

Central Kings Middle School Newsletter

September 2016

Office Hours: 8 a.m.-4 p.m.

School Phone: (902) 538-4700

Student Hours: 8:50 a.m.-3:20 p.m.

School Fax: (902) 538-4711

School Website: www.centrankings.ednet.ns.ca

School Email: ck@avrsb.ca

School Principal: Janice Foote

School Vice Principal (Middle Level): Ruth Anne Greenough



Principal's Message:

September is a busy month but we hope parents can squeeze in our SAC meeting on September 21st from 7-8:00 p.m. We are looking at continuing work on a school-based policy around students missing time for vacations and we'll be looking at who we'd like to invite as guest speakers throughout the year.

Students should not arrive before 7:45 a.m. as there is no supervision unless students are involved in early morning practices. Regional Office is looking at keeping doors locked until the first buses arrive. This will be announced when and if it happens.

Janice Foote, Principal

Vice Principal's Message:

Welcome back to school! For those who are new to Central Kings, you are now a "Gator". Middle Level Gators now have a Middle Level Agenda to help keep you organized and therefore help you to be successful in the middle school. It has sections to help you with various subjects and life in general. The organizational skills you develop now will help you all through school and in your life after school.

Try to get involved this year. There are lots of sports and activities to participate in at Central Kings, and the more you get involved with, the more pride you will have in yourself and your school.

I hope you have a really great year and enjoy every minute of the Central Kings experience. Go Gators!

Ruth Anne Greenough, Middle Level Vice-Principal



Modelling Appropriate Social Media Behaviours for our Children

Social media has become an important means of communication and seeking information for most people. It is proving to be of particular importance for our youth as technology has become a significant part of the identity of this generation. Unfortunately, increased technology has also resulted in new social issues. It is sometimes used as a means of cyber-bullying or an exchange of inappropriate information. **It is up to us, as adults, to serve as proper role models with regards to technology use.** We need to teach our children to respect the use of technology and to be good digital citizens. In order to do so, we as adults must also learn to be good social citizens and to model appropriate use of social media. We must use social media tools like Facebook, Twitter, Instagram, etc. appropriately, as our children are watching and emulating our behaviours.

For more information around proper use of social media and good digital citizenship, please visit our website at: avrsb.ca/digital

Volunteering

The AVRSB has had a *Volunteers in Schools* Policy since 1999. As stated in this policy, the Board takes its obligation seriously to ensure safe environments for learning by taking all reasonable steps to minimize risks and threats to students. Because student safety is a top priority, in January 2015, this policy underwent an extensive review to ensure that any potential gaps in practice are closed or minimized. All recommendations for change were presented to our school community members and were circulated to our school stakeholders for the opportunity to respond to the proposed changes and to provide further input. To highlight some of the changes:

- clearly defines volunteers versus visitors;
- requires volunteers to complete a standard application form for any volunteering;

- will continue to require the completion of Criminal Records Check (including the Vulnerable Sector) and Child Abuse Registry checks prior to working with students but will now require re-checks be completed every (3) three years; and,
- as of January 8, 2015, will require all current volunteers to renew their Criminal Records Check and Child Abuse Registry if over 3 years since last completion.

The recommended changes to the *Volunteers in Schools* policy are not to discourage volunteering in the AVRSB. It is to employ the best practices to ensure our policy is as effective as possible for decreasing the chances of student harm from volunteers. We will be reminding our volunteers throughout the remainder of the school year so that we are well prepared for such events, as class trips.

Student Attendance

Consistent student attendance is important. When a child is frequently absent from school, he/she misses important learning experiences including specific skills and knowledge that may be necessary for further learning. The real danger of frequent absences from school is that students will develop gaps in their learning that will hinder future learning.

It is understood that there are legitimate reasons why students must miss school. When this occurs, the school will work with you to ensure your child does not fall behind. Please communicate these situations with the child's teacher and the school principal.

