



WEST HANTS MIDDLE SCHOOL

902-757-4100

www.whms.ednet.ns.ca

whms@avrce.ca



PRINCIPAL'S MESSAGE

Welcome to a new school year! My name is Karen Wallace and I am proud to be the Principal at West Hants Middle School. I am thrilled with the staff we have to guide your children through their days at WHMS. Middle school days are always interesting and very busy! Some facts about our school:

- We have 24 classrooms (8 in each grade level).
- Currently we have 580 students in our building.
- There are 10 International Students from all over the world at WHMS.
- Soccer, Cross Country Running and Golfing teams have started or will be very soon
- Students need to listen to announcements to know when try-outs are held and to sign-up on the posted sheets.
- Mr. Dunlop is looking for all kinds of musical kids to take part in lots of musical activities in his room.
- Breakfast Program has started.
- If a student forgets their lunch or their money for lunch, there is always supplies in the office for students to make a sandwich.
- Students should pre-order in the morning at the cafeteria if they want to be sure to get what they want for lunch.

- All new students and staff will be welcomed into their House Family on Thursday, Sept. 19th during Saber Day!
- Flex Time has started for 23 minutes every day. Activities will be offered throughout the school and outside. Usually there are around 18 - 22 activities offered. This is also the time for extra help and students on the homework list are expected in Academic Support to complete unfinished assignments during this time.
- There are approximately 80 adults in the building at different times throughout the day to help with our students.

School Dances - Just a reminder to all students that you must be in school on the dance days if you plan to attend the dance.

ABSENT LINE

If your child is not coming to school or is sick then please call our absent line at 902-757-4100 press "1" and clearly state your name, your child's full name, their homeroom and teacher and the reason for their absence.

REMINDER TO STUDENT/PARENT

Students feeling ill while they are in school **should not** be texting their parents to come get them. The procedure is to come to the office and have one of the secretaries make the call home for them.

Dropping off Students

When dropping off a student after 9:05 please come into the office to sign them in or send a note in with them so they do not get marked Unexcused.

West Hants Middle School Special Dates 2019 - 2020

| | | |
|-------------|-----------------------------------|---|
| Sept. 18 | Open House | For all students & families |
| Sept. 19 | Saber Day | Full school |
| Sept. 19 | School Dance | 7-9:00 |
| Sept. 20 | Robotics | Robotic Club |
| Sept. 26 | Early Dismissal | 12:20 pm |
| Sept. 27 | Gr. 6 Forestry Trip | |
| Sept. 27 | Terry Fox Run/Walk | afternoon |
| Sept. 30 | Orange Shirt Day | Communities coming together in a spirit of reconciliation and hope because every child matters. |
| Oct. 3 | Saber Day | |
| Oct. 8,9 | Gr. 6 Assessment | morning |
| Oct. 10 | Photo Day | |
| Oct. 14 | Thanksgiving Day | No School |
| Oct. 15, 16 | Gr. 6 Assessment | morning |
| Oct. 16 | WE Day | |
| Oct. 17 | School Dance | 7 - 9:00 |
| Oct. 18 | Early Dismissal | 12:20 pm |
| Oct. 25 | Provincial Conference Day | No School |
| Nov. 5 | Gr. 7 Immunization | morning |
| Nov. 5 | Saber Day/Remembrance Day Service | 2:00 pm |
| Nov. 8 | Middle Level Marking Day | No School |
| Nov. 11 | Remembrance Day | No School |
| Nov. 19 | Early Dismissal | 12:20 pm |
| Nov. 21 | School Dance | 7-9:00 pm |
| Nov. 28 | Report Cards go home | |
| Dec. 5 | Saber Day | |

