



HAPPY NEW YEAR

From the staff of Steinbach Junior High School!

Please Take Note!

The HSD website contains an icon “Special Bulletins Related to HSD Buses”. All school buses that are late for whatever reason will be posted on this site. The Bus Transportation Department will no longer be calling individual homes when this happens.

Parents are expected to obtain information, if needed, on the status of their bus through this channel. Buses that are running more than 10 minutes late on a given day will have the bus number and estimated “lateness” posted on the page. Homes that do not have computer access to the web should make arrangements with another family on the route whom they could contact.



Guidelines for Dressing Warm

We are noticing that many of our students are not dressed warmly for going outside during the lunch hour recess. Here are some basic guidelines for dressing warm in cold weather:

- Cover all parts of the body
- Stay dry
- Dress in Layers
 - Breathable Layer: This is the layer that comes in contact with the skin. It should allow body moisture to escape and evaporate more quickly, which keeps the skin dry and comfortable.
 - Insulating Layer: The insulating layer creates dead air space between the layers of clothing, trapping warm body air and keeping it around the body.
 - Outer shell: This layer protects against environmental elements such as

wetness and wind, but must allow body moisture to evaporate.

- Footwear: wet feet become cold and numb quickly, keep your feet dry by wearing appropriate boots.
- Accessories: wear a hat at all times, 70% of heat loss is through your head. Ear bands are not substitutes for hats. Waterproof gloves and mittens lined with synthetic insulation are effective insulators: keep your hands covered at all times. Mittens keep hands warmer than gloves, but offer less dexterity.

Keep these guidelines in mind the next time you venture out in cold weather, and when you send your student to school!

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School Closing During Inclement Weather

If all Schools are to close and if bus service is to be cancelled throughout Hanover School Division, the announcement will be made on CHSM (Radio 1250AM), LITE (96.7 FM) and CJOB (Radio 680 AM) between 7:00 a.m. and 8:00 a.m. More information re: school closing can be found on your Hanover School Division Calendar and on the hsd.ca website.)



Important Dates to Remember:

Wednesday, January 20th	Grade 7/8 Activity Day
January 26-March 16	HSD Jr. High Basketball Season
Tuesday, February 2nd	End of Term 2
Friday, February 5th	Administration Day (No Classes)
February 6th & 7th	Jazz Band trip to Fargo
Wednesday, February 10th	Grade 9 Activity Day
February 8-12	Grade 7's - Cedarwood Camp
Friday, February 12th	Second Term Report Cards
Monday, February 15th	Louis Riel Day (No Classes)
Wednesday, February 24th	Parent Teacher Interviews (evening)
February 22-26	Optimist Band Festival
Friday, February 26	Inservice Day (No Classes)

Please take note:

There are no mid-term exams during the month of January. Classes will run as usual throughout the month and the 2nd term report card will be issued on February 12th.



Grade 9's - Save The Date!!

The Grade 9 Farewell has been booked for Friday, June 25, 2010 at Friedensfeld Hall. A group of parent volunteers is in the process of planning this special event. More details to follow in the coming months - stay tuned!

Backstage - Parent's Information Night, Monday January 18th, 2010 at 7 p.m. Teen Drop In Centre, 220 Lumber Avenue. Presenting: Staff Introductions, Purposes of Backstage in Community, Program Components and Answering questions and Concerns. Coffee and refreshment will be served. For more info you can call 326-4366.



www.betheinfluence.org

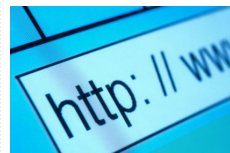
Parents have a tremendous influence on the choices their children make. Have a look at this great website available to you regarding the pressures that face teens who drink alcohol. It's never too early to talk about positive lifestyle choices.

Teacher Homework Websites

We invite you to please become active users of our school website! The address is www.sjh.hsd.ca and it contains important information. The teachers have a link from the website directing you to their email address and a homework web page. The homework web page has current and helpful information.

