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## African Heritage Month

February was African Heritage Month. The 2019 provincial theme, **Our History is Your History**, recognized the unique history of African Nova Scotians and how this story is interwoven throughout the past, present, and future of all Nova Scotians. The theme reminds us that when we all acknowledge and understand the truths of our shared history through awareness, cooperation, dialogue and learning, we will be able to facilitate positive change in Nova Scotia.

Some of the Highland Park activities to celebrate this month were:

- Whole school viewing of the movie “Hidden Figures” with follow- up reflection activities done in each class
- West African Drumming and dance group with our Grade 7s
- Otis Daye Presentations to each grade level on relationship building and his grandfather, Buddy Daye
- Whole school awards assembly with a fun game of Jeopardy showcasing student knowledge of North End history and African Nova Scotia facts

Many activities related to African Heritage were a part of learning in each of the classes (not just in February). Please ask your students to share what they learned during African Heritage Month!

## Parent Teacher Meetings - 2 Different Locations

Parent Teacher Meetings will be held **Wednesday, April 10<sup>th</sup> from 6-8 pm in the Highland Park gym**, and **Thursday, April 11<sup>th</sup> from 1-3 pm in Mulgrave Park at Phoenix Youth Centre**, 123/133 Jarvis Lane. If you would like a longer or more private meeting with your child's teachers please call and we will book one. The school number is (902) 493-5124.

## Grade 9 Trip

The Highland Park grade 9 trip took place on February 26, 27 and 28. We had three full days of activities scheduled for our students. This included bowling, swimming, dinner out at a local eatery, skiing at



Wentworth, movie at the Cineplex in Truro, and activities at Hatfield Farms. While it was cold, the days were sunny and the students were amazing! Please see an email from the restaurant we went to our first night in Truro. This will tell you what a great group of students we have here at Highland Park:

*I just wanted to mention again how wonderful your school group was when they were in at Frank & Gino's last night. I spoke with Mr. Lucas praising their manners and attitudes, but I was so pleasantly surprised when they left - not only did they all thank their servers as they were leaving, they all stopped and made sure to thank our kitchen staff as well on the way by. They were, undoubtedly, the most well-mannered school group that we have hosted in my memory.*

*I believe that kindness is one of the most important qualities a person can possess, and your students should be recognized for their courtesy. We would be pleased to host Highland Park Junior High again whenever you are passing through Truro!*

Many thanks to the staff chaperones and organizers that made this trip possible. Thank you also to the following parent volunteers for their many hours planning and organizing fundraising efforts for the HPJH grade 9 trip: Jody Sampson, Lisa Fougere, Nikki Berrigan, Maria Arsenault.



## Guidance Grade 9 Reminders

Grade 9s will have their course selections completed by early April. O2 applications are due March 14<sup>th</sup>. Everyone who applies will be going to "Test Drive" the program after March Break.

## Athletics

After a strong start at the Graham Creighton Invitational Pre-Season tournament, the Boys Basketball team ended their season with a 1 - 3 record. Although it was not the desired result, the team is still young and look to take the tough lessons learned this season, and start to prepare for next year. Honorable mentions to grade 9 student-athletes who will be moving on next year; Jayden Brooks-Connor and AJ Cadougan, Best of luck! All players are asked to return their full uniform (jersey and shorts) to Mr. Jerrett ASAP!



The Girls Basketball program had a wonderful first season as the players developed their skills on the court and proved themselves to be a strong and cohesive team. They won 4 of the 6 games during the season with a number of close fights for the win in the last quarter. The girls should be proud of their hard work this season learning new plays and showing fantastic passing and communication skills. Special mention goes to our grade 9 students; Naj Nyamarembo, Gillian Currie, Mila Nedimovic, and Yusira Uwingabiye, who showed great teamwork and leadership. We wish them well as they continue on to Citadel next year. It was great to see the HPJH Girls Basketball team in action this season! All players are asked to return their full uniform (jersey and shorts) to Ms. Johnston ASAP!

Try-outs for the Highland Park Badminton team have concluded and the team has started to practice for the upcoming tournaments on March 27th (Intermediate) and the 28th (Junior) at Citadel High School. Practices will be announced daily and will take place either before school, during lunch, or after school so students must be sure to listen to announcements for when they will be practicing throughout the week.



Track & Field will be getting underway soon and signup sheets will be posted outside of the gym shortly after March Break. The city track meet is typically early to mid-May so anyone interested is encouraged to start training now so that you are ready for the timed trials try-out.

## Music

The HP band students have been busy working on new music and preparing for our upcoming third term. We had a visit from the HRM percussionist specialist who worked with our drummers; and a visit from the HRM brass specialist who worked with our brass players on sound production and intonation. Both were great fun! Mark the date on your calendar for our next HP Coffee House, Thursday, June 6th. Thanks to all families and friends for attending our musical evenings and have a wonderful break!



A special thank you to Aurora North End Parish Church for their generous donation towards supporting student activities at HPJH.