| | | |
|------------------|---|-----------|
| Dec. 5 | Early Dismissal for Parent/Teacher Meetings | 12:20 pm |
| Dec. 11 | Christmas Concert | |
| Dec. 19 | Spirit Rally | |
| Dec. 20 | Early Dismissal | 12:20 pm |
| Dec. 23 - Jan. 3 | Christmas Break | |
| Jan. 6 | First day back to school | |
| Jan. 9 | Saber Day | |
| Jan. 10 | Early Dismissal | 12:20 pm |
| Jan. 23 | School Dance | 7 - 9:00 |
| Jan. 31 | Early Dismissal | 12:20 pm |
| Feb. 10 - 14 | Winter Carnival Week | |
| Feb. 13 | School Dance | 7 - 9:00 |
| Feb. 17 | Heritage Day | No School |
| Feb. 24 | Parent Information Meeting about French Programs @ WHMS | 6:30 pm |
| Mar. 10 | Saber Day | |
| Mar. 11 | Gr. 8 Photo Day | |
| Mar. 12 | School Dance | 7 - 9:00 |
| Mar. 13 | Marking Day | No School |
| Mar. 16 - 20 | March Break | |
| Apr. 2 | Report Cards go home | |
| Apr. 8 | Gr. 8 Re-takes | |
| Apr. 8 | Early Dismissal | 12:20 pm |
| Apr. 10 & 13 | Easter Holiday | No School |
| Apr. 22 | Early Dismissal | 12:20 pm |
| Apr. 23 | School Dance | 7 - 9:00 |
| May 6 | Regional In-Service | No School |

| | | |
|----------|-----------------------------------|------------------------------|
| May 7 | Saber Day | |
| May 13 | Spring Concert | |
| May 14 | School Dance | 7 - 9:00 |
| May 18 | Victoria Day | No school |
| May 26 | Gr. 8 Assessment | morning |
| May 27 | Gr. 8 Visit to AVHS | morning |
| May 27 | Early Dismissal | 12:20 pm |
| May 28 | Gr. 8 Assessment | morning |
| June 2,3 | Gr. 8 Assessment | morning |
| June 3 | Gr. 7 Immunization | morning |
| June 4 | Saber Day/Spirit Rally | |
| June 9 | Gr. 5 Visit to WHMS | No school for Gr. 6 students |
| June 9 | Open House for all Gr. 5 families | 6:30 pm |
| June 11 | Athletic Banquet | |
| June 12 | Early Dismissal 1 | 12:20 pm |
| June 26 | In-service Day | No school |
| June 29 | Marking Day | No School |
| June 30 | Closing Ceremonies | 10:00 |
| June 30 | Last day dismissal | 12:20 pm |

Bus Notes

Please note, West Hants Middle School does not except bus notes by email or phone call. Bus notes must be sent in with the student and turned in to the office before 9:00 am so they contain a valid parent/guardian signature and are received in time to be processed and returned to the student without interrupting instructional time. We do understand there are emergency situations that arise and have, in the past, made exceptions to this policy in these instances. On these occasions we would request that a phone call accompany any email request as some days are very busy and email accounts may not get checked until after students are dismissed.

Students who have a bus note will be placed on the requested bus only after the students regularly assigned to that bus have been seated. Students with bus notes will then be allowed to board. If the bus seats are filled before all bus notes are honoured, those students will be required to go home on their regular bus. Bus note forms can be found on our school website at <http://www.whms.ednet.ns.ca/sites/whms.ednet.ns.ca/files/images/Bus%20Note%20Form%20-%20Website.pdf>

Thank you for your cooperation.

West Hants Middle School Bus Note

_____ (Date)

I give permission for _____, grade ____, regular bus,
(Student's Name)

_____ to travel on bus _____
(Bus # or Driver's Name of regular bus) (Alternate Bus # or Driver's Name)

to _____.
(Person's name that lives at Destination)

Thank you,

Community News



Hockey Season is just around the corner and we are working together to help Give Forward this year. We are now accepting gear donations. Simply drop off new or lightly used hockey equipment at Sportwheels in Lr. Sackville or at West Hants Middle School before September 19th.

If new hockey gear not in the budget for your family this year? Not a problem! Stop by West Hants Middle School on Saturday Sept 21st between 12-3pm and pickup some free gear for your family!

