

Lightning News

February 5th – February 9th



“History has shown us that courage can be contagious and hope can take on a life of its own.”
-Michelle Obama



BOLT MATRIX

Today we had an awesome assembly and reviewed our Bolt Matrix, which outlines our school's expectations. Students were quizzed on these expectation and showed how much they knew in our Trivia Game.

Thank you to the participants and enjoy your Barnhill Swag!

BOLT	B E RESPECTFUL	O WN YOUR LEARNING	L IVE SAFELY	T AKE RESPONSIBILITY
ARRIVAL/ DISMISSAL/ TRANSITION TIME	Follow adult directions. Help others. Wait outside the classroom until you are invited into the classroom by the teacher. Wait until you are dismissed at the end of class.	Be prepared for class. Take homework home. Be prompt. Go to your locker during scheduled locker time.	Enter/exit school in an orderly manner. Walkers leave school at dismissal time. Bus students go to designated area. Keep hands, feet & hurtful comments to yourself.	Put belongings in designated areas. Promptly enter the school when told and report to your homeroom in a timely fashion. Sign in at office if arriving late.
INDOOR/ MORNING – Due to weather	Follow adult directions. Help others. Use quiet voices. Ask to use the washroom.		Take off outdoor footwear before entering gym. Keep hands & feet to yourself.	Go to your locker after being dismissed from the gym.
WASHROOM/ CHANGING ROOM	Clean up after yourself. In changing room tidy your belongings and take them when you, when you leave.	Use washroom before class in the morning, during breaks or during lunch time.	Report unsafe behaviour or conditions.	Wash hands. Flush toilet. Keep washroom clean, by putting the garbage in the garbage can.
LUNCH Areas Lunchroom / Balcony / Learning Commons	Keep facility clean. Follow adult directions. Use quiet voices. Ask to use the washroom.		Keep hands & feet to yourself. Stay in your seat. Wait until you are dismissed before leaving.	Be cooperative. Respect the space and school property by recycling and putting your trash in garbage cans.
CLASSROOMS TECHNOLOGY LAB LEARNING COMMONS	Listen to adult instructions. Respect others personal Space.	Bring required materials to class. Submit assignments on time. Catch up on missed work.	Follow all rules for fire, evacuations & lockdowns. Follow safety rules for using all equipment. If in doubt, ask.	Leave your desk neat and tidy. Use equipment & supplies as intended.
ASSEMBLIES/ PRESENTATIONS	Remain seated until dismissed. Listen quietly to the presenter. Be respectful when showing appreciation.	Be a good listener.	Always walk. Remain seated until dismissed. Respect personal space.	Enter & exit quietly. Use the washroom before the assembly.
OUTDOORS	Follow adult directions.	Respect boundaries. Do not leave school property.	Benches are for sitting. Stay off the stairs. Keep your hands & feet to yourself.	Enter the building quietly. Report any incident to staff on duty when they happen. Return borrowed sports equipment.

Grade 8 News: High School Registration

High School registration is now closed. Forms were collected by homeroom teachers and Ms. Vanderbeck. All letters for students will be received by the end of April.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

Grade 8 News: Quebec Cultural Trip



- There will be an informational meeting for parents and students about the Quebec Cultural Trip on February 6th from 5:00-6:00 p.m. in the Lunchroom.

Expo-Science/ Science Fair

- The school wide science fair will feature the top 3 projects from each class competing for one of five coveted spots on the school team to compete at districts!
- All classes will have 15mins of scheduled time to go view Barnhill's best projects
 - When? Friday morning February the 9th
 - Where? School gym





Barnhill Celebrates the Contributions of
Henrietta Lacks

Today, Barnhill students learned about the scientific contributions of Henrietta Lacks. She was an African-American woman whose cancer cells are the source of the HeLa cell line, the first immortalized human cell line and one of the most important cell lines in medical research. An immortalized cell line reproduces indefinitely under specific conditions, and the HeLa cell line continues to be a source of invaluable medical data to the present day.

