



# September 2022 Newsletter



Dear parents and guardians,

Welcome to the 2022-23 school year! We are excited to be at school and support our students as they get back into routines. After three challenging years, our main goal this year is to help students feel safe and regain a sense of belonging to school. When students feel connected to their school, magic happens and great learning takes place. There have been exciting changes at PAMS while students were away. A rock seating/outdoor learning area is now in the front of the school and a basketball court by the swings is almost complete. As well, funds from the Government of Canada supported the painting of a National Truth and Reconciliation mural by a former student and resident of Neqotkuk, Emma Hassencahl. Watch for the official launch and story behind the mural that is featured in the front lobby.

Mrs. Dionne, Mrs. Murchison-Riddell, and the PAMS staff

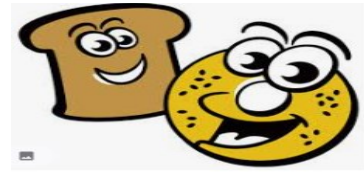
## PAMS is a PBIS school

PBIS stands for Positive Behaviour Interventions and Supports. The core of PBIS is designed to teach, model and reinforce the behaviour that is expected at school. Our goal is to have a learning environment that is positive, predictable, and consistent. The PBIS model acknowledges, encourages, supports each other, while the value of being a positive, contributing community member. It is about all school personnel working together to effectively identify and put practices in place for students in need of additional supports to be successful.



Students are welcome to use electronic devices at school during noon hour (11:55-12:45). Devices are in the locker at all other times.

Families who need support for lunches may sign-up for the Canada Feed the Children program. This program is helpful for families who are finding it difficult to provide lunches for their children each day. Students using the program are served a main meal on that day. If you are not part of the program and forget your lunch we have nutritious subs available free of charge each day.



PAMS offers a daily breakfast for all students. With the help of community and student volunteers, bagels, toast, cheese, yogurt, fruit and other healthy foods are delivered to homeroom classes each morning. This fantastic program is organized by our community co-ordinator, Carol Godbout. Carol is always looking for volunteers to help in the morning, if you are interested call 273-4889.



Chartwells is our food service provider. They work closely with the school to provide a balanced nutritious meal for students. We strongly encourage students using the cafeteria to buy the MAIN MEAL as it provides the best value. There are two options each day for \$5.50. The meals include a side of fruit and milk. There are other A la carte options available.

### **Our safe drop off / pick up**

Safety is our number one priority. Parents dropping students off in the morning should enter the parking lot and stop in front of the crosswalk. Vehicles must take their turn, the vehicle in line should not let their child out until they have moved to the crosswalk. Supervision begins when the doors open at 8:05am.

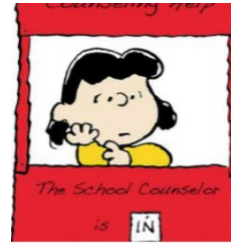
Afterschool, parents should plan to arrive no earlier than 2:50pm. Students being picked up, leave the school once the buses have departed. Parents can then line up in the bus line. Students should walk to the vehicles in line and get in on the sidewalk side. Students are not crossing the road to get in vehicles in the parking lot.

Thank you for following this process and keeping the BEARS at PAMS safe!



Basketball Club—This is a skills and drills club afterschool from 3-4:30 pm for girls on Monday and Wednesday and boys on Tuesday and Thursday.

Soccer tryouts— Soccer tryouts have started this week . Watch our social media for game times and come cheer on our BEARS!



### **A message from Karen Bradford our new school counselor:**

Welcome back students and parents! My name is Karen Bradford, and I am replacing Susan Baker as the School Counselor at PAMS this year. I am looking forward to getting to know your student(s) and to being part of the incredible team here at PAMS. Together we will be working tirelessly to create a safe, inclusive and creative environment that will support your student to reach their potential socially, emotionally and academically ! The role of the School Counselor includes (but certainly not limited to!). Listening to students' concerns regarding social, academic and /or personal circumstances; providing students with support and guidance on how to deal with problem; mediating and improving relationships between students, parents and teachers and counseling individuals and groups as required. Please feel free to reach out anytime if you have any questions or concerns. Have an awesome year!



