

Lightning News

March 18th – March 22th



March is Women's History Month.
This is an annual observance to highlight the contributions of women to events in history and contemporary society.



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March is Nutrition Month!

Help your teen develop a healthier relationship with food.

Eating healthfully means getting the right balance of nutrients. A teen will require more calories and an increase in key nutrients including protein, calcium and iron.



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Breakfast Program

We want our students to start their day in the right way, therefore, we have healthy breakfast options available in the front lobby every morning for all students. Ms. Galbraith, and Daniel will be in the lobby every morning until 8:45 a.m.



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



INNER CITY
YOUTH MINISTRY



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

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

Monday- Practice for Boys' 3:00 – 4:30

Tuesday- Boys' Home Game vs. RVMS

Wednesday- Practice for Girls' 3:00 – 4:30

Thursday- Girls' Away Game @ RVMS

Friday- Practice for Boys' 3:00 – 4:30



COUNSELLOR'S

corner

GIRLS EMPOWERMENT ACTIVITIES

Empowerment is more than just a buzzword – it's a transformative process that can shape the trajectory of young girls' lives instilling confidence, resilience, and self-worth. In honour of Women's History Month we've decided to highlight some activities you can do to empower the girls and non-binary humans in your life.

Vision Board Creation: Use magazines, scissors, glue, and large poster boards to visualize dreams and aspirations. Encourage them to cut out images, words, and quotes that resonate with their dreams and aspirations.

'I Am' Affirmation Circle: Boost self-confidence and positive self-image. Draw a circle and write "I am..." with positive affirmations to fill the circle in. This helps internalize positive beliefs about themselves.

Empowerment Playlist Creation: Connect through music and celebrate female artists by picking a song by a female artist that makes you feel empowered and put them into a playlist.

Any Questions? Email: terri Lynn.vanderbeck@nbed.nb.ca

CMHA Spring Groups

For more information:

SAINT JOHN PROGRAMS SPRING 2024

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.

Life After Loss: Survivors of Suicide

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

Explore the grieving process, self-care, coping strategies and community resources with a trained facilitator. All while being in 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.

Engaging Caregivers in Recovery

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

This ten-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 be a supporter and caregiver in ways which are healthy and effective for all parties.

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

To register, visit our office at: 560 Main St, Suite A315,
Saint John NB E2K 1J5

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

For more information:
(506) 652-1447

dawn.odell@cmhanb-acsmnb.ca



Join CMHANB Saint John & Region Facebook group for info on programs & events



Canadian Mental
Health Association
New Brunswick
Mental health for all

Association canadienne
pour la santé mentale
Nouveau-Brunswick
La santé mentale pour tous



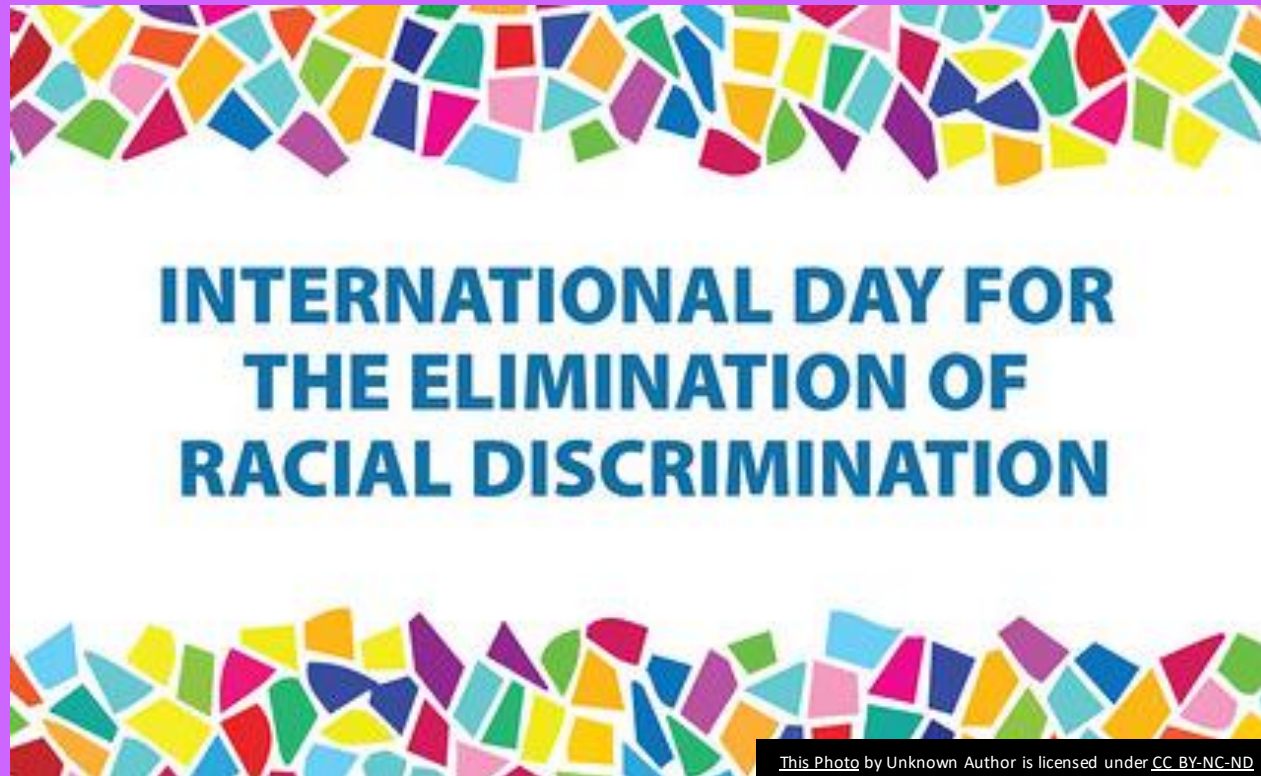
These programs are made possible, in part, by the Government of NB's Department of Health

