

Northumberland Regional High School Newsletter



January
2024



<http://nrhs.ccrce.ca>

@nrhs.official

104 Alma Rd, Westville, NS

Important Dates

March 28	Site-Based PD, Parent/Teacher (No Classes ELEMENTARY Only)
Mar 29	Good Friday
Apr 1	Easter Monday
Apr 15-18	Report Cards Distributed Grades 10-12*
Apr 19	Site-Based PD, Parent/Teacher (No Classes SECONDARY Only)
May 15	Black Excellence Day
May 20	Victoria Day
Jun 17	Nova Scotia Virtual School Assessment
Jun 21	National Indigenous Peoples Day
Jun 26	Assessment & Evaluation (No Classes SECONDARY Only)
Jun 27	Assessment & Evaluation (No Classes for ALL Schools)
Jun 28	Last Day of School (PP-12) (Report Cards Distributed P-12)

To all members of our school community

Welcome back and happy 2024! I hope that you all had a great break and that you are well rested and ready for the mad dash to exams.

I would like to take a moment to thank everyone who participated in the many fundraising and charity events organized by our staff and students in December. I am very proud that we, as a group, are able to give so much back to our community and show so much support for those in need. Please know that your efforts do not go unnoticed and that your compassion makes a huge difference to a lot of people.

January is always a very busy month that can be quite stressful for students, parents and teachers. Please know that we have many supports in place to help deal with this stress. Guidance, the teen health center or the office are just three of the many places that you can go if you are feeling overwhelmed

Before we know it, exams will be over and second semester will be in full swing. Please take a few minutes to look forward at your second semester schedules and make sure that you know what courses you are registered for. This can be done on Powerschool. If you have questions about possibly changing a course or what courses you need to graduate, you should book an appointment with someone in guidance as soon as possible.

I hope that you all have a great month!

Music Program Schedule

Monday Lunch - Concert Band

Monday After School - Musical Orchestra

Tuesday After School - Choir

Wednesday Lunch - Fine Arts Committee Meeting

Wednesday After School - Concert Band

Thursday Lunch - Musical Vocal Rehearsal

Thursday After School - Jazz Band

Friday Lunch - Choir

Friday After School - Beginner Band



NRHS
gets social

Facebook

- ▶ Northumberland Regional High
- ▶ Squawk NRHS
- ▶ NRHS Athletics
- ▶ NRHS Karma Closet
- ▶ Squawk's Café

Instagram

- ▶ @nrhs.official
- ▶ @nrhs_athletics
- ▶ @nrhs_musical
- ▶ @nrhs_visualarts



On the web
<http://nrhs.ccrce.ca>





WEST PICTOU SCHOOLS CATERING SOCIETY
Three week rotating menu for January 2024.
All meals are \$6.50 unless otherwise specified

Week 1	Breakfast Sand. & Deli-Roasters	Oven Baked Penne	Rice Egg Roll Chicken Fingers	Loaded Philly & Fries	Friday Special
Week 2	Pancakes & Bacon	Grilled Cheese & ham w/homemade	Chicken Caesar Salad	Chili & Biscuit	Friday Special
Week 3	Macaroni & Cheese w/biscuit	Lasagna & Caesar	Quesadilla w/sour cream & Salsa	Combo Pizza & Salad	Friday Special

Sandwiches

- Egg- 4.50
- Turkey-5.50
- Tuna-4.50
- Lean Ham-4.50
- Lean Ham & Cheese-5.00
- Grilled Cheese-3.85

Miscellaneous

- Homemade soup -Lrg-4.25 -
- Chicken Caesar Salad-6.75
- Sm. Tossed/Caesar Salad-5.50
- Lrg. Tossed/Caesar Salad-6.00
- Rice-4.25
- 7" Garlic Fingers-5.50
- Pretzel-3.25
- Chicken Wrap-3.00
- Philly Hoagie-5.50
- Pizza Sub-6.00
- Hamburgers-4.50 (Mon. & Wed)
- Baked chips-2.25 (Mon. & Wed)
- Rib Burgers-5.00 (Wed. & Thurs.)
- Oven Fries -4.25 (Mon. & Wed.)
- Chicken Fingers (3)-5.00 (Tues. & Thurs.)
- Nuggets (6)-4.75 (Mon. Wed. & Fri.)
- Chicken Burgers-5.00 (Mon. & Fri.)

