



# FEBRUARY 2018 NEWSLETTER

Principal: James Gushue

Grade 6-8 Vice-principal: Karen Lander-Pinard

Grade 9-12 Vice-principal: Greg Bower

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The MRHS Band Parents Association is Pleased to Present the  
41st Mama Capozzi's Spaghetti Dinner  
Saturday, March 3, 2018  
At the Middleton Baptist Church Family Centre  
One Sitting: 4:30-7:30 pm (Come at any time during this  
time frame)  
(Storm date: Sunday, March 4, 2018)



~ Served by VIP Waiters  
~ Musical Entertainment

**MENU:**

- Caesar Salad
- Spaghetti with Meat Sauce (Vegetarian available)
- Garlic Bread
- Cheesecake
- Coffee/Decaf/Tea
- POP Bar Available
- \$15.00 per person
- Tickets available at Pharmasave
- ~ Proceeds to the MRHS Band Program

**PLEASE NOTE:** Parent volunteers are needed. If you can help out, please contact Mr. Bezanson at [mbezanson@gnsps.ca](mailto:mbezanson@gnsps.ca) or Tanya French ([tanyafrench@eastlink.ca](mailto:tanyafrench@eastlink.ca))

## AFRICAN HERITAGE MONTH 2018

### EDUCATE, UNITE, CELEBRATE COMMUNITY

The 2018 African Heritage Month theme "Educate, Unite, Celebrate Community" will honour and pay homage to African Nova Scotians and their long legacy of uniting a passion that has provided a base to educate and celebrate an important part of Nova Scotia's culture and heritage. The theme encourages all Nova Scotians with the desire to educate oneself about African Nova Scotian history. The province of Nova Scotia has over 50 historic African Nova Scotian communities, dating back over 400 years. These communities have a unique and rich legacy of resistance, resilience and triumph that needs to be shared with all of Nova Scotia—Educate, Unite and Celebrate African Heritage Month.

### DONATION TO HOT LUNCH PROGRAM

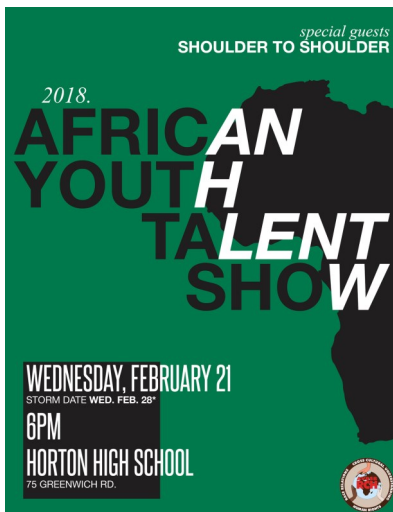
MRHS recently received a donation from Middleton Foodland for the school's Hot Lunch program. Sobey's in-store contest, *Star of Christmas Sing Along*, took place in December and the store with the most votes in each Atlantic province won \$5000, with Middleton Foodland winning the prize for Nova Scotia. As a result, MRHS was chosen to receive \$500 to put towards the lunch program. A big THANK YOU goes out to Middleton Foodland!

### STUDENT SERVICES

**Scholarship and Bursary Opportunities**—Scholarship and bursary applications are coming in to Student Services on a daily basis. Don't miss out! Students are made aware of these opportunities in three ways. First, listen to morning announcements that may be right for you. Second, check regularly in Student Services to see what is new in the Scholarship information folder. Third, make sure to tell Mrs. Arthur when you have finalized your post-secondary plans. Mrs. Arthur can then let you know if an opportunity arises that particularly applies to you.

**Post-Secondary Plans**—As you confirm your post-secondary plans, please let Mrs. Arthur know. Also, if you receive offers of bursaries and scholarships from a university or a college, please let Mrs. Arthur know.

Have you completed your **Student Profile sheet**? Do so right away and pass it in to the main office. Some scholarship and bursary nominees are chosen by the school staff and they rely on Student Profile sheets to choose candidates. Remember that you can update it throughout the school year. Extra copies are available in Student Services.



### REPORT CARDS

Grade 9-12 report cards will be sent home on **Monday, February 12, 2018.**

### STUDENT/PARENT PORTAL

Portal access will be suspended until report cards are issued on Monday, February 12, 2018.

