***Barnhill Memorial School***

Barnhill Does Their Best. Better Every Single Time.

May 31.2020

Hello to all students/ parents and guardians,

Wow it is the first of June and things are starting to open and we are getting a little more sunshine, however we still have that small inkling of stress! How do we stop that stress?

Here are just a few suggestions:

We can take a **60 – second break** – Close your eyes and take a deep breath. Visualize yourself lounging on a sunny beach, watching a sunset, or relaxing in a sauna.

**5 – minute vacation** – Close your eyes, but this time take a few deep breaths. Then visualize a favorite place or activity. Let your imagination carry you away to a special spot that is refreshing and relaxing.

**Bother list** – Write down a list of all the worries, pressures and concerns crowding your mind and clamoring for attention. Take the list and just rip it up and put in the garbage or you can tuck it away for later attention.

Another really great way to keep stress at bay is by physically exercising. Please see attached, the calendar for June to help keep you active.

Right now, you have two more weeks of home learning, then it will be summer, and you certainly do not want any stress while enjoying the sun!

Some schools in other areas in the country and around the world have announced that they will reopen soon, but with new norms. The attached videos show the new measures some schools have put into place. Do you think they would work in our schools in New Brunswick? Please watch the videos and discuss with a friend or family member.

<https://www.youtube.com/watch?v=EPi7HumE_Ms>

<https://www.youtube.com/watch?v=cxljpkLa3k4>

Remember to please take the opportunity to check out our website. We keep everything up to date with weekly home learning and if you have any questions or concerns, please do not hesitate to reach out to your teacher. All their emails are listed on the website.

In addition to the learning options presented to you by the staff of Barnhill Memorial School, you are invited to check out two online resources for families and students including the ASD-S Home Learning site for families:

<http://web1.nbed.nb.ca/Sites/ASD-S/Pages/AtHomeResources.aspx>

and the New Brunswick Education and Early Childhood Development site:

<https://www2.gnb.ca/content/gnb/en/departments/education/learningathome.html>

Both sites contain a variety of online and offline options for students and families.

All staff will be back in the school starting tomorrow June 1st. This week staff will be reaching out to all our grade 8 students; we want to create a memorable year end celebration with our grade 8 students, and we need their participation.

The report cards will be completed the week of June 15th – 19th. We will provide you with more details next week on how the report cards will be distributed.

Please take the opportunity to provide us with your feedback. Barnhill Memorial School is one of the nine-teen schools in ASD-S who has participated in the at home learning survey. We need your submissions by Friday, June 5th.

Grade 7 Vaccination Clinic during school closure, June 2020. Immunization is a very important public health measure in maintaining the health and wellness of a population. Horizon Health has organized with ASD-S to complete the grade 7 immunizations in June, these clinics were originally scheduled to take place at school in the Spring. This clinic is for all grade 7 students who returned a signed consent form, in the fall of 2019, and have received the first HPV vaccination, will be offered the second HPV vaccination, to complete the series. The grade 7 immunization clinic for Barnhill Memorial School will be on Thursday, June 18th in our gymnasium. During the clinic we will be adhering to strict social distancing guidelines. We ask that you arrive at the school within the designated time frame. Specific times to arrive for your immunization will be communicated to you as we get closer to the date. The process will take ~ 30 minutes and parents/guardians are welcome to wait in their vehicle or leave school property and return to pick up their child within the ½ hour time frame. A letter outlining all the details of the expectations will be included in next week’s newsletter. Thank you.

**Art Challenge** – It is that time of year again…we are ordering new agendas for the 2020-2021 school year and we would like a student to create the cover! Therefore, the art challenge for this week is to design a cover for our agenda. The “winner” will have their artwork on the agenda for the year. This is a wonderful legacy project for one of our grade eight students! So get designing and please send all of your submissions to Mr. Turner at: [Clifford.turner@nbed.nb.ca](mailto:Clifford.turner@nbed.nb.ca)

With all staff being back to school tomorrow, if you have any questions another great way to contact us is to simply call the main office at 658-5393. Mrs. Stevenson, our Administrative Assistant, would be more than willing to help you.

Have a great week, enjoy the weather and stay safe.

Thank you,

Liza Muise

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&

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“You can make a difference every day. Easy to say, harder to do…but that doesn’t mean you shouldn’t do it.” ~ Philly D ~