

RedHawk Express

Apr 25-29, 2022



Upgrading Our Communications

Weekly Schedule Apr 25-29

Mon –

Tues – PSSC 6pm &
Grade 11 Night

Wed –

Thurs-

Fri –

May 2-6

Mon – Eid-al-Fitr (3 days)

Tues –

Wed– AP Eng. Lit Exam

Thurs – AP Sem Exam &
Immunization Clinic –
Casino Night (7pm)

Fri – NO SCHOOL [Model
United Nations]

Upcoming Events

- Apr 26 & 27 – PISA for 55 selected gr. 10's.
- May 9 – No School for students & Grad Amazing Race.
- May 14 (Grads) & June 4 (Arts) – Bottle Drives

As shared with students this week and briefly with families last week I wanted to share information about why we must all challenge ourselves to UPGRADE our communications as a means of improving our mental wellness.

Dr. Micheal Rich, Pediatrician and Harvard Professor (https://www.youtube.com/watch?v=JFtS_2wHJf4) and Dr. Phil McRae, Alberta Teachers Association shared a Digital Wellness Guide with us that I feel all families would benefit from viewing: www.DigitalWellnessLab.org

When I asked Dr. Rich how I might turn my “cellphone rule” into a positive invitation to increase interpersonal contacts he gave me some advice that I would like to share. He suggested engaging in a conversation with your teen (in my case 562 teens) to ask the following questions and he finished with a challenge to the adults in their lives;

1. What do you enjoy about your time on cellphone/gaming/tablets? (Positives)
2. What do you dislike about your time on cellphone/gaming/tablets? (Negatives)
3. Discuss how some of the negatives could be mitigated (focus less on screen time totals and more on the quality of the time)
4. Challenge your teen to UPGRADE each type of communication to a more connected version. Instead of
 - a. Text/E-mail → Call your friend
 - b. Calling → Facetime/Teams Call
 - c. FaceTime/Teams Call → Hang out
5. Challenge yourself to do the same! If the adults model the same upgrading (including in communications with their teens) we can model the positive outcomes of richer inter-personal connections.

Supporting Your Students @Home

37 School Days Remain – Including 5 days for Exams

With only 32 more learning days remaining, it is important that we assist our teens remain focused on finishing strong. Families are asked to.

- Maintain healthy eating and sleeping habits in the home.
- Reduce access to screens at least 1 hour before bedtimes to help promote healthy sleep.
- Create a study timetable for Grade 11 & 12 exams in June. Now is the time to begin organising notes, materials and seeking help at lunch or after school.
- Grade 9 & 10 students should be asking questions about re-assessment and how they can prepare.
- Ask questions about grades in PowerSchool – remember that every number is clickable and details about what makes up the grade is at your fingertips!



Reminders & Celebrations

- **Congrats to the Educator and Student of the Week!** Mr. Ryan Breen and Brayden Goodman have been recognised this week by our Leadership Class! Please follow **@rothesayhigh_athletics** on Instagram to watch “Hawk Talk” released every Friday!
- **Congrats to the Reach For The Top Senior Team who placed second in the Provincials this weekend!** Kudos to Josh Osborne, Nick Ashfield, Andrew Goulard, and Alex Hawkins and their coach Joanna Saunders!
- **Congrats to the JV boys Volleyball on a well played season.** Thanks to Nadine Gray for coaching them this year!
- **Kudos to the Varsity Girls Volleyball team on their 3rd/4th placing at the Patterson Memorial Tournament at STM this weekend.**
- **Congratulations to the Girls Rugby team on a great season opening event at RNS RugbyFest.** At last update they had won 2 games and lost 1.
- **HOST Families** – If you are interested in hosting one of them in your home, please see the ad on page 3.
- **Sports calendars will be out on social media this week – please follow @rothesayhigh_athletics on Instagram for live updates, gym bookings and where to catch the RedHawks in Action**
- **Calendars for April, May, June are attached to this newsletter.**

Social Media

Facebook – Search
“Rothesay High School”

Twitter - @RothesayHigh

Instagram –
[@rothesayhigh_athletics](#)
[@reggietheredhaw](#)
[@rothesayhigh_performingarts](#)

Other Account to Follow.
Twitter - @ASD_South

HOST FAMILIES Wanted!

Every year students from all over the world choose New Brunswick for a cultural and academic experience. Our school and homestay program is well-recognized and respected in NB and abroad.

Become a host to an international student!

- Learn about a new culture
- Share Canadian cultural experiences
- Create lifelong friendships
- Receive a bi-weekly stipend for hosting
- Access support 24/7 from AEI team

APPLY TODAY!