It's Finally Spring!

- Wednesday, March 20th will mark the first day of Spring
- As it gets warmer, we look forward to spending more time outdoors to take advantage of the nice weather and get some fresh air.
- Please dress for the weather.



The International Day for the Elimination of Racial Discrimination



This is observed annually on March 21.

This day has been declared by the United Nations since 1966.

This day is commemorated as Human Rights Day.

World Down Syndrome Day – March 21st

World Down Syndrome Day (WDSD) is a day to raise awareness about Down syndrome in schools. It is a call for all people around the world to end the stereotypes.

Video – Excerpts from “Just Like You” (3 min)

<https://www.youtube.com/watch?v=Q4p9GyWXWcw>



Lots of Socks

On March 21st choose to wear some socks that are going to get you noticed. They could be brightly colored socks or mismatched socks.

The idea is to start a conversation, so when people ask you about your socks, you can tell them “I’m wearing them to raise awareness of Down syndrome.”

Share your thoughts and socks with the world.



Andy Thibodeau



“SHARE YOUR CARE”

- ✓ Show Up
- ✓ Participate
- ✓ Listen

www.andypresentations.com

 @andytspeaks

PROUD ALUMNI OF  KING'S
Western University

Andy Thibodeau with Impact Presentations

On Thursday, April 21st at 8:50 a.m. Andy Thibodeau will be presenting to Barnhill staff and students.

Andy has been a motivational speaker since 1992. He has a unique talent for being able to connect with audiences.

His presentation ~
“Share Your Care” is sure to make a very positive impact with our students.

Hot Lunch

- To receive pizza for Lunch on Friday, it needs to be ordered on "Cashless Schools" by Sunday of the ordering week.
- Many students are wanting to buy pizza on Friday at Lunch, but unfortunately, we cannot predict how many students will buy, so Cashless Schools is the only option!



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Scent Reduced School

As a scent reduced school, we need to be mindful of scented products. There are some products that do carry a scent such as shampoo or deodorant and that is acceptable.

However, we cannot have perfume, body spray, or cologne worn in school.

Thank you for understanding.