## Dates of Interest

March 11 - Term 3 Begins

March 18-22 - March Break

March 27 - Grade 7 Immunization Clinic

March 28 - Report Cards Home

April 4 – Project ARC Presentation for students

April 10 – Parent Teacher Night 6:00- 8:00 pm in the HPJH Gym

April 11 - PD for teachers in the am and Parent Teacher in the afternoon 1:00- 3:00 pm at Phoenix Youth Centre (Mulgrave Park)

April 15 - SAC Meeting 5:30 (We need new members for the 2019-2020 school year)

April 19 - Good Friday (No Classes)

April 22 - Easter Monday (No Classes)

April 25 - School Dance 6:30-8:30pm

# Community Health Teams

## Free Program for Adults Interacting With Youth

### Mental Health First Aid Canada- Adults Interacting with Youth 14 hour Certification Program

Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a mental health crisis. To become a Mental Health First Aider and receive a certificate of completion, attendance at ALL sessions is required.

- Tuesdays Oct 23, 30, Nov 6 & 13, 2018 1-4:30pm • NSCC, 5685 Leeds St. Halifax

## Parent Wellness Series 4-week program

The first two weeks of this program begin with “My Child is Anxious. Should I Worry?” (see above). The next two weeks focus on adult stress and adult sleep concerns and their impact on parenting. Registration for all 4 sessions is required. Childcare is available at both locations.

- Wednesdays — March 27 - April 17, 9:30 – 11:30am Cole Harbour – Parents and Children Together
- Tuesdays — April 16 - May 7, 9:15 – 11:15am Spryfield – Rockingstone Heights School

**To register for these programs, please call (902)-460-4560**

**For more information on our other programs, please go to:**

**[www.communityhealthteams.ca](http://www.communityhealthteams.ca)**



# Community Health Teams

## Free Programs for Parents of Teenagers 2019 Parenting Your Teenager - Walking the Middle Path 1 Day Workshop

Learn to better understand your teen, improve communication and help your family run more smoothly.



- Saturday – April 13 9:00 am - 4:30 pm Halifax – Gorsebrook Junior High  
This program is offered in partnership with IWK Community Mental Health & Community Health Teams.

## MY CHILD IS ANXIOUS. SHOULD I WORRY? 2 week program

All children have some anxiety. How do you know when to be concerned? You will learn how to identify early signs of anxious feelings in your child, up to 12 years old, and skills to help your child manage everyday anxiety. You will have the opportunity to practice these new skills at home and come back to discuss with the group. Information on additional health and community resources will also be available.

- Wednesdays — May 15 & 22 6:00 - 8:00 pm Fairview – Burton Ettinger Elementary School
- Wednesdays — June 5 & 12 9:30 - 11:30 am Lower Sackville – Memory Lane Family Place
- Wednesdays — June 12 & 19 9:30 - 11:30 am Halifax CHT – Young Street

Space is limited. Registration is required. (902)460-4560



North End  
Community  
Health Centre



# CHILDREN & YOUTH DENTAL PROGRAM

The North End Community Health Centre offers a dental program for children from 1 year to 14 years old. We are here to help families have easier access to dental care, in a respectful and reassuring environment.

You do not need to live in the North End or be a patient at our medical clinic to receive dental care.

- Dental care is covered by the NS Government's MSI program for children from 1-14 years old. There is no cost to you!
- Dental kits will be given to every child.

SchoolsPlus is a partner of the Dental Program and can help you make arrangements.

- 

**CALL NECHC at 902-420-0303 or contact  
SchoolsPlus at your school to arrange for  
dental care!**



**NORTH END COMMUNITY  
HEALTH CENTRE**

902-420-0303 [www.nechc.co](http://www.nechc.co)

# How can we best support student mental well-being?

Anxiety and depression are among the most common mental health issues experienced by young people today. Experts overwhelmingly agree that daily stress management and physical activity can reduce these issues, including for students with autism, ADHD, eating and psychotic disorders, and schizophrenia. This combination of coping skills and exercise can be a reliable alternative to the exclusive use of antidepressants and other medications, and should be included in the mental health services offered to students in schools.

## Maintaining positive mental health can prevent the onset of anxiety and depression

While there's no single cause linked to anxiety and depression, educators can focus on promoting the following factors of positive youth mental health that we know will strengthen students' coping skills when faced with stressful situations:

- Positive self-esteem
- Lifestyles that include physical activity, healthy eating habits and quality sleep
- Harmonious family relations
- Supportive school environments that are conducive to learning
- Positive student-teacher relations

## Developing a sense of self-efficacy maintains positive mental health

The most crucial component for students to maintain mental wellness is their perceived ability to accomplish challenging goals and tasks. This sense of self-efficacy goes hand-in-hand with self-regulation, which is our ability to deal with and recover from stressful situations using the following steps:

1. Identifying undesirable feelings, whether they be physical, mental and/or emotional
2. Identifying the root cause of the stress
3. Determining what changes can be made to prevent or reduce the stressors
4. Proposing strategies to cope or adapt to the stressful situation or issue
5. Monitoring improvements in the situation

When a young person learns to reframe their thoughts in a more positive light, their actions and emotions will follow suit. For students facing more severe mental health issues, providing them with techniques to heighten their own sense of accomplishment and ability to cope with stressful situations is a more comprehensive approach than drug-based treatments alone. Therefore, providing more well-rounded mental health and wellness support in schools will benefit students well beyond adolescence into adulthood.

For online resources as well as the research references that inform this issue, please visit: [www.cea-ace.ca/facts-on-education](http://www.cea-ace.ca/facts-on-education)

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