

Northumberland Regional High



HOME
OF THE
NIGHTHAWKS



<http://nrhs.ccrc.ca>

@nrhs.official

104 Alma Rd, Westville, NS

November 2023 Newsletter

Upcoming Events

OCT 27	Provincial Conference - No Classes All Day
NOV 11	Remembrance Day - Observed Nov 13 All Day
NOV 13	No Classes - Observing Remembrance Day All Day
NOV 24	PD Day - No Classes All Day
DEC 21	Holiday Break All Day - Jan 2, 2024



Principal Message

To all members of our school community

It is hard to believe that we are almost to mid-terms! Fall is coming to an end and winter is quickly setting in. Along with that dreaded first snow, our winter season brings with it the start of our winter sports which are now up and running. It has been so nice to see so many students participating in our athletics and extracurricular events. Thanks to all the staff who work so hard to make these things happen!

In November we will take time to remember those who gave their lives so that we can have many of the freedoms that we enjoy today. I have seen many staff and students proudly sporting their poppies and know that our teachers have been busy integrating this topic into their lessons.

November also brings with it mid-term reports and our first parent teacher sessions. The parent-teacher is scheduled for phone appointments in the evening on Thursday November 23rd and in person during the afternoon on Friday November 24th.

I wish all students the best of luck on their mid-term tests and assessments. I know you have all been working hard and are well prepared so don't panic! Please know that we have lots of supports in place should you find yourselves feeling overwhelmed. Just see your teacher, an administrator or someone in guidance and we will do our best to help you out.

I hope that you all have a great month!

BUS PLANNER



Student Bus Information

Each summer, we carefully plan out bus routes and schedules to reflect the changes that occur from new students starting/moving to a school or our older students who graduate from high school. It's important to check your child's school bus information before September because there could be changes to bus routes from year to year. With BusPlanner, it's easy and quick to check your child's bus information.

About BusPlanner

BusPlanner is an online system that will allow schools and families to view busing information for students such as bus eligibility, bus stop locations, and bus pick up /drop off times.

How to Access BusPlanner

1. Go to <https://ccrce.mybusplanner.ca/>
2. Click on Parent Portal
3. Create an account and access your child's bus information ongoing with just your email and password.
4. Add your child to your account by using your student's ID and your street number/civic number (Your child's student ID can be found in PowerSchool or on your child's report card. If you need help accessing your child's student ID, please contact your school).
5. A few things to consider:
All student information is pulled from PowerSchool. Please verify that your civic address is up-to-date and accurate. If you experience an invalid sign-in, please contact your child's school to check PowerSchool information on the following:
 - Date of Birth
 - Civic Number
 - Student ID

Please note:

In order for a student to be eligible for bus transportation, they must live outside the designated walking distance

- Elementary Schools- Students living 1.6 km or less are within walking distance and not eligible for a bus.
- Middle/High Schools- Students living 2.4 km or less are within walking distance and not eligible for a bus

For additional information on our Transportation Policy, please visit <https://www.ednet.ns.ca/docs/schooltransportationpolicyen.pdf>

All student information is pulled from PowerSchool. Please verify your civic address and student date of birth is up-to-date and accurate.

If you are moving to a new address over the summer months, please update your information in PowerSchool, contact your school or contact our Transportation staff.

Questions?

For general transportation questions, please email us transportation@ccrce.ca or contact our toll-free number at **1-866-428-4696**

The Pictou County Celtic Association are hosting their
20th Workshop in Music and Gaelic and Arts



CELTIC CHRISTMAS COOKIN' & HOOKIN'

FREE

for all school-aged children

Parents and Grandparents get a
Free Celtic Christmas dinner
prepared by the participants!

In English and Gaelic

Ann am Beurla agus Gàidhlig



PLUS MORE !

