

St. Agnes Junior High

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Barrett Khan- Principal Jarrett Feeney- Vice-Principal

Principal's Message

Good day to our St. Agnes Junior High School community,

As we approach mid-February, I am pleased to be able to report on many exciting and innovative things happening at St. Agnes Junior High School. We have been recognizing and celebrating African Heritage this month with many special events such as Maritime Centre for African Dance, Mary's African cuisine, daily quiz questions and an African Heritage showcase that took place in early February.

Our grade 9's have participated in information sessions with the guidance counsellor, O2 and IB coordinators from Citadel High School and a parent information session initially scheduled for Feb.13th has been re-scheduled for Wednesday Feb. 20th at the Spatz Theatre - Citadel High School.

Our grade 8 students recently participated in a field trip to see the "The Upside" on February 7th, and our grade 7 students took part in a field trip to the Emera Oval. Thanks to teachers Mr. Starzomski and Ms. Boutilier for organizing these special events.

Our basketball teams were both recently in the Citadel Zone championship, with our girls' team finishing in first place and our boys' finishing second. Thank you to our staff advisors, Mr. Carreiro and Mr. Gibson and to our coaches Matthew Tully and Tarri Baker for volunteering their time throughout the season. We are very proud of our student-athlete accomplishments.

Our School Advisory Council (SAC) recently endorsed the purchase of a 3D printer, some additional Chromebooks, and new resources for our school library. We appreciate the volunteer parents and community members that serve on this committee and would like to know if you are willing to help out.

Our grade 9 end of year trip information is posted on our website. Thanks to Ms. Fougere, Ms. Johnston and Mr. Feeney for their efforts in planning this for our students.



Upcoming Events

February 18

Heritage Day- no school

February 20

Citadel Course Selection Meeting for Parents: 6:30, Spatz Theatre

March 1

Deposit Due for Gr. 9 Trip

March 5

Pancake Breakfast: 8:15-9

Find us on Twitter!

[St.Agnes Junior High](#)

[@sajhnews](#)

African Heritage Month

February is African Heritage Month. This year's theme, **Our History is Your History**, recognizes 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 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. This year's theme also aligns with the United Nations' International Decade for People of African Descent, commonly known as DPAD, with the goal to strengthen global cooperation in support of people of African descent as they strive for full inclusion in all aspects of society.

Throughout February, St. Agnes will unite the culture and heritage we share as a community to educate and celebrate African Heritage Month. St. Agnes students will have the opportunity to work with speakers from the Maritime Center for African Dance, experience Guyanese food from Mary's African Cuisine and participate in daily trivia questions in an effort to preserve and promote the culture of African Canadian, American and Nova Scotian people and events.

Happy Hands Competition

Congratulations to Bridget Power! Her design was chosen as a top 5 finalist in the SC Johnson Professional Happy Hands soap dispenser design contest. Students from across Canada submitted designs to promote the importance of hand hygiene and food safety. Bridget's design was chosen based on visual appeal, creativity and unique design elements. The winner is now determined by online votes. Thanks to everyone in the school community for supporting Bridget's entry by voting [here!](#)

Pancake Breakfast

The SAJH PTA is hosting its annual Pancake Tuesday Breakfast for Students and Staff on March 5th, 2019, starting at 8:20 a.m. Students and staff are invited to come to the gymnasium to enjoy a free, delicious plate of pancakes, sausages, fruit, and juice to start your day.

If you would like to volunteer to help with this event, please contact Jarrett Feeney, Vice-Principal at jfeeney@hrce.ca.



Great
Academics and
Treatment of
Others.....
Respectful
School.
GATORS!

PEERS Program

Ms. Kelloway, Ms. Blair and the Speech Language Pathologist for SAJH will be starting a program in February called PEERS (Program for the Education and Enrichment of Relationship Skills for Adolescents). It is a 16 week evidence-based social skills program for motivated adolescents who are interested in learning ways of making and keeping friends. During each group session, adolescents are taught important social skills and are given the opportunity to practice these skills during socialization activities. PEERS may be appropriate for adolescents with Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, Anxiety, Depression or other social and behavioral disorders. Some topics of instruction will be; how to use appropriate conversational skills, how to choose appropriate friends, how to appropriately use electronic forms of communication, how to appropriately use humor and assess humor feedback, how to start, enter and exit conversations between peers, how to be a good sport when playing games/sports with friends, how to handle arguments and disagreements with friends and in relationships, and how to handle rejection, teasing, bullying, rumors/gossip, and cyber bullying.



Regional Executive Director Monthly Report

Each month during the school year, the Regional Executive Director (Elwin LeRoux) produces a monthly report that highlights important events and information, inspiring stories and innovative practices happening in HRCE schools & classrooms! This past month a Stop Motion video created in Tech Ed 8, titled "[Colours](#)," by Olivia Bryan and Virika Vadgama was highlighted in the report. St. Agnes is proud have such amazing students, and wants to give a big congrats on a job well done to Olivia and Virika! If you want to see "Colours" for yourself check out the report or visit Ms. Johnston's twitter page: @JohnstKM.

Career Readiness Video Series from WE Schools:

WE Schools Program has developed these videos to equip young Canadians with the tools that they need to be successful in the hunt for a job this season and beyond. The [Career Readiness Video Series](#) will help students to prepare and successfully enter the workforce and include videos specific to: Preparing for an Interview, Managing Rejection, Networking, Writing a Cover Letter and Resume Building.

