

HIGHLAND PARK



HIGHLAND PARK JUNIOR HIGH SCHOOL

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Newsletter Date

September/October Newsletter 2018

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Welcome to the 2018-19 School Year

We are into our second month of the 2018-19 school year with many great things happening for Highland Park students new and returning. We cannot thank the community and parents enough for all your support as this continues to make our school a positive place of education for our students.

Mi'kmaq History Month

October is Mi'kmaq History Month in Nova Scotia. The goal of the month is to help Nova Scotians build awareness of Mi'kmaq history and heritage, and to increase understanding of the province's rich Mi'kmaq culture.

Treaty Day marked the beginning of Mi'kmaq History Month as proclaimed in 1993 by then Premier John Savage and Mi'kmaq Grand Chief Ben Sylliboy. Several events are planned throughout the month. Its purpose is to promote public awareness about the Mi'kmaq culture and heritage for all citizens of Nova Scotia. For more information, visit the Mi'kmaq History Month Committee's website:

<http://mikmaqhistorymonth.ca/>.

Homework and Extra Help

We encourage you to check with your child each night to see if they have any homework. Our school website and teacher websites are also available for homework and school information. Teachers offer extra help at lunch and after school. Please check their websites for their extra help times.

Lunch Program

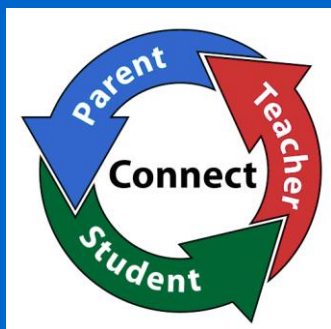
All students are allowed to stay for lunch at school and eat in the lunch room. We ask you to please speak with your children about being on their very best behavior during lunch. Once the students leave the lunchroom they have the choice of going to a scheduled activity (intramurals, extra help or a club) or outside. There is supervision provided for students if they are on school grounds for the entire lunch. Supervision outside for students returning from going home/off property for lunch begins at 12:30pm until 1:00pm.

Contact Us

Web: <http://hpj.hrsb.ca>

Email: hpjh@hrsbc.ns.ca

Follow us on TWITTER
@hpjhdragons



School Volunteers

When students reach Junior High, parents often feel they are not needed as volunteers. We would love to have your help as a volunteer at our school (dances, class trips, fundraising, etc.) If you are interested please contact the school at 902-493-5124 and leave your name and number. We would appreciate your support.

Cell Phones / Electronic Devices

Cell phones/electronic devices are allowed during class change, break, and lunchtime. If students have had warnings to put their phones/devices away and continue to use them they will be turned into the office and returned at the end of the day. If this continues to be a problem, parents will be notified and asked to drop into the school to pick these items up.

PowerSchool

In addition to progress reports, parents and students have access to PowerSchool, an electronic grade book via our school website. PowerSchool will show you all the assignments, quizzes, and tests along with the indicator of success, if they were missed or late. Students will have an opportunity at the beginning of the year to learn all about PowerSchool and will be able to check on their progress and any missing work at all times.

Parent Teacher Meetings - 2 Different Locations

The first Parent Teacher Meetings will be held on **Wednesday, December 5th from 6-8 p.m. in the Highland Park Gym** and **Thursday, December 6th from 1-3 p.m. at Mulgrave Park, 123 & 133 Jarvis Lane, Halifax.**

If there are any concerns you may have about your child before then, please don't hesitate to contact the teacher at the school before too much time passes.

HPJH Counselling Services

As a parent, one of your greatest hopes is to see that your child reaches their full potential. The counsellor's job is to help along that path. Every day, students face challenges - tough classes, peer pressure, as well as family and personal concerns. It is not always easy to be a Junior High student. At Highland Park, counselling services are provided to help young people help themselves throughout these challenges. Counselling can take place as individual sessions, small group sessions and even sessions with the entire class.



