

# GORSEBROOK JUNIOR HIGH COMMUNITY MEMO

THIS WEEK AT GORSEBROOK: Jan. 11-15, 2021

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

## ***This is: Week 2***

<b>MONDAY</b>	<ul style="list-style-type: none"><li>• Breakfast club each morning in homeroom classes</li><li>• Please ensure you have a mask and water bottle each day:)</li><li>• Group 1 Strings rehearsal - 12:10 pm - 12:40 pm (in the band room - group lists have been emailed home)</li><li>• Group 2 Strings rehearsal - 12:40 pm - 1:10 pm (in the band room - group lists have been emailed home)</li></ul>
<b>TUESDAY</b>	<ul style="list-style-type: none"><li>• Breakfast club each morning in homeroom classes</li><li>• Please ensure you have a mask and water bottle each day:)</li><li>• GSA meeting at lunch in the foods lab (lower level)</li></ul>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"><li>• Breakfast club each morning in homeroom classes</li><li>• Please ensure you have a mask and water bottle each day:)</li><li>• Group 3 Strings rehearsal - 12:00 pm - 12:30 pm (in the band room - group lists have been emailed home)</li></ul>
<b>THURSDAY</b>	<ul style="list-style-type: none"><li>• Breakfast club each morning in homeroom classes</li><li>• Please ensure you have a mask and water bottle each day:)</li></ul>
<b>FRIDAY</b>	<ul style="list-style-type: none"><li>• Breakfast club each morning in homeroom classes</li><li>• Group 4 Strings rehearsal - 12:05 pm - 12:35 pm (in the band room - group lists have been emailed home)</li><li>• Group 5 Strings rehearsal - 12:35 pm - 1:05 pm (in the band room - group lists have been emailed home)</li></ul>

### **Upcoming Dates**

Jan. 18 - PTA meeting - 7 pm (postponed from Jan 11)  
Feb 15 - Edward Arab Day - no classes

## **Updated School Contact Information**

Over the holiday break, our new phone system has been installed. Please note there is only one main phone number for the school now: **902 421 6758**. For Safe Arrival, please press 1 after calling the main line. All teachers will soon have a phone in their classroom and extensions will be found on our website: <https://gbf.hrce.ca/staff-directory>. If you are calling during school hours, you will be prompted to leave a message. If you need to reach your child during school hours, please continue to call the main school line.

## **Post-Holiday Reminders**

As students prepare to return to school after the holidays, please be sure to restock school supplies: loose leaf, pencils/pens, erasers, math equipment (calculators, rulers, etc), art supplies, binder(s), phys ed gear, etc.

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Additionally, students are reminded to bring [reusable water bottles and masks](#) from home each day. (Students will receive two new masks from the school on Monday.)

## [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 @ 902-421-6758 and press 1. [This line is open 24 hours to leave a message](#). 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](http://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.

## [Classroom ventilation and colder weather](#)

As the weather gets colder, we remind students to dress in layers as the windows will need to remain open for ventilation purposes. Additionally, warmer clothes are needed for the outdoor portion of our lunch break, including hats and mitts/gloves. As long as it is not raining out, or extreme conditions, students are expected to be outside for a portion of their lunch break. Winter in Nova Scotia can bring a lot of variety to our weather, so we ask students to be prepared.

## [From the Community](#)

### [Nova Scotia Wisdom2Action Youth Team](#)

Happy 2021! Why not start the year off by joining the Nova Scotia Wisdom2Action youth team and making a positive impact in our community! [Sign up now!](#)

We're going to kick things off with our BeTheProgram initiative to prevent dating violence and promoting healthy relationships AND sharing our ideas on what we need for youth in Nova Scotia to be healthy.

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- BeTheProgram is an ongoing training and mentorship program for youth looking at the facts and myths of dating violence, understanding what gender-based violence is, and activities to develop skills in critical thinking, decision-making and leadership.
- Did you attend our Dec 3rd consultation on NS child and youth health? Working with the IWK we have been doing some work on youth health in Nova Scotia and we have more opportunities to get involved further with this!

Interested to join? [Click here and sign up by January 13th!](#) This is not a long term role, you can join as little or as much as you like and we will reach out to you every time there are more ways for youth in NS to get involved. You also do not need to apply, you just sign up and we'll make sure you're included.

Questions? Email me! I'm happy to answer any questions.

