



MAY 2018 NEWSLETTER

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*** SPRING FLING ***

Spring Fling will be held on **FRIDAY, MAY 4, 2018.**

There will be regular classes from 9:10 to 10:30 a.m.

This year's theme is '**GAME SHOW STYLE**'.

PLEASE NOTE: The Spring Fling Event is ONLY OPEN TO MRHS STUDENTS.



The following activities will be offered:

- Bounce Kingdom (Bouncy Castle, Wipeout)
- RCMP vs MRHS Basketball Game
- Target Bean Bag Toss
- TV Game Show Activities
- Art Project—Ms. Zaleski
- Caricatures
- Ukulele Fun—Mr. Bezanson
- Scavenger Hunt
- Face Painting
- Bay of Fundy Water Bottle Flip
- 1-2-3 Turkey
- Tug of War
- Man Tracker
- Slip & Slide Soccer Baseball
- Doctor Dodgeball

There will be a canteen available to raise money for Junior Student Council and a barbeque with proceeds going to the grads. The Cafeteria will be open as well.

There will be a Talent Show held in the afternoon.

Mr. Johnson's PHE 12 class and members of the Junior and Senior Student Councils have worked hard to provide a fun and team building day for the students of MRHS.

BAND NEWS

♪ Junior High Band Concert—Wednesday, May 23, 2018—7:00 p.m.

♪ Senior High Band Concert—Thursday, May 24, 2018—7:00 p.m.

DEBATE

On April 20-22, Liam Taylor and Skylah McLeod Van Wagoner attended Senior Nationals in St. John's, Newfoundland.

On April 28-29, Liam Taylor and Skylah McLeod Van Wagoner attended the Donahue Cup at Sacred Heart School of Halifax. This is a national competition and MRHS placed 2nd overall.

Five students will attend the Model United Nations competition in Fredericton, NB on May 4 to 6. Good luck!

Nora McLennan will be attending Junior Nationals in Calgary, Alberta from May 3 to 6. Good luck!

GRADE 6 NEWS

The 6th grade would like to say thank you to Mr. Thimot for coming into the school to prepare an excellent presentation on Acadian culture. He showed the students how to make authentic 'pate a la rappure'. Mr. Thimot had the students squeezing the water out of the potatoes, which they loved! He told the students that the Acadians would apply this starchy potato water to their clothing to make them stronger and last longer. He showed the class how to make broth and the homemade smell of the food was irresistible. This homemade broth is used to reconstitute the water back into the potato pulp to make the Acadian dish. The students tried his version of rappie pie and many of them who tried this for the very first time absolutely loved it. What an experience! The grade 6 students would like to say thank you to Mr. Thimot for coming in and sharing his love of Acadian culture and cuisine with us. It will definitely be an unforgettable experience for our 6th grade students.



DATES TO WATCH FOR

- May 3—Early Dismissal—12:15 p.m.
- May 4—Spring Fling—Regular Classes—9:10 to 10:30 a.m.
- May 21—Victoria Day—No School
- May 23—Junior Band Concert—7:00 p.m.
- May 24—Senior Band Concert—7:00 p.m.

SCHOOL APPAREL

Check out the school apparel link on the MRHS Website—if you have questions of what is in stock for sizes or would like to order, send an email to Madison Steele at sml847668@gnsps.ca.

MONARCHS NEWS

Badminton: The MRHS Badminton team had a strong showing at Districts in Individual play. Athletes who placed first in their division were: Maggie Llewellyn, Nora McLennan & Kristina Prost, Cory Johnson & Isaac Barteaux, Ryan Gates & Rebecca Burbidge, Dan Bower & Alyssa Turner, Trenton Sabean, and Morgan & Riley Noble. Athletes who placed second were: Madison Steele & Maura Saxon, Tyler Baker and Molly Peppard. These players advanced to Regionals.

Congratulations to the Junior Badminton team which won the Regional Banner during the weekend of April 13 and 14 and advanced to Provincials. Congratulations as well to Alyssa Turner & Dan Bower, Riley & Morgan Noble, Maura Saxon & Madison Steele, and Maggie Llewellyn who advanced to Provincials.

Congratulations to members of the Badminton team at Provincials during the weekend of April 20 and 21. The Junior team earned Silver. Congratulations to Kristina Prost, Trenton Sabean, Emma Johnson & Odessa Baker, Riley & Morgan Noble and Alyssa Turner & Dan Bower. Congratulations as well to Riley & Morgan Noble who won Gold in Junior Boys Doubles, Alyssa Turner & Dan Bower who won Bronze in Junior Mixed Doubles, Maggie Llewellyn who won Silver in Intermediate Girls Singles and Maura Saxon & Madison Steele who won Silver in Senior Girls Doubles.

Rugby: The MRHS Girls Rugby 7's team has been training hard this season. They had a successful trip to Barrington to play their first ever rugby games. They had a good time and learned a lot. Congratulations to Abby Whynot and Jasmine Couturier on scoring their first tries!

