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May 2019 Newsletter

Important Dates

May 6 - Yearbook orders due
May 7 - Grade 7 Immunization
May 8-10 - Saint Anne's trip for 708
May 13 - Grade 9 trip Parent meeting 6:30pm
May 14 - African Heritage assembly
May 15 - Gosse Math Competition Grade 7 & 8
May 16 - Dance
May 17 - PD day (No Classes)
May 20 - Victoria Day (No Classes)
May 27-30 - Grade 8 Provincial Assessment
May 29 - Parent Orientation meeting 6:30pm

June 6 - Band Concert
June 6 - Elementary Orientation for Kingswood
June 7 - Elementary Orientation for Hammonds Plains
June 10-12 - Grade 9 Exam Preparation
June 13-15 - Grade 9 Trip
June 17-18 - Grade 9 Exam Preparation
June 19 - Grade 9 Exams - English/French AM
Science PM
June 20 - Grade 9 Exams - Math AM
Social Studies PM
June 25 - JAG Awards Grade 8 & 9 AM, Grade 6 & 7 PM
June 26 - Community Grade 9 Year end Celebration
June 27 - Assessment and Evaluation day (No Classes)
June 28 - Last Day of School

PRINCIPAL'S MESSAGE

Come on sun and warmer temperatures!!! Spring is officially here and we're continuing the feverish pace to finish strong for this school year.

Thank you to our feeder schools, Kingswood Elementary and Hammonds Plains Consolidated and to CP Allen for all the positive transition meetings outlining student's strengths and needs and how we can best support them at their new schools next year. Thank you as well to the MSMS staff for ensuring our own placement process was equitable and student based – well done team!

We ask that you encourage your child to not get sidetracked by the nice weather and to keep up their studies from now until the end of June. 😊

As there is so much going on we have provided a list of calendar events that will include now until the end of the year so you can plan accordingly.

With the nice weather also comes the reminder to dress appropriately and students are reminded to refrain from wearing any items promoting profanity, or adult activities such as

alcohol consumption, etc. Students may be asked to put the clothing article inside out if deemed inappropriate for school and we appreciate your support on this matter.

Now that the snow has melted we'll be encouraging students to use the waste receptacles provided inside and out and will launch a school wide clean up. We are very fortunate to have a newer school than most and it's important to take pride in it's appearance so we'll be asking students to demonstrate respect for their environment like they do for themselves and others.

Teachers have been reminded to update their Power School information on a regular basis and we'd ask that you please contact them with any questions or concerns. OF course, I am available to support teachers and or parents if needed and I invite you to contact me as needed.

Thank you for your time and Happy Friday!

Kim Acorn 😊

LAST SCHOOL DANCE of 2018-2019

Date: Thursday, May 16th

Time: 6:30 – 8:30

Where: MSMS cafeteria

Cost: \$6.00 or \$5.00 with non-perishable food item for the Food Bank

Allowed to Attend: All students from MSMS in grades 6, 7, 8 and 9 (*No students from other schools are permitted to the dance.*)

Hope to see you there!

Yearbook

All yearbook orders are due Monday May 6th!

Grade 9 Trip

There will be a mandatory meeting for all parents of students going on the grade 9 trip, Monday May 13th at 6:30pm. This will be an opportunity for you to meet your child's chaperone and for us to collect all medical information.

Celebrating Our Students

Madeline Symonds Middle School is pleased to announce that 141 students, or 20% of our student population, have been awarded ***perfect attendance*** for the month of April. We would like to congratulate them on their accomplishment. Well done !!!!

Grade Six Visit to White Hills Run Long Term Care Centre

Mrs. Mahaney's grade six class had an opportunity to visit the White Hills Long Term Care Centre in early April, to spend some time with the residents. Former MSMS EPA and Dalhousie student, Megan MacDonald, partnered with Mrs. Mahaney's students to develop and implement a volunteer program that would benefit both the residents and the students. The students spent their time making jigsaw puzzles, completing word puzzles, colouring, painting and most importantly, talking and visiting with the residents. Makenna Ruelokke also played the piano for the residents which they enjoyed very much. It was a great experience for everyone involved and Mrs. Mahaney's students are looking forward to another visit!



HRM Citizenship Award

HRM Award is sent out annually to one grade 9 student per school.

Recipients must meet the following criteria:

- 1) have qualities of leadership and service in the school and community.
- 2) have a commendable performance in school academics.

After much consideration of the several nominees for our school, **Jenna Emanuel** was selected as this year's winner. She will receive her award at a presentation this month. Congratulations Jenna!

