



Greetings

Welcome back SAERC and welcome 2021! As many of us can attest, I am not sure if I stayed up with my family on December 31st to usher in 2021, or to make sure 2020 ended. There was no possible way to predict how the last 12 months would have ever evolved, but in looking forward I am hopeful that the best part of this year is about to unfold. With the support of staff and students over this time, SAERC's school community has remained a stri

It is now the final weeks of classes with just over two weeks left of class time before examinations start on January 25th. In anticipation of exams our Guidance Councillor, Mrs. Matheson will be spending time with all grade 9 classes in order to help prepare students for exams. Study habits and strategies will be two of the topics presented during these visitations. If any other student wished to make an appointment for guidance time for similar reasons, we encourage this.

Please keep advised of all our major events as they are listed on the SAERC school calendar: <http://saerc.srce.ca/>

Thank you to all and good luck this new year!

Guidance News

Students wishing to make changes to their semester two schedule can pick up a yellow course change sheet in the Guidance Office; this will need to be signed by a parent/guardian before any schedule changes are permitted. Please keep in mind that options are very limited. Schedule changes will be granted based on priority (grade 12's are considered first due to graduation requirements), and class size (class caps may limit movement). Students will have until **Wednesday, February 10, 2021 to do this.**

Most grade 12's have applied for post-secondary education opportunities; any who have not and need assistance are to see Mrs. Matheson as soon as possible to do so. If any post-secondary institutions have requested a mid-year Transcript, please sign up in Guidance and one will be sent in February after report card marks are completed. All potential graduates are reminded to check the SAERC Website (under

the Guidance Tab) for scholarship/bursary opportunities, and to check the google grad classroom for important reminders. Local bursaries will be available after March Break.

Grade 9 Study skills will take place with all grade 9 classes on January 12 & 13; any questions you have related to exams can be asked during these sessions.

The GSA committee meets every Monday from 12:00 - 12:30 in the Teen Health Centre, and the Jack.Org group meets every Wednesday in the Teen Health Centre from 12:00 - 12:30. New members are always welcome!

Upcoming Dates to Remember

Jan 12-13: Grade 9 Study Skills
Jan. 14: School pictures grades 9-12
Jan. 21: NSVS distance ed. Exams
Jan-25-28: SAERC Exams
Jan. 29: Admin day (No classes)
Feb. 1: Semester 2 starts.
Feb. 10: Report Cards go home (digitally)
Feb. 16: SAERC's SAC meeting

Grade 9 Study Skills

SAERC's grade 9 students will complete their study skill sessions with our Guidance Councillor, Mrs. Carleen Matheson on:
9A: January 12
9B: January 13
9C: January 12

This last session will be dedicated towards preparing our grade 9's for their first experience with writing formal examinations.

SAERC SAC

If you are interested in volunteering with the SAERC Advisory Committee, please feel free to contact any member of the SAC by email, or the main office.

Our next meeting is February 16th at 6 PM (Digitally)

SAC Chair: Leona Wilneff:

Leona.Wilneff@nshealth.ca

SAC Co-Chair: Tracy Gillis-MacNeil: tracy.gillis-macneil@hotmail.com

Minutes from our meetings can be located on the school's website in the SAC section:

SAERC Exams

SAERC Examination Schedule: Starts January 25-28th. Please visit the school website for full details.

There will be only morning cafeteria service during exams, so please prepare appropriately.

<http://saerc.srce.ca/content/saerc-january-exam-schedule>

Regulations for Students during Examinations

- **Examination Schedule**
Students are responsible for knowing when your examinations are being written. If you "sleep in" or "forget" when an examination is being written, you will not be permitted to do a makeup examination.
- **Examination Times**
Students are expected to be at school by 8:45 AM. Examinations are scheduled from 9:00-11:30 AM. The earliest dismissal is 10:30 AM; students leaving their examination room at the early dismissal need to vacate the hallways immediately.
- **Writing Areas**
The location for your examination is often in the classroom where you normally take that course. However, you must verify this with your classroom teacher prior to the exam in case there is a change. Exam schedules have been posted in all of your classrooms since early December.
- **Missed examinations**
Students that miss exams that they are scheduled to write will receive an automatic zero for a mark. Missed exams will only be re-written with the submission of a doctors' note.
- Examinations are a major percentage of your course evaluation. Anyone not taking the examination seriously or causing any distraction in an examination room will be removed from that room and given an automatic zero for the examination.

- Extra books, notebooks, papers, etc. should be left in the lockers or at home if at all possible. Foolsap will be provided by the school. Jackets and hats will not be worn or left on chairs during examinations. Use your lockers.
- Earliest dismissal times are to ensure that as few interruptions as possible occur during the examination period. Students leaving exam room should vacate hallways immediately.
- In the event that school is cancelled during the examinations, the entire exam schedule will be moved ahead so that the last exams to be written can be held on the make-up day.
E.g. If Tuesday is cancelled, then Tuesday's exam will be written on Wednesday, etc.

Please Note:

- Students do not have to be in school if they are not scheduled to write an exam.
- It is not necessary to call in an excuse to the school if you are not scheduled to write.
- Buses will run at the regular time in the afternoon. Students who stay at school for the afternoon will be placed in supervised study halls.
- Cafeteria will be open for our free breakfast program in the morning but will be closed for lunch.
- All electronic devices including cell phones, and Apple Watches, are prohibited in the exam room. Cell phones must be turned off and left on the teacher's desk during the exam.

Digital Citizenship

As you are aware, safe and appropriate usage of electronic devices and social media is the responsibility of the student. In support of our students, SAERC administration would like to call upon all stakeholders in helping us support the proper and respectful use of these devices and platforms. Moving into the second semester, our local RCMP detachment and SAERC staff will be promoting these practices and would welcome your support. Often, having open and honest talks with your children will reinforce the pro-social and safe usage we are framing here at SAERC.

If you have any questions or comments, please feel free to contact SAERC administration or guidance.

Dietitian's Corner

Do you have a picky eater in your house?

Mealtimes can be difficult, and seem defeating.

In a household, the grownups and kids have different responsibilities at mealtimes; sharing the responsibility is important.

Here are some ideas to help with picky eaters:

Eat together as often as possible

Keep mealtimes pleasant and relaxed

Set regular meal and snack times; don't let your child 'graze' through the day

Avoid distractions such as the phone, TV, computer, radio & toys at the table.

Don't make separate meals for your child.

Offer a variety of foods for your child

For more information, reach out to discuss at the contact above, or check out the resource below:

<https://www.unlockfood.ca/en/Articles/Menu-Planning/Managing-Family-Meals.aspx>