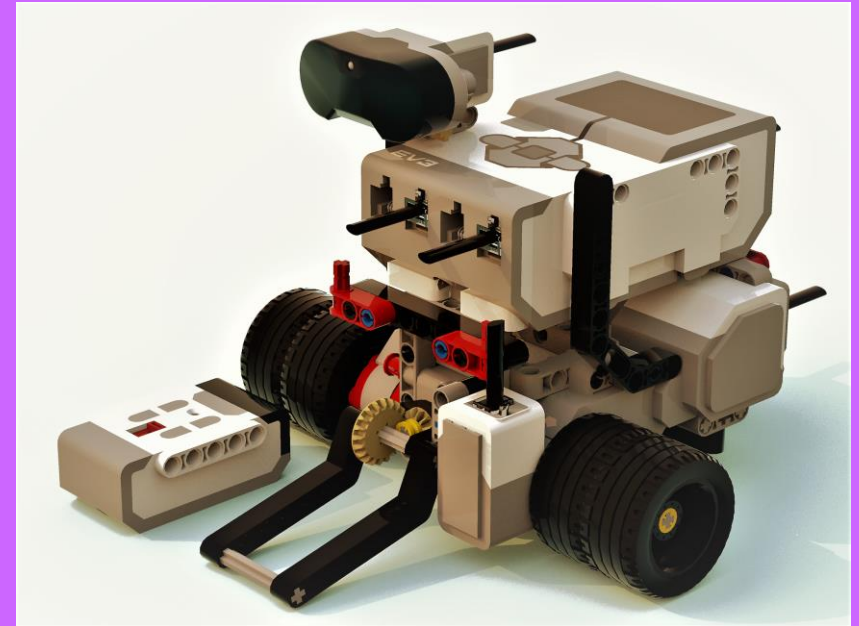
Clubs & Activities

Drama Practice will be on Tuesday and Thursday from 3:00-4:30. Please look at your calendar to see if you are attending.

Lego Robotics meets Tuesday at Lunch in the Science Lab. See Mrs. Smith or Mr. MacDonald with questions. There will be no more after-school meetings.

GSA meets every Thursday at Lunch in Room 30. See Ms. Vanderbeck or Ms. Dennis with questions. All are welcome!

Book Club meets every Thursday at Lunch in the Learning Commons. See Mrs. Kirkbride with questions. Bring a book!



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

Athletics

Congratulations to the Girls and Boys Basketball Teams on their wins against Samuel De Champlain AND River Valley! Our teams are now 4-0 this season and we are looking forward to this week's games! Goooo Lightning!

Monday - Girls' Home Game vs. Princess Elizabeth

Tuesday- Boys' Away Game vs. Princess Elizabeth

Wednesday - Girls' Home Game vs. Bayside

Thursday - Boys' Away Game vs. Bayside





The Dance

Our next dance will be February 8th
from 6:30pm – 8:30pm
The cost is \$5 at the door
and the canteen will be open!

A reminder that the expectation is for students to attend the entire dance, if they have chosen to come. Students are not permitted to leave early without a parent or guardian picking them up at the door.

Mrs. Liza Muise

Vice Principal and Resource

Teaching Experience: 18 years

Years at Barnhill: 6

What do you love about teaching? “The kids! Teaching ELA and Health. Attending school dances.”

Interest/Activities: Dances, Music, playing Nintendo

Interesting Fact: I’ve had 3 different first last names and have walked in 5 marathons

Family: Husband Mark, 2 boys Adam (Grade 12) and Jack (Grade 9)





A DAY IN YELLOW



Are you struggling and need someone to talk to?

Call 9-8-8: Suicide Crisis Helpline offers 24/7/365 support.

KidsHelpPhone: 1-800-668-6868 or Text CONNECT to 686868

**For information on other resources available in your region,
call 211 or visit the website.**



Myths and realities about suicide



MYTH

A person with suicidal ideas is always determined to die.



1

REALITY

False! A person with suicidal ideas wants to stop suffering, not stop LIVING. How can you help? Encourage them to talk about their pain, listen with empathy, give them hope and guide them toward solutions or support services.

MYTH

I can't help a suicidal person if I'm not a health professional.



2

REALITY

False! Listening attentively and without judgment and using hopeful and comforting language is one of the first steps you can take. Making sure that the person is not alone in their distress and providing them with information on the resources available is another step you can take. Making yourself available to accompany them to seek support services would also be a good option, if the person wants that of course.

MYTH

All suicidal people show clear signs of depression (they are sad, they cry, they withdraw).



3

REALITY

False! Some people, especially men, may show different signs. Watch for sudden changes in the person's behaviour (e.g. if they significantly increase their consumption of alcohol and drugs, engage in risky activities [such as driving at high speeds], take time off work often or give their belongings away to friends and family).

MYTH

Asking or talking about suicide encourages a move to action.



4

REALITY

False! Asking someone if they are thinking about suicide, ending their life or harming themselves is an important step to start the conversation about suicidal ideas. Talking about it removes the stigma and reduces their fear of not being taken seriously. Prepare yourself to have this conversation!

