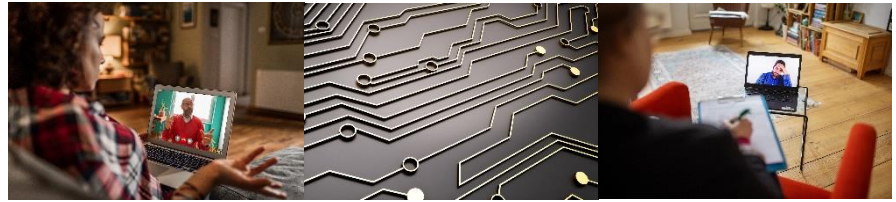


# RedHawk Express

Jan 17-21, 2022



## New Course Offerings @RHS

We are excited to share some details about new course offerings for Semester 2 here at Rothesay High.

### Weekly Schedule Jan 17-21

Mon -

Tues -

Wed - Essential Skills  
Information Evening

Thurs-

Fri -

### Jan. 24-28

Mon -

Tues -

Wed-

Thurs -

Fri - Last Day of S1

### Upcoming Events

Jan 31 & Feb 1-

Turn Around Days - NO  
SCHOOL for students

Feb 2 - Semester 2 Starts

**Grade 10** students are invited to apply to join our Essential Skills (ESAP) program beginning in Semester 2. Students will be getting virtual presentations on the program on Wednesday from Mrs. Smith during their English classes. Mrs. Smith has also kindly offered to host a virtual parent information session on Wednesday evening from 6pm - 7pm. You may register for this presentation by following this link:

Essential Skills Information Evening

<https://outlook.office365.com/owa/calendar/RothesayHighSchool@nbed.onmicrosoft.com/bookings/>

**Grade 11 & 12 students** are invited to consider a whole host of Advanced Placement options that are being offered through a partnership between Fundy High, Hampton High, Simonds High, and Rothesay High. The list of courses is below and interested students should complete the form (<https://forms.office.com/r/rfuYjSxnMy>) if they are interested in registering.



A COURSE

*just for you!*

AP Biology  
AP Calculus  
AP Comparative Govt & Politics  
AP Computer Science Principles  
AP English Literature  
AP English Language  
AP European History  
AP French Language  
AP Psychology

If you have the passion we  
have the teacher and the  
technology!

The courses will be run by qualified teachers via TEAMS and using an online curriculum delivery program called AP Classroom. Students studying Advanced Placement Courses are working at the first-year university level, will get university style exam practice in May and may earn credit at their chosen university.

# Supporting Your Students @Home

We are so grateful to all our students and families for doing their very best with online learning. A few things to consider for optimum learning in a virtual environment.

1. **Routine:** Create a schedule and try to keep it. Work in time for fresh air, exercise, and screen-free time.
2. **Equipment:** Use a laptop – cellphones are too small for reading content and have many distractions. Try turning the cellphone off for the lesson time!
3. **Ask for Help:** The best way to get help is by connecting directly with the classroom teacher either through TEAMS or e-mail. If your student is marked absent it is the classroom teacher who can answer your questions about their attendance.



## Reminders

- **Attendance:** Should students be unable to participate in online learning due to illness please call the school on 847-6204. Students will be marked as DL (Distance Learning) when they login and participate in online learning and UA (Unexcused Absence) if not.
- **Packages and Projects:** If students are asked to come to school to pick up work it will be in the main office. We ask that students come before school (8-8:45), at lunch (12:00 – 1:20) or after school (3:15 – 4:00)
- **Laptops/Internet:** Students who require access to internet or a laptop should call the school and speak to Mr. Peters – 847-6204.
- **Masks:** The recommendation when students return to in-person learning is that they wear tight fitting masks, preferably surgical style, 3 ply and where possible N95 style masks. If families can work to get these style masks over the next two weeks, it would be appreciated.
- **Boosters:** While many of students are not yet eligible, we would encourage any members of our RedHawk community to consider getting their boosters to help prevent serious infection and to slow the spread of the Omicron variant.
- **Sports:** All sports are cancelled at this time.

### Social Media

Facebook – Search  
“Rothesay High School”

Twitter - @RothesayHigh

Instagram –  
@rothesayhigh\_athletics  
@reggietheredhawk

Other Account to Follow.  
Twitter - @ASD\_South

# 5 TIPS FOR STAYING HEALTHY WHILE WORKING FROM HOME



## Find a Calm Space

Identify a designated, quiet workspace and consider wearing headphones to tune out potential distractions.



## Take Breaks

Take frequent breaks during the day and get away from your desk for a few minutes every hour or so.



## Stay Clean

Wash your hands often, use hand sanitizer, and keep your desk and workspace clean and free of germs.



## Improve Ergonomics

Adjust your chair so that your knees are level with your hips, and your monitor is near eye level.



## Eat Well & Hydrate

Eat a healthy lunch to promote a strong immune system and don't forget to stay well hydrated.

# 5 TIPS FOR CREATING A PRODUCTIVE HOME OFFICE

by CompuVision  
Manage · Protect · Accelerate

## Work with what you have

Don't blow your entire budget on day one. Working with what you have, and decide what you need later.

TIP  
01

TIP  
02

## Focus on great lighting, and a view

Use proper lighting to avoid unnecessary eye strain; and find a spot with a view.

## Get comfortable

Find a desk with the right height and a chair with proper back support.

TIP  
03



TIP  
04

## A designated workspace

Identify a designated workspace and keep it clean and organized.

## Create a distraction free environment

Interruptions can hamper productivity. Free yourself from distractions and consider headphones.

TIP  
05