# Lightning News

#### November 20-23

#### **Holiday Craft Fair- November 18**



Our Craft Fair is tomorrow in the school gymnasium from 8:00 a.m. to 1:00 p.m.

Come and do some pre-holiday shopping here at Barnhill!

This is a fundraiser for our Grade 8's going to Quebec.

### World Children's Day



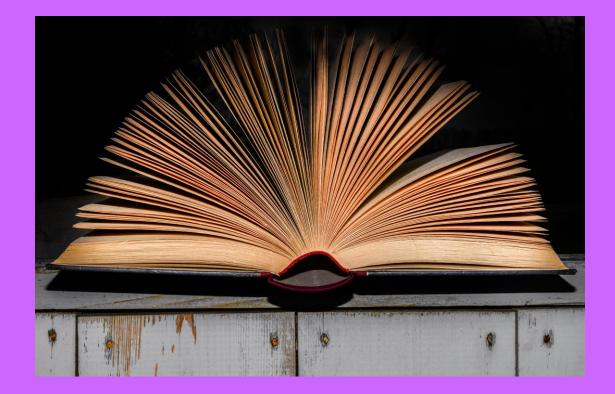
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Monday, November 20<sup>th</sup> is World Children's Day. This is a date celebrated annually in honor of children.

Barnhill will be celebrating their students by gifting some Barnhill swag on Monday!

#### **Book Club- Thursdays**

Mrs. Kirkbride will be hosting a book club for students in the Learning Commons on Thursdays at 12:25. All are welcome!



#### **Drama Production-Information Meeting**

There will be an information meeting on Thursday, November 23 for any students wishing to participate in this year's Drama Production. Please come to the Music Room (Room 17) at the beginning of lunch and bring your lunch with you.



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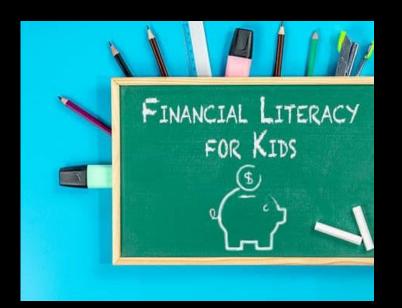
#### **Professional Learning Day- Nov 24**



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Friday, November 24<sup>th</sup> is a professional learning day for staff to prepare for Report Cards.

There is no school for students on this day.







#### November is Financial Literacy Month!

Some teachers are working on financial literacy skills for middle schoolers in Foundations and Math!

#### **Electronics Policy Change**



As of Tuesday, November 14, cell phones and other personal electronic devices are not permitted on school property during school hours. This includes in the school yard in the morning, at lunch, and while waiting for buses after school.

This policy is being implemented with the full support of our Parent School Support Committee and our staff.

If you have questions, please contact administration.

#### **Parent School Support Committee**

The PSSC will meet on Monday, November 20<sup>th</sup> at 6 p.m. in Room 28. All are welcome.



#### **Breakfast and Lunch**

We have healthy breakfast items available in the front lobby in the morning.

There will be no canteen or hot lunch on Friday because there is no school for students.



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#### **Athletics**

**Badminton Practice:** 

All practices go until 4:30. Please have your drive here by 4:30. Spares do not attend practices

Please see Mr. Stuart for this week's schedule.

Please listen to announcements for intramurals.



# COUNSELLOR'S

<b>Co-Regulating Moves</b>	This Might Look Like:
Set the scene	Using lighting as a cue – dimmer to bring the energy down, brighter to bring the energy up
Match volume and tone	When a situation is escalating, keeping a quiet or moderate volume with a serious, calm, steady tone
Check your physical presence	Getting on students' eye level to balance power
Use reflecting language	Naming the emotions students express as a way to show you are listening to or seeing them
Prompt strategies and choices	Remind students of available supports or strategies, when they might not be at their best

#### **CO-REGULATION**

Co-regulation is the process of supporting a child when they are feeling unregulated. like self-regulation, this quires adults to actively ovide the environment and the support for a ild to successfully meet eir needs and achieve their goals.

s, Important Dates Coming Up Financial Literacy Month - November Transgender Awareness Month - November Remembrance Day - November 11 Diwali - November 12 World Children's Day - November 20 Diversity and Respect Week - November 20-24

#### Any Questions? Email: terrilynn.vanderbeck@nbed.nb.ca

## BARNHILL STAFF SPOTL GHT Madame Ruth Kingne

- Has a Grade 7 homeroom and teaches PIF and FILA
- Teaching Experience: 12 years
- Years at Barnhill: First year at Barnhill
- What do you love about teaching? "Being around children and getting to watch or participate in their learning fascinates me."
- Interest/Activities: Traveling, bonding with family, cooking.
- Interesting Fact: Will experience my first Canadian winter this year.



### **On the Horizon...**

Report Cards will be going home on Monday, December 4th at the end of the school day.

Parent/Teacher Interviews will be on Thursday, December 7<sup>th</sup> from 4:30 p.m. until 7 p.m. and Friday, December 8<sup>th</sup> from 9:00 a.m. until 11:30 p.m. Appointments can be made online after report cards are sent home.