### MRHS APPAREL

The MRHS Apparel committee has new items available—scarves with hand warmers (\$15); MRHS sweat-shirts(\$35); hoodies (\$35); quarter-zips—\$45. Please contact the school if interested in purchasing school apparel—great for school spirit days!



February 6—1st Day of 2nd Semester (Day 3)

February 8—Dance (7:30 to 10:30 pm)

February 12—Grade 9-12 Report Cards Sent Home

February 14—Grade 9 Parent/Guardian Meeting re: Course Selection for 2018-19

February 16—Deadline for Course Changes—Senior High

February 19—Heritage Day—NO SCHOOL

February 22—School Spirit Day—Wear your Blue & Gold

March 3—Mama Capozzi Spaghetti Dinner Fundraiser (Storm Date: March 4)

## MIDDLE LEVEL NEWS

### DONATION OF WOBBLE STOOLS

The Middle Level would like to thank Ms. Dixon (Family Studies teacher) for her generous gift of wobble stools to classrooms throughout the MRHS middle school. The concept of the wobble stool is that it increases blood to the brain as kids are able to safely move on it, allowing them to learn better and become more productive within the classroom. Ms Dixon's generosity is remarkable. This year, she and her husband hosted the



third annual "Beans and Bangers Resolution Fun Run" in Blomidon on January 1, 2018. This annual run has become a fundraiser to help contribute to communities and classrooms, while also starting the year off to a healthy start. We are tremendously grateful for Ms. Dixon's enthusiastic contribution to help support all students in our classrooms.



### WINTER ACTIVITY



On January 19, Grade 6 to 8 students headed to the Middleton Arena for a morning of skating. It was a very successful activity and hats off to all those students who tried skating even though they may have had hesitation at first. There were lots of smiles and rosy cheeks. What a great way to make the most of winter! A very big thank you goes out to Middle level team teachers for helping to organize and make this happen for the students.

### GRADE 6 NEWS

The 6th grade would like to thank Mrs. Shari Johns, MRHS Educational Assistant, for visiting the classroom in January to speak about her Mi'kmaq heritage. Mrs. Johns read a very special book called, *The Lost Teachings*, by Michael James Isaac. The students were engaged with her story of truth, love, honesty, courage, wisdom and humility. She spoke the truth of how these virtues are becoming lost but through education, we are reminded about their importance and how we can all work to make them a part of our daily lives.



### GRAD NEWS

**GRAD HOCKEY GAME:** The first Annual Grad/Teacher Hockey game was held on December 21. A lot of fun was had by all who played or watched the game!

The score was 14-4—you can guess who the winning team was!

**GRAD FEES:** A reminder that grad fees of \$50 are due to Ms. Greenlaw as soon as possible. These fees help with the cost of grad all-nighter, prom and safe grad activities. Prom tickets are

included for the grad and their date in this cost.

**GRAD SWEATERS:** Grad sweater orders are being submitted as they are received. The cost is \$45 and it includes "MRHS Grad" on the front, number "18" and signatures on the back and one word on one sleeve. Please contact Ms. Greenlaw or Derek Smith (Grad Committee Chair) if you are interested.

## GRADE 9 PARENT/GUARDIAN MEETING

There will be a meeting for parents/guardians of grade 9 students on **Wednesday, February 14, 2018 (Storm Date: Friday, February 16, 2018) from 6:30 to 7:30 p.m. in the Band Room** to discuss course selections for students entering Grade 10 during the 2018-19 school year.

## MONARCHS UPDATE

**JUNIOR GIRLS BASKETBALL**—The team played well in their home tournament during the weekend of January 12/13. They lost to Digby 42-38, won 42-16 against Bridgetown and lost 59-32 to Bayview. Players of the game were Isabel Crouse, Haley Higgins and Taylor Stidham.

**JUNIOR B BOYS BASKETBALL**—The team lost a tough game to Weymouth on January 11. The boys represented MRHS well, showing great sportsmanship. Deryus Gero played through an injury to lead the team with 12 points.