TECHSPLOURATION UPDATE

The MRHS Techsploration team hosted the annual *Techsploration Goes to School* event on April 24. Central Kings is our sister school in Techsploration and they brought their team to do a presentation for MRHS students.

The two skits were well done and portrayed the careers of MRHS Role Models from Halifax Water and the CK Role Models—Tug Master & Deck Hand.

Following the skits, the students participated in a Round Robin where they were able to go into small groups to talk to seven different Role Models at their stations: MRHS Team Role Model—Lucie Kendall (Halifax Water); CK Team Role Models—Andrea MacDonald & Jocelyn Smith (Tug Master & Deck Hand); Kate Collins (Research Associate-Geomatics-NSCC); Kate Fenton (Geomatics Engineering Technology student-NSCC); Bethany Dunn (Skills Canada NS); and Margaret Davidson (Techsploration staff).

Thanks to all the alumnae who helped out with TGTS! Next up for our Techsplorers is the Techsploration event being held this year at St. Mary's in Halifax on May 10 and 11 where the MRHS team and some of the alumnae will get to present their skit again and to meet more awesome Role Models! Good luck to the MRHS Team 2018!

ENVIRONMENT CLUB NEWS

The MRHS Environment Club held a Beach Sweep at Cape & Sand Beach on Saturday, April 28. Helping to get ropes, plastic and other trash off the beach were Brianna McKinnon, Kyra Wheaton, Mandy Armstrong-Singer, Alyssa Silver, Emily Freeman and Rebecca Freeman. The beach thanks you!

Natalie McMaster from Green Schools will be visiting MRHS later in May to do a presentation on how to become more 'green and earth friendly'. Listen to announcements and come and join in with us to learn more!

DRUG AWARENESS POSTER CONTEST

Congratulations to Jesse Thompson for placing 1st in the Middleton Lions Club Drug Awareness Poster Contest—she received a \$25 cheque. Jesse's poster then placed 2nd with the Lions Club of Nova Scotia poster contest and she received a \$20 cheque. As well, the MRHS ML Art program received a \$75 cheque.

Thank you, Jesse, for your creativity and important message surrounding drug awareness for youth.



BRAIN WARS

Congratulations to Ben Boekema, Jordan Cloutier, Jacob Hare and Liam Taylor who placed second at the Horton High Brain Wars competition on Saturday, April 7. They also won the Most Spirited Team trophy. Brain Wars is about problem solving—it challenges teams of four to tackle a series of tasks in a set time. Participants have two minutes to complete short tasks and 15 minutes for long tasks.

GSA

The International Day Against Homophobia, Transphobia and Biphobia is observed on May 17 and aims to coordinate international events that raise awareness of LGBT rights violations and stimulate interest in LGBT rights work worldwide. The date was chosen to commemorate the decision to remove homosexuality from the International Classification of Diseases of the World Health Organization (WHO) in 1990. The MRHS GSA will be celebrating by spreading awareness and promoting diversity with posters and a flag raising. If you are interested in helping out, please contact Mrs. Robinson.

STUDENT COUNCIL NEWS

Congratulations to Elyias French and Christopher Johnson who were voted in as Co-Presidents of Senior Student Council for the 2018-2019 school year!

We would like to thank all the teams who showed an interest in running for these positions.

During the month of May, elections will take place for all other senior student cabinet positions. Look for posters and listen for announcements.

Grad All-Nighter: The grad all-nighter at the Greenwood Base will be held on **Friday, May 4**. Grads will meet at 10:00 p.m. on the Base at the Greenwood Bowling Alley. Grads will also visit Zedex Theatre, Roos, the Recreation Centre and will go to McDonald's for breakfast. Grad fees must be paid in order to participate and forms signed and passed in to Ms. Greenlaw.

Spring Fling Grad BBQ: The Spring Fling Grad BBQ will be held on **Friday, May 4 from 11:00 a.m. to 1:00 p.m.** Items on the menu are:

Hot Dogs—\$1.00 each

Sausages—\$2.00 each

Beverages—\$1.00 to \$2.00

GRAD FUNDRAISER

A reminder that the pick up date for **MEADOWBROOK MEAT MARKET SCHOOL FUNDRAISER orders** is **MONDAY, MAY 14 from 4:30 to 6:30 p.m.**

Grads/Parents must pick up the orders that day as we do not have refrigerator/freezer space at the school.

A big thank you for the support. The grads raised approximately \$2000 from this fundraiser.



MRHS COMMUNITY OUTREACH

The MRHS Community Outreach group was excited to help out at the Macdonald Museum this past February with their Mona Parsons Heritage Day event. The students were gracious community ambassadors to the over 200 people who attended the event.

The group plans to assist with Middleton's Relay for Life on June 1 and 2.

If you know of a great volunteer opportunity, do not hesitate to contact lmcole@gnspe.ca. The group is actively searching for new events and new members for the 2018-2019 school year.

