

Welcome Package

2024-25 School Year



7 Lancaster Drive

Herring Cove, NS

B3V 1H9

(902) 479 – 4214 (main office)

First Day of School is **Thursday, September 5, 2024**

This package has some important information about the upcoming school year at HCJH but please feel free to check out our website at <https://hcj.hrce.ca> for even more!

Welcome to New and Returning Students!

Dear Parents and Students:

Welcome to the 2024/2025 school year at Herring Cove Junior High School. As always, we will continue to encourage our students to excel in the areas of academics, athletics, technology, and fine arts. Students should be proud of their school, their community and want to get involved in the many activities that are offered. Although junior high school can be a time of great change, it can also be when students can develop their many skills, talents, and abilities. We challenge students to take advantage of all that Herring Cove Junior High School offers and to celebrate your accomplishments along your journey.

We hope this communication package will assist you with planning and will make the first days and weeks of the school year more manageable. Please take the time to read the information contained in this package. We encourage you to log into PowerSchool Student/Parent portal regularly to check attendance and marks.

Please make sure that your most up-to-date address and phone number are in our system. Homeroom newsletters, the school website, and SchoolMessenger (the evening phone calls/mail system) to communicate with you on a regular basis throughout the school year.

Once again, welcome to the new school year. Remember to check our website regularly for new information regarding our first day of school. We look forward to meeting many of you at Curriculum Night on September 24th starting at 6pm and at the many events throughout the school year.

Sincerely,

Jim Curry (Principal) & Brent Keough (Vice Principal)

Web-Based PowerSchool Student Information System

Information is available about how to log on to a private account and access real-time information. The system includes a student and parent portal, enabling students and parents to see similar information such as attendance, grades, assignments, teachers' comments and upcoming school events. Students and parents will be able to log on anywhere there is internet access such as home, work or school.

All students should have access to this system and teachers, and the office will be able to assist students if they are having difficulties opening their accounts. Please contact our secretary Mrs. Reid (EReid@hrce.ca) if you encounter any difficulties.

School Hours

The school doors are open at 7:45 am each morning and there is student supervision provided at this time. Students who arrive prior to this time will not be supervised or permitted in the building unless inclement weather is occurring. Please make sure your child does not arrive prior to this time.

There is no supervision after 2:30 pm each afternoon. All students must be off school premises unless in a school supported extra- curricular activity. Parents / guardians must pick up their children as soon as the activity ends. Students are not able to be in the school un-supervised.

Important Dates in September (tentative)

Tuesday, September 3	Organization Day (Staff only)
Wednesday, September 4	PD day (staff only)
Thursday, September 5	*First day of classes for ALL Students
Thursday, September 19	School Dance 6:30-8:30 pm
Tuesday, September 24	School Curriculum Night 6:00-7:00pm
Wednesday, September 25	Picture Day
Monday, September 30	Truth & Reconciliation Day (NO School)

Bell Schedule

First Bell: Students to Lockers	8:00am
Classes Begin: Attendance, O'Canada & announcements, etc.	8:05am
Recess: Grade 7 & 8 students in cafeteria or gym, main floor / Gr 6 school yard	10:05 - 10:20am
Lunch (Grade 6 remain on campus)	11:20am - 12:05pm
Afternoon Start Time	12:10 pm
Dismissal	2:10 pm

Attendance

*******NEW>>>> To report your child's absence, please refer to the link [\[Reporting Absences\]](#) for instructions.**

Please do not leave attendance messages for administrators or teachers.

If your child is arriving late to school, please report to the main office to sign in and to receive a late slip to class.

If you are picking your child up early from school, come to the main office to sign student out of classes.

Students Going Away During the School Year

Students who are absent, on holiday or any other excused absence during school the school year are responsible for making up any missed tests and completing missed assignments. Students are responsible to contact each of their teachers to find out what they will or have missed. Teachers are not responsible to provide work for students; it is the responsibility of the student to complete the work when they return.

School Supplies

Please see attached (below) or our school website for a list of school supplies that will be needed throughout the school year. School Supply Link:

School Supplies - <https://hcj.hrce.ca/hcj/parents/school-supply-lists-2024-25>

Student Fees

Fees: There are no general student fees again this year. However, there may be things (such as school athletics, clubs and trips, etc.) throughout the year that need to be directly paid for.

Locks: \$10.00 – due by Sept 20, 2024. All students must have a school lock. They keep this throughout their time at HCJH and is theirs when they leave. Info will be sent out on how to pay this through the new e-transfer process (optional) prior to the start of school year.

If there is ever a difficulty paying any of the school fees, please reach out to the principal (Jim Curry jcurry@hrce.ca or 902 479 4214) for assistance. All inquiries are kept strictly confidential.