African-Nova Scotian History Challenge Awards

To follow-up the April Newsletter which highlighted the excellent effort made by MSMS students in the ANS History Challenge, a special congratulations is given to Josie and Charlotte Pottie from Mrs. Mahaney's grade six class. Their outstanding artwork won them the only individual/student award for our school. The girls created a series of drawings that depicted the very first jobs that African Nova Scotian settlers performed when they first arrived in NS. The girls won their own \$100 gift card, and we are all incredibly proud of their accomplishment!



Sports

On April 5th, for the first time in school history, MSMS participated in a co-ed regional **flag rugby** tournament. The tournament was composed of 8 teams, among which MSMS had a junior team and a senior team competing. The tournament was a major success for both teams!! Our junior team finished the day competing in the 'bronze medal' game while the senior team won the 'gold medal' game and were deemed tournament winners!! Congrats to all players- you represented MSMS well!

Track and field will take place at Beazley field, Dartmouth

May 15 & 16th and for those who qualify May 22 & 23rd for Regionals- same location

The schedules for specific events will be posted on the athletics web page early next week

Kinball Tournament

MSMS participated in the 2nd Annual Provincial Kinball Tournament at Sackville High. It was the first time MSMS participated in this event. 24 of our students made up three teams during the afternoon and evening games. Our students represented MSMS with great teamwork, sportsmanship and effort. By all accounts, the students had a great time and really enjoyed the new game to our school of Kinball.

NSSAF Celebration of School Sport

Ella Whynot and **Cameron Brown** are this year's recipients of the NSSAF Celebration of School Sports. Both Ella and Cameron exemplify the great qualities of our student-athletes, demonstrating Fair Play, respect of opponents and officials, support of team and coaches, understanding that winning is not everything and are gracious in victory and defeat. **Ms. Leader**, our soccer, volleyball and badminton coach will be receiving an Outstanding Service Award for her dedication to school athletics and Mrs. Meers, our school Vice Principal will also be attending the event, representing our Administration. Congratulations Ella, Cameron and Ms. Leader.

NSSAF "The Ron O'Flaherty Scholar-Athlete Award"

Olivia Hilchie and **Matthew MacNeil** are this year's recipients of the NSSAF "Ron O'Flaherty Scholar-Athlete Awards". Both Olivia and Matthew have combined a strong academic standing along with a commitment to athletics throughout their years at MSMS. Olivia and Matthew have also demonstrated outstanding leadership, athletic ability and sportsmanship during their school athletic careers.

Great work and congratulations Olivia and Matthew!

Grade 7 students successfully designed and launched their bottle rockets the first week of May



Breakfast Program



Thank you to RBC for donating their time and money in support of our breakfast program. On May 1st, volunteers from RBC and student volunteers from our school prepared 400 energy balls and 170 smoothie pops to be served at our daily breakfast program.



Thank you to The Prince George Hotel for their continuous support of our breakfast program. They have been donating 700 breakfast items each month, all year.

If you are interested in donating (time, food or financially) to our breakfast program, which provides over 700 students with a daily nutritious snack, please contact the school or Mrs. Binder
kbinder@hrce.ca

MSMS Student of the Month

This program is to recognize students who display leadership in demonstrating respect for self, others, learning and environment. As well as no office referrals, has outstanding attendance and all work is up-to-date.

Homeroom	April
601	Davon DeWolfe
602	Caleb Eisenhauer
603	Lexie Cahill
604	Rebecca Canning
605	Chris Thomas
701	Destin Pollock
702	Luke Murphy
703	Jack Spence
704	Callie Admas
705	Lindsay Mcneil
706	Tom Stewart
707	Ella Sharples
708	Shelly Shpoker
801	Lauren Priddle
802	Vinnie Kanso
803	Alex Sheares
804	Katie Vaughan
805	Nathan Oakey
806	Thomas Clements-Titcombe
807	Tatum Murray
901	Caroline Spilman
902	Caitlin Slauenwhite
903	Dahlia Saberi
904	Jessiny Dowell
905	Ema MacLeod
906	Luca Virick
907	Alena Grandy
908	Finley Nakatsu

Community News

Summer Camps

Last year, Long and McQuade in association with the Dartmouth Music Department ran the yearly Beginner Band Camp. We will continue to work together and run the camp again this year from August 26-30 from 9am-12pm at the Long and McQuade store in Dartmouth. The L&M Beginner Band Camp is an opportunity for ANY HRCE student enrolled in grade 6 band, for 2019-20, or who is starting a new instrument for school band, to get a thorough introduction to their band instruments. Our one-week beginner band program is a 5-day program designed to teach the fundamentals of playing an instrument in the Grade 6 Band Program. At the end of the week we will show off the talents with a Friday concert! In addition to the L&M Beginner Camp we will run a Band "Fun-damentals" camp for Junior-Intermediate concert band students in the afternoon from 1pm-4pm. L&M's Band "Fun-damentals" Camp is a one-week afternoon experience designed to encourage band students from Grade 7-11 to fuel their musical enthusiasm and boost their playing skills. Talented musicians are invited to camp with the expectations of taking their performance skills to the next level. Students will receive varied activities such as full band rehearsals, sectional instruction, small ensembles, master classes, ear training, rhythm training, sight reading, and a Friday concert with a conductor and instrumental specialists. Not done yet we will also be running from August 19-23 from 9am-12pm the L&M Jazz Camp for aspiring jazz musicians of all ages who wish to explore the nature of jazz and develop the skills needed to play jazz and improvise with more confidence and understanding.

