

PARENT PAGE

October 2022

Principal: Kayla Walker

Vice-Principal: Lynn Thomas-Grattan

Admin. Assistants: Cindy Allain, Tanja Mallery

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

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If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

~~~ John Quincy Adams ~~~

## SCHOOL MESSENGER

We, along with the ASD-W community, continue to use School Messenger as our standard for communications with school families. You will receive calls and/or e-mails via Messenger 2-6 times per month from the main office throughout the school year and probably more often than that from teachers. Some messages may be in your spam or junk folder, so please check for messages from the school/teachers.

## Fall Fundraising Campaign

Our SANTA'S LITTLE HELPER fundraiser will finish up on Friday, October 14. Every dollar raised in our fundraisers is used to improve our technology and enhance the educational experience of HP Students! Please help to promote our fundraiser with your family and friends Thank you for your efforts and support with our fundraisers. The link is <https://fundraising101.ca/fall-2022-fundraiser-14.html>



## School Website/Calendar

Please check the school website daily for updated information regarding sports, after-school activities and upcoming events.

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

## Student Pick Up

If you plan to pick up your child during the school day, **you must be physically present in the school yard and either call from your vehicle or ring the buzzer at the main door.** We will then call your child from class, sign them out and send them to you. Thank you.

## Dates to Remember: Mark Your Calendars

|              |                                                                             |
|--------------|-----------------------------------------------------------------------------|
| Mon. Oct 10  | Thanksgiving Holiday – No School                                            |
| Wed. Oct 26  | Change Makers – 2:45 – 3:45 p.m.                                            |
| Fri. Oct 28  | Picture Retakes – 8:45 a.m.                                                 |
| Mon. Nov 7   | TDAP/HPV #1 Immunization – Grade 7 boys & girls/Grade 8 HPV #2 boys & girls |
| Fri. Nov 11  | Remembrance Day – NO SCHOOL                                                 |
| Fri. Nov 18  | Professional Learning Day for teachers – NO SCHOOL for students             |
| Thurs. Dec 1 | Report Cards Go Home                                                        |
| Fri. Dec 2   | Professional Learning Day for teachers – NO SCHOOL for students             |

## Slow Down! - It's a matter of safety!

Remember as you travel through the school zones that the speed limit is reduced to 30 km/hour between the hours of 7:30 – 4:00. Also, when you drive into our school lot, the speed limit is 10 km/hr. We ask that everyone slow down and be mindful of our students walking and being dropped off. **Please, no idling in our parking lot. Turn off your vehicle while you wait.**

## Breakfast Program

Our breakfast grab-n-go operates daily in room 13, Culinary Arts room, from 7:45 a.m. - 8:15 a.m. All students are welcome. We would like to say a huge **THANK YOU** to the **Knights of Columbus, Monsigneur Boyd Council 6774**, for their generous donation of **\$2,500.00 (WOW!!!!)** to our Breakfast Program!!

## CAFETERIA – Message from Rachel:



On the Chartwells (Nutrislice) website, you can view all menus and follow a step-by-step guide to order lunch for your child, just follow the steps after clicking on

this provided link <https://chartwellsk12.ca> Also, we are looking for volunteers to do lunch supervision in the cafeteria from 11:15 – 11:50 a.m. daily. Please call to submit your name or email [kayla.walker@nbed.nb.ca](mailto:kayla.walker@nbed.nb.ca)

## School Picture Retakes



Harvey Studios will be here on **Friday, October 28**, to do school picture retakes. Retakes are for students who missed picture day or opted for retakes from the original form sent home. Please return the Harvey Studios form indicating you would like retakes.

## Change Makers

Youth have the power and potential to create solutions to many local, national, and global issues that we are facing today. If your child would like to be part of an after-school club that focuses on creating positive and impactful change, the next meeting is on **Wednesday, October 26<sup>th</sup> in room #5 from 2:45 - 3:45 p.m.** We will have great discussions, play games and make plans as a group for how we will make a difference in ways that matter to them! (Future dates - November 23<sup>rd</sup> & December 14<sup>th</sup>)

## Late Buses

If your child does not return home at the expected time, please give us a call. However, we ask that you allow 15 minutes after expected arrival time in the afternoons before calling – this allows for unexpected time delays, ie. spare drivers new to a route, breakdowns that may occur on the road to be communicated, driver dealing with behaviour issues, student dawdling on the way home from the stop, etc.



## Terry Fox Run

On Tuesday, September 27, all of our staff and students walked for Terry Fox as a method to raise cancer awareness. Our school raised over \$2,400.00!!! Thank you to all who donated so generously and a huge **CONGRATULATIONS** to 7B, Mrs. Laviolette-Rowe, and to 7E, Mme Hunter, on raising the most money by homeroom in the school!



## Truth & Reconciliation Day

**A special thanks to Sarah Francis (ASD-W Education Coordinator - First Nations and Culture Programs) and Molly Brown (ASD-W First Nations Education Lead) for joining us for our Orange Shirt Day assembly. It was a gift to have them share language and song with our students.**

## SCHOOL COUNSELLOR CORNER

Oftentimes, as children get older, social media becomes a bigger part of their lives. Social media brings with it a new stressor, digital stress. It is important that adolescents realize the importance of making time for rest and reflection, so that they are not constantly under stress. Putting some of these suggestions in place may help everyone in your household feel better.

- When you are not using your devices, turn off your notifications. You can't relax when your phone is always ringing or buzzing, or when you are anticipating possible notifications.
- Turn off your phone at bedtime - totally off. Keep your phone outside of your bedroom.
- Schedule time that doesn't include school, work, and screens. Research has shown that even ten minutes of "untasking" - doing things like going for a walk, playing cards or spending time with friends/family without distraction - can do a lot to relieve stress.
- Take an occasional vacation from social media and digital devices. If that sounds hard for you, start with one day a month, or even a shorter period of time like the hour leading up to bedtime, and try to work up to one day a week or more. (Mediasmarts.ca)



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