Lightning News for September 21st – 25th.

Barnhill does their Best! Better Every Single Time.

The theme for the month of September is “health and safety.”

“Safety is as simple as ABC – Always Be Careful and follow the rules!” ~ Author Unknown

Monday, September 21st is **World Gratitude Day** – this is a perfect opportunity to step back and remind ourselves about what we are thankful for. Robert Emmons, the world’s foremost researcher on gratitude, says that expressing what we are thankful for has many benefits:

* Feeling less stressed.
* Improved sleep.
* Fewer physical problems and we feel like we have more energy.
* Improve self-esteem and lower symptoms of depression.
* When we count our blessings, we live longer and happier lives.

Some suggestions for being grateful is to enjoy the natural environment, both our city and our province have some awe -inspiring areas that can spark appreciation. Volunteer, it always makes you feel good when we do good deeds. Just enjoy each other as a family! Please enjoy gratitude day and take time to focus on the amazing things we all have in our lives.

Thank you to everyone, the Terry Fox Marathon of Hope was very successful, and we raised over $600.00 to donate to the Terry Fox Foundation. Way to go Lightning!

We want to take the opportunity to welcome a new teacher to Barnhill Memorial School ~ Mr. Jason Smith will be starting with us on Monday, September 21st. Mr. Smith will be a wonderful addition to our faculty. Welcome.

**Attendance Matters:** Being present and on time impacts positively on the learning of a student. Good attendance also helps to build habits that will last a lifetime and transfer to life beyond public school. There is a strong correlation between academic success and good attendance. However, we are asking parents/guardians to be diligent in their screening of their children prior to making the decision to send them to school. Information has been sent to you about the screening process. There will be occasions where it is in the best interest of your child, other students in the school and the staff to keep a symptomatic child at home. For more information, check the Anglophone South website:

[www.asd-s.nbed.nb.ca](http://www.asd-s.nbed.nb.ca)

**Lunch:** We have found that with the students transitioning to different areas of the school in orderto eat their lunch has caused some challenges – the students do not have enough time to actually eat their full lunch and there are operational concerns of sanitizing these areas in which more than one bubble is using. We have decided that the best way to move forward is to have every classroom bubble eat in their own class ~ clean and sanitize the room, then go outside**.** Every student will be going outside for fresh air and exercise at lunch for twenty minutes, therefore we suggest that you ensure your child is dressed for the weather.

**Food Allergies:** Please be aware that we have students and staff in our school with severe allergies to nuts and nut products. Any minimal contact with these foods may cause a serious allergic reaction that can be life threatening. At Barnhill Memorial School we will make every attempt to ensure the school is as allergy safe as possible. Please do not send these foods to school for any reason.

**We are scent free:** We are asking families to be sensitive to students and staff who are affected by strong scents. Please do not wear cologne, creams, hair products which emit a strong scent. These scents can also trigger a severe allergic reaction. The use of these products by students will result in disciplinary action.

Parent School Support Committee: **How can I get involved in my school’s PSSC?** Just contact me - Ms. Jill Ferguson if you are interested in becoming involved and would like more information. We plan to form our school based PSSC by the end of September. We will have our first meeting the second week of October.

**On the horizon…**Smile~ Picture Day will be on Tuesday, September 29th. Harvey Studios will be at Barnhill Memorial School for our picture day. Harvey’s has presented their Operational Plan to us to outline how they will conduct this day in a safe and orderly fashion. We invite all students to participate within their classroom bubbles to have their picture taken.

**Orange Shirt Day** is Wednesday, September 30th. Orange shirt day is an event that was created in 2013, designed to educate people and promote awareness in Canada about the Indian residential school system and the impact it has had on Indigenous communities for over a century – an impact that continues today. On Wednesday, September 30th please wear an Orange Shirt because Every Child Matters.

**School Sports and Other Activities:** All extra and co-curricular activities are on hold for the time being. When filling out the Pursuit of Excellence document, please leave the ‘sport/club” section blank. Our focus at present is ensuring all students, staff and families become more familiar with the daily routines in order to keep us all safe. We want you to know that we will be reviewing the status of these activities on a frequent basis and will keep you informed of any changes.

* We want to take the opportunity to thank you and the students, we are under the direction of NB Public Health in ensuring the safety of all individuals during this pandemic situation. NB has been the envy of the world because we are doing what is right to fight this virus. We must keep wearing our masks in common areas and outside the classroom bubbles, this has been deemed mandatory. We must continue to follow the guidelines for physical distancing as well as washing/sanitizing our hands and work area. The screening process is to be done at home and is expected of all families. If we work together, we will continue with success! Schools will remain open if we all follow the very strict guidelines that have been developed.
* If your child will not be at school, please report your child’s absence by using any of these easy methods:

1. Call toll-free: 1-833-219-9065
2. Website:https://go.schoolmessenger.com
3. Mobile app: SchoolMessenger

**Questions?** Please contact the school at 658-5393.

Thank you.

If you have any questions or concerns, please do not hesitate to contact me at 658-5971 or [jill.ferguson@nbed.nb.ca](mailto:jill.ferguson@nbed.nb.ca)