MYTH

In New Brunswick, men are at a lower risk of death by suicide than women.



5

REALITY

False! In New Brunswick, as elsewhere in Canada, 3 out of 4 deaths by suicide are men. Pay attention to requests for help and the tendency to be open to talking about suicide. Men and women may have different needs and reactions. Only by listening attentively can we know how to help.

THE RAINBOW CONNECTION

OPPORTUNITY FOR ADULTS

AFFIRMING ADULTS SUPPORTING 2SLGBTQI YOUTH: NEW ONLINE WORKSHOPS
EGALE'S FREE ONLINE AFFIRMING ADULTS WORKSHOPS CAN HELP YOU LEARN MORE ABOUT 2SLGBTQI YOUTH AND MENTAL HEALTH, GENDER AND SEXUAL DIVERSITY, AND INTRODUCE YOU TO PRACTICAL STRATEGIES FOR CREATING AFFIRMING AND SUPPORTIVE SPACES. THIS ONLINE TRAINING IS FOR PARENTS AND GUARDIANS OF 2SLGBTQI YOUTH AGES 16 AND UNDER.

[EGALE.CA/EGALE-IN-ACTION/AFFIRMING-ADULTS-ONLINE/](https://egale.ca/egale-in-action/affirming-adults-online/)

Presented by Barnhill GSA

WINTER SPRING 2024 PROGRAMS

Understanding Anxiety & Panic Disorder

March 12 to April 30, 2024
Tuesdays, 6:30 - 8:30 p.m.

This eight-week program for individuals who have been diagnosed with generalized anxiety and / or panic disorders. A trained facilitator and health care professionals discuss issues related to anxiety and panic disorders, including information on symptoms, treatment options, coping strategies and community resources.

Mindfulness

March 14 to April 18, 2024
Thursdays, 6:30 - 8:30 p.m.

A six-week skills-based program designed to introduce you to the benefits and practice of mindfulness in your everyday life and to teach you the basics of mindfulness meditation. Participants will learn how to practice mindfulness to calm the mind and to improve both mental and physical health.

Engaging Caregivers in Recovery

March 14 to May 16, 2024
Tuesdays, 6:30 - 8:30 p.m.

This 10-week program for family members, caregivers and friends of someone living with mental illness. The goal of the program is for caregivers / loved ones to feel better equipped with various coping skills and knowledge of how best to be a supporter and caregiver in ways which are healthy and effective for all parties.

Depression

January 16 to February 20, 2024
Tuesdays, 6:30 - 8:30 p.m.

A six-week program designed to help people who have been diagnosed with depression. A trained facilitator and healthcare professionals discuss issues that relate to depression. These include information on symptoms, treatment options, coping strategies, and community resources.

Life After Loss: Survivors of Suicide

March 12 to May 14, 2024
Tuesdays, 6:30 - 8:30 p.m.

This 10-week program is for individuals who have lost a loved one to suicide. A supportive environment that encourages listening and sharing stories with others who have experienced a loss through suicide, while enhancing your understanding about suicide and helping you move forward in the healing process.

To register, visit our office at:

**560 Main St, Suite A315,
Saint John NB E2K 1J5**

For more information:
(506) 652-1447
or dawn.odell@cmhanb.ca

Must pre-register at least one
week in advance of start date

**These programs do not replace
counselling or therapy.** Confidentiality
and privacy of sharing within the group is
strongly promoted.

COUNSELLOR'S

corner



RESOURCES OF THE WEEK

Are you struggling and need someone to talk to? Call 9-8-8: Suicide Crisis Helpline offers 24/7/365 support.

KidsHelpPhone: 1-800-668-6868 or Text CONNECT to 686868

For information on other resources available in your region, call 211 or visit the website.

Any Questions?

Email: terrilynn.vanderbeck@nbed.nb.ca

Important Dates Coming Up

A Day in Yellow - February 2

Children's Mental Health Week February 5-11

Lunar New Year - February 10

Pink Shirt Day - February 28

Camp Glenburn Winterfest 2024

Shine On 

Saturday, February 10



Saturday, February 10

Time: 12:30 PM - 2 PM | 4 PM - 5:30 PM
Where: Camp Glenburn | 311 Route 850
Kingston, NB

Winter activities, Spaghetti Dinner & more!

Come join us for an afternoon of family fun
as we help send kids to camp this summer.

WYNDHAM
HOTELS & RESORTS

swnb.ymca.ca



On the Horizon...

- PSSC is Monday, February 12th
- Winter Carnival will be February 26 – March 2.
- Pink Shirt Day is February 28th