For more info visit www.sportwheels.ca/geardrive



Registration

THURSDAY SEPT. 19th 6:00-8:00PM

AVON VIEW HIGH SCHOOL

Programs Available:

Little Dribblers- 8 week coed program for Grades P thru 2

Male & Female Teams: Jr. Mini (players born 2010 & 2011)

Mini (players born 2008 & 2009) Bantam (players born 2006 & 2007)

Midget (players born 2001 and 2005) www.shootingstarbasketball.ca

Email: shootingstar@shootingstarbasketball.ca West Hants Minor Hockey Association registration is available on-line at westhantswarriors.com We are pleased to be able to offer special pricing for first time players. If you have good, used hockey gear that you would like to pass you can bring items to Mr Davies at the West Hants Middle School or SportWheels at 209 Sackville Drive until September 19th. This gear will be used to support the SportWheels Youth Hockey Gear Drive that provides equipment to youth at no cost. The West Hants Middle School will be open on Saturday, September 21st between noon and 3pm where you can pick up free used gear for your hockey player.

Hockey Registration questions can be directed to registrar@westhantswarriors.com

[Hants Shore Karate](#)

Hants Shore Karate is looking for youth (13+) and adults to join our karate family! Our program focuses on self-defense, fun, is adaptable to anyone's health goals. Karate is a martial art that promotes goal setting and physical activity that anyone can learn. You are welcome to come by and see our program and try out a class or two for free! Program runs on Monday and Wednesday evening from 7:30-9:00pm, located at 3284 Highway 215 Centre Burlington

Registration Night: September 4th at 6:30pm

Contact us for more information @ hantsshorekarate@gmail.com

Also follow us on Facebook: @HantsShoreKarate or Instagram @HantsShoreKarate

Tumblebugs

The Tumblebugs parent and tot program will run Saturdays from October 5th to November 23rd. Our leader for the program is Tracey Kettley. There are two times for the program: Ages 3 from 9:30-10:15am and Ages 4-5 from 10:45-11:45am. This is a program for parents and tots to participate in together. Come out and see what the program is like during our *free* drop in on Saturday September 28th from 9:30-10:30am at the dojo located at 3284 Highway 215 in Burlington

Registration is now open! The cost is \$50 for the 8 weeks. You can register by emailing: hantsshorekarate@gmail.com

Exciting News! Hants Shore Karate is back and hosting another introductory female self-defense workshop this November! Registration is open now! **Fierce and Female Introductory Self Defense Program**

Real Situations | Real Techniques | Real Confidence

The Fierce and Female Self Defense program is open to females ages 12+ that may or may not have experience within martial arts training. The goal of the program is to provide participants with a safe and welcoming environment, expert and quality instruction, connection and support with other females, experience goal setting, practice time and feedback needed to develop critical self-defense skills. At the end of the program, as a participant you will be able to identify and assess the risks related to the most common self-defense situations, have a set of skills and techniques that work specifically for you and have fierce confidence in your ability and strength to defend yourself!

If you are interested in learning more about this program, have questions or would like to register, please contact Hants Shore Karate: hantsshorekarate@gmail.com or 902.306.0100

WHO: Females ages (12+)

WHEN: Thursdays 7:30-9:00pm from November 7th to December 12th

WHERE: 3284 Highway 215 Centre Burlington – Hants Shore Karate Dojo

WHY: increased self-confidence, comfort acting in threatening situations, networking with other females, improved fitness and mental health while feeling empowered and strong.

Cost: \$60 for one 6 week session

We have two FREE spots available for youth who register with an adult

Registration Deadline: Monday October 28th

For more information or to register contact: hantsshorekarate@gmail.com

VALLEY WILD FEMALE HOCKEY ASSOCIATION

Valley Wild is a minor hockey association for female players in the Annapolis Valley. We have programs and competitive teams for girls' ages 5-18 years old.

