

Lightning News

January 15th- 19th



Martin Luther King Jr. Day

Monday is Martin Luther King Jr. Day.

This is a day to honor everything Dr. King did to make our world a better place for everyone.



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Outdoor Clothing



Please encourage your children to wear outdoor clothing and boots. Students are outside in the morning, at lunch and waiting for the bus so they need to stay warm and dry.

In our district, students may go outside in weather as cold as – 20.

Once in the school, everyone must remove their outdoor clothing and boots and wear indoor shoes.

School Clothing

Thank you to everyone who purchased school clothing! Ordering is now closed.

The order has been placed with our supplier and we will let families know as soon as they arrive. We are so excited to see everyone in their Barnhill spirit wear!



Item: Crewneck Sweater in Sport Grey
Logo: Black Font Centered on Chest



Sizes: Youth & Adult S-3XL
Price: \$30

Item: Hooded Sweater in Purple
Logo: White Font on Left Side of Chest



Sizes: Youth & Adult S-3XL
Price: \$35

Dodge Hunger Campaign Update

The Dodge Hunger Campaign was a huge success bringing in over \$500 in addition to 6 boxes of food items for the West Side Food Bank. We are so proud of our students desire to give back to the community.



**Newcombball Tournament Winners:
The Enchanted Leprechauns**



**Sportsmanship Award:
The Bully Busters**

Clubs & Activities

Drama Practice begins this week! All cast members must attend. Practice will be on Tuesday from 3:00-4:30. Stage crew does not need to attend at this time. Please contact Ms. Dennis with questions.

GSA meets every Thursday at Lunch in Room 30. All are welcome!

Book Club meets every Thursday at Lunch in the Learning Commons. Bring a book!



Athletics



Basketball season is in full swing! We are looking forward to a great season.

Monday- Girls' Team Practice from 3:00-4:30 p.m.

Tuesday- Boys' Team Practice from 3:00 – 4:30 p.m.

Thursday- Boy's Away Game vs. Beaconsfield at 4 p.m.

Intramurals

Monday- Grade 7 & 8

Tuesday- Grade 6

Wednesday- Grade 7 & 8

Thursday- Grade 6

Friday- Grade 7 & 8

Please listen to the announcements and check the Phys. Ed. bulletin boards for reminders and updates



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COUNSELLOR'S

corner

4 WAYS TO QUICKLY REGULATE YOUR EMOTIONS

@ANDREA_EVGENIOU



TEMPERATURE

Change your temperature by splashing cold water on your face or holding an ice cube for 30 seconds



INTENSE EXERCISE

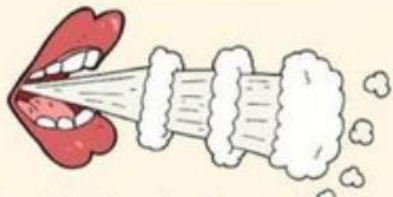
Do a really quick high intensity exercise like running in place or doing jumping jacks

PAIRED MUSCLE RELAXATION



Pair breathing with muscle relaxation. Tense up your muscles while you breath in. While you breath out say "relax" and let go of tension

PACED BREATHING



Breath deeply through your belly. Try to slow down the pace of your breaths to 5-7 per minute. Exhale longer than you inhale

Feeling strong emotions is healthy. Learning how to process emotions and respond with appropriate behavior is essential to a person's well-being. Lacking emotional self-regulation can cause negative emotions.

Emotional self-regulation is a cognitive skill that develops throughout childhood into adolescence and beyond.

Important Dates Coming Up

International Day of Education - January 24
Children's Mental Health Week February 5-11
Lunar New Year - February 10

Any Questions?

Email: terri Lynn.vanderbeck@nbed.nb.ca

FOUNDATIONS WITH A TWIST

THIS WEEK WE WILL HAVE OUR CELEBRATE
ASSEMBLY TO RECOGNIZE STUDENTS OF THE MONTH
FOR DECEMBER. ALONG WITH THE DIFFERENCE MAKER
AWARD WHICH GOES TO A STUDENT IN THE SCHOOL
WHO HAS MADE A DIFFERENCE AT BARNHILL!



Mrs. Nicole Goguen

Educational Assistant

Teaching Experience: 16

Years at Barnhill: 15

What do you love about being an EA? “Love working with kids, helping them learn new things.”

Interest/Activities: Reading, camping, crochet/knit

Family: Husband and two children



BARNHILL STAFF SPOTLIGHT

Mrs. Lydia Smith

Grade 8 Homeroom, teaches Math and PE

Teaching Experience: 9 years

Years at Barnhill: First year

What do you love about teaching? "I enjoy helping students accomplish their goals."

Interest/Activities: Kayaking, going on hikes and nature

Family: I have two children ages 11 and 9



On the Horizon...

- January 27th is Family Bingo Night! It is from 6 - 8:30. The cost is \$5 for adults and \$3 for students.
- February 8th is our next Dance.