There are also many examples of students missing significant time when it is not necessary. Please take school attendance seriously. Be consistent in ensuring that your child values the importance of a good education. Make sure he/she goes to bed at a reasonable time and gets a good night's sleep. Plan your vacation at times that will have no or minimal impact on school attendance.

Do not hesitate to phone the school if you are encountering difficulties getting your child to attend school. Allow us to work with you to find solutions. We are willing to sit with you to look at your child's programming and school experiences as well as any other factors that may impact on your child attending school.

Upcoming Events:

AFTER SCHOOL JUNIOR YOGA CLASS

We are pleased to once again offer a free afterschool "Junior Yogis" class for Grades 6-7-8 students thanks to the support from the *Kings Country After School Partnership Program*. This is an introductory yoga class so no previous experience is necessary. All materials (e.g. mats) are provided although students should bring a water bottle. Classes are from 3:30-4:30 p.m. on Thursdays beginning October 6th. Students will need to be picked up at CK at 4:30 p.m. For more information and to obtain a registration form, students need to see Ms. Martin (Grade 8). Registration forms are due by Thursday September 29th. Namaste!

TERRY FOX

CK's 22nd Annual Terry Fox Event is scheduled for Friday, September 23rd at 1:30 p.m. All ML students are encouraged to bring in pledges for this very worthwhile event. A goal of \$1,000.00 has been issued to the middle school; if successful, there will be a reward (TBA)! Students are reminded to dress in comfortable and appropriate clothing for the event day, and please wear sneakers (we are doing a 5 km loop)!

GATOR GAMES

Our Annual Gator Games afternoon will take place on September 27th, with all staff and students participating in fun physical challenges to earn points for their homerooms. The winning homerooms at each grade level will then receive the GATOR GAMES banner to display in their classroom for the school year! This is an annual competition with lots of spirit and effort to claim the banners!

TUG-O-WAR

The final fall fun event is the Tug-O-War Challenge. This event allows the middle level grades to work together to determine a middle school tug champion! This year's event is planned for October 7th!

MIDDLE LEVEL ATHLETICS:

Welcome back to another year of Gator athletics!! Our ML program is underway with Wendy Carty coaching Girls Soccer, Ryan Turner coaching Boys Soccer, and Melissa Hyson/Doug Holland coaching Cross-Country. Kelly Clarke and Lloyd Boutilier are going to run a Junior Girls Volleyball program this year, so girls in Grades 6-7-8 interested in playing can try out for the team, beginning Monday, September 19th at 3:30 p.m. A very special Gator **THANK YOU** to all individuals who volunteer to coach our students - without your support, the programs would not run and they are an integral part of school life.

IMPORTANT NOTICE - Any parents/guardians who plan to be involved with students in any school activities (coaching, driving, volunteering as chaperones, etc.) **MUST** complete a Volunteer Application Form, a Criminal Record Check, a Child Abuse Registry Search, and a Form J before you can volunteer. These forms are available online on our website (www.centrankings.ednet.ns.ca) or at the school. The Volunteer Application Form and Form J must be done every year; the Criminal Record Check and Child Abuse Registry Search must be done every 3 years. Thanks for helping out!

FROM THE MUSIC DEPARTMENT:

Grade 6 Music is for all students registered in Grade 6 at CK. Students will be taught from provincial instrumental music curriculum and will get to choose one of the following wind instruments: flute, clarinet, trumpet, trombone. The focus of the course is to develop music literacy and instrumental performance skills through playing and other musical activity.

Grade 7 and Grade 8 Instrumental Music courses are offered as electives. Both courses follow provincial instrumental music curricula and continue to develop skills that were introduced in Grades 6 and 7. Students in Grades 7 and 8 can also join the Junior Jazz Band, and Grade 8 students are welcome to join the school choir.

Registration for all Band students can be completed online - the link to the registration form is on the CKRHS homepage.

