

# Rocky Lake Junior High

## September 2017

### Message from the Administration

RLJH Website and Twitter are updated daily.

Please remember to phone our safe arrival number by 9:00 AM. 832-8952 ext.1

#### Important Dates

- Sept. 28 Curriculum Night
- Sept 29 Professional Development Day, no school for students
- Oct. 5 School Dance 6:30 to 8:30
- Oct. 9 Thanksgiving Day
- October 12 bus Evacuation Drill
- October 24 Cabaret
- October 27 Teacher Conference Day
- October 30 Parents as Career Coaches

Welcome back everyone! Our first month of the new school year is almost over! We've enjoyed meeting and getting to know our new students at Rocky Lake Junior High.

We give a big welcome to our new Vice-Principal Mr. Williams, an experienced administrator with a keen interest in restorative practices, curriculum leadership, and hockey! Ms. Shea our former VP has been promoted to principal of Bicentennial School in Dartmouth. We wish her well and thank her for her dedicated service to the students of Rocky Lake.

September has been a busy month for our dedicated-staff. Sports teams have started. Thank you to our staff, parents, and community members for their outstanding support in volunteering to coach these teams. We completed our first lockdown drill for the year. Our students did an excellent job.

We continue to provide cultural programming by inviting Neptune Theatre to perform a play on the Halifax Explosion. This week we have an African Dance Performance for our students.

As we continue to prepare our students to be 21st cen-

tury learners, you will notice we are continuing to acquire and implement technology in the classroom. With this also comes the responsibility of students understanding the appropriate use of technology. Students may use their phone before school, at lunch, after school and when invited by teachers to do so for learning purposes.

We encourage parents to participate and volunteer as much as possible in the life of our school!

Thank you,

D. Metherall Principal

#### Bell Times

First class of the day begins at : 8:45      Lunch : 11:45

First class of the afternoon: 12:40      Dismissal : 2:40

**Pink Day Quilt:** We are creating a quilt to depict our pledge as a school to stand up against bullying. Each homeroom class is creating a panel for the quilt.

**Orange Shirt Day** is a legacy of the St. Joseph Mission (SJM) residential school commemoration event held in Williams Lake, BC, Canada, in the spring of 2013. It grew out of Phyllis Webstad's story of having her shiny new orange shirt taken away on her first day of school at the Mission, and it has become an opportunity to keep the discussion on all aspects of residential schools happening annually. [http://www.huffingtonpost.ca/2016/09/29/orange-shirt-day-residential-schools\\_n\\_12250652.html](http://www.huffingtonpost.ca/2016/09/29/orange-shirt-day-residential-schools_n_12250652.html) Orange Shirt Day is also an opportunity for First Nations, local governments, schools and communities to come together in the spirit of reconciliation and hope for generations of children to come.

## Grade 7 Immunization

Public Health will be providing immunizations to Grade 7 students. The students will be offered four vaccines to prevent:

1. Meningitis A, C, Y, and W 135.
2. Tetanus, Diphtheria and Pertussis (whooping cough)
3. Hepatitis B
4. Human Papillomavirus (HPV)



**Dates: Nov. 29th and May 24**

As an additional resource the following videos have been developed to support parents:

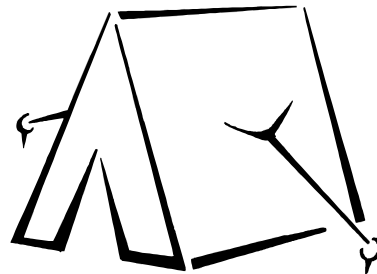
<https://vimeo.com/134234183> and students: <https://vimeo.com/134234182> throughout this process. If you have any questions please contact the nursing staff assigned to your school or call 902-481-4956 (Toll-free at 1-800-334-3032).

## Duke of Edinburgh Award

The Duke of Edinburgh's Award was founded by His Royal Highness The Prince Philip Duke of Edinburgh, to encourage personal development and community involvement for young people. The Duke of Ed Award believes that not all learning happens in the classroom and our aim is to help equip young Canadians aged 14-24 for success in life. By recognizing all of the amazing things young people can do and learn outside the boundaries of formal education, the Award empowers them to discover hidden talents, develop untapped leadership potential, make a difference in their community and explore the wonders of the great outdoors.

Here at Rocky Lake Grade 9 students have the opportunity to complete the bronze level by challenging themselves in the following areas:

- Service
- Skill Development
- Physical Recreation
- Adventurous Journey



The personal journey to earn the Award requires young people to look beyond their comfort zone and tap into their sense of discovery. Participants set and achieve personal goals in activities they want to experience and develop, making each Award a unique journey.

**Is your child interested? Want to learn more?**

**Parent Meeting : Oct. 5th at 6:30pm in the school's library**



## PARENTS AS CAREER COACHES (PACC): Middle/Junior High

### Why should I attend a PACC session?

While school staff and others play a role in a child's career journey, studies have shown that parents have the most impact. Other studies have shown that the ideal time to begin exploring careers is with children in junior high. PACC will provide you with:

- information that will help you understand and deal with the many twists and turns that can occur.

- course selection information.

- details on critical skills and personal qualities required to be both competitive and successful, in the work force.

- information on websites, which will provide information on specific jobs, labour market demands, education/training requirements, salaries and much more.

- a parent guide designed to help you work with your children throughout their career journey.

- a student workbook, which provides your daughter or son with information and activities to:

  - Identify interests and skills

  - Research occupations

### Who should attend?

Parents (grand-parents, foster parents etc.) of students in grades 6 to 9.

### What have other parents said about the program?

This very popular program has received consistently strong ratings, from parents, over the 6 years. 98% of parents who rated this program as either "Excellent" or "Good".

