

## **E-Memo September 8, 2023**

Thank you to our families for supporting your students this week. It has been a wonderful three days getting to meet our new students and hearing about everyone's summer break!

### **Before and After School**

Unless the weather is too cold or raining, students need to remain outside of the school until the entry bell rings and leave the building at the end of the school day. Only students who are in supervised clubs and activities are permitted to be in the school outside of school hours.

### **Meet the Teacher**

All are welcome to our come and go, meet and greet for students and parents on Thursday, September 14. Visit us anytime between 4:30-6:30 to meet your student's teachers.

### **McDonalds Visits**

Staying on school property is the safest place to be during the lunch hour. Often our students choose to go to McDonalds. As a proactive measure this year, the staff from McDonalds came to present to our grade 7 and 8 students during our assemblies. The expectations discussed were:

- No outside food in the restaurant
- If you are not purchasing food, you will be asked to leave the restaurant
- While in the restaurant, please remain seated
- Calm, quiet voices need be used and respectful language

McDonalds has also installed 3 large TVs and security cameras to monitor their patrons in the restaurant. Over the next week or so, all our grade 7 and 8 students will walk down as a class to discuss the expectations and time management when eating there. As always, our grade 6 students remain on school property.

### **PAC meetings**

Everyone is welcome to come and join our Parent Advisory Council. We meet the second Tuesday of every month at 5:30.

Meetings dates: September 12, October 10, November 14, December 12, January 9, February 13, March 12, April 9 and May 14.

### **School Clothing**

Anyone interested in purchasing school clothing (and adding a little school spirit to their wardrobe)

[École John Henderson Middle School Spirit Wear \(promoplace.com\)](https://www.promoplace.com)

Orders are due: September 30. Proceeds go to supporting our PE staff with the purchase of new equipment. Orders will be delivered mid November.

### **Breakfast Program**

École John Henderson Middle School is pleased to once again offer a before-school breakfast program for the 2023-2024 school year. We will begin on Monday, September 11. If your family would benefit from your student participating in this program, please sign your student up by filling in this form.

Sign-ups from last year will not be carried over, so please resubmit the form this year if you would like your student to participate again. Please submit the form separately for each student you wish to sign up. [Click here for sign up](#)

## **Athletics News**

Welcome back to all of our student-athletes here at ÉJHMS. As a Phys. Ed. staff, we look forward to offering our school community a variety of sport opportunities so that our student-athletes can continue to develop physically and socially. As a school, we look forward to building on our three key principles of Respect, Responsibility and Kindness, whether that is in the classroom, on the court, or in the field.

## **Cross Country**

The first opportunity to participate in a school sport is X-Country. This year, M. Kilpatrick [ckilpatrick@retsd.mb.ca](mailto:ckilpatrick@retsd.mb.ca), Ms. McCready [kmccready@retsd.mb.ca](mailto:kmccready@retsd.mb.ca) and Mr. Bargaen [tbargaen@retsd.mb.ca](mailto:tbargaen@retsd.mb.ca) will be leading the group to two meets on the following dates:

**Meet #1** - Thursday, Sept. 28, 2023 @ Harbourview Park. **Rain Date** - Monday, Oct. 2, 2023

**Meet #2** - Thursday, Oct. 5, 2023 @ Birds Hill Park. **Rain Date** - Tuesday, Oct.10, 2023

Our school's Cross Country Team starts practicing next week. Practices are Mondays after school from 3:30 - 4:30 and Wednesday mornings from 8:00-8:40.

## **Volleyball**

Grade 7 and 8 boys and girls team selection practices for volleyball start next week.

Boys:

Monday, Sept 11, 2023 from 3:30-5:00, Tuesday, Sept. 12, 2023 from 3:30-5:00, Wednesday, Sept 13, 2023 from 7:30-8:45 am

Boys Coaches:

Tier I - Mr. Holland ([jholland@retsd.mb.ca](mailto:jholland@retsd.mb.ca))

Tier II Black - Mr. Enns ([lenns@retsd.mb.ca](mailto:lenns@retsd.mb.ca))

Tier II Red - Mr. Coates ([tcoates@retsd.mb.ca](mailto:tcoates@retsd.mb.ca))

Girls:

Wednesday, Sept. 13, 2023 from 3:30-5:00, Thursday, Sept. 14, 2023 from 7:30-8:45 am, Friday, Sept. 14, 2023 from 7:30-8:45 am

Girls Coaches:

Tier I - Mme. Glufka ([aglufka@retsd.mb.ca](mailto:aglufka@retsd.mb.ca))

Tier II Black - Mr. Kelsey ([dkelsey2@retsd.mb.ca](mailto:dkelsey2@retsd.mb.ca))

Tier III - (coed) Mrs. Cook ([rcook@retsd.mb.ca](mailto:rcook@retsd.mb.ca))

A variety of factors are considered when placing student-athletes on a specific team including, but not limited to ability, level of commitment, team play/attitude, knowledge of the game etc. For more information on the selection process, please visit <https://www.retsd.mb.ca/jh/page/3286/athletics>

Leigh Stachniak and Deanna Michaleski

Monday Sept. 11	Tuesday Sept. 12	Wednesday Sept. 13	Thursday Sept. 14	Friday Sept. 15
<p>Day 5</p> <p>3:30-4:30 Cross Country</p> <p>3:30-5:00 Gr. 7-8 boys volleyball</p>	<p>Day 6</p> <p>3:30-5:00 Gr. 7-8 boys volleyball</p> <p>5:30-6:30 PAC Meeting</p>	<p>Day 1</p> <p>7:30-8:45 Gr. 7-8 boys volleyball</p> <p>8:00-8:40 Cross Country</p> <p>3:30-5:00 Gr. 7-8 girls volleyball</p>	<p>Day 2</p> <p>7:30-8:45 Gr. 7-8 girls volleyball</p> <p>4:30-6:30 Meet the Teacher</p> <p>6:30-8:00 Gr. 6 Music First Lesson Night</p>	<p>Day 3</p> <p>7:30-8:45 Gr. 7-8 girls volleyball</p>