



Lightning News for March 9th – 13th.

Barnhill does their Best! Better Every Single Time.

- Today is International Women’s Day – this is a global day celebrating the social, economic, cultural and political achievements of women. Please take the opportunity to celebrate women’s achievements and raise awareness against bias. Take action for equality.

The theme for the month of March is honesty.

“Honesty is the fastest way to prevent a mistake from turning into failure.” ~ James Altucher ~

- Welcome back, we certainly hope that everyone had a wonderful break and are now ready to be back at school in order to learn.

~ The month of March is also nutrition month. Throughout the month, we will share some quick, nutritious and easy recipes:

3 – Ingredient Potato Pancakes

- 2 pounds of potatoes, cut into 1- chunks – peeled or not your choice
 - 1 cup of chopped onions
 - ½ cup of brown rice flour
1. Place the potatoes and onion in a food processor and pulse until you achieve a consistency that is still a bit chunky until you achieve a consistency that is still chunky, but fine enough to qualify as a “batter.”
 2. Add the rice flour and pulse just a few times to combine.
 3. Drop by heaping ¼ cupful’s onto a skillet over medium heat. Add a little oil to the pan if you are using stainless steel skillet. Use your scooper to flatten the cakes and shape them a bit. Also, and this is important , as the batter sits the potatoes will release a lot of their water, so make sure you stir the batter well prior to cooking each batch.

4. Add a twist of pepper to each pancake as they cook if you would like. As the pancakes cook, they will firm up. Use a spatula to push the edges in as they firm so they are neat and round.
5. These pancakes take a while to cook, about 8-10 minutes per side. This is because of all the water from the potatoes. Be patient and cook the pancakes to a golden brown. Keep them warm in the oven while you work on the remainder.

~ This is a delicious recipe that we are sure you will enjoy!

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~ A great way to start the day is to be on time. We want all students to be prepared and to be ready for the day. It is really important for students to be here at school and on time. Our school day starts at 8:15 a.m. with the students coming into the school and getting ready for their classes. We have a student led breakfast program that is available to all students. The program offers healthy and nutritious food options such as cheese, fruit, bagels etc. After the students have had something healthy to eat, the expectation is for students to be in their homeroom class by 8:25 a.m. ready to stand for O' Canada. Then the students are to sit and listen to the announcements, so they know what is happening in their school. Thank you to parents and guardians, we need your help and encouragement, please ensure your child is here at school on time and ready to learn.

Hot lunch – all of our hot lunches are served with either an apple, tangerine, carrot sticks, bananas or cucumbers.

Monday – Pasta with fruit/vegetables - \$4.00

Wednesday – Baked Chicken Poppers with fruit/vegetables - \$5.00

Friday – Pizza by the slice with fruit/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.

Regional Science Fair – thank you to the following students who will represent Barnhill Memorial School at the Science Fair on Friday, March 13<sup>th</sup> at UNBSJ.

- Georgia Ross
- Sarah Daigle
- Cameron D’Arcy
- Krisanna McLeod and Grace Stevens
- Ella Cusack
- Adam Dunnett
- Micky Meahan and Gregor Dunnett

~ Good luck to all of our participants, you will do your best!

~ We will announce the standings for our school on Monday during morning announcements.

Please mark your calendar for the upcoming events:

- P.S.S.C. meeting on Tuesday, March 17<sup>th</sup> from 6:30 p.m. – 7:30 p.m. in Room 28.
- March 20<sup>th</sup> Barnhill Memorial School will be recognizing the International Day for the Elimination of Racial Discrimination, which is observed annually. We will be forming a human chain around the school and we will take 2 minutes of silence to remember that on March 21<sup>st</sup>, 1960 police opened fire on a peaceful demonstration against the apartheid pass laws in Sharpeville, South Africa killing 69 people
- Speciality Changes – With the beginning of Term 3 on Monday March 23<sup>rd</sup> students will begin a new speciality – either Music, Art or Technology.
- March 24<sup>th</sup> starting at 9:00 a.m. - Please put your smile on! We will be having the pictures completed by Harvey Studios for all groups and teams for our YearBook.
- Grade 8 Engagement program at Harbour View High School. There will be 10 grade 8 students who will go to Harbour View for the day on March 24<sup>th</sup>, the focus will be Math.
- St. Patrick’s Day Dance will be Thursday, March 19<sup>th</sup> from 6:30 p.m. – 8:30 p.m.

- Grade 6 Benchmark assessment will begin on March 23<sup>rd</sup> and run until April 2<sup>nd</sup>.

### **Grade 8 News:**

**The fundraiser for the “Easter Pamper Me” basket** will begin on Monday, March 9<sup>th</sup>. The grade 8 students will receive a book of ten tickets to sell at \$2.00 a ticket. The students will get these booklets of tickets from Mrs. Stewart during Foundations in the hall in front of the office. The student (s) may sell as many tickets as they would like! However, they will get the tickets in books of ten – once they return their tickets they may get a book of ten more to sell. The pamper me basket will be on display in the office and the students have until April 6<sup>th</sup> to sell tickets. **The draw for the winner of the basket will be on Monday, April 6<sup>th</sup> – therefore all tickets have to be in for the draw!** This is an excellent way for the students going on the trip to make some extra spending money for the trip.

Quebec Cultural Trip -the final payment of \$130.00 for the trip is due on Monday, March 30<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.**

Please remember that for high school registration you will be receiving your letters by mail in early April.

### **Athletics and Activities:**

**Volleyball**- Try-outs will continue this week! Please listen to the daily announcements. The fee for being part of the team is \$50.00. Please speak to Mrs. Graham, Ms. Stout or Miss Pattison if you require any further information.

**Musical** – Aladdin – there will be practices every Friday after school for the cast and crew. We need to use the stage for the actors to be prepared for their performance at the end of April.

**Student Council** – Is organizing our next school dance.

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

**Best Buddies** – is going to be working with our grade six Prime Science classes to organize the building of the green house for the spring.

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)

“An apple a day keeps the doctor away.” ~ Proverb ~

Thank you.

Ms. Jill Ferguson