Snacks

- Oranges-1.35
- Apples sm.-1.30
- Banana-1.35
- Sherbet-1.50
- Cheese Strings-1.25
- Veggies-2.50
- Yog Cup-1.50
- Fruit Muffin-1.25
- Cookie-1.25
- Crispy Minis-2.25

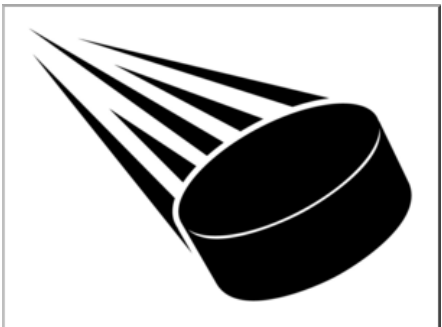
Drinks

- Milk-.40
- Water-1.75
- Sm. Choc. Milk-2.00
- Bubley-1.75



Girls Hockey hosted their first home tournament and came away as champions! Way to go girls!







Boys Varsity Basketball took home two tournament championship banners in December. They dominated the court at the Maritime Invitational Tournament in Fredericton and the Amherst High Christmas Classic championship in Amherst. Congrats to our Varsity boys!



Meet Your NRHS Learning Support Teacher Team

NRHS LST would like to introduce ourselves and provide our contact information. We also want to share what we have been up to as a learning support team and share some helpful tips for students and families.

Sabrina Gladney - Resource Grade 9 *gladneyse@ccrce.ca*

Allison Wilson - Resource Grade 10 *mcneilap@ccrce.ca*

Jenny Ferguson - Resource Grade 11 *fergusonja@ccrce*

Chris Duguay - Resource Grade 12 & CEP *duguayc@ccrce.ca*

Wendy MacKinnon - Resource *mackinnonw@ccrce.ca*

Stephanie Fortune - Learning Centre *fortunes@ccrce.ca*

Mindfulness Tips

Positive Mental Health Toolkit

- <https://sites.google.com/gnspes.ca/ccrce-hps/resources/mental-health?authuser=0#h.2curubiifzeq>

Self Care Tips over the Holidays

- https://docs.google.com/presentation/d/1bwwlW6BEhRp6g1qOY1qsoLpsvAhFUG2njUl9BFzg2dA/present#slide=id.gadf1ef61fe_0_1325

Nova Scotia Math Homework Hub



Nova Scotia
HomeworkHUB



APPUI aux devoirs
Nouvelle-Écosse

NEED HELP WITH A MATH QUESTION?



GNSPES Access

Click the **Nova Scotia
Homework Hub icon**



Available 24/7

- textbooks
- videos
- practice questions
- vocabulary review



Bilingual Tutors

Tutors for Grade 7 - 12
Sunday through Thursday
5:30 - 9:30 p.m.

1-888-444-6607

Nova Scotia
HomeworkHUB



APPUI aux devoirs
Nouvelle-Écosse

gnspes.ca

INCLUSIVE EDUCATION

As we continue to implement the provincial Inclusive Education Policy, with a focus on the well-being and achievement of each and every learner, it is important for stakeholders to be aware of the expectations across the various roles as defined in the policy itself. From students and families, to teachers and planning teams, view all roles and responsibilities here: <https://sites.google.com/gnspes.ca/inclusiveeducation-mtss-ns/selection?authuser=0>

Google Read&Write

Google Read&Write is a Tier 1 (everyone has access) tool that helps to boost productivity, increase study and research skills, writing, categorizing, vocabulary and provides built-in support that can benefit all students. Tools such as the screen reader, talk & type, screen masking, simplify and vocabulary are beneficial for all of our students. The research tools are great for high school students who need to extract and cite digital resources for various projects and writing pieces. Students are able to access their R&W tools at home as well as school and every student at NRHS recently had a refresher on its tools and uses.