NHL FIRST SHIFT PROGRAM (ages 5-8 years) \$199 includes full gear that you keep and six weeks of sessions*

LEARN TO PLAY PROGRAM (ages 5-8 years) \$99 use of loaner gear and six weeks of sessions*

***Additional sessions/programs available after the completion of these program**

Novice (birth years 2011-2012)

Atom (birth years

2009-2010)

Peewee (birth years 2007-2008)

Bantam (birth years

2005-2006)

Midget (birth years 2004, 2003, 2002)- we are looking for additional midget-aged players – please contact us!

Tryouts for our teams Atom-Bantam will begin on September 18, 2019 and for Midget on September 21, 2019. Tryouts will take place at the Kentville Arena. There are no tryouts for Novice.

Please contact us with any questions about any questions related to female hockey – admin@valleywildhockey.ca or go our website – Valley Wild Female Hockey Association. You can also follow us on Facebook, Instagram and Twitter.

Valley Wild is a minor hockey association for female players in the Annapolis Valley. We have programs and competitive teams for girls' ages 5-18 years old.

NHL FIRST SHIFT PROGRAM (ages 5-8 years) \$199 includes full gear that you keep and six weeks of sessions*

LEARN TO PLAY PROGRAM (ages 5-8 years) \$99 use of loaner gear and six weeks of sessions*

***Additional sessions/programs available after the completion of these program**

Novice (birth years 2011-2012)

Atom (birth years

2009-2010)

Peewee (birth years 2007-2008)

Bantam (birth years

2005-2006)

Midget (birth years 2004, 2003, 2002) – we are looking for additional midget-aged players = please contact us!

Tryouts for our teams Atom-Bantam will begin on September 18, 2019 and for Midget on September 21, 2019. Tryouts will take place at the Kentville Arena. There are no tryouts for Novice.

Please contact us with any questions about any questions related to female hockey – admin@valleywildhockey.ca or go our website – Valley Wild Female Hockey Association. You can also follow us on Facebook, Instagram and Twitter

AFTER SCHOOL PROGRAM



TRY US FREE FOR A DAY



NEW After School Program this year open to all WHMS students under 12 years old, hosted at Brooklyn Elementary. Playami creates a welcoming environment that ensures all participants are actively engaged, motivated & having fun!

Visit us online to learn more
www.PLAYAMI.ca

Getting kids off the couch is what we do best!

Hey Who's in Control?



When: Tuesday evenings starting October 1, 2019
6-8 pm, for 9 weeks

Where: Windsor Elementary School
100 Tremaine Crescent
Windsor, NS, B0N 2T0

Room: SchoolsPlus Room 104

Cost: **Free!!**

West Hants SchoolsPlus is very pleased to announce that we are able to offer a 9 week parenting program for parents/caregivers. Parents will explore a number of different topics such as: easier/harder raising kids today, problem ownership, roadblocks to communication, values, discipline, problem solving/setting limits, anger and so much more. It is a fun and interactive program.

For more information or to confirm a spot, call West SchoolsPlus at (902) 792-6765

Dancepiration

Acadia Dance Collective

WHAT

We offer free inclusive and creative movement dance classes to people in the Annapolis Valley who have special needs. We explore music, movement, and a variety of styles of dancing. Dancepiration also offers dancers an opportunity to perform in a show if they wish!

WHERE

Dance takes place in the dance studio located in the Old Student Union Building on Acadia's campus.

WHO

Olivia Dobson, a fourth-year psychology major, will be teaching the Teen/Adult dance class and Madison Boudreau, a third-year psychology major, will be teaching the Children's dance class. Volunteers from the Acadia Dance Collective are assistant teachers in both classes.

HOW TO SIGN UP

Dancers will be registered on a first come – first serve basis because there is limited space in both classes. Please email adcdancepiration@gmail.com and provide the dancers': name, age, preferred class (children's or teen/adult), and any relevant information about the dancer. We will get back to you as quickly as possible about whether there is space left in the class.

Childrens Class

Mondays from 5:45-6:45pm
beginning on September
16th, 2019

Teen/Adult Class

Tuesdays from 5:45-6:45pm
beginning on September
17th, 2019