

Great Academics and Treatment of
Others..... Respectful School. **GATORS!**



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Retirement Tea

St. Agnes is hosting a Retirement Tea in honour of Ms. Clara Mitchell Thursday June 15 between 6-8 pm. in the school gym. Ms. Mitchell is completing her forty-fourth year of dedicated teaching service. Parents, current students and especially former students are invited and encouraged to attend. The St. Agnes PTA is the proud sponsor of this event and any assistance would be greatly appreciated. If you can help please contact the Main Office at 902-493-5132

Student Council News

SAJH held a dance on Thursday, May 25 and was a notable success. Grade 6 students from our feeder schools were invited as part of their SAJH Orientation and over 70 attended as well as their principals. Those who were at the dance had a fun night!

The SAJH Student Council is working hard to leave their legacy on the school, and provide the student body with fun events to the complete the year.

The Student Council is also spearheading a fundraising initiative called "100 Gators Who Care." In this, the student body has voted on two charities which are Hope for Wildlife and Feed NS, to collect donations for. Students are encouraged to bring in donations of any denomination to support our local community through our school.

The Student council loves to hear the students' feedback! Please to don't hesitate to seek out your grade or class representative if you would like you would like something to be brought to light in a Student Council meeting.

School News

Principal's Message:

Though very different, it has been a wonderful year at SAJH! This school truly is an amazing place filled with the most incredible young people I have ever met. Congratulations to Jayleigh Bryan 2017 winner of the HRM Citizenship Award. Jayleigh's work as a junior leader with the Community 'Y', at the George Dixon Centre, her support of community baseball and work at her housing cooperative speaks volumes. St. Agnes Jr. High School is a family whose members truly and genuinely care for one another.

As we head into summer vacation and as some members of the family move on please know that the ties that connect us as Gators and as family are for always. Specifically I would like to congratulate Miss Clara Mitchell and Ms. Josie Beaton for their retirement. Their contribution to the craft of teaching and learning has been incalculable. We will miss their daily presence but know in our hearts they are forever family!

It is my honour to be the principal of St. Agnes Jr. High School and to all our students, staff members and community I wish you a safe and relaxing summer.

Kindly,
Brad McGowan

PTA News

The PTA is pleased to be hosting the 4th Annual Grade 9 Closing Breakfast on Wednesday June 28 at 9 am. The breakfast will be held in the library and afterwards the students will participate in a Closing Ceremony rehearsal.

The PTA also is kindly sponsoring cake and refreshments following the Grade 9 closing ceremonies on Thursday June 29

Grade 9 Assessments

June 19: *Math* June 20: *ELA*

Assessments will be written each morning concluding at lunch hour. A regular class schedule will follow each afternoon. A full class schedule is in place for students not participating on the Grade 9 Trip, June 21-23 and attendance is expected.

Grade 9 Closing Gown Rentals

Just a reminder to students and parents that there is an \$11.00 fee for gown rentals for the Grade 9 Closing. Students should wear light clothing underneath the gown for their own comfort. Fees should be paid to Ms. Harrison in the Main Office by June 16.

Principal: Mr. B. McGowan
Vice-Principal: Mr. C. Williams
Guidance: Mrs. A. Ummat
Secretary: Ms. S. Harrison

Student Poetry

This poem was written and submitted to the magazine *Understory* by Sophia Wedderburn a grade 9 student at St. Agnes Junior High. Sophia's words ring with wisdom and grace well beyond her fifteen years of age. Bravo Sophia!

"Even If..."

We must persevere.

Even if the hands of society grab and pull at us,

trying to mould our bodies, our souls,

We must break away.

Even if the words of others speak to the darkest thoughts,

We must protect our minds.

Even if the lens only filters black and white

We must see in colour.

Even if the binds of the world begin to unthread,

We must stitch them back together.

Even if around every corner we turn

we are asked to indulge in the worst,

We must say "no".

Even if the things money can't buy,

are challenged by the things it can,

We must choose love.

Even if the shadows cast doubt

We must shine our light.

Even if...

We must persevere.



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Yearbook

This year the yearbook will be distributed in September. There are a still yearbooks left for sale so if you are interested please see contact Mrs. Margeson at jmargeson@hrsb.ca

Report Cards

Report Cards will be available at 10:00 am. June 30. If you wish your student's report card mailed please provide the school with a stamped self-addressed envelope. The envelope will require two regular stamps.

Important Dates

Band, Strings, Choir Concert
June 8 7:00 pm.