The question most asked by parents and guardians is “How can I help my student be successful at Junior High?” Although there is no one guaranteed answer to this question, there are some things parents can do that will help a great deal.

- A) **Stay involved in your child’s academic and social life. (*Know what is going on with your young person*)**
- B) **Communicate with the school. (*Support the school and ask questions*)**
- C) **Let your child know you care. (*Give praise where it is deserved and embarrass them with your affection*😊)**

In addition to services for students, consultations with parents and teachers are a common occurrence in the counselling office. When students are having academic, behavioral, emotional, or social difficulties, collaboration between the teacher, counsellor and parents is usually helpful for students. If you have any questions or concerns please contact our Guidance Counsellor at the school.

Mr. Lang: 902-493-5127 or elang@hrce.ca

How to Make the Most of Junior High

Get involved. In Junior High, you’re in more classes with new people. Instead of feeling sad about how things are different, seize the chance to expand your horizons. There are so many opportunities to get active and get involved when you reach Junior High.

Choose your friends wisely. As soon as you hit Junior High, you’ll be mixed in with new kids as well as older kids. You’ll have opportunities to connect with people who seem exciting and new. But in your preteen and teenage years, it’s important to surround yourself with positive, supportive people. The friends you have in Junior High are good indicators of how well you’ll succeed in the coming years, so choose wisely.

Learn about healthy relationships. In Junior High, kids are experiencing puberty full-force and hormones start up. You’re probably thinking about that cute boy or girl and whether you might start dating. It’s important during this time to understand what a healthy relationship looks like. Studies show that Junior High students experience sexual harassment and dating violence at high rates, in part because they don’t recognize what is appropriate or not.

Give other people a chance. People change as they become teenagers. It may well be that someone you’ve known for years but never really were friends with, has become a natural fit for the older you.

Student Assessment. Parents can strengthen the partnership between home and school by taking time to explore the assessment strategies used. We will have a lot of information around assessment and how to better understand the reporting system that we use. All assessment



information and course outlines can be found on our website. Ask your child about upcoming assignments. Look at the rubric with your child when he or she begins work on the assignment. Stay in close communication with your child's teacher if either you or your child is unsure about the criteria. Though it's always exciting to celebrate good grades, be sure that your conversations focus on the learning that has taken place. Remember that a report card is only one way your child's teacher shares information with you.

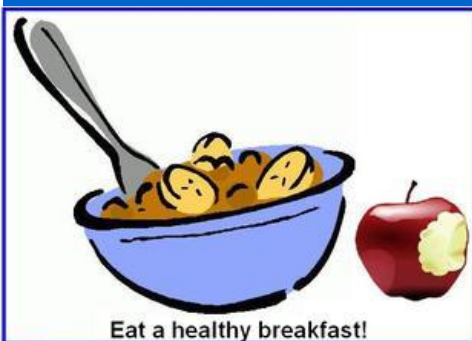


Video Surveillance

Our school uses a video surveillance system as part of our continued efforts to support a safe, positive and effective learning environment. We recognize that the images recorded by this video surveillance system are personal information and, as with all other personal information, we take steps to balance privacy rights with safety and security concerns. The school has the legal authority to collect this personal information under Section 24 of Nova Scotia's Freedom of Information and Protection of Privacy Act. Only designated staff has access to our video surveillance equipment and such access is restricted as required by law. The system is used to enhance school safety and to deter or take action in response to unlawful behaviours. If you have any questions about video surveillance at our school, please contact the school at 902-493-5124.

Daily Announcements

Our daily announcements can be found on our website.



Breakfast Program

The Breakfast Program has started. Students are welcome to come into the building between 8:20am and 8:40am to have breakfast before class.



School Clothing

HPJH school clothing order time will soon be here. Information concerning ordering school clothing will be given to students this week. Mr. Tortola has extra order forms and samples of the HPJH gear to try on. Contact him if you have any questions: ctortola@hrce.ca.



Athletics

The Highland Park Junior High Sports program is in full force and looking extremely strong for the 2018-19 seasons.