REGISTRATION FOR FRENCH SUMMER CAMP IS OPEN!

CPF Nova Scotia has another fun and exciting camp season for 2019. There are day camps and overnight camps available that cover a range of French levels and activities. All camps provide a great opportunity for kids to learn and reinforce language skills over the summer. We working on linking payment for camps into your membership profile. We should have this up and running by April. Information on all our camps and a downloadable pdf camp application are available on [our website](#). Some of the age and FSL program requirements have changed. If you have any questions, don't hesitate to contact our branch office at 902-453-2048 or 1-877-CPF-5233 toll free.

Imagine having all the fun of summer camp « En français »!

French camp is:

- *A wonderful re-fresher over the summer months*
- *The perfect introduction for students entering Late French Immersion.*
- *A great way to make new and lasting friendships.*

French camp is a great way to learn and reinforce language skills, make new friends, and have fun this summer!

Junior Counsellors

CPF Nova Scotia provides an opportunity for over 500 students across Nova Scotia to attend French camp, a week-long immersion in the French language. **CPF Nova Scotia** is presently accepting applications for [Junior Counsellor positions](#).

HeART facilitated HeartWood Center for Community Youth Development, in its second season of programming and summer registration.

It is a weekly group for **youth aged 12-17 yrs** who have an interest in art, in one of the many forms it comes in: from painting, sewing, writing, screen printing, sculpting and so much more. This program embodies resilience based strategies for youth to cope with life's stresses and who may want to learn more about stress management skills.

The art group will run weekly beginning on June 5th at the HeartWood Center office (5516 Spring Garden rd, suite 202) at 6:30-8:30 pm.

Each week youth select the new art form we will be exploring the following week!

Since it is the summer months it is okay to sign up even if you cannot attend all of the sessions but want to stay in the loop with what is happening with the program.

With a registration cap at 20 participants, once that number is exceeded a wait list will begin for the next round of sessions beginning hopefully in the fall.

There is no cost to participate in the program. Snacks will be provided and bus tickets as needed We only ask that youth fill out the participation form:

<https://forms.gle/N2czKr42AAXazBeg6>

If you have any further question please reach out to Heartwood Center for Community Development staff Kayla Bernard, at kayla@heartwood.ns.ca

March Break 2020 CPA Trip



March Break 2020
Warsaw Krakow Prague
75th Commemoration -- the Liberation of Auschwitz
11-20 March 2020

Charles P. Allen High School's Europe Trip
Visiting

Warsaw: Museum of Warsaw Uprising, Old ghetto visit, Old Warsaw
Krakow: Wawel Hill, Wawel Castle & Cathedral, Auschwitz-Birkenau Memorial & Museum, Wieliczka Salt Mines
Prague: Hradcany (Prague Castle), KGB museum Prague, Communism & Nuclear Bunker Tour

Contact: Mr. Hall for more details
chall@hrce.ca
902 832 8964 ext. 755 1317

STUDENT TIPS FOR CLINIC DAY

***Make sure you eat breakfast on the clinic day.
Having a full stomach will decrease the chance of fainting.***



***If you chose to use freezing creams, gels, sprays
or patches to help decrease discomfort, remember:***

- They do work, but not for everyone.
- They have to be used at least 30 minutes before the needle is given.
- You can get these products at pharmacies without a prescription.



Focus on deep breathing exercises:

- Slowly take in a big deep breath.
- Then focus on breathing it out slowly.
- Like you were blowing a really big bubble.



Information adapted from "Clinical Practice Guideline for Pain Management during Childhood Immunizations" developed by Help Eliminate Pain in Kids

Distract yourself:

- Have a conversation with the nurse to take your mind off of the needle.
- Bring an item that will bring you comfort (such as your mp3 player, a book, a stress ball, a favorite stuffed animal, etc.)
- Focus on the breathing exercises



When getting your needles sit up straight in the chair and relax your shoulders and arms



Information adapted from "Clinical Practice Guideline for Pain Management during Childhood Immunizations" developed by Help Eliminate Pain in Kids

S:/Public Health/Teams/Immunization Program/School-Based Immunization/Communications 2011-2012