Retirement Tea
June 15 6:00-8:00 pm.

Grade 9 Final Assessments:
June 19: *Math*
June 20: *English*

Grade 9 Trip
June 22 -June 24

Grade 9 Closing Breakfast
June 28 9 am.

Grade 9 Closing Rehearsal
June 28 10 am.

Grade 9 Closing
June 29 2 pm.

Grade 9 Closing Dance
June 29 7-9:30 pm.

Assessment Day
June 29 (no classes)

Final Day
June 30 10:00 am. dismissal

Special Report: Sugary Drink Consumption

Canadians – especially young people – are consuming excessive amounts of sugary drinks, a trend that could have future consequences for their health and the overall health-care system, new research suggests.

The University of Waterloo study projects that sugary drink consumption will result in more than 63,000 deaths over the next 25 years and cost the health-care system more than \$50 billion.

“The health and economic burden from sugary drinks in Canada is alarming,” study co-author Dr. David Hammond, an associate professor in the university's school of public health and health systems, said in a release Friday.

“Cutting back on sugary drinks is one of the best ways to reduce excess calorie intake and to maintain a healthy body weight.”

Consumption of high-sugar drinks has been linked to weight gain as well as an increased risk of associated medical conditions, including Type 2 diabetes, metabolic syndrome, heart disease and stroke, and some cancers.

In 2015, Canadians purchased a daily average of 444 millilitres of sugary drinks per capita, including 100 per cent juice, according to sales data from the market research company Euromonitor International.

That equals about one can of pop per person, per day – every day, researchers said. The average youth, aged nine to 18, drinks 578 mL of sugary drinks a day, which can contain up to 64 grams (16 teaspoons) of sugar, putting them well over the recommended daily sugar maximum of 10 per cent of total daily calories.

<https://www.thestar.com/news/canada/2017/02/10/sugary-drink-consumption-by-canadians-is-excessive-could-harm-health-and-economy-study.html>

St. Agnes Jr. High - ANNUAL YARD SALE & MARKET A SUCCESS

Thank you for the tremendous support that was shown at our SAJH Annual Yard Sale & Market on Saturday, May 13, 2017. We all had a great time and we were so pleased to see so many from the SAJH and surrounding communities attend. This is always such a fun community event and a chance for students to raise some money and try out their entrepreneurial skill. Surely the students who rented tables were pleased with their results as we sure had a big line up at the start when the doors opened and many eager customers came rushing in. While enjoying the traditional Yard Sale side of the event, we continue to try to increase our Market side of the event. Thanks to the students, past students, volunteers, parents, guardians, and staff members who helped set up on Friday for the event and clean up after the event. It takes a whole team to make an event happen.

Total Sales on the SAJH PTA tables were over \$1,608. Many thanks to Scotiabank's Team Community Program for their generous support again this year. In particular thanks to Joann McNamara who organized Scotiabank's involvement. Scotiabank will match funds raised by the PTA table sales meaning that this event will raise over \$3 200.00 in total!

As always, lots of great new or gently-used treasures were found on the Yard Sale part of the event. On the Market side of the event, the following creative things were made and sold: beautiful artwork, shawarmas, breads, cookies, lovely hand-packaged soaps and bath products, origami roses, delicious popcorn, fresh farm eggs, and plants - just to name a few.

Thank you to all the bakers who donated delicious and beautifully decorated items to the PTA Bake Table. Thank you to those who donated new items for the 2 beautiful basket raffles this year and for those who bought tickets. Congratulations to the lucky winners of the Mother's Day Basket and the Father's Day Basket—always a big hit!

The money raised by the PTA helps to fund the following: books for the Battle of the Books Club (which the books are later put into our school library for all students to use); hot chocolate at cold wintery events; new library books; an annual \$750 High School Bursary awarded to a former SAJH selected applicant going into secondary school (available to all SAJH grade 12 graduating students to apply); Appreciation Lunch for teachers/staff; Pancake Tuesday breakfast for the entire school; Gr. 9 graduation cake, juice, & balloons; Gr. 9 Graduation Breakfast, specific teacher requests for supplies; funds towards class trips, technology purchases for the school and more.

If you have any thoughts for us to consider for next year, please write them down and submit them to the office.

All leftover items from the event were put on stage and donated to local causes.

The tentative event next year will be Saturday, May 12, 2018 (day before Mother's Day).

Again, thanks to so many of you students, parents, teachers, staff, grandparents and volunteers who all came together to make this event happen.

SAJH PTA Annual Yard Sale & Market Coordinator