



Brookhouse News

March 2017



NEW LUNCH ORDERS



PIZZA ORDER

WHAT: Personal Size Cheese or Pepperoni Pizza
WHEN: 12 Thursdays Mar 9 to June 8, 2017
COST: \$30 - Cash Only

ALL ORDERS DUE: Friday, March 3, 2017

NO LATE ORDERS PLEASE!!!

BOTTLE DROP ACCOUNT

An account has been set up at Bluenose Recycling, Woodlawn Ave, for Brookhouse Home & School. Please consider donating your recyclables to this account the next time to cash them in.

HOME & SCHOOL CANTEEN NEWS

NEW PRICES (as of Jan. 1, 2017)

Chips	\$1.25
Juice	\$1.25
Yop	\$1.25
Goldfish	.75
Cheese/Crackers	.75
Rice Krispy Square	.75
Nutrigrain Bars	.75
Cheese Strings	.50
Fruit Gummies	.50 ea
	or 2 for .75

Canteen Volunteers Needed: Volunteers are needed for Mondays and/or Fridays. Canteen is open from 9:45 to 10:30 am. Please call the school at 902-435-8318 if you can help in the canteen.

BREAKFAST CLUB NEWS

Mondays, Thursday, & Fridays, 8:10 - 8:30 am

Our successful Breakfast Club is in need a volunteer for Monday mornings. If you can help, please call the school at 902-435-8318.

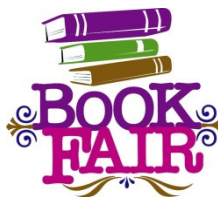
Also, donations of plain bagels would be greatly appreciated. The supply is very low of plain bagels. Thanks for any support you can give.

MARCH BREAK - School Closed

March 13 - 17, 2017

LIBRARY BOOK FAIR

We will be hosting the Scholastic Book Fair on April 4 - 6 to coincide with parent/ teacher interviews. This is a very important fundraiser for the Library. If



you are able to help on any of the days, please contact me at CChambers@hrsb.ca. I especially need help on Wednesday, as I cannot be in the building that day. Hours are: Tuesday 8:30-2:30 (morning is

set up), Wednesday 8:30-2:30 Thursday 6:00-close (we will be taking down that night).

*Thanks for your support,
Cheryl Chambers*

Gr. 7 JUNIOR HIGH PROGRAM INFO SESSION

There will be a parent information session for the English and French Programs available for grade seven students at Ellenville Junior High School, **Wednesday, April 5, 6:00 pm.**

COUNSELLOR'S CORNER



Unhelpful Thinking Styles - Both adults and kids can get caught in thinking patterns that are not helpful. These ways of thinking can make problems seem bigger, make us feel stuck, lead us to misinterpreting

other people's words and intentions, negatively affect how we see ourselves, and generally make life harder in many ways.

Some examples are:

All or Nothing Thinking (e.g. "If I'm not perfect", "I have failed")

Mental Filter (e.g. Noticing our failures but not our successes, or only remembering times when people said something unkind)

Labelling (e.g. "They're such jerks", "I'm a loser")

Shoulds/Musts (e.g. "She should know how I feel", "I should know this"- leads to frustration or thinking we've already failed)

Try noticing which ones catch you or your children up and practice turning them around. For example, "Nothing good ever happens" could become, "When tough things happen, I can handle them" or, "I am grateful for ...", or "I have some good people in my life". Find words that fit you. Just like it took time and repetition to get us stuck in these unhelpful thinking styles, it will likely take time and repetition to replace them. It's okay if your more helpful thoughts don't even feel true at first: remember that the unhelpful thoughts probably didn't really feel true the first times you said them, either. Stick with it. Check out www.psychologytools.org for more information and examples, or feel free to contact me.

INCLEMENT WEATHER

The Halifax Regional School Board takes great care when making the decision to alter the normal operations of schools in the event of severe or inclement weather. Decisions on school closures and/or bus cancellations are posted on the board's website at www.hrsb.ns.ca, on Twitter at [www.twitter.com/HRSB_Official](https://twitter.com/HRSB_Official), recorded on 464-INFO (4636) and communicated to all local radio

stations. You can also receive notice of school and bus cancellations by e-mail or text message by following the link on the front page (left side) of the HRSB website. If you are interested in learning more on how decisions regarding closures and cancellations are made, visit

<http://www.hrsb.ns.ca/content/id/1137.html> .

Brookhouse Elementary school belongs to the Prince Andrew High School Family of Schools.

TRAFFIC/PARKING CONCERNS

Recently there has been a lot of congestion on Christopher Avenue, due to the unusually large amounts of snowfall during the month of February. Everyone is reminded to adhere to all posted signage; especially that there is no stopping at any points on the way down Christopher Avenue. Also, no unauthorized vehicles should be entering the school parking lot, **at any time during the school day**. Children walk through our parking lot, so it is imperative that no vehicles, other than staff members and our school buses, enter the parking lot during school hours.

All efforts to find a safe spot to drop off your children in the morning are appreciated. The police are monitoring the street and are concerned that emergency vehicles would not be able to get through if the need arose. Halifax Police have indicated that you will be subject to tickets, or towing, if your vehicle is impeding traffic.

Thank you for your attention to this important safety concern.

The LOST AND FOUND is GETTING BIGGER!



The Lost and Found box, located in the entryway of the school gets fuller everyday! All those coats, sweaters, hats, mittens, etc., belong to someone in the school!

Cole Harbour Soccer Registration to open
February 1st, 2017



Online registration begins February 1, 2107 at coleharboursoccer.ca
In person registration will take place at Cole Harbour Place on March 2nd, 7-9 pm.

Each player registering before April 21st will receive a \$25 Early Bird registration discount.

Please register early to guarantee a spot in the program. Waiting lists will be created. Tryouts for the competitive programs begin in early-April and players must be registered to tryout. Our Recreational programs begin in late May- early June.

Visit coleharboursoccer.ca for program information.