

*Lightning News for September 25th ~ 29th.*

*WOW – it is the last week of September! We have so many things to share, so please read on…*

*The theme for the month of September is* Daring to be our Best!

“Always do your best. What you plant now, will be your harvest later.” ~ Og Mandino

~ There are certainly a lot of our students doing their best; we have students involved in Soccer, Cross Country and Student Council. Students are also getting very involved in their academic work; with having homework and assessments. Students need to work on being prepared and being on time. We are here to help and continuously support our students, we certainly dare our students to be their best!

Thursday, September 28th we will have a full afternoon of activities; we would love to have parents and guardians involved. We have our Terry Fox Walk at 1:00 p.m. – please remember to bring in a toonie for Terry and give it to your homeroom teacher. We also have our CELEBRATE Assembly at 2:00 p.m.. The Student Representative Council have been working very hard at organizing this assembly and it is sure to be a wonderful and engaging time for everyone.

This week you will be receiving a co-curricular permission slip for your child. We will be attending the performance of “Disney’s Mary Poppins” at Harbour View High School on Wednesday, October 4th. This event will be paid for by using student fees – there is no additional charge to students for transportation or tickets. Barnhill has historically attended the performances at Harbour View High School and we have enjoyed them immensely.

Next week, October 2nd to 6th is New Brunswick Wellness Week. Here at Barnhill Memorial School we will be having many different activities on a daily basis which will include classroom challenges and healthy food options. Details will be outlined in next week’s Lightning News.

Words of Wellness for September:

**Are you worth 5 minutes?**

5 Minute Meditation

Minute 1 – Breathe deeply

Minute 2 – Find your natural pace

Minute 3 – Stay focused

Minute 4 – Relax

Minute 5 – Give Thanks

~ If you would like more information, please go to <http://www.rickhanson.net/rick-hanson/> (free e- newsletter “Just One Thing”)

BUSES – It is a privilege to ride to and from school on our buses. The buses are an extension of school and if there are any incidents on the bus, the bus driver will report the situation to administration. We also need to remind everyone that students are assigned to buses based upon their home address, buses are not to be used by students to ride to a friend’s house. Students need to pre-arrange with their parents/ guardians to be driven to a friend’s house, unfortunately, the bus is not an option even with a note from home. This is a huge safety issue, bus drivers need to know who the children are that are riding on their bus. Any questions or concerns, please call the Transportation Office or the School.

~ Lost and Found – We have a lot of students who misplace and lose their belongings throughout the school day. We have a blue bin outside the gym for Lost and Found items. Please remind your child to check in the bin if they have lost something. We also strongly encourage all students to use their lockers and locks to keep their items safe and secure. All students have been assigned a locker by their homeroom teacher. It is the expectation that students use their lockers and their locks for their belongings. We do not want items to get lost or stolen.

~ School Calendar/Dances:

We have given all of our students’ magnets with calendars and Dance dates on them. If you did not get a magnet, please contact the school and we will ensure you receive one.

Our Dances are a wonderful way to fundraise here at the school, we use proceeds to purchase jerseys and uniforms, have guest speakers and guest performers in the school to entertain and educate our students; and we also augment field trips with money we have raised here at the school. Dances are also a wonderful way for parents and guardians to volunteer at our school.

Professional Learning afternoons - The following Wednesdays will see a noon dismissal: October 25th, December 6th, January 17th, and April 25th.

~ Athletics and Activities: For our students we have many opportunities for them to get involved and stay involved with their school.

The next Cross Country meet will be on Tuesday, September 26th at Forest Hills School.

The soccer players were involved in a tournament this weekend and the teams did very well and had a great time. Thank you to all those involved.

All teams have copies of their practice and playing schedule, we will always announce when the games are, so please listen to announcements and check out our webpage.

If you are interested in being a volunteer/community coach, please speak to Mr. Edgecombe. You may call the school at 658-5393 or email [chris.edgecombe@nbed.nb.ca](mailto:christopher.edgecombe@nbed.nb.ca)

The Saint John Youth Hockey League registration this season will be $70.00 per single child. $100.00 for two children and $15.00 for every additional child of families who have three or more children playing in the league. You can get registration packages from the office of the school, the package and the fee need to be in by Friday, October 6th. Cheques are to be made out to SJDYHA. If you require further information, please contact Jennifer Richard at [jenn.richard@hotmail.com](mailto:jenn.richard@hotmail.com)

PICTURES: Retakes will be on – Friday, September 29th.

Wednesday, September 27th is **Immunization** day for our grade 7 students.

Orange Shirt Day - We encourage students and staff to wear orange on Friday, September 29th. In many schools across Canada, Orange Shirt Day is celebrated as a symbol of the wrongs done by the residential school system to Aboriginal children and communities. For more information on the origin of Orange Shirt Day, visit: <http://www.orangeshirtday.org/phyllis.story.html>

Over the next couple of weeks we will be practicing some of our Emergency Response plans. On Friday we had another Fire Drill with the Fire Chief here. He commented on the fact that our students are very well behaved and certainly respectful during the drill.

Communication with Staff: To avoid disappointment, we ask that you book an appointment by calling the school at 658-5393 or emailing the person you wish to contact. We appreciate the cooperation.

Please do not hesitate to contact me if you have any questions or require any further information.

Jill Ferguson, 658-5971 or email [jill.ferguson@nbed.nb.ca](mailto:jill.ferguson@nbed.nb.ca)

“Under any circumstance, simply do your best, and you will avoid self – judgement, self – abuse and regret.” ~ Don Miguel Ruiz ~