



# News from the Den

## December 2021

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**Harold Peterson Middle School**  
 Wellness ~ Communication ~ Knowledge



**Be confident.** Too many days are wasted comparing ourselves to others and wishing to be something we aren't. Everybody has their own strengths and weaknesses, and it is only when you accept everything you are – and aren't – that you will truly succeed.

~ Author Unknown ~

### DRIVEWAY SAFETY

We have had a number of parents and visitors express concern about drivers not being attentive to our students who are being dropped off in the morning. The drop off area is very busy – it is crucial that drivers **reduce their speed significantly**, and be patient with other parents who are dropping off their children. Please be aware of car doors opening and students getting out, as well as students who are walking to the school doors in the drop off area. As you exit, please stop at the end of the building before you turn left, as there are staff and visitors coming in the driveway to the parking lots. It may take a minute or two longer for you to make your drop off, however we would rather everyone be safe!

### School Closures

Announcements regarding school closures can be heard on local radio stations, by dialing the district public information line at 1-888-388-4455 (toll free) or 453-5454 (local calls) any time after 6:00 a.m. to listen to a recorded message, or by checking the district website at: [www.asd-w.nbed.nb.ca](http://www.asd-w.nbed.nb.ca) Please note that we are Zone 7 when you hear it on the radio stations or see it posted through social media.

### HPMS Book Fair

Following is the link for the virtual book fair being held from December 1 -12 for our school. Books make a great Christmas gifts!! You can shop from the comfort of your home and they will be shipped directly to your house.

<https://virtualbookfairs.scholastic.ca/pages/5170893>

School Website:

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

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



### Cafeteria News from Rachel

**The last day to purchase food from the cafeteria will be Friday, December 17. Online orders will be available for the first day back in the new year – Jan. 10/22. Have a happy and healthy holiday!!**

### Dates to Remember: Mark Your Calendars

Dec 1 – 12	Virtual Scholastic Book Fair
Thurs. Dec 2	Parent/Teacher Interviews (4:00 p.m. – 7:00 p.m.)
Fri. Dec 3	Parent/Teacher Interviews (8:45 a.m. – 12:00 p.m.) and PL for Teachers – NO SCHOOL for students
Dec 1-11	8D & 8E Young Entrepreneur Sale
Thurs. Dec 23	Last day for students until Jan. 10, 2022
Mon. Jan 10	Back to School for Students

### DRESSING FOR THE WEATHER

It is getting colder outside, especially in the mornings. Students need to be dressed for the colder weather. It is a good idea to have mitts, hat and coat on when they leave for school. When students go outside at lunch to get fresh air, they need to be dressed appropriately.



### Student Pick Up & Messages for Students

If you are picking up your child earlier than dismissal time, our Admin. Assistants in the office will sign him/her out for you. Once you are physically in our driveway please either call the school and make your request or ring the buzzer at the front door. You will be identified, your child called down, signed out and then sent to meet you. If you need to leave a message for your child during the school day, please contact the office before 2:00 p.m. – thank you for your understanding and support with these matters.

### YOUNG ENTREPRENEUR SHOW

There is an exciting student showcase happening online through our school! Our 8D and 8E students have been participating in the PowerPlay Young Entrepreneurs program. See how these up-and-coming entrepreneurs are learning about business, creating their own products and putting their imagination to work! Student products will be available for purchase online this from Monday, December 6<sup>th</sup> to Friday, December 10<sup>th</sup>. You will receive the catalogs via email from your child's homeroom teacher, or you can email [ray.compas@nbed.nb.ca](mailto:ray.compas@nbed.nb.ca) and he will send it to you. If you are interested in a product, you'll deal with the vendor directly. You might find some great Christmas gifts. Prices generally range from \$1.00 to \$10.00. FYI: A portion of the profits will be given to local charities!

## Teens and Stress

With a noticeable increase in our students' levels of stress and anxiety, our school is very fortunate to have support from Dr. Kristen Brown. Dr. Brown has been giving her time to come in and speak with health classes this fall, in an effort to bring the topic of anxiety to the forefront, and to provide guidance to students regarding how they can best deal with anxiety. If anxiety is interfering with everyday life, it is best that students talk with someone they trust about how they are feeling. If you are looking for more information, please see the following sites:

[www.sharedcare.ca/toolkits](http://www.sharedcare.ca/toolkits)

[www.anxietycanada.com](http://www.anxietycanada.com)

[www.verywellmind.com](http://www.verywellmind.com)

### Anxiety in Youth ([www.anxietycanada.com](http://www.anxietycanada.com))

Anxiety is our body's normal reaction to perceived danger or important events. Anxiety is like an internal alarm system. It alerts us to danger and helps our body prepare to deal with it. For example, it allows you to jump out of the way of a speeding car. It also lets us know when something important is happening and helps us perform at our best. For example, anxiety can prompt you to bring home your textbook to study for a final exam or motivate you to practice for a class presentation. Anxiety is something that everyone experiences from time to time.

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The F3 system is critical to our survival from true threat or danger, but what happens when there is no real danger? Interestingly, anxiety can also trigger this system into action when we believe there is a threat or danger even if there isn't. For example, you may yell at your mum for bugging you about taking your driving test when you don't feel ready (fight). Or you may call your dad to pick you up early from a new activity because you don't feel comfortable around unfamiliar people (flight). Or, you may feel as though your mind goes blank when the teacher asks you a question (freeze). These are examples of anxiety triggering the F3 alarm even though these situations are not really dangerous. We call this a "false alarm".

Although anxiety protects us in the face of real danger, it can become a problem when it:

- Goes off when there is no **real** or immediate danger (e.g., like a smoke alarm that goes off when you're just making toast)
- Happens a lot
- Feels pretty intense
- Is upsetting and causes you distress
- Stops you from doing fun and important things (e.g., like going to school dances or parties, making friends or dating, getting your homework done, or getting a job or your driver's license).

If you think anxiety might be a problem for you, it's also important to reach out to others for help. Talk to a trusted adult (e.g., parents, family members) or your family doctor. Or, get some support from a mental health professional (like your school guidance counselor, a psychologist, or a psychiatrist).

## GUIDANCE CORNER

### **Pronouns and Why are They Important**

You may have noticed that people are sharing their pronouns in introductions, on nametags, and when meetings begin. This is happening to make spaces more inclusive of transgender, gender nonconforming, and gender non-binary people. Including pronouns is a first step toward respecting people's gender identity, working against cisnormativity, and creating a more welcoming space for people of all genders.

In English our most commonly used pronouns (he/she) specifically refer to a person's gender. For queer, gender non-conforming, nonbinary, and transgender people, these pronouns may not fit. Using a pronouns that do not fit, can create discomfort, and cause stress and anxiety.

<b>PRONOUNS</b>					
A Helpful Resource					
Pronouns are words that substitute for nouns. Gender pronouns are used in place of a person's name. This list is not exhaustive but is a good place to start!					
<b>Binary and Gender Neutral Pronouns</b>					
	Nominative (Subject)	Objective (Object)	Possessive Adjective	Possessive Pronoun	Reflexive
She	She	Her	Her	Hers	Herself
He	He	Him	His	His	Himself
They	They	Them	Their	Theirs	Themselves
Ze	Ze	Hir	Hir	Hirs	Hirself
Ey	Ey	Em	Eir	Eirs	Eirself

Melinda Cyr  
Guidance Counsellor