School Newsletters—Online at sjh.hsd.ca

Copies of our school newsletters are always available on our website. If you would prefer to get a paper copy of the newsletter, copies will be available in the school office. Please ask your student to come to the office to pick one up—or contact the office and we will make sure that your child brings one home.



Steinbach Junior High Peer Tutoring Program

We are pleased to announce the resumption of the SJHS Peer Tutoring Program. There are many students who could benefit from this free program! This program started on Thursday, December 10th and runs every Thursday (from 4:00-5:00 p.m.) until May. It will be held at Steinbach Junior High School in Room 8. Registration forms can be picked up and returned to the Junior High office. If you have any questions, you can contact Barb Johnson or Alvina Martens, our guidance counselors, 326-6481.



“SJHS Christmas Project 2009” for SOUTH EAST HELPING HANDS

This year our Community Christmas campaign was a huge success! We raised nearly \$2500.00 thanks to the community, students and staff! Some different fundraisers we tried this year were:

- Tin or toonie hat day: the last two Wednesdays of the month the staff and students had the opportunity to bring in either a tin or a toonie in order to wear a hat for the entire day.
 - Tin sculpture contest: with the batch of collected non-perishable items, each homeroom had to create their very own sculpture to be judged. In the end, 2000 lbs. of items were donated to Southeast Helping Hands!
 - Weigh-in: each homeroom weighed one student and that weight was the cash amount they had to raise.
 - Silent auction: businesses from around the community donated prizes for our auction which was held in our school.
- We also want to thank Sunshine Nursery for the donation of our Christmas trees and wreaths for our Christmas Concert!



Grade Sevens at Camp Cedarwood

Next month, our Grade Seven students will participate in an exciting Outdoor Education opportunity at Camp Cedarwood. SJH has run this program for many years now and it is always a highlight for our students. We would love to see all of our Grade Seven students participate.



Monday February 8 to Wednesday, February 10th - 7S, 7L, 7R and 7J

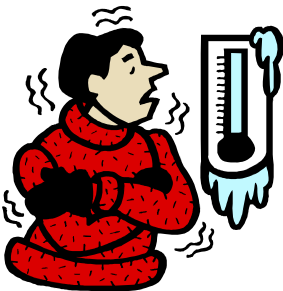
Wednesday, February 10th to February 12th - 7E, 7M, 7G and 7B



Chocolate Sales Results - 2009!

We had another excellent year of chocolate sales! We had 15 out of 24 classes that reached the goal of selling \$1800.00 or more in order to win free pizza parties for their class. We also had 8 students who were the winners of some great prizes - 2 iPod Shuffles, 1 Playstation 3, 2 Cineplex Movie Ticket Packages, and 3 students who received “Top Seller for each grade” prizes. Thanks for all your support!

Cold Weather Recess Policy



Many parents have called to ask what our policy is with regard to sending students outside during this cold winter weather. Students are allowed to stay inside the school when the wind chill drops below -28. They are encouraged to go outside if it is above this temperature to get a little fresh air and we would like to see that the students are wearing toques, mittens, scarves and jackets so that their visit outside will be a little more enjoyable!



SPORTS NEWS

Our Grade 9 boys and girls volleyball teams followed up their Hanover championships by participating in the Manitoba volleyball Provincial Championships in Winnipeg. The girls team went undefeated in round robin play but lost a tough opening round play-off match. Relegated to the consolation side, they rebounded with two more wins to claim fifth place over-all. The boys team also went undefeated in round robin play and then coasted to an easy first round play-off victory. The boys peaked in the semi-final with a thrilling win over Niverville and then lost a close finals match to perennial Winnipeg power, John Henderson. The boys team has made the provincial finals in two of the past three years. Congratulations Knights! Second and fifth at provincials is an incredible accomplishment.

