

Bobcat Express



St. Stephen Middle School

Week of February 28, 2022

Dear SSMS Families,

This week SSMS will be celebrating a bilingual winter carnival with a focus on celebrating the Acadian culture. Many thanks to Mme. Stinson for taking the lead on the planning. The carnival will begin on Wednesday with daily themes and there will be special activities during ASAP. On Friday, each class will participate in their own Tintamarre, a parade that is an annual event in many Francophone communities. For our parade, students are encouraged to wear the Acadian colours. They will be given Acadian flags to wave and will use reusable noisemakers. This will be a celebratory way to end the carnival and begin March Break. Also on Friday, we will be enjoying a pancake breakfast. Students will be served pancakes in their classroom and there will be a gluten free option available.

Many thanks to the Rotary Club of St. Stephen for their generous donation of \$1000 to our breakfast and lunch program. We are very grateful for their ongoing support! A breakfast snack tray is available in every classroom each morning with fruit and granola bars and a lunch is provided to students who require one. Donations to our breakfast/lunch program can be made on our website and tax receipts are available.

Last week there were announcements regarding changes to the pandemic protocols. Please stay tuned for more information relating to schools this week.

I will be on leave after March Break until the end of the school year. Ms. Melissa Brown, our Vice Principal, will be filling in as Principal during this time. Many thanks to Ms. Brown and all SSMS staff for their above and beyond dedication to our students and school community!

Next week is March Break across New Brunswick and there will be no school for students. Best wishes to all for a safe and fun break!

Thank you,
Bronwyn Tanner, SSMS Principal

Monday February 28	<ul style="list-style-type: none"> Basketball practices: A boys 3:30 - 5:00; B boys 5:00 - 6:30
Tuesday March 1	<ul style="list-style-type: none"> Basketball practices: U14 girls 3:30 - 5:00; U13 girls 5:00 - 6:30 Bobcat Boutique: 4:00 - 6:00
Wednesday March 2	<ul style="list-style-type: none"> La Semaine de la Francophonie/Winter Carnival - Day 1 - Theme : Bring a creative bookbag - more to be shared during morning announcements- and classroom door decorating contest begins (judging on Friday). Band: Block 3: Junior and Block 1: Senior, Theatre ASAP: Winter Carnival Kahoot Basketball: B boys 3:30 - 5:00 practice; U14 girls' game in Harvey @ 5:00; U13 girls' games @ 7:00, River Valley
Thursday March 3	<ul style="list-style-type: none"> La Semaine de la Francophonie/Winter Carnival - Day 2 - Theme : Jersey Day SSMS Community Circles ASAP: Guess the flags of Francophone countries Basketball: U14 3:30 - 5:00 practice; U13 home game vs. Fundy @ 5:30
Friday March 4	<ul style="list-style-type: none"> La Semaine de la Francophonie/Winter Carnival - Day 3 - Theme : Dress in Acadian Colours and Hat Day. <ul style="list-style-type: none"> Pancake breakfast: Pancakes will be delivered to each homeroom. Schoolwide activity : Each homeroom will have a Tintamarre sometime during the day. ASAP: Guess the songs by Francophone singers Basketball potential game: A boys vs. SJDA

[ASD-S | COVID-19 Dashboard \(nbed.nb.ca\)](https://nbed.nb.ca) Public Health will no longer be able to inform schools of new cases, conduct contact tracing, or provide notification letters for close contacts. As a result, there is a change to how positive COVID-19 cases are communicated to our school communities. Families will no longer receive notification of school cases directly through School Messenger, social media, emails, or otherwise. Instead, families are able to check the ASD-S COVID-19 Dashboard, above, for daily updates.



Mr. Yost's Counselor's Corner

Reading the news can create stress even during the best of times. Some of us have difficulty coping, even without the added stress of media headlines and articles. Currently we are bombarded with reports of civic unrest, a global pandemic, and global conflict. It may even seem as if this is the era of bad news!

Many of us are driven by curiosity and the need to stay current but this may come at a cost to our own wellness. Many experts on this topic say that the best approach to cope with media anxiety is quite simple... "step away and take a break from these reports, at least for a while."

People each have their own unique ways of coping with their stress, and while these coping methods range from very healthy to very unhealthy; those tried-and-true healthy ways of coping also apply to dealing with media stress. Engaging in enjoyable activities give our brains a short but much-needed break from the stressful thoughts that we may be having. Dr. Katherine Nordal, the Executive Director of the American Psychology Association recommends that we should "Read enough to stay informed, but then plan activities that give you a regular break from the issues and the stress they might cause. And remember to take care of yourself and pay attention to other areas of your life." You can also pay attention to your thoughts and feelings as you navigate the media. If you notice that media coverage is having an impact on you, give yourself a break and find a way to take your mind off things.

Around SSMS!

From left: January students of the Month Ava J. (6-3), Nathan G. and Larry M. (8-4) and PROWL Student of the Week: Norah D. **Great work, Bobcats!** Also, photos from Mme. Russell's grade 6 PIF classes making robots and Pink Shirt Day!



SSMS Mission
 Opening Doors to Opportunities
 Challenge. Encourage. Achieve
 Ouvrir les portes aux possibilités.
 Défier. Encourager. Attendre

SSMS Vision
 SSMS commits to providing diverse learning opportunities to foster productive citizens.
 SSMS s'engage à offrir diverses expériences d'apprentissage pour développer des citoyens responsables et productifs.