Nov. 13th, 2023

9am - 6pm

Lismore

Community Centre



Registration required (FREE)

Please contact Frances MacDonald

Text: (902) 872 - 1586

or

Email: frances.music62@gmail.com

NRHS Athletics

X-country has had a very successful season! We have 5 students competing at Provincials on Oct 23rd

Our Golf teams, Grade 9 and Senior High, had great showings at regional play and had a lot of fun on the links.

The Baseball team hosted regionals on Oct. 7 and represented NRHS proudly. Congratulations on a great season!

Our Varsity Girls & Boys Soccer teams both are competing in play-offs the week of Oct. 16th.

Girls Varsity Hockey Team home opener is on Tuesday Oct. 24 @ 3:30pm in Westville, with the Boys Varsity Hockey Team hosting their home opener on Saturday Oct 21. @ 6:30pm in Westville.

Volleyball for Grade 9, JV & Varsity is in full swing. We also have boys volleyball training sessions which is new to NRHS this year!

Athletics is also seeking any students who might be interesting in curling to see Mrs. Atkinson!





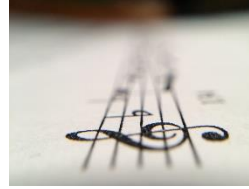
AVERY VERDUZCO
LUKE MACLEAN
BRAYDEN LINTHORNE
JAYDEN POULAIN
TYLER MACLEAN

NRHS X-COUNTRY
CONGRATULATIONS

on earning your spot to represent
NRHS at Provincials on Oct 23rd.

Good luck to all our runners!

Music Dept Notes



Monday: Lunch - Concert Band

Tuesday: Lunch - Beginner Band

After School (to 4:30pm) - Choir

Wednesday: Lunch - Fine Arts Committee Meeting

After School (to 4:30pm) - Concert Band

Thursday: Lunch - Musical Rehearsal

**After School (to 4:30pm) - Jazz Band (starting
after Remembrance Day)**


Friday: Lunch - Choir



Grade 10 & 11 students got the opportunity to attend the Techsploration Alumnae Conference at the NSCC on November 3rd. Students participated in hands-on activities, including boatbuilding, carpentry, welding, AI, auto repair, plumbing and electronic mechanics. Students were also able to see demonstrations and talk to female role models representing science, engineering, trades, and technology careers.



Empowering young women and non-binary youth to explore careers in science, engineering, trades and technology.





YOU'RE INVITED!

STUDENT JOB FAIRS

Connect with local employers searching for current part-time employees and find out about future career opportunities.



NRHS



NOV 16, 2023



11:00 AM-12:30 PM



NRHS PRESENTATION CENTRE

For more information contact
Joey Desmond, Student Liaison
jdesmond@careerconnections.ca



DID YOU KNOW?



**Pictou
County's
Fuel Fund**

**THE PICTOU COUNTY
FUEL FUND CAN
SUPPORT FAMILIES
WITHIN THE COUNTY
WITH \$400 WORTH
OF PROPANE, WOOD,
PELLETS, OR OIL TO
HEAT YOUR HOMES.**

**TO APPLY FOR THIS
ASSISTANCE CALL
1-902-616-4328
(HEAT)**

**OR VISIT THE
WEBSITE AT**

PICTOUCOUNTYFUELFUND.CA

**YOU CAN ALSO DONATE TO THIS
AMAZING NON-PROFIT
ORGANIZATION ON THE WEBSITE**



NOVA SCOTIA

“No One Shall Go Cold in Pictou County”

The Pictou County Fuel Fund has launched its fundraising program for the 2023-24 season. We are requesting that all schools in the Celtic Family consider “adopting a family” that will require assistance from the Fuel Fund this winter by donating \$400 (the amount of furnace oil, wood or pellets provided to a family who qualifies for assistance).

In the past, schools have held fundraisers to contribute to the Fuel Fund by having:

- Popcorn or ice cream sales,
- Collecting donations at concerts, dances, etc.,
- Playing dodgeball or hockey games
- Staff inviting parents to contribute to the Fuel Fund in lieu of teacher gifts at Christmas time.
- staff donations
- **putting a blurb in the school newsletter with the website link - how to apply and/or donate**
(Blurb included at the bottom)

In some cases, these efforts came about as a direct result of school staff hearing young children share their stories of having no heat in their homes. It is a real and unfortunate need that we cannot ignore.

