



## *Lightning News for March 11<sup>th</sup> – 15<sup>th</sup>.*

### Barnhill does their Best! Better Every Single Time.

The theme for the month of March is nutrition.

“Looking good and feeling good go hand in hand. If you have a healthy lifestyle, your diet and nutrition are set, and you’re working out, you’re going to feel good.” ~ Jason Statham ~

On Wednesday, March 13<sup>th</sup> we will have a Lock down Drill. There will be signs on the door so that everyone is informed that they cannot come in to the school during the drill. The drill will be in the afternoon and it will last approximately 25 minutes. Thank you.

Could everyone please take the opportunity to check out the homework sites every day? There is information on those sites for your children to stay informed about their homework and assignments. Students have homework every night! Please look in their agenda and communicate with their teachers. Even when students **do not** have assigned homework they could be reading, working on some mind puzzles and practicing their math skills. Please remember if you have any questions or concerns, do not hesitate to call the school or email the teacher to set up a phone call. Thank you.

#### Hot lunch

Monday – Pasta with fruit/vegetables - \$4.00

Wednesday – Baked Chicken Poppers with fruit/vegetables - \$4.00

Friday – Cheese Pizza with a side of fruit and vegetables - \$3.00

~ **Cashless Schools**- we encourage parents/guardians to register at <https://asds.schoolcashionline.com/> to order hot lunch. If there is a storm day and you had ordered hot lunch, it will be refunded on Cashless Schools. If you have any questions or concerns, please contact the school.

~ If anyone is interested, the following is some information about internet /digital safety.

Please visit the the Canadian Centre for Child Protection’s website at [www.protectchildren.ca](http://www.protectchildren.ca) or by calling 1-800-532-9135. This site contains a number of very informative resources to help parents/ guardians navigate the very difficult and challenging issues that arise as our children enter the digital world of social media.

Please mark your calendar for the upcoming events:

- Madame Holland one of our French Immersion Science teachers has set up a schedule for our grade 7 and 8 students to have Science presentations from UNB. The Science presentations will take place from 10:00 – 11:00 a.m. March 12<sup>th</sup> – Grade 7 Van Steeg and 7/8 McShane.  
March 19<sup>th</sup> – Grade 8 Holland and half of grade 8 Murrant.  
March 26<sup>th</sup> – Grade 8 Landry and the other half of 8 Murrant.
- March 12<sup>th</sup> we have team members from the **Riptide** coming for a whole school assembly. They will be presenting on team building and good health. This assembly is at 1:00 p.m. and all parents and guardians are welcome to attend.
- This Friday, March 15<sup>th</sup> all students and staff are encouraged to wear **green** for St. Patrick's Day.
- March 22<sup>nd</sup> there is NO SCHOOL for students, this is a professional learning day for all staff.
- March 26<sup>th</sup> we have the Code Mobile Squad coming to train our grade 6 students on coding.
- March 28<sup>th</sup> we have a whole school assembly with Dave Hamilton from Ontario, presenting "Kindness Changes Everything."
- April 1<sup>st</sup> Home Report Cards will be issued, we will have Student/Teacher and Parent/Guardian conferences on Thursday, April 4<sup>th</sup> in the evening and Friday, April 5<sup>th</sup> in the morning. Please note that this is the first time our school will hold the conferences in the morning rather than the afternoon. It is our hope that this new time frame will increase the number of parents/guardians who will be able to attend. Students will not have school on April 5<sup>th</sup>, as staff will be attending professional learning activities in the afternoon and conferences in the morning. We will be using the same process we used in the fall for booking appointments, this will all be completed on line. Please take the opportunity to book with your child's teacher(s).

**Grade 8 News:**

Please do not forget to get your rooming choice to Madame Murrant as soon as possible. The final payment of \$130.00 for the trip is due on Monday, March 25<sup>th</sup>. **The total for the trip is \$690.00. Everyone is to have their payments completed by the end of March. We pay an outside company and payments have to be up to date in order to go on this trip.** If you have any questions or concerns, please do not hesitate to contact the school.

The fundraiser that is taking place now is the Vesey Bulbs. Madame Landry and Madame Murrant have sent home information with the students who are interested in this fundraiser;

the students have catalogues, order forms and payment collection envelopes. This is another excellent way to raise money for the Quebec Trip.

### Athletics and Activities:

A reminder that the grade 6 Badminton Cub is back in action. It is on Monday nights from 6:00 p.m. – 7:30 p.m. If you require further information, please contact Mr. Stuart.

Volleyball- Try-outs are this week! The girl's try-out is tomorrow after school from 3:00-4:30 p.m. if there are any questions or concerns, please speak to Miss Pattison. The boy's try-out is on Wednesday from 3:00 – 4:30 p.m. Please speak to Mr. Robinson if you require any further information.

Musical - Treasure Island – thank you to Mr. Stuart, the sets are now being made and the drama students are continuing to practice. The production will be in late spring.

WE – This group is selling tickets on two different baskets to fund raise and help others both locally and globally. The tickets are 1 for \$2.00 and 3 for \$5.00.

Student Council – SRC will be planning some exciting events in April for **Spring Fling week** – the students are organizing a CELEBRATE Assembly, a Sock Hop, as well as daily activities and events.

Café Francais - is Friday at lunch. It is a great way to enjoy French culture and language.

G.S.A. – this group meets weekly at lunch.

Best Buddies – this group will be starting to plant the Marigold seeds next week.

If any students are interested in the Rainbows program, please see Mrs. Muise.

If you have any questions or concerns, please do not hesitate to contact me at 658-5971 or [jill.ferguson@nbed.nb.ca](mailto:jill.ferguson@nbed.nb.ca)

The following is a recipe we would like to share that is highly nutritious and enjoyable. This is a great week day dinner, due to the fact that it is quick and easy.

**Parmesan – Sage Crusted Pork Chops** – Total time to make is 30 minutes and it serves 4. This is a wonderful meal when served with a garden salad.

What you will need...

1/3 cup of super –fine almond flour

1/3 cup of grated Parmesan Cheese

1tsp. dried sage

4 bone –in pork loin rib chops

2 eggs beaten

Heat oven to 400F. In a shallow bowl stir together the almond flour, Parmesan cheese and sage. Season both sides of the chops with salt and pepper. Dip pork chops into egg, then coat all sides with cheese mixture.

Coat oven proof skillet with cooking spray; heat over medium – high heat. Add chops, sear 3 minutes per side or until brown. Transfer skillet to oven and bake for 10 minutes or until the thickest part of the meat registers 145F.

Enjoy!

“Health is a relationship between you and your body.” ~ Terri Guillemets ~

Thank you.

Ms. Jill Ferguson