



News from the Den April 2022

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Wellness • Communication • Knowledge

Thought for April: Children are like a garden, they require constant tending in order to bloom.



<http://haroldpeterson.nbed.nb.ca>

Don't forget to check the school website for information regarding sports, announcements and upcoming events. You will also find links for our teachers here.



Cafeteria News

Orders may be placed online at www.chartwellsk12.ca. If you have any questions relating to our cafeteria or on-line orders, please call Rachel at 357-4296. For April, our grade 6 and 7 students have the cafeteria during the first half of lunch.



Pick Up and Drop Off

CAUTION DRIVE SLOWLY When using the pick up/drop off area, please be very alert as there are many vehicles, not to mention students in this area. THANK YOU for your attention in this matter.

PANTHER PRIDE Assemblies

We recognize 30 students at each assembly who have earned Panther **P.R.I.D.E. slips**. We are now gathering prizes for the end of year assembly. If you can help by donating a gift card or other fun items, our students would love this. Thank you for your support!!



ART CLUB

Art club meets every Tuesday at noon. Bring your lunch and materials to the culinary arts room. You can meet likeminded friends. (Knitters, sketchers, crafters welcome!)



Dates to Remember: Mark Your Calendars	
Apr 4 – Apr 8	Scholastic Book Fair
Mon. Apr 11	Report Cards Go Home
Wed. Apr 13	Parent/Teacher Interviews – evening
Thur. Apr 14	Parent/Teacher Interviews – a.m. PL Half Day for Teachers – p.m. NO SCHOOL FOR STUDENTS
Fri. Apr 15	Good Friday – NO SCHOOL
Mon. Apr 18	Easter Monday – NO SCHOOL
Mon. Apr 25	HPV & Tdap Immunization Clinic
Apr 19 – May 2	Student Provincial Assessments
Mon. May 23	Victoria Day – No School

BOOK FAIR -- 04 April – 08 April

Our Scholastic Book Fair is running from April 4 - April 8 and is a reading event that brings the books kids want to read right into our school. There is a wonderful selection of engaging and affordable books for every reading level. Please make plans to visit our school from 2:30 – 3:00 p.m. on Monday, Thursday or Friday of this week and be involved in shaping your child's reading habits. Students will be visiting with their teacher at different times during the week. As well, there is a virtual book fair again for those who cannot make it to the school. The link is

<https://virtualbookfairs.scholastic.ca/pages/5158587>

What a perfect time to buy a birthday, Easter or other special occasion gift for family and friends. Contests are running for a chance to win free books!!

ATHLETICS

Basketball Wrap-up:

The basketball seasons have wrapped up and all four of our Panther Basketball Teams had great seasons. Three of our Panther Teams brought home District Championship banners this year. Congratulations to our JV Boys, Varsity Girls & Varsity Boys Teams!



Volleyball:

Our Volleyball teams are currently in the process of being chosen. We are looking to fill 6 grade level teams this year which would make for our largest program by participation to date. Best of luck to all students trying out!



Athletics Calendar:

Just a reminder to be checking the athletics calendar regularly as this is updated frequently throughout the week. If you are looking for the most up to date schedules for athletics, these can be found using the following link <https://secure1.nbed.nb.ca/sites/ASD-W/haroldpeterson/Sports/Pages/Calendar.aspx>

REPORT CARDS & PARENT TEACHER INTERVIEWS

Report cards will be going home with students on Monday, April 11. Parent/Teacher Interviews will be held after school/evening on Wednesday, April 13th, and in the morning on Thursday, April 14th. Watch for an e-mail from your child's homeroom teacher to schedule your meeting through the sign-up link. If you are unable to book online, you can contact the school or your child's teacher and we will help arrange the meeting for you. **Please do not hesitate to e-mail or call your child's teacher(s) if you have any questions or concerns.**



2022 - 2023 School Year

We have begun the planning process for September 2022 and are looking for an indication of whether students will be with us at Harold Peterson Middle School, or, in the case of our Grade 8 students, at Oromocto High School. A letter will be enclosed with your child's report card asking you to provide this information to us. We ask that the completed information slip be returned to the school by **Wednesday, April 13, (along with your child's report card envelope)**. We are aware that circumstances may change between now and September but it is very important that we receive the information now, to the best of your knowledge. If you suspect that a change may occur, just indicate that on the slip. Thank you.

GUIDANCE CORNER

Returning to a New Normal: 12 Tips for Handling Uncertainty

Families are invited to check out the full article at <https://www.anxietycanada.com/articles/returning-to-a-new-normal-12-tips-for-handling-uncertainty/>

Here are 12 guidelines and principles to follow as you gradually return to your daily routine:\

1. Perhaps most importantly, continue to follow public health guidelines.

Note that the degree and rate of reopening may vary across the country. Stay informed when restrictions are reinstated, depending on the course of the virus and its spread, and stay up to date as the availability of testing, treatments, and vaccines over time.

2. Make decisions in accordance with local public health guidelines and not your anxiety.

As reopening continues, your public health authority may make suggestions that conflict with your internal sense of safety. Put your trust in your local public health officials. Although safety is almost never a guarantee, if your local public health officials have provided the guidelines, use them and not your internal feelings of fear or anxiety to tell you what you can and cannot do.

