

RedHawk Express

Feb 28 – Mar 4, 2022



Mental Health Matters & Routine

We do not realise how important routines and predictability are to our mental health and wellbeing until they are taken from us. The last two years have seen our students, staff and families all living in a heightened state of awareness and an ever-changing set of rules to guide our day-to-day life. There is no question that this has and will continue to take a toll on us.

At the school level we are seeing a rise in school avoidance, anxious feelings about school, depression, and suicidal thoughts. I do not share this to cause alarm but awareness for all to be watchful of those around us. Like any chronic illness, symptoms can start slowly or arrive suddenly. Changes in personality, appetite, sleeping patterns are all indicators of distress. The first, and best, thing to do for those we care about is to get them to help. At school that means taking a friend to see Guidance (aka Mrs. Jordan). At home that means saying something to your family. It means alerting an adult if you are worried about someone and not taking on the burden of caring for them alone.

As someone who has worked with high school aged youth her whole career, I can advise that the hardest job is to convince someone to get help. It is also the most rewarding job to see that same youth thrive after engaging in the work to get healthy again. You will never regret saying something to get help for someone.

This week we will focus on mental health in the halls of Rothesay High School. Mrs. Jordan will address the school during morning announcements on Tuesday. Abby Tibbits will be selling yellow T-Shirts all week with proceeds going to the Canadian Mental Health Association. Thursday we will hold a Yellow Shirt Day to recognise as a school that “It’s OK Not To Be OK.”

For additional help please visit the CMHA website. Here is a link to the Helping Others page - <https://cmha.ca/find-help/helping-others/>

Weekly Schedule

Feb 28-Mar4

Mon –

Tues –

Wed–

Thurs – Yellow Shirt Day
(Suicide Prevention)

Fri –

Sat – Bottle Drive (9-12)

Mar 14-18 – Course Selection Week

Mon –

Tues – Course Selection
Evening Presentations

Wed –

Thurs- St. Patrick’s Day
(Wear Green!)

Fri –

Upcoming Events

Mar 7-11 – March Break
(No School)

April 9 (Volleyball) & May
14 (Grads) – Bottle
Drives

Supporting Your Students @Home

Finding balance with the lifting of mandates

With the lifting of vaccination requirements for extra-curricular (Spring sports) and mask mandates on March 14 will come vastly different emotions for our students and staff.

It will be important to discuss the different comfort levels of folks and what that might look like. Some staff and students will continue to wear masks and might choose not to gather in large groups and those of us around them must support these choices.

As with everything in life we should **choose to be kind** and patient and allow everyone to progress through this phase of the pandemic in their own ways.

Thank you for your consideration in this area!



Reminders & Celebrations

- **Congrats to the Educator and Student of the Week!** Ms. Mollie Jensen and Lauren Gillis have been recognised this week by our Leadership Class! Please follow [@rothesayhigh_athletics](#) on Instagram to watch “Hawk Talk” released every Friday!
- **MUSICAL AUDITIONS DUE FRIDAY** - RHS is proud to announce that we will be producing the **Addams Family for Spring 2022!** Students should create their audition videos and submit to Ms. Shea by Friday. Details are on TEAMS Rothesay High School News and Notices Page. Students who require assistance with the process should see Ms. Shea on Monday in room 121!
- **RHS basketball had a big weekend with three out of four teams extending their seasons to sectionals (Provincial Semi Finals).** Our two Varsity Teams and our JV Girls had strong showings here in the Nest. We will continue to post game times on social media ([@rothesayhigh_athletics](#))
- **RHS swimmers performed well in the Provincials this weekend.** We are awaiting the results.
- **Yearbook needs photos** – students are asked to contribute their photos to Yearbook by completing this [FORM](#)
- **Cashless Schools** – Please take a moment to review your students Cashless Schools account to ensure payment of course fees, student fees and graduation fees. If you need any assistance with payment, please contact Patti.Melanson@nbed.nb.ca

Social Media

Facebook – Search
“Rothesay High School”

Twitter - [@RothesayHigh](#)

Instagram –
[@rothesayhigh_athletics](#)
[@reggietheredhawk](#)

Other Account to Follow.
Twitter - [@ASD_South](#)

Rothesay Yacht Club Youth and Adult Learn to Sail Program for Summer of 2022

The Rothesay Yacht Club is happy to announce that registration is now open for the Adult and Youth Learn to Sail programs for the summer of 2022.

Parents can register their 7- and 8-year olds in our Wet Feet program, which is designed to introduce youngsters to sailing in a fun and age-appropriate way. Our coaches are certified Wet Feet instructors, and no sailing experience is necessary at this level.

CANSail programming is developed by Sail Canada and provides beginner and intermediate sailors with the resources to learn to sail at a national standard. Our instructors have received training and certification based on these standards and are registered instructors with Sail Canada.

For any youth ages 9 to 15 without sailing experience, we recommend registering for the CANSail Level 1-2.

For sailors already experienced with CANSail, we are excited to welcome you back and look forward to watching your skills as a sailor and racer continue.

For adults (+16 years), the RYC has changed our format this year, enhancing the program to give you a better learn to sail experience. In the past, our model was 1 day per week for 6 weeks. This year, adult sailors will sail 2 days per week (3 hours per session) for 4 weeks. By concentrating the learn to sail experience into 6 hours per week over the month of July or August, we believe you will learn more and truly feel like a sailor when your session is complete. We are also adding an extensive learning package, which we will send to you in early June to give you basic knowledge before hitting the water. The package is not only informative but serves as a syllabus for your session.

Registration is now open and can be found at rothesayyachtclub.com. There are four two-week youth sessions to choose from, beginning July 4th. Adult sessions will be Monday and Wednesday or Tuesday and Thursday beginning July 4th or August 1st. Sailors, we look forward to seeing you on the water!

For questions or more information please contact Learn to Sail director, Barb Creamer at learn@rycclub.ca. We look forward to hitting the water with you this summer!