**JUNIOR BOYS BASKETBALL**— The team won a tournament in Maple Grove during the weekend of January 12/13, defeating Shelburne, AWEC and the host team. Players of the game were Noah Bezanson, Logan Brown and Evan Naugler, while Adam Wentzell was a tournament all-star. The Junior Boys team defeated Digby on January 15 with a score of 87-50, with 21 points from Michael Lander-Pinard and 13 from Adam Wentzell. During the weekend of January 20, the boys team won a tournament in PEI defeating Birchwood 65-50, host ME Callaghan 49-41 and Summerside 73-42. Players of the game were Michael Lander-Pinard, Evan Naugler and Adam Wentzell. ***UPCOMING HOME GAME(S): TOURNAMENT—FEBRUARY 9—3:30 TO 9:30 PM/FEBRUARY 10—10:00 AM TO 4:30 PM***

**SENIOR BOYS BASKETBALL**—On January 11, the Senior Boys team defeated Digby 69-55. Elyias French poured in 24 points and Tyler Baker 22. On January 15, the team lost to Kings Edgehill 71-56. Elyias French topped the scorers with 22 points. The team played at the AWEC tournament on January 20 weekend. They lost games to AWEC and Drumlin Heights and had wins over New Germany and West Kings. Elyias French was named MRHS Team All-Star. ***UPCOMING HOME GAME(S): FEBRUARY 2—VS WEST KINGS @ MRHS—7:00 PM***

**SENIOR GIRLS BASKETBALL:** On January 15, the Senior Girls team defeated Digby 70-34. Madison Steele led the team with 21 points, while Maura Saxon added 18. ***UPCOMING HOME GAME(S): FEBRUARY 5/18—VS KES —5:30 PM***

**BOYS HOCKEY**—In boys hockey action during the weekend of January 12/13/14, the team dropped a lopsided affair to Central Kings Friday night. On Saturday night in Digby, the boys won 6-5 and on Sunday night they lost 10-3 to Digby. On Saturday, January 20, West Kings defeated the hometown Monarchs 8-0. ***UPCOMING HOME GAME(S): FEBRUARY 10 VS PARK VIEW @ 7:30 PM***

**GIRLS HOCKEY**—On Saturday, January 20, the Girls Hockey team tied their game 1-1 against NKEC. ***UPCOMING HOME GAME(S): FEBRUARY 10 VS YARMOUTH @ 6:00 PM; FEBRUARY 17 VS CENTRAL KINGS @ 6:00 PM***

**CURLING**—MRHS sent two curling teams, Team Sawler and Team Phinney, to the very prestigious Earl MacKinnon Curling Bonspiel on the weekend of January 20. Congratulations to the girls on good curling and being great representatives of MRHS!



# MRHS Cafeteria Menu

## February 2018

Mon	Tue	Wed	Thu	Fri
			1 Chicken Burgers—\$3.50 Pizza Subs—\$4.00	2 Spicy Wedges- \$3.00 With Chicken Tenders—\$4.50
5 Pizza (Sm) \$3.00 (Lg) \$4.00	6 Mexi Noodles- \$2.50/\$4.00 Perogies-\$2.50/ \$4.00	7 Subway -\$3.50-/ 6"—\$4.50 Mexican Beef/Rice Cas- serole—\$2.50/\$4.00	8 Chinese Noodles-\$2.50/ \$4.00 Egg Roll—\$1.25	9 Pizza Sub-\$4.00
12 Pizza (Sm) \$3.00 (Lg) \$4.00	13 Chicken Burger- \$3.50 Quesadilla-\$2.50/ \$4/00	14 Spicy Wedges-\$3.00 With Chicken Tenders- \$4.50	15 Chicken Alfredo-\$2.50/\$4.00 Tomato/Bacon/Grilled Cheese— \$3.50/Grilled Cheese—\$2.50	16 Pizza Sub—\$4.00
19 Heritage Day NO SCHOOL	20 Pizza (Sm) \$3.00 (Lg) \$4.00	21 Shepherd's Pie-\$2.50/ \$4.00 Perogies-\$2.50/\$4.00	22 Chicken & Rice—\$2.50/ \$4.00 Egg Roll—\$1.25	23 Pizza Sub—\$4.00
26 Pizza (Sm) \$3.00 (Lg) \$4.00	27 Gushue's Goulash— \$2.50/\$4.00 Garlic Bread—\$1.00	28 Spicy Wedges—\$3.00 With Chicken Tenders— \$4.50		