Lunch Time

Grade 7 & 8 students have the option of leaving school property during lunch time with a signed permission form. With signing this form, you, the parent/guardian, accept responsibility for your child if they leave the property on any given day. Students who have the form signed are not required to leave each day, they just have the option to do so. Students who do not have the form signed cannot leave the property even with a note from a parent/guardian. The only way students that do not have a signed form can leave the property is if parent/guardian come to the school and signs them out. Students who leave the property at lunch without permission will be dealt with through the Provincial Code of Conduct.

During our lunch time, students who remain on property have the option of going to intramurals, clubs, extra-help during designated times, cafeteria, library, anywhere on the main floor, and of course outside on school property. Students are not permitted past the fence of the back field. On inclement weather days, students will have the option of being on the bottom and top floors where there will be supervision and all other indoor places mentioned above.

For September 5 & 6 will be asking all students (unless you are walking home) to remain on campus until we can have permission forms returned to the office.

- **Grade 6 students are not permitted leave the school property at lunch**

Scent / Peanut Aware

There are students and staff at HCJH who have severe allergies to scented and peanut products. Out of respect for fellow students and staff, we ask everyone to refrain from bringing these kinds of products to school.

Vaping / Use of Tobacco products

Students and parents need to know that the use of vapor cigarettes or e-cigarettes, with or without nicotine filters, is not permitted to be used by students on any school property. Use of any of the above products will result in disciplinary action through the Provincial Code of Conduct. This also applies for use of tobacco products off school property during school hours.

School Calendar **Tentative calendar has most events that will take place over the school year, however some may be added or removed as the year progresses.

Herring Cove Junior High Calendar 2024-2025	
Sep-03	Organization Day for Staff
Sep-04	PD Day - (no classes)
Sep-05	First day of classes
Sep-19	School Dance 6:30 - 8:30 pm
Sep- 24	Curriculum Night 6:00 - 7:00pm
Sep- 25	Picture day
Sep-30	Truth and Reconciliation Day (school closed)
Oct-11	PD Day - (no classes)
Oct-14	Thanksgiving Holiday (school closed)
Oct-18	Bus Evacuation Drills (Rain date Oct 21)
Oct-25	NSTU Conference Day - (no classes)
TBA	Picture Retakes
Nov-11	Remembrance Day - (school closed)
Nov-14	School Dance 6:30 - 8:30 pm
Nov-22	Assessment & Evaluation Day - (no classes)

Nov 18-Dec 5	Report Cards emailed home
Dec-04	Immunization Clinic round 1
Dec 05	School-Based PD - No Classes (AM) Parent/Teacher Conference 1 - 3 pm & 5:30 -7:30 pm
Dec-11	Band Concert 6:00 - 7:00 pm (Snow date Dec. 12)
Dec-20	Last day of school before holiday break
Jan -02	Teacher PD Day (no classes)
Jan-03	School Re-opens for students
Feb-04	Grade 6 French Immersion Parent Night 6:30 - 7:30 pm (Snow date Feb. 11 th)
Feb- 06	Dance 6:30 -8:30pm
Feb-17	Heritage Day - (school closed)
March 07	Assessment & Evaluation Day – (no classes)
Mar 10-14	March Break Week
March 24- April 03	Report Cards emailed home
April 3	School-Based PD - No Classes (AM) Parent/Teacher Conference 1 - 3 pm & 5:30 -7:30 pm
April 18	Good Friday (school closed)
Apr-21	Easter Monday (school closed)
Apr 30	PD Day (no classes)
May-08	School Dance 6:30 - 8:30 pm
May-15	Gr 5 Orientation Night 6:30 - 7:30 pm
May-19	Victoria Day (school closed)
May/Jun	Gr 8 Provincial Assessments
June 04	Immunization Clinic round 2
Jun-11	Band Concert 6:30 - 7:30 pm
Jun-19	Dance 6:30 -8:30 pm
Jun-25	School awards – Academic & Sport
Jun-27	Assessment & Evaluation Day - (no classes)
Jun-30	Last day of school - Report cards emailed home

School Construction/Renovations

We are very excited to have some major renovations being done on our school this year. Projects include a new security system, roof, front windows, parking lot upgrades as well as new ceiling and washroom improvements. We do however realize that construction may cause some minor inconveniences throughout the school year, but please be reassured that it should in no way negatively effect your child's education or school experience. HCJH is a wonderful place to live and learn and it will be made even better when the work has been completed!

If you have any questions or concerns, please contact the principal (Jim Curry at jcurry@hrce.ca or call 902 479-4214)

Cell/Smart Phones

As you are likely aware the ***Department of Education and Early Childhood Development*** have now instated changes surrounding cell phone policies at all NS schools and I want to provide you with what that will look like in our school:

- a) **In Grade 6** - All students will be required to turn off their personal mobile devices and store them out of sight during instructional day (this includes recess and lunch).
- b) **In Grades 7 & 8** – Cell phones will be kept in student lockers except for teachers allowing use in class for instructional purposes. Students will be able to access devices at recess and lunch hour

As this policy will represent a significant shift from our former policy, teachers and administration will be working with students & community on how to best institute the changes here at school. Please know that we will be communicating with parents and guardians every step of the way.