Please share this with your friends! :)

Our first meeting is happening at 4:30pm on Monday, January 18th! :)

Look forward to hearing from you,

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Alyssa Frampton (she/her)

Associate Consultant

Wisdom2Action - [www.wisdom2action.org](http://www.wisdom2action.org)

LinkedIn: [www.linkedin.com/in/alyssaframpton](http://www.linkedin.com/in/alyssaframpton)

## [Community Health Team Virtual Programs for Parents - Winter 2021](#)

The Community Health Teams are a joint partnership between the IWK Health and Nova Scotia Health. Please find the promotional material attached. Here is what we are currently offering:

- My Child is Anxious. Should I worry? - 2 week program
- Screen Time in my Family - 1 week program
- Self-compassion for parents – 1 week program
- Incredible Years Parenting Program - 12 week program for parents of 6-12 year olds (School Aged) and 14 week program for parents of 3-6 year olds (Pre-school)
- **NEW** Parenting your Teenager: Walking the Middle Path – 6 week program
- **NEW** Handle with Care- 8 week program for parents of 0-6 year olds
- Parent/Caregiver 101 Series offered by IWK Pediatric Dietitians & Occupational Therapists - Behaviour 101, Mealtime 101, Toileting 101

The CHT flyer also has many other free health and wellness programs to support your families. This is also attached. Please take care of yourselves and thank-you for all the hard work you have done to support families. ([Scroll down for flyers and/or open the attachment from the Jan. 6 Community Memo](#))

**Community Health Teams**

### PARENTING: VIRTUAL PROGRAMS

Call to Register: 1-844-460-4555  
Please have your child's health card number on hand during this call.

**SCREEN TIME AND YOUR FAMILY**  
We live in a world where screens are everywhere. Learn about the risks and benefits of screen time and ways to help your family. For parents and caregivers of children age 0-12.  
Monday - February 22, 1:00 - 2:30 pm

**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 and caregivers. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives.  
Monday - February 8, 12:00 - 1:00 pm

**PARENTING YOUR TEENAGER: WALKING THE MIDDLE PATH**  
Offered in partnership with IWK Community Mental Health  
Learn to better understand your teen, improve communication and help your family run more smoothly. This program is only available to families in greater Halifax.  
Tuesday - April 20 - May 25, 5:00 - 6:30 pm

**PARENT/CAREGIVER 101 SERIES: BEHAVIOUR, MEALTIME, AND TOILETING**  
The following programs are offered by our IWK partners. Register for one or all three sessions. To register, email [Angela.Samson@iwk.nshealth.ca](mailto:Angela.Samson@iwk.nshealth.ca)

<b>BEHAVIOUR 101</b> You will learn the basics of why unwanted behaviours happen and how to implement simple positive behaviour support strategies to help prevent them. Thursday - January 21, 6:00 - 7:30 pm Tuesday - February 16, 6:00 - 7:30 pm	<b>MEALTIME 101</b> We will discuss healthy mealtime habits, how to introduce new foods and a variety of foods, plus lots of tips and tricks to keep your child smiling at the table. Thursday - January 28, 6:00 - 7:30 pm Tuesday - February 23, 6:00 - 7:30 pm	<b>TOILETING 101</b> We will discuss considerations and supports to help set your child up for toilet training success. Thursday - February 4, 6:00 - 7:30 pm Tuesday - March 2, 6:00 - 7:30 pm
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All programs offered for free via Zoom for Healthcare by IWK Health

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## SCHOOL PHOTOS

School photos can still be ordered. You can visit the Photomaster Studios website and order online, at [photomasterstudios.ca](http://photomasterstudios.ca). All orders will now be sent home by Canada Post instead of going to the school due to the new outbreak of covid. Please note that Photomasters has all the school photos on file for the past 7 years. If you missed a year you can order past years online too.

## Lates

The school year is up and running and we are asking that students ensure they are arriving on time both in the morning and after lunch. We realize that lates are sometimes necessary for appointments and the odd traffic snag, and if this is the case, please let the main office know. Setting these good habits early on helps to ensure maximum learning time. Line ups to sign in at the main office are getting longer and students are missing instructional time. We appreciate your support with this.

## From the Math Department

Students are reminded to have their own calculators for Math class. The use of cell phone calculators are not permitted.

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.

## Parent Navigators

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For information on the HRCE's Parent Navigator program, please click here:

<https://create.piktochart.com/output/50338546-parent-navigator-info>

## **SchoolsPlus staff are here to support Gorsebrook families**

### **We can:**

- Help get answers to your questions.
- Connect you with services that can make a difference for your family.
- Help you fill out forms.
- Help you apply for funding (to help pay for things like recreation programs or eyeglasses).
- Support you during a stressful time.
- Help you get ready for a meeting with a school, agency, landlord, etc. We'll help you feel prepared and have a voice.

***SchoolsPlus services are confidential.***

**Yes, we can still do all this during COVID-19. Just give us a call! ...keep scrolling for contact info:**

**Contact your SchoolsPlus Community Outreach Worker (Laura Hutt) and Assistant Leader (Alicia Barrett) at: 902-399-8317 (phone or text) or [alicia.barrett@hrce.ca](mailto:alicia.barrett@hrce.ca).**