



REGIONAL ROYALS NEWS

Principal: Wanda Fougrere
Vice Principal: Chris Lumsden
Vice Principal: Jyl Boyle

105 Braemore Avenue
Antigonish, NS B2G 1L3
☎ (902) 863-1620 📠 (902) 863-8284
Website: www.drjhg.srsb.ca

Welcome

Welcome! I would like to begin the 2017-2018 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

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

Student Handbook

The PDF of the Student Handbook can be found on the school website: <http://drjhg.srsb.ca/sites/default/files/DrJohnHughGillisStudentHandbook2017-2018.pdf>

Please review this document with your adolescent.

Communication

In accordance with Recommendation #31 of the Report of the Council to Improve Classroom Conditions (April 28, 2017), in an effort to minimize disruptions to student learning and the teaching day, teachers have up to two business days to respond to emails.

Important Dates:

Sept 11-12 Picture Day
Sept 14 Stand Up Against Bullying Day
Sept 21 Program Presentation Evening
Sept 27 AAROA Tour
Sept 29 School Based In-service (No Classes)
Oct 9 Thanksgiving (No Classes)
Oct 16-19 Mid-Semester Testing
October 27 Provincial In-service (No Classes)

SIP info

Every eligible child attending public school in Nova Scotia is automatically insured by the School Insurance Program's Basic Plan student accident coverage. This coverage is

provided without deductible and at no cost. Basic Plan coverage can cover things such as physiotherapy, dental and medical equipment expenses, up to policy limits.

However, if parents/guardians wish to purchase additional coverage, the Gold Plan increases the time that your child is covered to 24/7 including summer vacations. Many of the specific loss accident payments are triple those of the Basic Plan.

Please visit www.sip.ca for policy & limit information and for more information on how to purchase the optional Gold Plan.

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 in November 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.

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, the bus driver's name, the student's name and the signature of the parent or guardian, 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

The Strait Regional School Board believes strongly in the need to protect the privacy of all students and recognizes the issues around the publishing of student images and personal student identifying

information, especially on the public Internet and social media sites. However, the Board also believes that the showcasing of students, their work, activities and achievements, is an important part of school life and can be a very positive experience for students. Therefore, it is the practice of the Strait Regional School Board and all schools to have written informed consent from parents/guardians before any student identifying information, including name, grade, school, video/voice/audio recording, images (photos) of students and/or student work, is used in print, online and in social media (Facebook, Twitter, etc.), and prior to any student media interviews.

In addition, 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 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 child(ren) may be identified either by name, grade, school, video/voice/audio recording, images (photos) and/or student work, in print, online and in social media (Facebook, Twitter, etc.).

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.

Students participating in extra-curricular activities or events where the public is invited (e.g., field trips, school concerts, sporting/team events, school fairs, etc.) may be photographed and/or reported on by the media or the general public. If photography or video recording occurs at these types of events, it is not possible for the school or School Board to control the use of such recordings and therefore privacy cannot be expected at these events. It is important that when taking pictures or recordings, individuals are respectful of the privacy rights of anyone captured in their recording and that they not share them in any way without the consent of the individual or parent/guardian.

Please complete the *Consent for Publication of Student Personal Information and Student Work* to indicate if you do or do not consent to your child being identified in the manner described above.

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 and scent sensitivities through staff training, various

accommodations and information-sharing within our school communities.

As we begin a new school year, we are asking for your ongoing cooperation to foster a safe and healthy learning environment for all students and staff.↵↵

Throughout schools in the Strait Region, there are a number of students and staff who have severe and life-threatening allergies to food and scents. At our school, there are allergies to nuts and nut products, shellfish, kiwis and scent sensitivities. Therefore, we are asking that you avoid sending these products to school and avoid using scented products including perfumed laundry detergent, fabric softener, deodorant, perfumes/aftershaves, to name a few.

Avoiding the allergen is key to 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. 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:
<https://www.canada.ca/en/health-canada/services/food-nutrition/food->

[safety/food-allergies-intolerances/food-allergies.html](https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-allergies-intolerances/food-allergies.html) In addition, please refer to the Food Allergy Canada (formerly Anaphylaxis Canada) website at <http://foodallergycanada.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;
- Avoid products that have a scent/odour. For more information and resources, please visit the Canadians for a Safe Learning Environment website at <http://www.casle.ca>; and
- Get help, if your friend with an allergy or scent sensitivity doesn't feel well.

We recognize that creating and maintaining an allergy-aware and scent-aware school takes effort and diligence on everyone's part. Thank you for your cooperation and assistance as we work together to make DrJHG a safe, healthy and welcoming learning environment for all students, staff and families.

If you have any questions, please feel free to contact the school.

Head Lice

Dear Parents/Guardians:

As we begin another school year, I would like to share some information with you in regards to the treatment and prevention of head lice that our school will be following.

Head lice are tiny insects and parasites of the human body which are most often attached to clean hair. They lay eggs called nits, which stick to the hair shaft, very close to the scalp. Head lice spread most easily through direct head-to-head contact or through articles used on the head or in the hair, such as hats, combs, brushes, ponytail holders, etc. Head lice occur mostly in children.

Based on Public Health Services information, the following sequence of treatment is recommended to break the head lice cycle: Please note that **two treatments are required** in order to completely break the head lice cycle:

- Two (2) head lice treatments, spread apart with a period of 7-10 days between treatments or as directed by the product.
- 1st treatment - kills live head lice.
- Some lice may hatch but they are adolescent nits that cannot lay eggs.
- Combing and nit removal is required on a **daily** basis.
- 2nd treatment - kills the adolescent nits and breaks the head lice cycle.

Please note the following guidelines that will be helpful in preventing the spread of head lice:

- Notify the school administration if your child has head lice and keep school administration informed about head lice issues as they arise;
- Check your child's head regularly.
 - once a week as part of your routine
 - after every sleepover

- every day during lice outbreaks at school
- Keep long hair tied back or braided.
- Teach your child not to share personal items that are used on their head. This means things like brushes, combs, barrettes, headbands, elastics, towels, hats, helmets, toques, and scarves.
- Teach your child to put their hats and scarves in their coat sleeves or backpacks when they take them off at school.

When there is a suspected case of head lice, the Principal will notify the parent(s)/guardian(s). The student who is suspected of having live head lice will be sent home for treatment. The student may return to school after the first treatment in accordance with Public Health recommendations. A notice will be sent home to all parents/guardians of students in the affected class when there is a confirmed case of head lice. In some cases, a reminder notice will be sent home school wide.

Our school and the Strait Regional School Board is committed to following the recommendations of health care professionals and supporting school communities in the treatment and prevention of head lice. Our focus is on the treatment and prevention of head lice in an effort to support student attendance and full participation at school, in accordance with healthcare standards.

For more information, please find enclosed a copy the Strait Regional School Board

brochure, *Head Lice: An Information Guide for Parents/Guardians and School Communities*.

If at any time you require further support on this matter, please do not hesitate to contact the school.

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!