For more information visit www.nbisp.ca



AEI  Atlantic
Education
International
Partners in Education
New Brunswick, Canada

NBISP  New Brunswick International Student Program

ROTHESAY HIGH
INAUGURAL INTRAMURAL DRAFT



TEAM ANNOUNCEMENT



NEVE PEARSON
ETHAN KAMERMAN
JOSH MEHAN
MARIE LEGERE
JOHNNY WHITTET

TESSA BLACK
JEREMY RINGUETTE
MICHAEL YOUNG
ROSS DAIGLE

CAPTAIN: LAUREN GILLIS

TEAM ANNOUNCEMENT



ERIK IRVING
COLIN TILLEY
MOLLY FRENETTE
JACK DONOHUE

JORDAN LEROY
LUKE WILLIAMS
AMY SCOUTEN
KATIE CLARK

CAPTAINS: ELIZA GALLAGHER & KITTY NICE

TEAM ANNOUNCEMENT



SAMPSON LOISELLE
MADDY METHOT
NORA GALLAGHER
ELISSA BRYCE
JACK ROMEO

SARAH WALSH
JOHN HAYES
ETHAN LORD
ROWAN PRICE
RIVER LANZ

CAPTAIN: JULIA REEVEY

TEAM ANNOUNCEMENT



COLIN DOWNEY
HARRY HALPIN
JAMESON GEORGE
NOAH JOHNSTON
HOWIE WRIGHT

MICHAEL FLYNN
MARIAH TOOLE
DANIEL MACDONALD
MARISSA MCLAUGHLIN

CAPTAINS: GRACE TILLEY & EMMA FURLONG

TEAM ANNOUNCEMENT



OLIVIA STEWART
RACHEL HULL
ETHAN FRASER
HENRY WHITE
NEAH KILFOIL

COLE HAWKINS
NATE MARSHALL
ROWAN MCINNIS
FIONA BOYD
ADDIE MCCLUNE

CAPTAIN: CLAIRE REEVEY

TEAM ANNOUNCEMENT



CHARLIE GREER
OWEN MCFARLANE
MATT KEEFE
SUBOMI APANTAKU
HENRY PIERCE

OLIVER HENRY
LUCAS BROWN
HUNTER KIERSTEAD
AJ TAIT
SOPHIE LOISELLE

CAPTAIN: TREL MACDOUGALL



REMINDER

APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29 PSSC Meeting 6pm	30	31 SRC Trivia Night 7-9pm	1 April Fool's Day	2
3	4	5 Euclid Math Comp Prom Ctte Meet 6pm	6 Q3 Ends ELPA Admin Day 70's Night -	7 Q4 Begins. Grade 9 Specialty Changeover	8 Marks due @Noon	9 Bottle Drive - Athletics
10 SRC SPIRIT WEEK	11 Issue Report Cards SW: Country vs Country Club Day	12 SW: Anything But a Bag Day	13 SW: Colour Wars Parent Teacher 4-6pm	14 No School. Parent Teacher 9am-12pm	15 No School. Good Friday	16
17	18 No School. Easter Monday	19 PLC Meeting - 3:40pm	20	21	22 Earth Day - Neighbourhood Clean-Up	23
24	25	26 Grade 11 Night - Time TBD PSSC - 6pm	27	28	29	30



REMINDER

MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SRC Election Month	2	3	4 AP Eng Lit Exam	5 AP Seminar Exam Casino Night 7-9	6 No School. NBTA Council Day	7
8	9 NO School. NBTA Branch Meet Grad Amazing Race	10	11	12	13 Red & White Day Film Spirit Video	14 Bottle Drive - Grad Class 2022
15	16	17 AP PSYC Exam PLC Meeting 3:40pm	18 AP CGP Exam	19 AP French Exam	20 Election Day & Assembly	21
22	23 No School. Victoria Day	24 PSSC - 6pm	25 Addams Family Opening Night	26 Addams Family	27 Addams Family	28 Addams Family Closing Night
29	30	31 Grade 11 Night - Time TBD PSSC - 6pm	1	2	3	4 Bottle Drive - Performing Arts



REMINDER

JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 Grade 8 Open House - TBC	2	3	4 Bottle Drive - Performing Arts
5 Graduate Baccalaureate Service - TBC	6	7 PLC Meeting - 3:40pm	8 A Night with the RedHawks Extra-Curricular Awards Evening	9 Sponge Wars	10 Final Assembly 22-23 Student Schedules Released	11
12	13 P1 Exam Gr 11/12 P1 Re-Assessment Gr 9/10	14 P2 Exam Gr 11/12 P2 Re-Assessment Gr 9/10	15 P3 Exam Gr 11/12 P3 Re-Assessment Gr 9/10	16 P4 Exam Gr 11/12 P4 Re-Assessment Gr 9/10	17 P5 Exam Gr 11/12 P5 Re-Assessment Gr 9/10 Grad BBQ 1pm	18
19	20	21 Grad PROM & Safe Grad	22 Grad Rehearsal 2-4pm	23 Graduation Ceremony 6:30pm - 8:30pm	24 Report Card Pick Up for Gr 9-11	25
26	27 Staff Only Days	28 Staff Only Days	29	30		