Barnhill does their Best! Better Every Single Time.

**Lightning News for the week of January 23rd – 28th.**

**The theme for the month of January is “Mindfulness.”**

**“Mindfulness means being awake. It means knowing what you are doing.”**

**~ Jon Kabat – Zinn ~**

We always take the opportunity to highlight our students on the great things they are doing here at school. This week we are sharing information about grade 8 MacDonald. In Social Studies, the students are exploring the big economic powers of our society and their role in Atlantic Canadian communities. In Science the students have been working on some great Science Fair projects and labs, as well as demonstrations about Newton’s Forces. In Personal Wellness the students have produced some great multimedia projects about personal safety and drug awareness. Mr. Stuart would like to thank grade8 MacDonald for being cooperative and good independent workers in Technology class.

On Tuesday, January 24th we will have a PSSC meeting from 6:00 p.m. until 7:00 p.m. in Room 28. All are welcome to be part of our PSSC committee. Hope to see you on Tuesday evening, we will be discussing our School Improvement Plan.

Very important information for parents/families of grade 8 students who are going on the Quebec Cultural Trip in June. There will be an informational evening at Barnhill in the gymnasium from 5:00 p.m. – 6:00 p.m. We will be discussing the itinerary, payment plan, rooming procedures and any future fundraisers for this trip.

Starting on Monday, January 23rd we will be rolling out a new PBIS initiative. This initiative is called a “Barnhill Blitz” in homeroom and Personal wellness we will be focusing on positive behaviour and the students will have opportunities to win prizes on a weekly basis for doing the **right** thing.

We have a breakfast program every morning, students can retrieve a healthy food item to start their day.

We have a student led Canteen on Fridays at lunch. All items are sold for $1.00 - $2.00.

**Athletics and Activities:**

**Basketball:**

**Monday: Girls’ basketball practice from 3:00 p.m. – 4:30 p.m.**

**Tuesday: Boys’ practice from 3:00 p.m. – 4:30 p.m.**

**Wednesday: Girls’ game @ Forest Hills, game starts at 4:00 p.m.**

**Thursday: Boys’ game here vs. Forest Hills. Game starts at 4:00 p.m.**

**Reminder that payment for the basketball can be made on cashless school. $60.00 for girls’ team and $100 for the boys.**

**SRC: Our student leaders work hard in the school every day in order to enhance the school environment.**

**On the Horizon: The Valentine’s Day Dance will be Thursday, February 9th. It will be $5.00 at the door and students may sign in guests from another middle school.**

**Please encourage your child to listen to announcements for all updates. Have your child write in their agenda the things that are important to them.**

Thank you,

From all the staff at Barnhill Memorial School