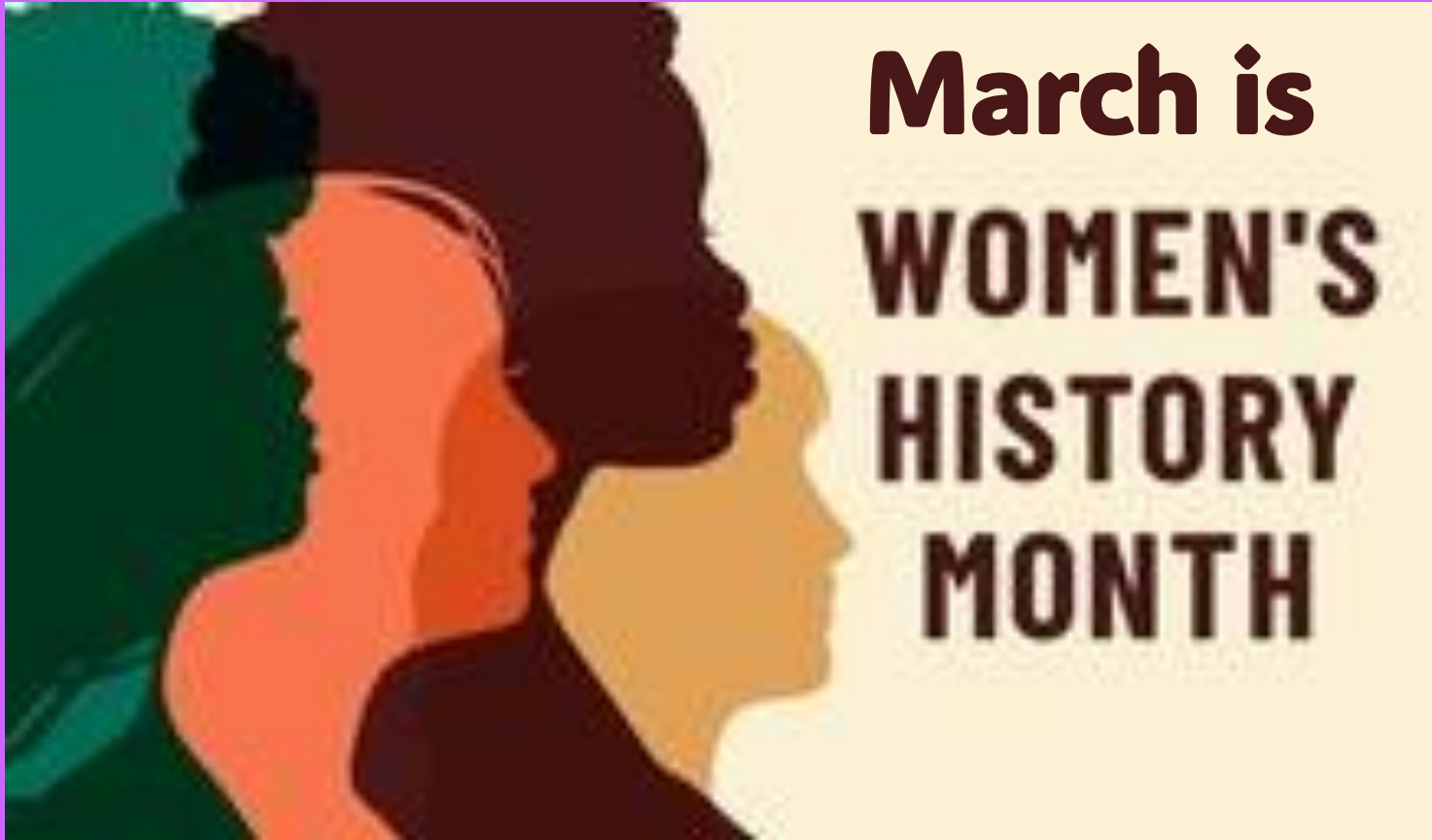


Lightning News

March 11th – March 15th





The 2024 focus is to invest in women and accelerate progress, this is to target economic disempowerment. The focus for the month is to also inspire inclusion for all.

