



# *The* Husky Herald

A MONTHLY NEWSLETTER FROM THE SCHOOL PRINCIPAL

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Happy New Year, Parents and Caregivers!

I hope this newsletter finds you well-rested from the holidays and full of the hope that a New Year brings. We are excited to see our students return from vacation. I wanted to share with you that Meaghan O’Leary, our Main Office Secretary, has left BJHS to return to school and finish her four year degree in education, and I am excited to share that our new Main Office Secretary will be starting soon! Andrea Schaedler, a former medical assistant and Athletic Trainer at Coastal Orthopedics, will start with us on January 2, 2020. I hope you will take a moment to welcome her!

We have some exciting events happening in the month of January. On January 14 at 7pm, our 7th and 8th grade band students will perform their winter concert! Please join me for another “conversation with the Principal” from 6-7pm that evening to be a part of the conversation around extracurricular activities: how to get students and keep students involved! On January 22, we will have our rescheduled 7th and 8th grade chorus concert, and I hope to see you there! We will round out the month with our students performing in the musical, “The Music Man,” during the weekend of January 31. Please check our Events Calendar and school website for more information.

Finally, it is hard to believe that the second quarter comes to an end on January 24, 2020. Second semester classes will begin the following week, and report cards will be distributed shortly thereafter. If any questions or concerns come up related to your student’s academic progress, please be sure to reach out to teachers, school counselors, or myself. We are all here and happy to help!

With gratitude,  
Mandy Lewis



# Queer + Allies Club

A safe and social place for LGBTQ+ students and their Allies

FRIDAYS AFTER SCHOOL UNTIL 3:30  
IN ROOM 403  
MR. MCNAMARA'S

QUESTIONS?  
SEE MS. BUCKNAM,  
MS. LEBLANC,  
MS. LOWE, OR  
MR. MCNAMARA

## Cold Weather and Laptops

Cold weather can damage electronic devices such as laptops, tablets, and cell phones. These devices shouldn't be left in cars, trucks, snowmobiles, chairlifts, or any other cold place. The colder the temperature, the quicker damage may take place.

Damage can occur after the gadget has come in to a warmer environment. IF they are accidentally left in the weather, DO NOT place the

device on a heater or in direct sunlight. Let it warm up slowly for a half-hour or more before using it.



## Upcoming Math Meets for the 6th, 7th and 8th grade Math Teams:

The next **7th and 8th grade** Central Maine Math League meet is at Gardiner Middle School on Saturday, January 11. The bus leaves from BJHS at 7:00am. It is an exciting spectator sport where the students go head to head in oral competition to see who can get the correct answer the fastest. We welcome you to come watch our students compete. The meet consists of four rounds and is over around 11:30am. We will be stopping for lunch on the way home and expect to be back at the school by 1:00pm. Our last Central Maine Math League meet will be at Maranacook Middle School in February (exact date to be determined).

The next Southern Maine Math League meets are at the Holiday Inn by the Bay in Portland on Tuesday, January 21. The 6th grade team bus will leave from BJHS at 8:30 am, and the estimated time of return is 1:00 pm. The 7th and 8th grade team bus leaves from BJHS at 2:15pm and the estimated time of return is 6pm.

Math team practices for 6th, 7th and 8th grades continue to meet each Wednesday morning at 7:10 am.

**Math Counts** practices are on Fridays after school. The regional competition is scheduled for Saturday, January 25 at USM in Gorham. Students who qualify will also compete in the State Final Competition on Saturday, March 14.



Thank you to all who supported our



BOOK FAIR!



## Winter Sports

The BJHS Basketball Teams are off and running. Cheering began in December and we have 12 students participating, many juggling cheering and the musical. Students who are spectators for our athletic events are reminded they need to leave school and return for game time at 3:30 or after. There is no supervision for students during the time period after school ends and game time.

Intramural basketball is every Thursday from Dec. 12 through February 13th from 2:45-4 pm. Late bus passes are available from the main office during morning advisor.



## Spring Sports

It's not too soon to be thinking about Spring Sports. BJHS will have lacrosse, baseball, and softball for 7th and 8th graders. Track and Field will be offered to 6th-8th grade. All athletes need the following information on file with the Athletic Director prior to trying out and/or participating on any junior high sports sponsored team: **(If your child has played on a school team this school year, he/she is all set with the forms needed as long as they have not expired).**

[1] Athletes need a signed permission form that indicates (a) parental permission to participate and (b) is an acknowledgement of insurance responsibility. A signed permission form is valid for the entire school year.

[2] Athletes need a signed statement from a physician indicating the participant is physically able to participate. It is the physician's decision if an actual physical is needed in order to participate. The doctor's office may fax the form to the school in care of the A.D. The fax number for BJHS is 721-0602. If you have any questions feel free to email Mrs. Sharpe the A.D.

at [ssharpe@brusnwick.k12.me.us](mailto:ssharpe@brusnwick.k12.me.us). Permission forms may be picked up at the main office or downloaded from the school's athletics webpage.

Happy New Year!

