## Lightning News

March 25 $^{\text {th }}-$ March 29th

## This is a three-day week for students!

There will be no school on Monday, March 25th, as it is Report Card preparation day for teachers.

There is no school on Friday, March 29th or Monday, April $1^{\text {st }}$ as it is Easter Weekend.

## Term 3 Begins March 26th!

Specialty classes will be changing for Term 3 on Tuesday, March $26^{\text {th }}$.

- Grade 6's will have Art with Ms. Wilson
- Grade 7's will have Music with Ms. Jenkins
- Grade 8's will have Technology with Mr. Stuart



Please remember to bring a sketchbook and your pencil case containing pencils, an eraser, a hand-held sharpener and pencil crayons. Please put your name on your supplies!

The most economical places to get a sketchbook are Dollarama and Great Canadian Dollar Store. If you can't find a sketchbook, you can use a duo-tang and Ms. Wilson will give you some plain paper. See you next week!!!

- Ms. Wilson
 Samantha LeBlanc Grade 6 Stout


## Lunch option for Wednesdays!

This new lunch option will be available to purchase on Cashless Schools starting every Tuesday for the following week.

March $27^{\text {th }}$ Menu


> A lunch Program with a Mission


## ELA Help

ELA support will be offered on Wednesdays at lunch and afterschool for anyone from any grade.

Lunch Help: 12:00-12:50
Mr. Smith's Room 37 at 12:00. Bring your lunch, work and something to write with.

Afterschool Help: 3:00-4:00


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Ms. Seales' Room 20 afterschool. Please make arrangements to be picked up no later than 4 p.m.

## Math Help

Math support will be offered on Thursdays at lunch for anyone from any grade.

Lunch Help: 12:00-12:50

Mr. MacDonald's Room 10 at 12:00.
 Bring your lunch, math work and something to write with.


## The Young Entrepreneurial Show

## March 28th, 2024

Presented by 6 Stout \& 6 Stuart
In the Barnhill Gym from 9:30-11:30 a.m.
All are Welcome!

Students will be selling products such as bracelets, art, candles, bath bombs, homemade dog treats and more!!!!


## Athletics

Tuesday - Boys' Away Game @ Forest Hills School Wednesday - Practice for Girls' 3:00-4:30
Thursday - Girls' Home Game vs. Forest Hills School


## BARNHILL STAFF SPOTHIGHT

## Mr. Stuart Duff

Grade 8 Homeroom, 7 and 8 Math
Teaching Experience: 8-10 years (including supply) Years at Barnhill: This is my 2nd year
What do you love about being a teacher? "Making real life connections with students."

Interest/Activities: Hockey, football and rugby Interesting Fact: I used to be a youth pastor Family: Wife: Margo (also a teacher), Sons: Sam (27) and Jake (22) Grandsons: Charlie (7) and Henry (2)


## On the Horizon...

- Horizon Health will be in the school on Wednesday, April $3^{\text {rd }}$ to administer our 2nd round of HPV immunizations to our Grade 7 students. All grade 7 students will be offered the second vaccine.
- Report cards will be going home on Thursday, April $11^{\text {th }}$
- Parent/Teacher interviews will be Monday, April 15th from 1:00-3:00 virtually and from 4:00-7:00 PM in person. Details for booking will be available soon!


## Science Week

Science week is from April $2^{\text {nd }}$ until April $5^{\text {th }}$.

There will be many opportunities for staff and students to learn more about Science.




## SAINT JOHN PROGRAMS SPRING 2024

## CMHA Spring Groups

## For more information:

Understanding Anxiety
\& Panic Disorder March 12 to April 30, 2024 Tuesdays, 6:30-8:30 p.m.

This eight-week program for individuals who have been diagnosed with generalized anxiety have been diagnosed with generalized anxiety
and / or panic disorders. A trained facilitator and and / or panic disorders. A trained facilitator and
health care professionals discuss issues related to anxiety and panic disorders, including information on symptoms, treatment options, coping strategies and community resources.

Mindfulness
March 14 to April 18, 2024
Thursdays, 6:30-8:30 p.m.
A six-week skills-based program designed to introduce you to the benefits and practice of mindfulness in your everyday life and to teach you the basics of mindfulness meditation. Participants will learn how to practice mindfulness to calm the mind and to improve both mental and physical health.

Life After Loss: Survivors of Suicide March 12 to May 14, 2024 Tuesdays, 6:30-8:30 p.m.

Explore the grieving process, self-care, coping strategies and community resources with a trained facilitator. All while being in a supportive environment that encourages listening and sharing stories with others who have experienced a loss through suicide, while enhancing your understanding about suicide and helping you move forward in the healing process.

Engaging Caregivers
in Recovery
March 14 to May 16, 2024
This ten-week program for family members, caregivers and friends of someone living with mental illness. The goal of the program is for caregivers / loved ones to feel better equipped with various coping skills and knowledge of how best be a supporter and caregiver in ways which are healthy and effective for all parties.

These programs do not replace counselling or therapy.
Confidentiality and privacy of sharing within the group is strongly promoted
f. Join CMHANB Saint John \& Region Facebook group for info on programs \& events