Our **Girls Soccer** team is on pace to finish within the top 3 spots. They finish play on October 15th and would like to make a special thank you to Ms. Johnston and Jake Naug for their volunteered coaching efforts. Our **Boys team** is looking to finish out their undefeated season Tuesday October 16th. The boys have only allowed 1 goal against while collecting 13 for. The boys would like to thank Anthony Khisa and Mr. Jerrett for their volunteer coaching.

Highland Park **Cross Country** sent 3 runners to the Citadel meet: Naj Nyamarembo, Noah Frost, and Liam Hann who placed 15th in Intermediate Boys. You all represented HP very well, thank you.

HP **Football** has their eye on winning a banner this season with an impressive record to date. The team would like to thank Vice Principal Sheldon Lucas for his superb volunteered coaching. Good-luck the rest of the way!

Girls Volleyball is well underway and seem to have the strongest team in recent memory. The team is practicing hard to get ready for the upcoming season and will be co-coached by Ms. Johnston and Mr. Jerrett. Best of luck.

Basketball is right around the corner and we are still in need of a coach for the female team. Trevor Walter has volunteered to coach the boys team for the second straight season so thank you!

Music



HPJH will be holding “**Halloween Coffee House Fundraiser**” on **Wednesday October 24th at 7:00 pm in the school gym**. This event will feature band students from the school as well as some soloists and some duets. The admission cost will be \$3.00 for adults and \$2.00 for students and seniors. All proceeds from this fundraiser will go the music department to support our young musicians. Come on out and support our spooky night of Halloween fun!! Buy a ticket on a door prize, have a coffee and a sweet and enjoy some wonderful music!

Public Health Pamphlet on Head Lice

Check out the following website for information on checking, treating and preventing head lice:

<http://www.novascotia.ca/dhw/publications/public-health-education/07135-head-lice-pamphlet-en.pdf>

Curricula Renewal

Grade 7 & 8 Pilot - Information

Over the past school year, teams of teachers have worked at the Nova Scotia Department of Education and Early Childhood Development to renew curricula for grades 7 and 8 using a *universal design for learning* approach to support student-centred learning. Highland Park is one of the selected schools throughout the province to be piloting the new, draft curricula for the 2018/2019 school year.

- Action Research will be conducted through the duration of the pilot to inform next steps
 - Teachers will identify and help support the development of learning resources
 - This phase will inform the development of the curricula guides
 - Teachers will be using an *Inquiry-Based Learning (IBL)* methodology
 - Schools will have a short, *cross-curricular learning/project-based* experience
 - This phase will be supported by provincial and regional staff
- ***What is Universal Design for Learning (UDL)?***
Universal design for learning encompasses curricula design, learning resources, instruction, and assessment practices that guide the development of a flexible learning environment focused on accommodating and supporting individual learning needs.
 - ***What is Inquiry-Based Learning (IBL)?***
Inquiry is a way of creating new knowledge that begins with wonderings and big questions to expand understanding. Inquiry involves collaboration and reflection for the purpose of meaning-making. Learners are engaged in the learning process and they make decisions and take ownership and responsibility for their learning and discovery. Inquiry can be a guided or an open process, allowing learners to identify questions for investigation and independently or collaboratively design a plan to discover meaning.
 - ***What is cross-curricular/ project-based learning?***
Cross-curricular/ project-based learning is an instructional method in which learners perform an active and dynamic exploration of authentic real-world problems and challenges. Through the rigorous experience, learners acquire and advance skill and competency development, as well as expand their knowledge and understanding. The experience requires the use of authentic resources and works towards authentic results. Results are showcased in a final product and/or presentation to an audience of peers and/or members of the school community.
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Requests to Use Preferred Names

Student engagement and success is directly impacted by safe and inclusive environments. When students feel affirmed and secure, their ability to learn is enhanced. This is true of all students, especially those who belong to marginalized communities.

