. Being self-compassionate can help provide us comfort, improved health and increase our sense of satisfaction in our roles as parents. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives.

Thursday - October 15 12:00 - 1:00 pm

Friday - November 20 10:00 - 11:00 am

WELLNESS NAVIGATION

Navigators are health professionals who know health care, community, and government systems. We can find the right resource for you. Navigators work with adults, children, youth, and families. This service is available for those in the greater Halifax area.

Call 902-460-4560 for more information

Community Health Team



IWK Health





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