This month is about investing in women and believing in the power of inclusion.

A Focus on Nutrition

March is also Nutrition Month! Teens need extra nutrients to support bone growth, hormonal changes and organ and tissue development, including the brain.

Teens should eat breakfast, drink water and limit highly processed food, sugary drinks and eating out.

Healthy eating habits and physical activity can help lower the risk of obesity and Type 2 Diabetes.

Check out Canada's Food Guide for more information on how to eat a balanced diet.

<https://food-guide.canada.ca/en/>



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New lunch option for Wednesdays!

Who is this program for?

EVERYONE !

Lunch Connection is for anyone at participating schools who want to take part.



Dignifying and Fun

Inclusive

Healthy

& Affordable



Lunch Connection is a program of Inner City Youth Ministry, supported by partnered organizations, and the community. Learn more at icym.ca

Interested in volunteering or donating? Reach out at: info@icym.ca



A lunch Program with a Mission



New lunch option for Wednesdays!

This new lunch option will be on Cashless Schools starting every Tuesday for the following week. Our first week will be March 20th.

- March 20th Menu



Fruit (Banana)
Carrots & Ranch Dip
½ Bagel
Trail Mix
Fruitsations

- March 27th Menu



Fruit (Orange)
Carrots
Naan
Hummus
Cheese String
Fruitsations
Goldfish Crackers

Ramadan begins this week!



The Islamic holy month of Ramadan is from March 10 to April 9. This is a special time for Muslim people to connect with their faith and their community through prayer and fasting. Many Muslims fast (don't eat) from dusk to dawn.

We can support our Muslim friends by...

- Being Considerate. When making plans, think about activities that aren't centered around food.
- Asking Questions. By asking questions, you show your willingness to learn.
- Checking In. It is always thoughtful to ask how someone is doing.

Grade 8 Student Information:

It is time for Grade 8's to send in their yearbook write up! This is the opportunity to share your favorite moments, final thoughts, and how you want to be remembered at Barnhill.

Please email your submission by Monday, March 18th to Mrs. Muise at liza.muise@nbed.nb.ca

If you have any questions regarding your submission and what you need to write, please speak with Mrs. Muise.



Athletics

Volleyball try-outs are this week! Try-outs will take place in the gym after school. If you have questions about the Boys' Team, please see Ms. Vanderbeck. If you have questions about the Girls' Team, please see Ms. Jenkins.

Monday- Boys' Tryouts 3:00 – 4:30

Tuesday- Boys' Tryouts 3:00 – 4:30

Wednesday- Girls' Tryouts 3:00 – 4:30

Thursday- Girls' Tryouts 3:00 – 4:30



Wear Green on Friday!

Why do we celebrate St. Patrick's Day?

The day commemorates Saint Patrick in Ireland and observes the heritage and culture of the Irish. Many people in Canada come from Irish ancestry!

Global Celebrations usually involve public parades and the wearing of green attire and shamrocks.

Friday, March 15th we will celebrate St. Patrick's at school by wearing green.



BARNHILL STAFF SPOTLIGHT

Mr. Jason Smith

Grade 7/8 Homeroom, teaches ELA

Teaching Experience: Over 6 years

Years at Barnhill: 4 years

What do you love about teaching? "I enjoy helping, interacting with students and seeing their potential grow."

Interest/Activities: Watching TV, movies, pickleball

Interesting Fact: Also a Youth Minister with 20 years experience

Family: Wife Erin and two children Evie and William



POWER PLAY YOUNG



On the Horizon...

March 25- No School. Report Card Preparation Day.

The Young Entrepreneurial Show

March 28, 2024

- ▶ 6 Stout, 6 Stuart
- ▶ 8 Lamprea
- ▶ Barnhill Gym
- ▶ 9:30-11:30 AM
- ▶ All are Welcome