### Here are a few comments, from parents, who have attended PACC Middle/Junior High:

*"I was at a loss, as to how to help my daughters; but, you've given me a path!"*

*"I cannot thank you enough for this course. It was excellent and I feel like I got a lot out of it. It was very inspiring."*

*"Excellent content, clear, easy to follow"*

*"Enjoyed the program. I am now more aware of different careers so I can help my children find the right one for them"*

*"I didn't know what to expect, but I found the program informative & helpful – a very positive approach to the "big unknown" of career choices. Very much enjoyed this session."*

### The Middle/Junior High program takes one evening to complete.

Date: **Monday, Oct. 30, 2017**

Time: 6:30 pm to 8:40 pm

Location: Rocky Lake Junior High

**You can register for an upcoming session at [www.parentsascareercoaches.ca](http://www.parentsascareercoaches.ca) If you do not have internet access or do not wish to register on the website, please contact the school office to add your name to the session list.**

# Stock Transportation

We encourage parents to download the Stock Bus Tracker APP. This will assist year in determining if your child's bus is on time and the location of the bus.



**001. download the free app**  
Download the free Stock Bus Tracker app from the App Store, Google Play or by scanning this QR Code.



**002. create a secure account**  
Enter your name, email address & create a password.

**003. add a student to track**  
Select the + symbol. In the Student Information field, select Nova Scotia & Halifax, NS. In the Student Id field, use your child's last name (**alphanumeric only, no hyphens or apostrophes, etc.**) followed by the **LAST FOUR DIGITS** of your child's Provincial Student ID number (**no spaces**). In the Student last name field, enter your child's last name exactly as it is registered at the school, **including spaces, hyphens or apostrophes.**



**004. log in & track your bus!**  
Log in to track your child(ren)'s bus(es) to & from school. View near real-time bus location and information, including the scheduled arrival time of your child's bus.



**005. need assistance?**  
Don't know your child's Student ID? You can find it on an old report card, in PowerSchool, or by contacting the school. If you need app support or info about bus routing, call Stock at 902.481.8400. For more: [www.stockbustracker.com/stockbustracker](http://www.stockbustracker.com/stockbustracker)



Stock is printing bus passes for our students. It is essential for students to show the drivers these passes. We have attached lanyards to the passes to help with loss prevention.

## SPORTS

Many thanks to our volunteer coaches:

**Girls Soccer:** Bill Foster

**Boys Soccer:** Cindy MacDonald

**Cross Country:** Jocelyn Newton

**Boys Flag Football:** Troy Mansfield

**Girls Flag Football:** Michael Clory

**Girls Volleyball:** Deanne Scollard

**Boys Basketball:** Wayne Pickett



**Martock Ski & Snowboarding Club:** Please pick up registration forms during Curriculum night on the 28th.

## WISEatlantic

**October 18, 2017** | 6 pm - 8 pm

Rosaria Multipurpose Room, Mount Saint Vincent University

STEMaware is an opportunity for girls in grades 10 to 12 to discover careers in Science, Technology, Engineering, and Math (STEM) by meeting Mount Saint Vincent University graduates currently working in these fields, and current Bachelor of Science students. Refreshments will be served.

Learn more and register at: [www.WISEatlantic.ca](http://www.WISEatlantic.ca)

**November 16, 2017** | 10 am - 2 pm

Rosaria Multipurpose Room, Mount Saint Vincent University

Join us for a one-day event for Indigenous youth in Nova Scotia in grades 7-12! Explore science through fun hands-on activities, and discover careers in Science, Technology, Engineering, and Math (STEM) by meeting professionals working in STEM fields.

*Open to Indigenous youth only. Free event. Travel reimbursement available.*

Learn more and register at: [www.WISEatlantic.ca](http://www.WISEatlantic.ca)

**At Rocky Lake we strive to recognise important holidays celebrated by our community and develop a better understanding of our rich cultures. represented at our school.**



**Rosh Hashanah** 2017 began in the evening of Sept. 20 & ended in the evening of Sept. 22

Many Jewish Canadians observe Rosh Hashanah, known as the New Year in the Jewish calendar, for two days, while others celebrate the event for one day. It is a time of family gatherings and special meals. Rosh Hashana commences at nightfall the day before the actual holiday. The celebrations begin after the evening prayer, when family and friends join in to reflect on the past and make a fresh start for the New Year. Jewish Canadians traditionally eat challah bread, pomegranates, and apples dipped in honey on Rosh Hashanah.

### ***Lullaby: Inside The Halifax Explosion***

Presented by the touring company of Neptune Theatre Lullaby: Inside The Halifax Explosion, is a play of great dramatic, educational and emotive experience that explores little-told stories of the events of Dec 6, 1917. The play is centred on a day that has become synonymous with tales of heroism, survival and of how a community fought against the disaster and the elements. It is a tale of how Canadians emerged from under terrible conditions to help each other. Rocky Lake Junior High was fortunate to have hosted this dynamic play last Tuesday , September 19.

This December it will be exactly one hundred years since two ships collided, causing a gigantic and devastating explosion. The story has been told many, many times from a variety of angles and Lullaby brought forward particular and important perspectives about the Explosion and the diversity of experience following the devastating accident

The play has three diverse characters meeting moments after the explosion and follows them as they comes to terms with, not only the situation they find themselves in, but who they are stranded with.

As the characters shared their stories, experiences and history, we the audience experienced the tribute to the diverse communities and cultures in Nova Scotia.

To commemorate the 100th year anniversary of the Halifax Explosion, a series of steel sculptures will be erected around the Halifax, including one in DeWolfe Park, Bedford. Each sculpture will tell the story of what happened in that location during the explosion. In the spring of 2018, as a way of connecting our students to their community, we are planning a grade 8 excursion to visit the DeWolfe Park site.

