



REGIONAL ROYALS NEWS

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Welcome! I would like to begin the 2016-2017 school year by welcoming all returning students and new students to Dr John Hugh Gillis Regional High School. I am looking forward to an exciting and productive year, in which the staff and I see all of our students experiencing success in school and getting involved with extra-curricular activities.

I want to congratulate our grade 12s on reaching the beginning of the end of their graduation milestone. This is an important and busy year. I encourage all grade 12s to take the time to enjoy this very special year, but to also stay on top of school work, applications, cover letters and all the paperwork needed to move onto the next stage in their lives. You are the leaders in the school and the student body looks up to you as role models. Remember to be a positive one.

I would like to offer a special welcome to our new grade 9 who are beginning their journey towards becoming successful, well-adjusted and productive high school students. Grade 9 is an exciting and possibly anxious time for many students and families. Students are moving into the last stage of public education and will begin their high school career. By now schedules should be finalized, all subject teachers met and a general sense of the building should be established. Teachers are getting to know students and are in the initial stages of programming to support all students (appropriate paperwork will be forthcoming). If students have any

concerns, they are reminded to talk with their teachers, guidance or administration. I challenge all students and especially our grade 12s to make this the best year ever both personally and for our school community. Go Royals Go

Wanda Fougere

Bell Schedule

NEW SCHEDULE!!

Period 1	8:35-9:35
Period 2	9:35-10:35
Period 3	10:35-10:45 (Recess)
Period 4	10:45-11:20
Period 5	11:20-11:55 (1 st Lunch)
Period 6	11:55-12:30 (2 nd Lunch)
Period 7	12:30-1:30
Period 8	1:30-2:30

Please Note Lunch times:

Gr. 9 & 10	1 st Lunch on Days A, C, E, G
	2 nd Lunch on Days B, D, F, H
Gr. 11 & 12	1 st Lunch on Days B, D, F, H
	2 nd Lunch on Days A, C, E, G

SIP info

For information on how to apply for the School Insurance Program, please click on the link <http://drjhg.srsb.ca/>. The icon is at the bottom of the home page

School Advisory Council

The School Advisory Council (SAC) is a volunteer group of parents, community members, professional and support staff, which act as an advisory group to Administration at Dr.JHG. They meet regularly and all meetings are open to the public.

We are looking for parents and community members who may be interested in sitting on this committee. If interested please contact Mrs. Wanda Fougere by email wanda.fougere@srsb.ca

School Auction

Dr John Hugh Gillis Regional High School will be hosting an auction and silent auction on November 12 to raise money to support extra-curricular activities at the school. We will be looking for family and community support with the donation of goods and services and attendance at the event. More info will follow. Please mark this date on your calendar.

Healthy Lunches

To help prepare for school lunches, Health Canada invites you to visit Canada.ca. Please pass this information on to your organization's members or feel welcome to post on your website, share through social media, or on bulletin boards.

Preparing healthy food to carry your kids through the day takes planning. Click on the links to find out more about:

- [Time saving strategies](#) to beat the 'back-to-school' rush, including [healthy school lunches](#).
- Easy ways to shop healthy, save money, and get your kids involved at the [grocery store](#).
- New ideas in our [fall recipe collection](#), such as [Mac and Cheese with a Healthy Twist](#), and [Quick and Easy Hummus](#).
- The [Healthy Eating Toolbox](#), including ready-to-use resource material for consumers, health professionals, educators, and media.

You may also follow Healthy Canadians on: [Facebook](#), [Pinterest](#), [Twitter](#), and [YouTube](#).

Thank you for helping to spread the word on 'back-to-school' healthy eating!

Health and Wellness & Youth Health Centre

Canada has had physical activity guidelines that provide Canadians a 'standard' for key messages, and goal-setting around fitness and healthy living. This set of guidelines has been recently updated and are relevant to youth (ages 5-17 years) irrespective of gender, race, ethnicity, or the socio-economic status of the family. To access the guidelines and for further information about this topic, check out the links listed below:

<http://stage.participation.com/en-ca/thought-leadership/report-card/2016>

<http://lin.us7.list-manage1.com/track/click?u=f25d5468dc18bc5ed9d3e47e9&id=c3c3ff150f&e=d260193f49>

The Breakfast Program

The Breakfast Program began Monday, September 19th and will continue to be offered 5 days a week. Breakfast will include items such as bagels, cereal, cheese, yogurt, fruit and milk.