H1N1 FLU BULLETIN

Manitoba Health advises the H1N1 virus continues to circulate across the province and it is expected that serious illness will continue to occur. Two-thirds of Manitobans have yet to be vaccinated and up to half of Manitobans are susceptible to an H1N1 infection. All Manitobans who need, want and are expected to benefit from the H1N1 flu shot are encouraged to get one as soon as possible to get the maximum benefit from the vaccine.

Some Manitobans continue to be at higher risk for more severe illness from H1N1 including children under the age of five, people with chronic medical conditions, pregnant women and people of Aboriginal ancestry. To date, about half of the children under the age of five and one-third of Aboriginal people have not yet been vaccinated. Three-quarters of pregnant women in Manitoba have not yet been vaccinated. A complete list of Manitobans considered at higher risk for severe illness from H1N1 is available at www.manitoba.ca/flu.

Between Dec. 8 and 14, no Manitobans with a positive H1N1 lab test or symptoms of a severe respiratory illness were admitted to an intensive care unit (ICU). Sixteen Manitobans with a positive lab test for H1N1 have been admitted to ICU since the second wave began, according to reports provided to Manitoba Health. Of these, more than three-quarters were aged 18 to 64. In the first wave, 43 Manitobans were admitted to ICU with a positive lab test for H1N1. One-third of all Manitobans admitted to ICU had no underlying conditions.

Regional health authorities are planning new ways to reach more Manitobans in the coming weeks including:

- offering vaccination clinics through large local employers and post-secondary institutions;
- making the vaccine more accessible through clinics in smaller communities;
- making the vaccine available at doctors' offices, long-term care facilities and other community-based programs;
- offering the H1N1 flu shot to Manitobans when they interact with the health-care system; and
- building on outreach programs to target vulnerable populations, like recent immigrants or the homeless.

Manitobans should contact their physician or regional health authority to find out how to get the H1N1 flu shot. In addition, eligible Manitobans are encouraged to get their seasonal flu and pneumococcal shots. This fall, 184,000 Manitobans have received their seasonal flu shot and 7,700 have received the pneumococcal shot.

Manitoba has received and distributed over a million doses of vaccine. As of yesterday, nearly 431,000 shots had been given, about 36 per cent of Manitobans. As of this morning, a total of 137 doctors' offices have ordered over 23,000 doses of the vaccine.

During the week of Dec. 8 to 14, Cadham Provincial Laboratory reported 40 positive H1N1 tests to Manitoba Health. Since the second wave of H1N1 flu began on Oct. 6, the lab has reported a total of 1,737 positive H1N1 tests. Lab-confirmed cases do not reflect the actual number of people with the illness, nor do the numbers indicate the seriousness of illness any individual may experience.

As of Dec. 12 in Manitoba, there have been 15 serious adverse events following immunization which have been reported to the Public Health Agency of Canada. There have been no reports of ongoing effects related to these adverse events. A total of 462 adverse events have been reported, varying from mild (reaction at the injection site, headache or coughing) to more severe reactions (anaphylaxis). It is important to note these adverse events have followed immunization but may not necessarily have been caused by immunization. Serious adverse events are investigated to determine the cause.

Manitobans are encouraged to contact their nearest health-care provider or visit the nearest health-care centre if they have mild flu symptoms and risks for severe illness or are concerned they may need care, especially if symptoms are persistent or worsening. Early treatment with antiviral medication (ideally within 24 to 48 hours) may be very important.

Manitobans are reminded to watch for signs of severe illness. If you or a family member has any of the following symptoms, go directly to an emergency room, nursing station or health-care provider or call 911:

- shortness of breath or difficulty breathing,
- severe or worsening symptoms,
- dehydration,
- drowsiness or confusion, or
- fever in an infant under three months old.

More information on H1N1 flu is available at www.manitoba.ca/flu or Health Links-Info Santé at 788-8200 or 1-888-315-9257 (toll-free).