As you may know the Nova Scotia School Insurance Program (SIP) is the non-profit insurer owned by school boards across Nova Scotia. Since 1988, we have paid for basic student accident insurance for every student in the Province for school hours and activities. This year we would like to promote the Gold Plan only online in an effort to take the eco-friendly route, reduce costs and staff time.



Jennifer Mahoney CAP CRM

Executive Assistant

Nova Scotia School Insurance Exchange

11 Akerley Boulevard Suite 150

Dartmouth, NS B3B 1V7

Tel: 902-480-2178

www.sip.ca

SIP EMERGENCY NUMBER 902-448-2840



COMMUNITY ANNOUNCEMENTS

The Kingston/Greenwood Mental Health Association, in partnership with the Canadian Mental Health Association - Kings Branch, and with funding provided by CIBC, is hosting Mental Health First Aid with youth component September 24th and 25th, 9 a.m. to 5 p.m. at Ecole Rose des Vents. Cost is a non-refundable fee of \$35. For more information, go to www.mentalhealthfirstaid.ca or call Daisy Dwyer at 902-765-3902.

We're looking for new players to come out and give Sledge Hockey a try. If you or someone you know might be interested, here are the details:

Where: Kentville Arena

When: Sundays 9-9:50 a.m., October–March. Cost: \$100

Players of all ages and abilities are welcome. All equipment is provided if required, including sticks. For more information, please contact Todd Grant at todd.grant26@gmail.com.

Acadia Dance Community Club is a non-profit dance organization run out of Acadia University in Wolfville. Our program offers a unique dance experience, with classes taught by Acadia Students in a broad range of styles. We are pleased to provide an exciting and fun opportunity to the community at a very reasonable cost.

Styles Include: Ballet/Tap/Jazz/Lyrical/Musical Theatre/Hip-Hop/Contemporary/Acro/Irish

For More Information:

Facebook: [Acadia Dance Community Club](https://www.facebook.com/acadia.dance.community.club)

Email: acadia.dance.community.club@gmail.com

Website: acadia.dance.community.club.blogspot.ca

2nd Berwick Scouting

We are ready to begin another year of fun, games, camping, and adventure!! Start Dates and contact people for each section are as follows:

Scouts (11-14 years) – September 7th (Wednesdays) 7:30pm-9 p.m. @ Berwick United Church Basement

Contact: Lisa Steadman 680-1852 or lsteadman@eastlink.ca

Venturers (14-17) - September 7th (Wednesdays) 7:00pm-9 p.m. @ Berwick United Church Basement

Contact: Robert Chittick 680-8753 or robert.chittick@bellaliant.com

You are able to register your child on the first meeting night, or at the Town of Berwick Recreation Registration night, Friday September 9th 6-8 p.m. or Saturday September 10th 9 a.m.-12 p.m. The registration fee for the year for scouting is \$200. There will also be Jump Start applications available at any of the registration times.

Girl Guide Registration - Berwick

September 9, 6:30 p.m. to 8 p.m., and September 10, 9 a.m. to noon, Girl Guide units in Berwick will host registration for Guides (ages 9-12), Pathfinders (ages 12 to 15) and Rangers (ages 15-18) – and welcome any new women as unit leaders - at the Berwick Baptist Church (Town of Berwick registration event). Join us! Contact 902-341-2040.

September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labour Day	6 First Day (Staff)	7 First Day Students (photos) Day 1	8 First day ESP Day 1	9 Day 2	10
11	12 Day 3	13 Day 4	14 Pink Day (anti-bullying) Diversity Walk in pm Day 5	15 Band Reg. Open House 7-8pm (teachers' classrooms) Day 6	16 Early Dismissal (12noon) Day 7	17
18	19 Day 8	20 Day 1	21 Pink Day (rain date) Day 2	22 Day 3	23 Terry Fox Event (1:10-3:15) Day 4	24
25	26 Day 5	27 GATOR GAMES!! Day 6	28 GATOR GAMES (rain date) Day 7	29 Middle Level Assembly Day 8	30 Regional Inservice Day (no school for students)	Oct 1