COUNSELLOR'S CORNER

ATTN: GRADS—Scholarship Reminders

Students in Grade 12 who receive scholarships and bursaries are reminded to bring the letter of notification to the School Counsellor. Not only do we want to congratulate you, but we would also like to recognize your achievements at the graduation ceremony.

Also, new scholarships come into the Student Services office daily. Please continue to check in the Scholarship Information folder in the outer office and on the school website. Be sure to listen to morning announcements for developments.

Student Profiles

If you are a Grade 11 or 12 student, make sure you have filled in your Student Profile form and passed it in to the main office. We use this information to award local bursaries and scholarships. Copies can be found in the Student Services office.

Acceptance into Post-Secondary Programs

Grade 12 students—when you receive a letter of acceptance into post-secondary programs, please let Student Services know. This helps the staff with awards as well as for our records.

To contact Mrs. Arthur: Email: arthura@gnspe.ca; Phone: (902) 825-5357; or at the Student Services office by chance or appointment.

May 2018



RE: Enjoy the outdoors – and check for ticks!

Dear Parents, Guardians and Students:

It's a great time of year to enjoy the outdoors – physical activity, fresh air and time with family and friends is so important! With being outside more, we also need to be aware of ticks. These are small insects – sometimes as small as the period at the end of this sentence – that are found across Nova Scotia.

Tick checks help protect us from the germs that ticks can carry. Removing ticks as soon as possible can prevent or reduce the risk of infection. Follow these steps to help protect against ticks, especially in grassy, wooded or shrub covered areas:

- Apply insect repellents containing DEET or Icaridin to exposed skin and clothes. Follow directions on the package carefully.
- Wear light colored long sleeved shirts and pants, closed-toed shoes, and tuck shirts into pants and pant legs into socks.
- Keep lawns mowed short.
- Put playground equipment in sunny, dry places away from wooded areas, yard edges, and trees.
- Check your whole body for ticks and, when possible, take a bath or shower within two hours of coming indoors. This makes it easier to find ticks and washes away loose ones.
- If you find ticks, here's how to remove them safely:
 - Carefully grasp the tick with tweezers as close to the skin as possible.
 - Gently and slowly pull the tick straight out. Do not jerk, twist or squeeze it.
 - Clean and disinfect the site with soap and water, rubbing alcohol or hydrogen peroxide.
 - Dispose of the tick in a sealed plastic bag and put in the garbage.
 - Do NOT burn, squeeze or coax a tick's mouthparts from your skin using other methods.

Only the blacklegged tick can transmit the germ that causes Lyme disease, and only after being attached for at least 24 – 36 hours. One of the earliest and most common symptoms of Lyme disease is a rash that's often shaped like a bull's-eye. The rash occurs on the same site as the bite. Other symptoms include fever, fatigue, muscle aches, joint pain and headaches. If you've been exploring outdoors, especially in wooded areas, forests, areas where tall grasses and or shrubs are present, or have found a tick on your body, and show these symptoms, see a healthcare provider.

To learn more about tick safety, visit <https://novascotia.ca/ticksafety/> or call your local Public Health office at 902-542-6310.

MRHS Cafeteria Menu

MAY 2018



Mon Ham Egger	Thurs Bacon Egger
Tues Bacon Egger	Fri Ham Egger
Wed Sausage Egger	

Mon	Tue	Wed	Thu	Fri
30 Pizza \$3.00/ \$4.00	1 Chicken Alfredo \$2.50/\$4.00 Grilled Cheese \$2.50	2 Chicken + Rice \$2.50/\$4.00 Garlic Slice \$3.00	3 Early Dismissal	4 Spring Fling Poutine \$4.00
7 Pizza \$3.00/ \$4.00	8 Polynesian Sausage over Rice \$2.50/ \$4.00 Egg Roll \$1.25	9 Subway \$3.50/\$4.50 Mac. + Cheese \$2.50/\$4.00	10 Mexi Noodles \$2.50/ \$4.00 Chicken Burger \$3.50	11 Pizza Sub \$4.00
14 Pizza \$3.00/ \$4.00	15 Chicken Tetrazzini \$2.50/\$4.00 Perogies \$2.50/ \$4.00	16 Spicy Wedges \$3.00 With Chicken Tenders \$4.50	17 Shepherd's Pie \$2.50/ \$4.00	18 Pizza Sub \$4.00
21 No School	22 Pizza \$3.00/\$4.00	23 Subway \$3.50/\$4.50 Chinese Noodles \$2.50/\$4.00 Egg Roll \$1.25	24 Garlic Slice \$3.00 Quesadilla \$2.50/\$4.00	25 Pizza Sub \$4.00
28 Pizza \$3.00/ \$4.00	29 Chili \$2.50/\$4.00 Corn Chowder \$2.50/\$4.00	30 Spicy Wedges \$3.00 With Chicken Tenders \$4.50	31 Chicken Alfredo \$2.50/ \$4.00	1 Pizza Sub \$4.00