Our annual Terry Fox Walk will be on Friday, September 16. Students are encouraged to bring a toonie that day to donate to cancer. Cupcakes will be sold on Thursday and Friday for \$1 with proceeds going to the Terry Fox Foundation.

### **Important Reminders:**

-A set of important forms was sent home at the meet the teacher or the first day of school. This includes Policy 311 (pink sheet) that allows students to use computers/ipads once signed. It is important that you check all information on the data sheet (long white sheet) to ensure it is accurate and sign the bottom. If your contact information changes throughout the year, please inform the school ASAP.

-The student fee of \$31.50 can be paid online or by cash/cheque at school. Once paid, students will receive their BEARS t-shirt and water bottle. The fee subsidizes various presentation costs throughout the year and art/technology supplies.

-If your child is a bus student but is walking or being picked up, please send a note, otherwise students will be taking the bus.

-If you are picking your child up during the day, please call the school when you arrive or buzz at the door and we will send your child out.

## The School Theme For September is **BELONGING!**



To support your student to develop connections and a sense of belonging at PAMS we would like to emphasize the importance of attendance:

Student with chronic absences (20 in a year): struggle academically, are more likely to be held back, are more likely to drop out and are more likely to get into trouble with the law.

### Developing good attendance habits:



**Make school a part of your family's daily life:** Set routines that your family sticks to everyday. Set times for waking up, doing homework and going to bed. Check in with your child everyday to ask about what happened at school.



**Keep in touch with your child's school:** Keep in touch with your child's teacher and let the school know if they needs to miss school. Update your phone number and address if anything changes.



**Have a backup plan:** Connect with other parents so you have people you can reach out to for help (like needing help getting your child to and from school).



**Know your stuff:** Know your student's attendance policy and what's being taught in the classroom.



**Plan for the year:** Schedule family vacations, medical check-ups, dental visits, and other appointments during school breaks or on the weekends whenever possible.



**Work together:** If your child has to be absent from school, make sure you get a make-up packet from your child's teacher and help them to complete the work.



**There are members of the BEARS family that have severe allergies.**

- Cinnamon**
- Nuts**
- Scents**

**For the safety of our Bears we ask that you please avoid wearing scents and bringing cinnamon or nut products to school.**



PAMS will be having school wide activities in recognition of National Truth and Reconciliation Day. The afternoon of September 29th and all day September 30th, PAMS will host various activities.



If you would like to purchase an orange t-shirt, we will have a limited quantity available at the office. T-shirts will be \$12 each.

**PAMS Phrase of the Week:**

**English**—Happy to see you!

**Wolastoqey**—Eci wolitahasi nomiyal

**French**—Je suis content de te voir!

BEARS School clothing order forms will be sent home soon. Orders will be due back October 28, so we can receive for Christmas. Please hand in orders with payment to Mrs. Gallant at the office.

**Upcoming Events:**

- Sept. 16—Terry Fox Walk
- Sept. 29—Back to School Dance
- Sept. 30—National Truth and Reconciliation Day
- Oct. 14—7/8 Immunization Clinic

**Daily Packing List:**

- Backpack
- Lunch and snack
- Filled water bottle
- Indoor sneakers/change of clothes for Phys.Ed

Want to know what's happening at PAMS? Be sure to join our Perth-Andover Middle School Facebook Page, Instagram or bookmark our school website at <http://web1.nbed.nb.ca/sites/ASD-W/pams/Pages/default.aspx>

PAMS Staff would like to thank all families for helping us with a smooth transition to school this year. If you have any questions or concerns, please call the school at 273-4760

*No School Monday, September 19—National Day of Mourning in respect for her Majesty Queen Elizabeth II*