Parent Portal Sign Up

Parents/Guardians can go online and view their son/daughter's attendance in addition to assignment and test scores. If you have not yet received your access code and password, please phone the main office at (902) 863-1620 or email leisa.brow@srsb.ca. We will then e-mail you a letter with directions that will include your access code and password.

Strait Up

Strait Up for Parents/Guardians and Students is used by teachers to advise parents/guardians and students about current classroom work, projects and activities; upcoming assignments and tests as well as other classroom expectations. In addition to enhancing school-to-home communications, Strait Up may be used to share other relevant information and messages, including online educational supporting resources.

To access this site, click in the blue and yellow Strait Up icon on Dr. John Hugh Gillis Regional web site or the Strait Regional School Board website. Next look to the left of the screen and click on our school, Dr. John Hugh Gillis. Once you're into the school, find your son/daughter's teacher(s) and click on the name. This last click will bring you into the homework page of the teacher.

Bus Passes

If your son/daughter requires a bus pass to travel on another bus, or is getting off at a different stop, you must give written consent, including the civic number of the stop, to the main office.

Presentations

Throughout the year, the school or individual teachers may make arrangements for guest speakers or presentations to enrich classroom instruction or to broaden students' understanding of local and world events. School events will be posted on the calendar on the school web page. If you do not want your son or daughter to participate in the planned events, please send a written note that includes the name of the presentation, your son or daughter's name, the grade level and the information that he/she cannot attend the presentation. Include your signature as well and we will make alternative arrangements for your son/daughter for the time of the presentation. If at any time, you would like

further information about the event, please do not hesitate to contact the school.

Media Coverage

As part of our efforts to celebrate the achievements of our students and to promote the school's various educational, sports and cultural events, media partners are invited to the school from time to time throughout the school year to cover these activities so that our good news and success stories can be shared with our school communities. As such, there is a strong possibility that your son/daughter may be identified either by name, grade or in a photograph. If you do not want your child to be identified in this manner, please contact the school principal.

There are other times when one of our media partners may contact the school to profile a specific student, program or event that may involve a student(s) being interviewed, photographed, video recorded and/or audio recorded. In these types of instances, it is our practice to request written parent/guardian permission prior to granting the media request. Please also note that our school and the School Board does not condone the uploading of audio or video files recorded at school or school-sponsored events to online social networking sites, such as Facebook and YouTube.

All media requests, and associated contact with students, are carefully considered before being approved. We do our best to ensure that the personal privacy of students is protected and respected.

If you have any questions related to the above information, please do not hesitate to contact the school.

Allergy Info

The Strait Regional School Board is making every effort to support students and staff with severe allergies through staff training, various accommodations and information sharing within our school communities. As we begin a new school year, we are asking for your continued cooperation to keep our school community safe for all students and staff. Throughout our schools, a number of students and staff have severe and life threatening allergies to food and scents. At our school, we are Nut and Scent Aware. Therefore, we are asking that you avoid sending this type of food product and wearing scents to school. Avoiding the allergen is key in preventing an allergic reaction. Therefore, the best way to provide a safe environment is to enlist the support of our students, staff and parents/guardians to make sure we avoid sending allergens to school. There are a number of measures that you and your child/children can take to ensure the safety of all members of our school community:

****Encourage your child to wash their hands with soap and water before eating and wash their hands and rinse their mouth after eating (including breakfast and snacks);** □
Read food labels and learn how to identify allergen ingredients. If you are unsure about a product, choose something else. For information on the many common names that identify allergen ingredients on food labels, refer to the Health Canada Fact

Sheets at: http://www.hc-sc.gc.ca/fnan/securit/allerg/fa-aa/index_e.html. In addition, please refer to the Anaphylaxis Canada website at www.anaphylaxis.ca;

**Teach your child not to share his/her food, drink or utensils with classmates;

**Encourage your child to help clean his/her eating area after meals and snacks;

**Allergies are serious! Never play tricks or dare friends with allergies to try foods;

**Minimize the use of any scented perfumes, deodorants, body spray and shampoos;

**Encourage your child not to use any scent products when in school; and,

**Get help, if your friend with an allergy doesn't feel well. We recognize that creating and maintaining an allergy aware school takes effort and diligence on everyone's part. Thank you for your cooperation and assistance as we work together to make Dr. John Hugh Gillis Regional High School a safe, healthy and welcoming learning environment for all students, staff and families.

