

Welcome Package

2025-26 School Year



7 Lancaster Drive

Herring Cove, NS

B3V 1H9

(902) 479 – 4214 (main office)

First Day of School is **Thursday, September 4, 2025**

This package has some important information about the upcoming school year at HCJH, 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 2025/2026 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.

HCJH has been a busy place over the summer and returning students and staff will notice the many renovations that have taken place. We are very excited that our learning spaces have been updated and improved making Herring Cove Junior High an even more comfortable and inviting place to learn.

Please make sure that your most up-to-date address and phone numbers are in our system. We will be using *Homeroom* newsletters, the school website, and *SchoolMessenger* to communicate with you on a regular basis throughout the school year. I will also do my best to provide families with a weekly email update (typically sent on Fridays) regarding overall school events throughout the 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 23rd 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 or need assistance accessing this system.

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 2	Organization Day (staff only)
Wednesday, September 3	PD day (staff only)
Thursday, September 4	*First day of classes for ALL Students
Tuesday, September 23	School Curriculum Night 6:00-7:00pm
Wednesday, September 25	School Dance 6:30-8:30 pm
Monday, September 29	PD Day (no classes)
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

*******To report your child's absence (Safe Arrival), 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, 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 completing any missed assignments or evaluations. 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 Lists - <https://hcj.hrce.ca/hcj/our-school/school-supplies>

If you are having difficulty obtaining school supplies for your child, please reach out to the school and we will be happy to help.

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 22, 2025. 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 e-transfer process (optional) prior to the start of the school year. This one-time fee is for Grade 6 and new students only.

If there is ever a difficulty paying any of the school fees (or supplies), 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 4 & 5 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. This includes perfumes and things such as “Axe body Spray”.

Vaping / Use of Tobacco products

Students and parents need to know that the use of vapor cigarettes or e-cigarettes, is not permitted to be used on any school property. Use of any of the above products will result in disciplinary action through the Provincial Code of Conduct. For students, 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 2025-2026	
Sep-02	Organization Day for Staff
Sep-03	PD Day - (no classes)
Sep-04	First day of classes
Sep- 23	Curriculum Night 6:00 – 7:00pm
Sep-25	School Dance 6:30 - 8:30 pm
Sept 29	PD Day (no classes)
Sep-30	Truth and Reconciliation Day (school closed)
Oct 8	Picture Day

Oct-13	Thanksgiving Holiday (school closed)
Oct -16	Bus Evacuation Drills (9:30am)
Oct-24	NSTU Conference Day - (no classes)
Nov-11	Remembrance Day - (school closed)
Nov-13	School Dance 6:30 - 8:30 pm
Nov 17	Picture Retakes
Nov-21	Assessment & Evaluation Day - (no classes)
Nov 24-Dec 3	Report Cards emailed home
Dec 04	School-Based PD - No Classes (AM) Parent/Teacher Conference 1 - 3 pm & 5:30 -7:30 pm
Dec-10	Band Concert 6:00 - 7:00 pm (Snow date Dec. 12)
Dec 15	Immunization Clinic round 1
Dec-19	Last day of school before holiday break
Dec 22	Teacher PD Day (no classes)
Jan-05	School Re-opens for students
Feb-03	Grade 6 French Immersion Parent Info Night 6:30 - 7:30 pm (Snow date Feb. 11 th)
Feb- 12	Dance 6:30 -8:30pm
Feb-16	Heritage Day - (school closed)
March 13	Assessment & Evaluation Day - (no classes)
Mar 16-20	March Break Week
March 23- April 02	Report Cards emailed home
April 2	School-Based PD - No Classes (AM) Parent/Teacher Conference 1 - 3 pm & 5:30 -7:30 pm
April 03	Good Friday (school closed)
Apr-06	Easter Monday (school closed)
April 29	PD Day (no classes)
May-07	School Dance 6:30 - 8:30 pm

May-14	Gr 5 Orientation Night 6:00 - 7:00 pm
May-18	Victoria Day (school closed)
May/June	Gr 8 Provincial Assessments
June-10	Band Concert 6:30 - 7:30 pm
June 15	Immunization Clinic round 2
June-18	Dance 6:30 -8:30 pm
June-26	School awards – Academic & Sport
June-29	Assessment & Evaluation Day - (no classes)
June-30	Last day of school - Report cards emailed home

School Construction/Renovations

We are very excited to have some major renovations that have been completed on our school. Over the past year and a half, projects have included a new security system, roof, front windows, ceiling and washroom improvements, and new lockers and more. HCJH was already wonderful place to live and learn and now it is even better!

Some minor repair work will still need to be completed to our front entry way, but this in no way will affect regular school operations.

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

Cell Phones

The ***Department of Education and Early Childhood Development*** have created a cell phone policy at all NS schools, and I want to provide you with what that looks like at our school:

- a) **In Grade 6** - All students will be required to turn off their personal mobile devices and store them in their locker 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

- At no time are cell phones permitted in washrooms or change rooms.
- Parents and Guardians will need to call the office [902 479-4214] to pass along important messages.

What happens if a student does not follow these expectations?

- The first time, they'll be referred to the office where the device will remain for the day. (student will collect phone at the end of day)
 - *Parent or guardian will be notified.*
- The second time, they'll be referred to the office and the device will be held until a parent or guardian meets with the principal to retrieve the device.
 - *Parent or guardian will be notified.*
- The third time will be dealt with using the Provincial Code of Conduct which will result in an out of school suspension.
 - *Parent or guardian will be notified.*

Teachers and administration will be working with students and families so that this cell phone policy is clear to everyone. Please know that we will be communicating with families every step of the way. It would be very helpful if you reviewed these expectations with your child.

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

Busing Information - Information on bus schedules can be found by logging onto BusPlanner. For information on registering for BusPlanner, visit the HRCE website at: <https://www.hrce.ca/about-our-schools/student-transportation>

Please remember that stop times are estimates. Times can vary for many reasons: weather, traffic, etc. Students are requested to be at the bus stop 5 minutes prior to the listed time. It is also suggested that parents/guardians who meet their children at the p.m. bus stop to be there 5 minutes prior to the listed time.

School Sports – At HCJH we strive to provide a wide variety of extra curricular sports for our students to participate in. Sports offered include Soccer, Volleyball, Basketball, Badminton, Flag Football, Track & Field and Softball. To be able to do this, Herring Cove has always relied on the generous support of our parents/community members providing help by coaching and donating their time. Would you like to participate? If so, please contact Mr. Curry at jcurry@hrce.ca or call at 902 479-4214.

Tryouts for male and female soccer will be happening shortly after school begins and all students are welcome to tryout!

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 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!