If you have any questions or concerns, please reach out to your child's classroom teacher.

What is and what is not bullying? (Please review with your child)

Rude = Inadvertently saying or doing something that hurts someone else. From kids, rudeness might look more like burping in someone's face, jumping ahead in line, bragging about achieving the highest grade or even throwing a crushed-up pile of leaves

in someone's face. On their own, any of these behaviours could appear as elements of bullying, but when looked at in context, incidents of rudeness are usually spontaneous, unplanned inconsideration, based on thoughtlessness, poor manners or narcissism, but not meant to hurt someone.

Mean = Purposefully saying or doing something to hurt someone once (or maybe twice).

The main distinction between “rude” and “mean” behavior has to do with intention; while rudeness is often unintentional, mean behavior very much aims to hurt or depreciate someone. Kids are mean to each other when they criticize clothing, appearance, intelligence, coolness or just about anything else they can find to denigrate. Meanness also sounds like words spoken in anger - impulsive cruelty that is often regretted in short order. Very often, mean behavior in kids is motivated by angry feelings and/or the misguided goal of propping themselves up in comparison to the person they are putting down. Commonly, meanness in kids sounds an awful lot like:

- “Are you seriously wearing that sweater again? Didn’t you just wear it, like, last week? Get a life.”
- “You are so fat/ugly/stupid/gay.”
- “I hate you!”

Make no mistake, mean behaviours can wound deeply, and adults can make a huge difference in the lives of young people when they hold kids accountable for being mean. Yet, meanness is different from bullying in important ways that should be understood and differentiated when it comes to intervention. These types of situations typically fall under **discriminatory misconduct** or **verbal abuse in the Provincial Code of Conduct**.

Bullying = Intentionally aggressive behavior, repeated over time, that involves an imbalance of power.

Experts agree that bullying entails [three key elements](#): an intent to harm, a power imbalance and repeated acts or threats of aggressive behaviour. Kids who bully say or do something intentionally hurtful to others and they keep doing it, with no sense of regret or remorse, even when targets of bullying show or express their hurt or tell the aggressors to stop.

Bullying may be physical, verbal, relational, or carried out via technology:

- **Physical aggression** was once the gold standard of bullying— the “sticks and stones” that made adults in charge stand up and take notice. This kind of bullying includes hitting, punching, kicking, spitting, tripping, hair pulling, slamming a child into a locker and a range of other behaviors that involve physical aggression.
- **Verbal aggression** is what our parents used to advise us to “just ignore.” We now know that despite the old adage, words and threats can, indeed, hurt and can even cause profound, lasting harm.
- **Relational aggression** is a form of bullying in which kids use their friendship, or the threat of taking their friendship away, to hurt someone. Social exclusion, shunning, hazing, and rumour spreading are all forms of this pervasive type of bullying that can be especially beguiling and crushing to kids.
- **Cyberbullying** is a specific form of bullying that involves technology. It is the “wilful and repeated harm inflicted through the use of computers, cell phones, and other

electronic devices.” Notably, the likelihood of repeated harm is especially high with cyberbullying because electronic messages can be accessed by multiple parties, resulting in repeated exposure and repeated harm.

So, why is it so important to make the distinction between rude, mean and bullying?

It is important to distinguish between rude, mean and bullying so that teachers, school administrators, police, youth workers, parents and kids all know what to pay attention to and when and how to intervene.

***If your child or someone your child knows is a possible victim of bullying or cyberbullying, we encourage you to speak to our Guidance Counsellor, Vice Principal, or Principal.

Emergency Medical Alert Forms

All parents / guardians are required to fill out these forms if applicable. It is important for school staff and administration to be aware of any medical emergency information. These forms are available from the school.

Severe Medical Conditions

Diabetes Plan

Seizure Plan

Heart Condition

Asthma

General Plan

Tube Feeding Procedure Plan

Catheterization Procedure Plan

Medical Procedure Tracking Form

Life Threatening Allergies

Anaphylaxis Emergency Plan

Administration of Medication to Students

Form A: Administration of prescribed medication to students

Form B: Administration of prescribed Medication Record

Safety for all

To ensure the safety of all students, all visitors to the school must report immediately to the main office and sign in. All staff and visitors will wear a HRCE identification tag.

Parking in the Herring Cove Junior High lot is for staff and visitors only.

Parents dropping off students for school or picking up from school are NOT to impede the path of the school buses. Please drive very carefully and watch for students travelling on foot and exiting from buses.

Please remember to slow down.

Enjoy the rest of your summer! See you in September!

