

# INTERACTIVE START

Interactive Start allows each student and staff to begin their day by choosing from a variety of activities classified in one of four categories: Move – Build – Learn – Relax. We believe in empowering students to choose activities that will help them to self-regulate, build personal responsibility, and self-manage, as well as increase motivation and engagement at school. We believe that starting each day with positive, social, and active interactions will provide opportunities to:

- Increase levels of motivation and engagement
- Reduce anxiety and self-regulate
- Grow in imaginative play, creativity and innovation
- Build on our belief of multi-age community and cross-grade connections
- Foster relationships between students and between students and staff



## FAQ:

### WHAT DO TO IF MY CHILD IS AWAY OR WILL BE LATE?

Please call 204-661-2503 or email [jh@retsd.mb.ca](mailto:jh@retsd.mb.ca)

### BUSSING?

Bussing will be provided for students in grade 6 who are 1.6 km away from the school. All students outside the perimeter are eligible.

### PARENT INVOLVEMENT

We have an active Parent Advisory Council as well as a Band Parents Association who welcome all parents/guardians.

### WE VALUE

Respect - Responsibility - Kindness

# Welcome/Bienvenue ÉJHMS

## École John Henderson Middle School

We are a grade 6 to 8 middle years, dual track school. We provide students with French Immersion and English options as their language of instruction.

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# WHAT DOES A SCHOOL DAY LOOK LIKE?

**8:40 a.m.** STUDENTS ENTER SCHOOL & GO TO HOMEROOM

**8:50 a.m.** ANNOUNCEMENTS

**9:00 a.m.** INTERACTIVE START

**9:30 a.m.** PERIOD 1

**10:15 a.m.** PERIOD 2

**11:00 a.m.** PERIOD 3

**11:45 a.m.** FIRST HALF LUNCH  
(students in homeroom)

**12:12 p.m.** SECOND HALF LUNCH  
(field, clubs, intramurals library)

**12:40 p.m.** HOMEROOM/ATTENDANCE

**12:45 p.m.** LITERACY

**1:00 p.m.** PERIOD 4

**1:45 p.m.** PERIOD 5

**2:30 p.m.** PERIOD 6

**3:20 p.m.** DISMISSAL

Snapshot of life at ÉJHMS



## Compulsory

Language Arts  
Basic French/français  
Social studies/sciences humaines  
Mathematics/mathématiques  
Science/science de la nature  
Physical Education/l'éducation physique  
Health/la santé

## Applied Arts

Each term the school will place students in a new course so they receive the experience of three of the four classes listed below.

- Foods
- Clothing
- Woods
- Outdoor Education

## Options

Students will select between options. See additional handout for more information about Art and Band.

- Art
- Music/Band
- Guitar (grade 7 & 8)

## Get Involved:

### House Teams:

We have 6 house teams - Samurai, Spartans, Vikings, Titans, Knights and Gladiators. Students and staff are placed on a team. The teams compete for points received when displaying respect, responsibility, and kindness.

### Intramurals:

During the lunch hour students have the opportunity to play all of our sports and activities recreationally.

### Clubs:

This year we have 18 clubs for students to get involved in. We have Embroidery, Watercolour, E- sports, Ribbon/Vest making, Drama, Chess, Flair, Yearbook, Jazz Band, Digital Art, and so much more.

### Sports:

We have Cross-Country Running, Volleyball, Basketball, Indoor Track, Badminton, and Outdoor Track Field, and Ultimate Frisbee.

### Student Leadership:

Students organize, support and lead a number of activities in the school and community.