If you have any questions, please feel free to contact me at the school. In addition, you may contact our School Board's School Health Liaison Nurse.

Nova Scotia's Action Plan for Education Update from the Department of Education and Early Childhood Development

The 2015-2016 school year marks the start of many new and exciting changes in classrooms across the province as a result of Nova Scotia's Action Plan for Education introduced in January. The Action Plan was based on the feedback of more than 19,000 Nova Scotians, including teachers, students, school support staff, school boards, universities and the business community.

Some highlights this year include:

- a streamlined and innovative curriculum with a stronger focus on teaching math and literacy for primary to grade 3 students,
- new homework standards to support and enhance student learning at every grade level,
- a new school code of conduct that will apply to all schools,
- more hands-on learning activities for students to develop their technology skills, including Brilliant Labs,
- more math mentors working with teachers to support higher student achievement,
- a new career education framework for grades 4-12 students,
- core French programs that use interactive and conversational teaching methods, and
- a new growth and development guide for families with four-year-olds to encourage early learning.

For more details on changes coming in 2015-2016, please visit ednet.ns.ca and

follow the Department of Education and Early Childhood Development on twitter @NSEducation.

School Board Elections: Saturday, October 15, 2016

On Saturday, October 15, 2016, Nova Scotians are encouraged to vote in the school board elections, which coincide with municipal elections. By participating in the school board elections, you are deciding who will make up the Governing Board of your local School Board. These are the people who inform school board policy, make budget decisions, and support education in your community.

Voter turnout has been low in the past - less than half of eligible Nova Scotians voted in the 2012 school board and municipal elections. Let your voice be heard! Mark Saturday, October 15, 2016, on your calendar and vote!

To vote in regional school board and municipal elections in Nova Scotia, you must:

- be 18 years of age on or before the first advance polling day and be a Canadian Citizen,
- have lived in Nova Scotia for at least six months prior to the advance polling day,
- have lived in the municipality in which you intend to vote since the first advance polling day.

Please note that some school board regions include multiple municipal districts. For the African Nova Scotian School Board Member and the Conseil

scolaire acadien provincial elections, special eligibility criteria is required. Members of these communities may self-identify at the polling station, and shall only vote in one school board election.

For more information on school board elections, please visit www.schoolboardelections.ca.

Important Dates:

Sept 22 9:00-11:00 p.m. 1st School Dance

Sept 28 AAROA Tour

Sept 30 School Based In-service (No Classes)

Oct 10 Thanksgiving (No Classes)

Oct 17-20 Mid-Semester Testing

Oct 18 & 19 Parents as Career Coaches

October 28 Provincial In-service (No Classes)

Information & Logistics PACC Senior High Session

Parents as Career Coaches Program will take place Wednesday, Oct. 18 & Thursday, Oct. 19, 2016 from 6:30-9:00 p.m.

What is PACC Senior High?

Several studies have shown the important role parents play in their child's career journey. Unfortunately, due to the ever changing labour market and numerous other factors, parents sometimes feel at a loss in terms of helping their child. Others, sometimes, use outdated strategies, information and approaches. The PACC

program will provide parents with the tools, information and confidence to support their child on the career/academic journey. The content and information utilized, in this program, is updated every year, to ensure parents receive the most current information.

Who is the Audience?

- Parents (grand-parents, foster parents etc.) of students in grades 9/10 to 12.
- **Please note: There is a minimum of 8 registrations required**

What is the cost?

- The program is provided free of charge, through the Department of Education & Early Childhood Development. Their support provides facilitators and various resource materials for parents (e.g. parent guide, student workbook etc.)

How many sessions and how long?

Dates: Wednesday, October 18 & Thursday, October 19, 2016

Times: 6:30 pm – 8:30 pm (Session 1)
6:30 pm – 8:40 pm (Session 2)

Location for both sessions: Dr. J H Gillis Regional High

You can register for an upcoming session at 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.

Free Family Skate

Celebrating with National Family Week

Hosted by:
Family Service of Eastern Nova Scotia &
Kids First Family Resource Centre

DATE: Monday Oct. 3rd, 2016

TIME: 3 to 4 pm

LOCATION: Antigonish Arena

Please bring a non-perishable food item for the FOOD BANK!!

HELMETS ARE MANDATORY

Hot Chocolate and Snack