



# BHS News!



March 2024

Issue #7



**Dear BHS Seal Families,**

It's hard to believe that there are only four months left of the school year!

March Break is upon us, and many students have vacation plans with their families. Please schedule vacation time during the allotted days, from March 4 – 8, and be ready to return to school on March 11. Whether you are relaxing at home, scheduling a staycation, or planning a trip to an exotic climate, we wish you a safe and enjoyable break.

We are looking forward to the renewed energy that comes with the promise of spring and the brighter days ahead. While it is tempting to adjust bedtimes to leverage the extra hours of daylight, please remember that a consistent bedtime routine, allowing for 9-12 hours of sleep, is essential for student success in school. Your child's brain needs sleep to restore resources that were used up during the school day. A well-rested brain will help your child make the most of their learning and will help them enjoy their day at school.

We're excited to announce that **drama club rehearsals** will be held on Tuesdays from 2:30 – 3:30 beginning March 12<sup>th</sup>. Participating students will receive a drama schedule with specifics once parts have been assigned. Stay tuned for details!

We have many exciting learning opportunities planned for the month, so please be sure to refer to our monthly calendar for upcoming events.

Thank you for your part in making BHS a great place to learn and grow.

Sincerely,

Mrs. Tammy Surette  
Principal



# Attendance Matters

Many thanks to our families who set a great example for our students by helping them be on time each and every morning!



*Remember to change your clocks on March 10th!*

Thank you for setting your child up for success by maintaining a consistent bedtime routine. Children who consistently get a good night's sleep:

- are more creative
- can concentrate on tasks
- have better problem-solving abilities
- are better able to make positive decisions
- are more able to learn and remember new things
- have more energy during the day
- can create and maintain good relations with others.



**Please remember to pack reusable spoons and forks in your child's lunch box!**



Just a reminder that we have an account set up at the Redemption Center. This is a great way to help sponsor special events at BHS.

*Thank you for having after school travel plans made early in the day. Please notify us of changes to after school travel plans by 12:30 pm.*



# THINGS TO DO ON MARCH BREAK

## Imperial Theatre



Retro Film: MARCH BREAK  
MOVIE – Ice Age (2002)

📅 Mar 5, 2024

🕒 2:00 PM matinée

FREE!

Shine On  Southwestern New Brunswick

## MARCH BREAK!

MONDAY MARCH 4	TUESDAY MARCH 5	WEDNESDAY MARCH 6	THURSDAY MARCH 7	FRIDAY MARCH 8
OPEN GYM 10AM-12PM ALL AGES PCRC \$2	KINDERPLAY 9AM-11AM AGES 0-5 PCRC \$2		KINDERPLAY 9AM-11AM AGES 0-5 PCRC \$2	ALL DAY FUN DAY 9AM-5PM
ZOOMERS ON THE GO! 1PM-2PM AGES 50+ MAGAGUADAVIC PLACE	WALKING CLUB 12PM-1PM ALL AGES PCRC	ZOOMERS ON THE GO! 1PM-2PM AGES 50+ MAGAGUADAVIC PLACE	MAKE SOME SLIME! 11AM-12PM ALL AGES PCRC \$2	PRE- REGISTRATION REQUIRED
Y HANG OUT 2PM-4PM ALL AGES PCRC \$2	CARDS & COFFEE 1PM-3PM ALL AGES PCRC \$2	STEM AFTERNOON! 2:30PM-4PM ALL AGES MAGAGUADAVIC PLACE \$5	WALKING CLUB 12PM-1PM ALL AGES PCRC	PATRICK CONNORS REC COMPLEX
	OPEN GYM 1PM-3PM ALL AGES PCRC \$2	MOVIE NIGHT! 6:30PM-8PM ALL AGES MAGAGUADAVIC PLACE \$3	CARDS & COFFEE 1PM-3PM ALL AGES MAGAGUADAVIC PLACE \$2	ALL AGES WELCOME \$20

 *ignite your potential.*





# Patrick Connors Recreational Complex


Monday, March 4	10:00 - 11:30am Pucks & Sticks - under 13 11:45am - 1:45pm Free Skating 2:00pm - 3:30pm Pucks & Sticks 13+
Tuesday, March 5	10:00 - 11:30am Pucks & Sticks - under 13 11:45am - 1:45pm Free Skating 2:00pm - 3:30pm Pucks & Sticks 13+
Wednesday, March 6	10:00 - 11:30am Pucks & Sticks - under 13 11:45am - 1:45pm Free Skating 2:00pm - 3:30pm Pucks & Sticks 13+
Thursday, March 7	10:00 - 11:30am Pucks & Sticks - under 13 11:45am - 1:45pm Free Skating 2:00pm - 3:30pm Pucks & Sticks 13+
Friday, March 8	10:00 - 11:30am Pucks & Sticks - under 13 11:45am - 1:45pm Free Skating 2:00pm - 3:30pm Pucks & Sticks 13+

## March Break Swims

Only the blue slide will be open during our Leisure Swims. Both slides, Tarzan rope, and diving boards will be open in rotation during our Fun Swims. [Details](#)


 Canada Games Aquatic Centre, 50 Union Street, Saint John

 March 4 - 8, 2024

 These swims are first come, first served.

## Cineplex Family Favourites

Visit participating Cineplex theatres near you and watch a favourite family film each week for only \$3.99. [Details](#)


 Saturdays mornings


 Participating Cineplex theatres

 \$3.99

## Fundy Winterfest

Get ready for some serious fun when you gather the family and head outside this March Break to go to the Annual Fundy Winterfest. There are events taking place until March 10th. So, you should be sure to check out the full list to see what event is taking place, and where. Make sure to dress warmly, it's cold out there. [Details](#)

 Saint John, Quispamsis, Rothesay, and Grand Bay-Westfield municipalities.

 February 1 - March 10, 2024