

North & South Esk Regional

October 2018

NSER Mission: It is the mission of NSER to support and challenge students to meet and exceed their potential.

NSER Vision: NSER's number one priority is the intellectual development of its students and also giving priority to social, emotional and physical development.



Getting to know Luca & Enno

NSER is very happy to have two exchange students with us this year! Luca & Enno are both grade 11 students from Germany. Recently, Anika Nastasiuk, one of our grade 12 students sat down with both Luca & Enno and interviewed them so we could all get a chance to know them a little better. The answers to their questions were very interesting and we wanted to share them with all of you.

Name: Luca Groling **Age:** 16

How is NSER different from your home school? NSER is smaller. There were 1,000 kids in my home school. There were no school buses and we biked everywhere.

It is different that we travel from classroom to classroom inside and that you are allowed in the gym at lunch. We went to school at home from 8:00-4:00 with more breaks during the day and we changed classes every week.

Any siblings? I have a brother who is 15 and a sister who is 6

What made you want to come to Canada? I came to Canada to learn English and experience the Country and culture.

Where are you from? Hamburg, North Germany – a city of 2 million people

How do you feel about it here? It is not as flexible for travel as I would have liked.

What was your first feeling landing in Moncton? I first landed in Toronto and it is “not as bad” as I thought it would be. Then we came to Moncton and it is small for what you call a big city.

What new things have you experienced? We are allowed to listen to music here, which I like. We have a different relationship with teachers then I am use to. Math and Chemistry is easier than it was at home. You play the National Anthem every morning, we do not do that in Germany.

What are you interested in trying while you are here? I can't wait to try cross-country skiing and to watch a hockey game.

Favourite Food? I am not a fan of traditional food - I love meat – medium rare

Favourite Sport? Rowing 8 or 9 times a week in the river. I was on the Hamburg's National Team.

Name: Enno Gloyna **Age:** 16

How is NSER different from your home school? My home school was in a 17th Century building with 1,000 students. There are no busses, no shop courses. There was basketball and volleyball but no other sports in my school.

Any siblings? I have one brother who is 7 and a sister who is 18

What made you want to come to Canada? I wanted to visit the Country and experience the culture

Where are you from? Northeastern Germany – the town of Rostock close to the Baltic Sea and a city of 200,000

What was your first feeling landing in Moncton? It seemed small, nature is nice and you definitely need a car to live here.

What new things have you experienced? Different relationship with teachers then I had at home and the National Anthem is played each morning.

What are you interested in trying while you are here? All new things

Favourite Food? Konigsberger Klopse – meatballs, sauce with capers and potatoes

Favourite Hobby? Short films

NSER HAUNTED HOUSE

Friday, October 26th

\$5 each

Fraidy Cat Hours

5:30-7:00

Fearless Hours

7:30-9:00

All Proceeds to Support NSER Safe Grad

Student Forms

It is very important to have all forms back at the school. These forms include health, leaving school property, etc. These are necessary in case there is ever an emergency we need to have all the students updated contact information.

Halloween Dance

Thursday, October 25th

\$5 each

Middle School 6:45 pm - 8:15 pm

High School 8:30 pm - 10:30 pm

SIGN INS

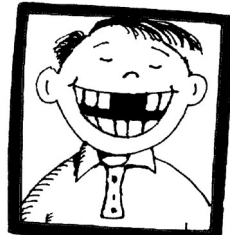
Middle School students may sign in a student from a Miramichi area school who is in grade 6-8.

High School students may sign in a student from a Miramichi area school who is in grades 9-12.

NSER students will be responsible for their sign-ins the entire evening. All sign-ins must be paid in advance and students must be in good standing at their respective schools.



Picture Re-Takes will take place on **Tuesday, October 30**



PICTURE RETAKE DAY!

REMINDER
ALL VISITORS MUST
REPORT TO THE OFFICE
UPON ARRIVAL TO
THE SCHOOL



NSER Breakfast Program



On Tuesday, September 18th Big Brothers Big Sisters/Boys and Girls Club presented a cheque to our Student Council to sponsor our Breakfast Program. NSER is one of 17 schools sponsored by Big Brothers. With their continued generous support, we are able to provide our students with a healthy start to their day!



NSER's Rotary Interact Club will once again be hosting Trick or Eat on Halloween in support of the local food bank. We thank you in advance for your support of this great fundraiser.

Stay tuned for more upcoming fundraisers from Rotary Interact.

Be
KIND
Today

What is Mindfulness?

You may hear students talking about "mindfulness" over the next few months. So what is mindfulness and why is it important? Mindfulness can be defined as a way of paying attention "on purpose, in the present moment, and nonjudgmentally" (Kabat-Zinn, 1994). The Learning to Breathe curriculum that we are implementing with small groups of students in grades 7-10 is designed to help students better recognize and understand the nature of thoughts and emotions. As well, the mindfulness activities are designed to help students fine tune their focus, slow down their thoughts and reduce their stress levels. Mindfulness practice can help students:

regulate anxiety before a test

concentrate in class

handle difficult moods

handle everyday stress

For more information on the Learning to Breathe program, visit <http://learning2breathe.org>

IMPORTANT DATES

October 12	Outdoor Game Night Grade 7-9
October 25	Halloween Dance
October 26	Haunted House
October 30	Picture Re-Takes
November 9	No School (PD & HS Parent Teacher)
November 12	No School - Remembrance Day
November 14	Take Our Kids to Work (Grade 9 only)
November 30	No School (PD & MS Parent Teacher)
December 14	Christmas Formal (Grade 9-12)
December 21	Last Day of Classes - Christmas Break
January 8	First Day of Classes after Christmas Break



GAME NIGHT

NSER We School is hosting an Outdoor Game Night on Friday, October 12 from 6:30-8:00 pm on the soccer field.

The big game night is open to students from grade 7 to 9. Cost is \$5.
Games: I-phone Scavenger Hunt, Man Hunt and Capture the flag!

Halloween Activities

Students and Staff will be participating in Halloween Activities on Wednesday, October 31st. Students are encouraged to dress up for the activities.