Yearbook

Yearbooks to commemorate the 2018-2019 school year at St. Agnes are now on sale! An early bird price of \$35 with an option for personalization is currently available until February 21st; after this the cost will be \$40 per yearbook. Purchase forms can be picked up from Ms. Harrison in the office or books can be purchased online through the St. Agnes homepage or through [this link](#).

There is a limited quantity of yearbooks for purchase so order yours today!

Bell Schedule

- 8:40 am. - Student Arrival Time
- 8:50 am. - First Class Begins
- 11:50 am. - Dismissal for Lunch
- 1:15 pm. - Student Arrival Time
- 1:20 pm. - First Class Begins
- 3:20 pm. - Dismissal for the Day

Headstrong Summit

St. Agnes Junior High is proud to be sending six of our students to the HeadStrong Summit, a full day conference for junior high students across HRM. The HeadStrong Summit is modeled after the Mental Health Commission of Canada's Opening Minds program. This is an initiative which is focused on reducing the stigma around mental health problems and illnesses. The HeadStrong Summit will be a full day of fun activities and education about mental health and the impact of stigma. All participants will have the opportunity to hear first-voice, young adult speakers and be encouraged to think about how they can make their school and community more accepting of people who have a mental illness.

Following the summit, students will work with their school's identified champion on various anti-stigma projects for their school. These projects will be by youth, for youth, and supported on the periphery by adults within their school.

It is the hope of St. Agnes that by participating in this event, students will learn more about mental health while working to decrease stigma and change current attitudes about mental illness.

Grade 9 Trip

On the evening of February 6th, parents of our grade 9 students we're invited to St. Agnes for a presentation covering the details of this year's grade 9 trip to PEI! If you were unable to attend or are wanting more information about the timeline, accommodations, cost, etc. you can view the presentation [here](#) or linked through the [St. Agnes website](#).

The trip will be taking place from June 12th-14th, filled with various educational and fun activities including a Fathers of Confederation walking tour, Rise & Climb ropes course, and a trip to Sandspit Amusement Park. If your child is interested in going on the trip an initial deposit of \$75 is due on March 1st, with a corresponding Trip Commitment Form and Behaviour Contract to be signed.

Various fundraising opportunities have already been held this year including the selling of Vegetorium Veggie boxes, Meadowbrook Market meat boxes, and Acadian Maple Products. A draw of our next fundraiser raffle for the Ambassatour Staycation prize will take place on May 1st. After this draw, the funds raised by each student will be counted and outstanding balances will be communicated with parents/guardians and students. If you have any further questions about the trip please contact Vice Principle Jarrett Feeney at jfeeney@hrce.ca

Course Selection

On Friday February 1, the Grade 10 Guidance Counsellor from Citadel High School came to St. Agnes to speak with the Grade 9 students regarding grade 10 course selection. This was followed by a meeting with both the IB and O2 coordinators who presented an overview of their respective programs and provided application forms for interested students. On February 26th and 27th, Guidance will be assisting the Grade 9 students in the course selection process. This will be the beginning stages with the anticipation to have all students completed before March Break. Should you have any questions and or concerns, please contact Guidance Counsellor; Ms. Reid @ 902 493-5132, Robin.Reid@hrce.ca



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Athletics

Our physical education and athletics programs have been keeping the kids on their toes this past month! Grade 7 students were able to take advantage of a trip to the Emera Oval earlier in February thanks to the wonderful volunteers who stepped up to help out. In addition, students across all grades have been honing their skills in badminton as well as having the opportunity to experience Yoga and Lacrosse. We thank St. Agnes alumni Elora, Sam, and Maria for coming back to teach yoga sessions as well as KJ from Lacrosse NS for coming in to work with our students again.

Our Girls Basketball team are the Citadel Zone champs! They had a thrilling victory over Oxford and now move on to regionals in the coming weeks. Thanks for all who came out to make a great atmosphere in the St Agnes gym. Best of luck to the girls and thank you to Coach Tarri, our St Agnes alumni, Julia, Jayleigh and Madison, as well as Mr. Carreiro for making the team the success it is.

Mr. Tully and Mr. Gibson have done a fantastic job with our Boys Basketball team! The team has qualified for regionals after making it to the final zone game. They battled through a tough loss in the final but are looking forward to bigger and better things in the coming weeks as they continually improve towards the regional matchups.

Stay tuned for Badminton tryouts in the next month as tournament schedules for the end of March have just been released. Anyone interested in trying out or helping with coaching, please let Mr. Starzomski know!



STUDENT RIGHTS & RESPONSIBILITIES

1. I have the **RIGHT** to learn in this school.
It is my **RESPONSIBILITY** to be prepared to learn.
2. I have a **RIGHT** to hear and be heard.
It is my **RESPONSIBILITY** to respect other's contributions.
3. I have a **RIGHT** to be respected in this school.
It is my **RESPONSIBILITY** to be considerate to other people.
4. I have a **RIGHT** to be safe in this school.
It is my **RESPONSIBILITY** not to threaten, and/or physically or psychologically harm anyone else at school or while going to and from school.
5. I have a **RIGHT** to privacy and to my own personal space.
It is my **RESPONSIBILITY** to respect the personal property of others and to accept their right to privacy.
6. I have the **RIGHT** to be treated with courtesy and respect by adults.
It is my **RESPONSIBILITY** to show respect and to treat courteously all adults in our school and the community.
7. I have the right to be knowledgeable about and proud of my ancestry and cultural heritage.
I have the **RESPONSIBILITY** to learn about and to be tolerant of the history and cultural background of others.