Below are some fundamental principles of the Pictou County Fuel Fund:

- During the 2022-23 season, almost \$60,000 worth of fuel was delivered to approximately 350 families in Pictou County.
- 99% of every dollar raised goes directly towards the purchase of fuel for Pictou County residents who find themselves in a short term EMERGENCY situation and simply cannot afford to heat their homes.
- The application process for assistance is very carefully supervised to ensure that only those who are truly in need of support get the support.
- The Fuel Fund has no guaranteed corporate donations, although we have companies that do generously donate to the fund. While we depend on these donations, we also rely on donations from individuals, service clubs, municipalities and schools.

We would invite and encourage all schools in the Celtic family to contribute by spreading the word about this real and important need within our community and help connect our families with resources that are available to them.

Please see our website : <http://www.pictoucountyfuelfund.ca/>

Please e-mail if you have any questions: Debralee Dickson dicksonda@ccrce.ca

<http://www.pictoucountyfuelfund.ca/> VISIT website to DONATE or APPLY

Please follow the process below to apply for assistance.

Applications will be accepted again starting on November 15, 2023.

Step 1– Please use the [online application form](#) and provide the details requested and submit it on the link provided. If unable to fill out the online form you can call [1-902-616-4328](tel:1-902-616-4328)(HEAT), leave a message and be sure to provide some indication of urgency of your need. We will return your call during office hours. Hours of operation will be **Monday to Friday 9am to 4:30pm.**

Step 2– A representative of PCFF will get in touch with you to review your situation and confirm the level of support that may be available.

Step 3– We will review the various levels of support available for each situation. We recognize that “urgent situations” require quick action and that will be our goal to the extent possible. **IF you have not heard back from the PCFF within 48 hours Monday – Friday please call to confirm the status of your online application.**



CEP Retail Store

Welcome to Squawk's Retail Store, your go-to destination for delicious snacks, refreshing beverages, and more! Conveniently located in Room 1087, our store is open on *Days 1, 2, 4, and 7, at morning break and lunch*, providing you with the perfect opportunity to satisfy your cravings and recharge during your busy school day.

A feast for snack lovers! Whether you're in need of a mid-morning pick-me-up, a quick energy boost before afternoon classes, or simply a tasty treat to enjoy, our store has you covered. We offer a wide variety of snacks and drinks that cater to every taste. But our real star? It's got to be the popcorn! Fluffy, buttery, and oh-so-addictive, our popcorn is a fan-favorite that you won't want to miss. So, come on over and pop in for some popcorn goodness!

Squawk's Retail Store is operated by our CEP Retail students and is a welcoming space for all members of our school community. Whether you're a student, teacher, or staff member, we invite you to visit *Room 1087* and indulge in the snacks and beverages that make your day a little bit brighter.

So, why wait? Gather your friends and head over to Room 1087. We can't wait to serve you, so stop by and experience it for yourself!



CEP

Auto Shop & Tech Ed



**CEP Auto shop
designing and
installing an
enclosure for saw
mill storage.**



**CEP students cutting
pine boards for NRHS
students to use for
Tech Ed class
projects.**

WEST PICTOU SCHOOLS CATERING SOCIETY
Three week rotating menu for Nov.& Dec. 2023.
 All meals are \$6.50 unless otherwise specified

Week 1	Chili & Garlic Bread	Lasagna & Caesar Salad	Chicken Fingers Egg Roll, Rice	Penne Chicken Pasta	Friday Special
Week 2	Quesadilla	Taco Wrap & Caesar Salad	Hamburger Stew	Fish & Fries	Friday Special
Week 3	Combo Pizza & Caesar Salad	Spaghetti & Tossed Salad	Turkey Wrap & Homemade soup	Loaded Philly & Oven Fries	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
 Bublely-1.75