ÉCOLE JOHN HENDERSON MIDDLE SCHOOL – SEPTEMBER 18 E-MEMO

Spirit Week

Monday – Comfy Day

Tuesday – Grade Colours Day Gr 6 – Red, Gr 7 – Black, Gr 8 - Blue

Wednesday – Anything but a Water Bottle Day

Thursday – Sports Day

Friday – House Team Shirts Day (Every student has received a team shirt)

Cross Country

Cross Country has started! We continue to practice Tuesdays after school from 3:30 to 4:15 and Thursday mornings from 8:00-8:45. We have two meets. The first is Friday September 25 at Buhler Park (rain date September 29) and the second is October 5 at Birds Hill Park (Rain Date October 9). Students can see M. Kilpatrick, M. Tristan, or Mme Baessler if they have questions.

GRADE 7 Vision Screening

Students in **Grades 7** will have the opportunity to participate in vision screening in November. We do require a yes or no for all grade 7 students. The screening helps identify possible vision concerns that may affect learning but is not a substitute for a full eye exam.

Consent forms are found online in PowerSchool in the Parent Portal (under forms). If a student is absent on the screening day, a follow-up screening will not be available at school.

EJHMS School Clothing Sale

We are excited to say that we have started our online ordering for EJHMS Spirit Wear. Please click on the link below for online ordering. Ordering available until September 27.

ÉJHMS Giants Géants Spirit Wear

Immunization Clinic

The Grade 6 and Grade 8 immunization clinic will be October 15, please click on the links below for information and to access the consent form.

Immunization Parent Letter

Immunization Consent Form

Volleyball

We are thrilled with the incredible turnout for volleyball this year! A total of 45 Grade 7/8 boys and 77 Grade 7/8 girls participated in team selections. With so many athletes and such a wide range of skills, the selection process was especially challenging.

To learn more about our volleyball tiering system, please visit our EJHMS Volleyball page.

This season, we are proud to offer eight teams, including our Grade 6 Club! These opportunities would not be possible without the dedication and support of our amazing volunteer coaches: Mme Glufka, Mr. Holland, M. Coates, Mme Lozar, Ms. Cook, Mme. Massey, M. Kilpatrick, and M. Tristan. We are so grateful for the time and energy they give to our athletes! Please see the calendar below for practice dates and times. Grade 6 Club will begin in October.

Terry Fox

On September 24, our school will take part in the annual Terry Fox Run/Walk/Roll to honor Terry's legacy and raise funds for cancer research.

Donations of any amount are welcome and can be made online through the EJHMS Terry Fox or given to your child's Phys Ed teacher.

Last year, our goal was to raise $500 and collectively travel 2,000 km. Thanks to our school community, we surpassed our fundraising goal and raised $930!

This year, we're aiming even higher with a fundraising goal of $1,000. Together, we can continue Terry's mission and make a meaningful impact!

Bowling

Have you ever thought about trying bowling? Bowling will be available for all student as a club after school Thursdays. The cost is $30 for 5 weeks. See the permission slip attached for more information.

Bowling Permission Form

Monday Sept. 21	Tuesday Sept. 22	Wednesday Sept. 23	Thursday Sept. 24	Friday Sept. 25
Day 4 COMFY DAY 7:30-8:30 TIER 1 GIRLS VOLLEYBALL 8:30-9:25 TIER 1 BOYS VOLLEYBALL 3:30-5:00 TIER 2 BOYS VOLLEYBALL	Day 5 GRADE COLOURS DAY GR 6 – RED GR 7 – BLACK GR 8 – BLUE 7:30-8:30 TIER 2 GIRLS TEAM RED VOLLEYBALL 8:30-9:25 TIER 1 GIRLS VOLLEYBALL 3:30-4:15 CROSS COUNTRY PRACTICE	Day 6 ANYTHING BUT A WATER BOTTLE DAY 7:30-8:30 TIER 2 BOYS VOLLEYBALL 8:30-9:25 TIER 1 BOYS VOLLEYBALL 3:30-5:00 TIER 2 GIRLS TEAM BLACK VOLLEYBALL	Day 1 SPORTS DAY 7:30-8:30 TIER 2 GIRLS TEAM BLACK VOLLEYBALL 8:00-8:45 CROSS COUNTRY PRACTICE 8:30-9:25 TIER 2 GIRLS TEAM RED VOLLEYBALL 1:00-3:00 TERRY FOX WALK 3:30-4:40 BOWLING CLUB @ ROSSMERE 3:30-5:00 TIER 1 BOYS VOLLEYBALL	Day 2 HOUSE TEAM DAY PIZZA DAY 7:30-8:30 TIER 3 CO-ED VOLLEYBALL 8:30-9:25 TIER 1 GIRLS VOLLEYBALL 9:30-2:30 CROSS COUNTRY MEET @ BUHLER PARK 9:30-2:30 GR 7 A-MAZE IN CORN FIELD TRIP