ELA Help

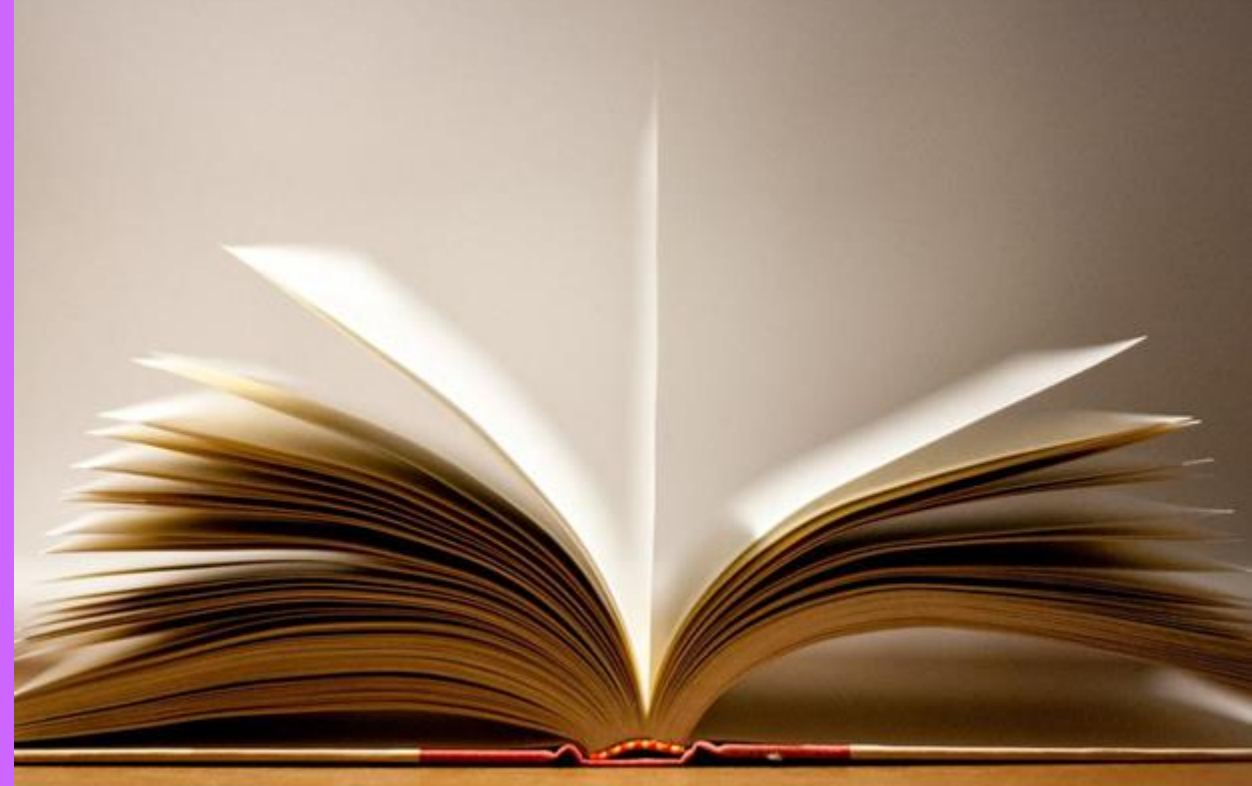
ELA support will be offered on Wednesdays at lunch and afterschool for anyone from any grade.

Lunch Help: 12:00 - 12:50

Mr. Smith's Room 37 at 12:00. Bring your lunch, work and something to write with.

Afterschool Help: 3:00 - 4:00

Mrs. Seales' Room 20 afterschool. Please make arrangements to be picked up no later than 4 p.m.



BARNHILL STAFF SPOTLIGHT

Ms. Becca Harris

Educational Assistant

EA Experience: 7 years

Years at Barnhill: 5 years

What do you love about being an EA? “I love building rapport with students through sports. I love sports and its important students see me sporty!”

Interest/Activities: Sports, musician, ice hockey

Interesting Fact: I love hiking and climbed real mountains



**POWER
PLAY
YOUNG**



On the Horizon...

The Young Entrepreneurial Show

March 28, 2024

6 Stout & 6 Stuart
Barnhill Gym

9:30-11:30 a.m.

All are Welcome!



There will be no school on Monday, March 25th. It is report card prep day for staff.

If you have not completed assignments or tests, please talk to your teacher this week; from March 18th – 22nd. Teachers cannot mark nothing!

Report cards will be going home on Thursday, April 11th.

More information will follow on Parent/Teacher conferences. In next week's Lightning News.



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Immunizations



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- Horizon Health will be in the school on Wednesday, April 3rd to administer immunizations to our Grade 7 students.
- All grade 7 students will be offered the second vaccine.

Easter Weekend



Good Friday is on March 29th, Easter Sunday is on March 31st and Easter Monday is on April 1st. There is no school on Friday or Monday, it is a holiday.



Barnhill does
their BEST
EVERY
SINGLE TIME!

HAVE A GREAT
WEEK!!