3. Remind yourself of the reasons to re-engage.

Doing things that you have not done in a while will likely be anxiety provoking and difficult at times. Before you start or before you do something you know might be particularly difficult, it would be a good idea to remind yourself of what can be gained by doing the things that the anxious part of you is saying could be risky. Sources of motivation may include:

- Modelling bravery for your kids
- Being outside together as a family to build positive memories
- Not letting anxiety push you into a corner

4. Identify what you fear could happen and challenge those fears before you start.

The anxious part of your brain will say things like: "don't do this, it could be risky," "what if you make a fool of yourself," "what if it's dangerous," "what if you contract the virus and bring it back to your family? You will be responsible for bringing it into the house and they will never forgive you."

In response, identify the specific fears or thoughts you may experience and challenge them before you enter a situation so you can rely on your reasoned conclusion while you are in a potentially anxious spot.

5. Start small.

Not everything that you avoid or are anticipating re-entering is equal in terms of difficulty. It is a good idea to start small – at a level that you are pretty sure you could do but haven't yet tried. Give yourself a chance to succeed. Think of it a bit like the high jump; better to set the bar at a lower level and clear it by a long shot compared to setting high and running into it. If you set yourself up to succeed, it will build a sense of confidence and a desire to push forward.

To start, build a fear ladder to help yourself progress to more challenging situations.

6. Gradually work up to more difficult situations.

Give yourself a chance to build on your success by gradually increasing the difficulty level.

For example: Slowly approach going to the grocery store at closer to peak times. Although it may be time consuming, it also may help you gather data to refute the anxiety-provoking predictions regarding the danger level of being out of the house.

7. Mix and match the situations that produce anxiety.

Sometimes when people try to get past a fear, the situations in which they test it will be relatively narrow (e.g., only going out for walks between 6:00 and 7:00 in the evening). Although this is a decent first step and better than always staying inside, it doesn't give you much information regarding the extent of the perceived threat. To put yourself in a better position to gather information, it is a good idea to vary the situations (e.g., going out all times of day) and if possible to combine situations that make you anxious (e.g., taking the elevator from the parking garage with a person who is not a member of your family [if the posted signs allow for it] to get to the grocery store where you had planned to shop).

8. Be consistent.

Like any fear, the more often you confront it, the quicker you will reach a place of comfort with it.

For example: Imagine two people who have the same fear (e.g., walking by people on the street because of a concern that they might get the virus). One person goes out once a day for 15 minutes and the other person goes out once a week for 15 minutes. The first person will have gotten much more experience and gathered much more data that would help them to refute their anxiety provoking predictions compared to the second person.

9. Debrief yourself after doing something that makes you anxious.

After you finish doing something that scares you, compare what **actually** happened to what you **feared** could happen. In some cases, you may not be able to do this debrief with yourself until several days later. For example, if you make a prediction that going outside and walking on the street and passing others will make you sick, compare it to what actually happened but recognize that it might take up to two weeks to get an answer. In other situations, you may be able to do a debrief immediately after completing a scary activity. For example, if you go outside with a mask on and make a prediction that people will point, stare and ridicule you for wearing a mask, you will be able to immediately debrief with yourself, comparing your prediction to the actual outcome. Hopefully over time you will collect a number of experiences that may demonstrate that

you are overestimating the threat/danger, which may help the next situations to not seem so scary.

10. Don't negate your success.

The anxious part of your brain has a job – to keep you safe from danger. Of course, if we always listened to this part of our brains, we would not have a happy or productive life because too much time would be spent expecting danger and trying to keep safe. If you gradually approach anxiety-provoking situations and have success, expect that the anxious part of your brain will try to take away from the success (e.g., “you got lucky”, “the people you passed today looked healthy.” “people felt sorry for me, which is why they didn't get upset with me,” etc.).

Don't let yourself negate success. While it is true that initial forays out into the world after being locked away don't provide definitive information on health and safety, own your success and understand that the more you do it, the more information you will have to make accurate estimations.

11. If something is more difficult than you expected, be compassionate with yourself and don't give up.

Moving past a fear is rarely all forward movement. The phrase, “two steps forward, one step back,” is a more accurate representation of what the work looks like when people try to overcome something they fear.

When (not if) you do have a moment(s) of difficulty around an anxiety-provoking exercise, give yourself some encouragement for doing something that is hard, and think about what you might tell a cherished friend. Hopefully, you would not be critical of that friend but rather lead with kindness while encouraging a regroup followed by another attempt. Remember, if you have not been successful with something, it's an opportunity to learn from it so the next attempt has a greater likelihood of success.

12. Congratulate yourself for your hard work.

Facing a fear is hard work. It does not matter if others don't share your fear. We all have things that scare us and because of this, it is best for us to be our own yardstick. Compare within yourself. If you are working hard to overcome your fear, you deserve to congratulate yourself. Speed does not matter (remember the fable of the tortoise and the hare?). Also, don't fall into the trap of congratulating yourself for a positive outcome. If you focus on the effort you are putting in and you are following the above guidelines, trust that the outcome you want will come. It may not be as quick as you would like, but it will come. The work of re-entering the world after an unprecedented months-long lockdown is work. If you are trying to overcome your fears, then you deserve to congratulate yourself for your hard work!