Students' preferred names are individual choices and are often deeply connected to students' identities and sense of belonging. Preferred names may include a shortened version of a legal name, the use of a middle name, or a completely different name that reflects who they are.

Part of ensuring all students experience a safe and supportive environment means allowing students or their parent(s)/guardian(s) to submit an official request to enter their preferred name in the Student Information System (SIS), either verbally or in writing.

Once a request has been made and a student's preferred name has been changed in the SIS, it will be used on all school documents*, such as report cards. Students' legal names will still appear on official documents**. This choice reflects Nova Scotia's commitment to safe and inclusive schools.

Students in grades primary to 6 will be required to have their parent(s)/guardian(s) consent to the SIS name change, and students in grades 7 to 12 will be able to change their preferred names if the student has the capacity of consent.

Students' legal first and last names will always appear in the demographic page in SIS. If a preferred first name is not specifically requested, the legal first name will remain on all documents.

***School documents may include:**

- **report cards**
- **Individual Program Plans (IPPs)**
- **suspension notices and letters**
- **adaptations**
- **large-scale assessments and examinations**
- **specialist reports**
- **consent forms**
- **permission slips**
- **class lists**
- **attendance records**
- **referrals for school-based supports and services**
- **sports and drama club lists**
- **honor roll list**
- **student schedules**
- **bussing lists**
- **letters to parents**
- **school-based health care plans**

****Official documents** are documents issued under statutory authority, or created by or used in, an official capacity by government departments, agencies, statutory authorities, or health care providers.

Official documents may include:

- **academic transcripts**
- **provincial high school diplomas**
- **registration forms**
- **copy of school incident reports where litigation may be possible**
- **referrals to external agencies (e.g., mental health)**

Official documents from authorities that may be referred to, may include:

- **passports**
- **birth certificates**
- **Youth Criminal Justice records**
- **all legal documents (e.g., custody and access orders, probation orders, child protection referrals, restraining orders, health care reports and records)**

Nova Scotia Department of Education and Early Childhood Development. 2014. *Guidelines for Supporting Transgender and Gender-nonconforming Students*. Halifax: Province of Nova Scotia. studentservices.ednet.ns.ca/sites/default/files/Guidelines%20for%20Supporting%20Transgender%20Students_0.pdf

Dates of Interest

October 15th – SAC Meeting 5:30 p.m.
October 17th – PD Day
October 22nd – GetREAL LGBTQ Presentation in the a.m.
October 23rd – Staff Meeting 3:10 p.m.
October 24th – Chasing Champions Play - Alderney Landing 11:00 p.m. - 1:00 p.m.
October 24th – Halloween Coffee House 7 p.m.
October 26th – Provincial Conference Day (No Classes)
November 12th – Remembrance Day Observed
November 13th – TNT XPO for the 9s in the a.m.
November 13th – Staff Meeting 3:10 p.m.
November 14th – Take Our Kids to Work Day Grade 9s
November 15th – Junior Achievement a.m.
November 21st – Assessment and Evaluation Day (No Classes)
November 22nd – School Dance 6 p.m. - 8 p.m.
November 26th – Report Cards go home this week
December 6th – Parent-Teacher Night 6:00 p.m. - 8:00 p.m.
December 7th – PD a.m. and Parent Teacher in the afternoon 1:00 p.m. - 3:00 p.m. @ Phoenix Youth Centre
December 10th – Holiday Concert 7 p.m. (Storm Date December 12th)
December 21st – Last Day of School 😊



RCSCC Nelson Sea Cadet Corps

Want to meet new people?
Want to learn new skills?
Want to participate in unique experiences?

NLCC Micmac is a cadet corps for youth ages 12 - 19 years old. Our program offers:

- **Drill**
- **Sailing**
- **Summer training opportunities**
- **Sport Activities**
- **Community events**

The best part...it is all FREE! To find out more visit www.1nelson.ca or join us:

Tuesday evenings
HMCS Scotian
2111 Upper Water Street