It is a good time to make a few resolutions to improve your health.

# Nurses Notes January 2020



1. **Be more physically active.** Children and adolescents ages 6 through 17 years should do 60 minutes or more of moderate-to-vigorous physical activity daily. Every day activities like walking, cleaning, dancing and taking the stairs all count toward your total minutes.

2. **Eat less processed foods.** Highly processed foods tend to be packed with sugar, salt, fat, and chemicals, and eating a lot of these is associated with health problems. Swapping soda and sugar sweetened beverages for water is a good place to start. Build your meals around produce and lean or plant based proteins is a good strategy.

3. **Manage stress.** Chronic stress can affect your physical, mental and cognitive wellbeing. Find a technique that can help you reduce stress such as yoga or meditation. Exercise is also a great stress reliever.

Here's to a healthy 2020.

Helen Tetu, RN

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## Detective Stanton's Handy Tid-Bits

Help us keep our kids safe and substance free.



If you or your child have a tip on underage substance use or furnishing, an anonymous tip can be sent to 847411. Begin all messages with eTip2, this strips the text of all identifying information and forwards it to our local dispatch. Make sure to include all information, including the location. For example "eTip2 Jane Doe is selling pills outside a local store in Brunswick" This replaces the former eTip service, note the new name (eTip2) and number (847411). Tips can also be submitted via the eTip2 app for Apple or Android devices, and you can always call your local Police Department. For emergencies, use 9-1-1.

Happy New Year to all! Here at BJHS we have had a great first half of the year. We have received increasing amounts of passed school bus. Its now a Class E crime to pass a school bus with its red lights flashing. This a great accomplishment for our safety goals. Please keep using the student drop off area in front of the gym lobby door in the morning.

I have received some reports that busses are having a difficult time at dismissal due to drivers who are parking on both sides of the road coming into the parking lot. If you are blocking the roadway, you will be asked to move to allow busses to safely access the school parking lot.

Please remember if we start having snow accumulation proceed slowly.

I look forward to a wonderful and safe 2020!! If you have any questions or concerns please feel free to contact me at 207-319-1930.

SRO/Det. Thomas P. Stanton, Jr.

**eTip2**  
report  
underage  
substance use



# Brunswick Junior High School Presents

**When:** Friday, January  
31 and Saturday,  
February 1



**Where:** Coffin  
Elementary Gym at  
7:00pm!

The students of Brunswick Junior High School will present “Meredith Willson’s **The Music Man, Jr.**” (Meredith Willson’s *The Music Man Jr* is presented through special arrangement with and all authorized materials are supplied by Music Theatre International, New York, NY) Our musical begins at 7:00pm in the Coffin gym. Tickets are \$8.00 per person and can only be purchased at the door.

Professor Harold Hill, a fast-talking traveling salesman with a shady reputation move into River City, Iowa on July 4, 1912. After leaving the train of disgruntled salesmen on a whim, he meets up with his old friend Marcellus and together they plot to start a boys band to cheat the citizens out of their money. What Harold Hill did not count on was a city full of characters who would capture his heart. Mayor Shinn and his wife Eulalie; The School Board members; the town gossips better known as the Pick-a-little ladies; some amazing teens and children; and of course, Marian Paroo, her mother and her brother Winthrop. Even though Charlie Cowell tries very hard to expose Harold, Harold finds that “going legit” is worth it. Please join us to hear favorite songs such as “Goodnight My Someone,” “76 Trombones,” and the “Shipooopi!” Watch as our young actors bring this musical to life and teach us that love really does conquer all.



# ART NEWS

It's everyone's favorite time of year: it's **Art Club** season! The BJHS Art Club is an after-school program for any Junior High student who would like more time to play, create, and experiment with arts and crafts supplies in a fun and social setting. Art Club will begin on Tuesday, January 7th, and will be held on Tuesdays and Thursdays from 2:45 to 4:00 in the art rooms. Art Clubbers will need to arrange for a ride home at 4:00, or make plans to take the late bus. We ask for a \$15 materials fee to cover the four months of art supplies, but scholarships are available if this is a barrier to participating. Please let us know if you would like a scholarship. Any questions? Email Cory Bucknam [cbucknam@brunswick.k12.me.us](mailto:cbucknam@brunswick.k12.me.us) or Kari McCarthy [kmccarthy@brunswick.k12.me.us](mailto:kmccarthy@brunswick.k12.me.us)



Now announcing our next **Art Night**: Paper Marbling! Join us for another fun night on Friday, February 7th from 7:00pm-9:00pm as we learn how to marble paper, making beautiful covers for simple, handmade sketchbooks! This event is a fundraiser for the BJHS Art Department, and we ask for \$25 per person (\$20 each for parties of 3 or more). All materials will be provided. Tasty treats, door prizes, and fun GUARANTEED! Sign up soon, spots will go fast: <https://www.signupgenius.com/go/10c0944afa82babfa7-artnight2>



## Spelling BEE

When: January 16th

Where: BJHS Library

Time: 3:00pm

