

CRICHTON PARK CHRONICLE

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October 2024



WHAT IS HAPPENING AT CRICHTON PARK?

Dear Families,

Our amazing Grade 6 leaders have met and started contributing to CPS in many roles! These roles include helping with announcements, lunch delivery, assemblies, special events, the school garden as well as supporting our younger students on our playground!

We would like to thank the Canadian Progress Club for donating \$350 to our school. This will be used to support school supplies. Learn more about this organization here. <https://www.progressclubhalifax.ca/who-we-are>

Students and staff enjoyed our Terry Fox walk and run last week. The school community raised \$4100.00 which resulted in seven staff members agreeing to be dunked for this great cause. Thank you for your support.

Yours in education,
Suzanne Hawkes and Tracy MacDonald



Food and its significance in Mi'kmaw culture
Food gathers us together for celebration, nourishment and comfort. It is central to our ceremonies, considered part of our medicines, and key to our resiliency. Sharing freely honours each other and blesses our families and communities so no one is harmed or struggles. The long-ago treaties with the first plants and animals of Mi'kma'ki require us to love and to protect msit no'kmaq (all our relations). Living through the values and ways of netukulimk over thousands of years has carried our communities through times of abundance and scarcity. Water is life! Our cultural practices protect the shorelines, estuaries, and aquatic habitats, where so much of our food is harvested. This protection is extraordinarily important to the ongoing treaty relationships among all living beings in Mi'kma'ki.

REMINDER:
 Crichton Park is Nut and Scent Free. We also have a life threatening sesame allergy. Please note sesame is often in hummus.
 Thank you for your cooperation.

Mi'kmaw History Month

- Oct. 1 - Treaty Day
- Oct. 9 - Home and School 6pm
- Oct. 11 - PD Day, no students
- Oct. 14 - Thanksgiving, no school
- Oct. 22 - Make up Pictures if absent and all Class Photos
- Oct. 24 - Halloween Howl 6:30-7:30
- Oct. 25 - Conference Day, no school
- Oct. 31 - Diwali
- Oct. 31 - Hallowe'en



Friendly Reminders

- **Dogs at School:** Please keep dogs on leashes and away from where students are gathered, as not all students are comfortable with dogs.
- **Office Protocol:** Please check in at the office if entering the school for any reason during the school day.
- **Parking lot:** Staff parking only from 8am-4pm. Please use street parking for drop-offs and pick-ups, including Excel.
- **Student Safety:** Students may be out front during recess and lunch, so avoid driving and parking in front of the building.
- **No Stopping Zone:** The area in front of the school is a no stopping zone (refer to HRM signage).
- **Address Updates:** Inform the office of any changes to your address currently in PowerSchool.

From your School Advisory Council!

GREETINGS FROM THE HOME AND SCHOOL

The SAC had a great first meeting last week. We are committed to representing the diversity of our school community and in October we will host a dialogue with interested SAC members and parents/guardians to further discuss the ideas we heard in our Family Survey. We invite you to share your ideas or to be a part of this dialogue. Email: hrce-sac-crp@gnspes.ca

The Ice Cream Social following Curriculum Night was a smashing success as a large slice of the school community had the opportunity to connect with one another with cool treats in hand and smiles on faces.

One of our SAC community members has been inspiring our school garden! A group of our students planted potatoes in the Spring which were then donated to Margaret's House in September. Additional members of the SAC helped water over the summer and planted annuals in our front garden. We are excited to continue to nurture school spaces to be welcoming and supportive.

Our first 50/50 draw of the school year raised \$950, which will go towards the costs of an upcoming field trip and new musical instruments, contributing to the HSA mission of improving many aspects of the student experience at Crichton Park School..

Reminder that our SAC meetings are open to all parents and guardians. Our next virtual meeting is November 14th at 3:30 pm. Reach out at any time if you are interested in attending at hrce-sac-crp@gnspes.ca.

The next Home & School meeting will take place on Wednesday, October 9th at 6:00 pm, and we would love for you to join us! We'll be getting all the details in place for the Oct. 24 Halloween Howl event, and getting several other balls rolling for other events and fundraising efforts.

Jackie Spiers
Grade 5 Parent and SAC Chair



With upcoming events and fundraising approaching, please consider signing up for School Cash! To get started, please register for SchoolCash Online. It's free and takes less than two minutes. You will receive an email once items are posted for purchase. Visit <https://hrce.schoolcashionline.com/> and click Register to get started. Need support? [schoolcashionline.com/Home/Support](https://www.schoolcashionline.com/Home/Support)

If you have any questions or comments for the HSA, please send an email to crichtonparkhsa@gmail.com or join our community Discord Server by visiting this link: <https://discord.gg/JnKFeDhAcx> Thank you for your support, and we hope to see you soon!

Check out Rafflebox!

<https://www.rafflebox.ca/raffle/crichton-park-school>

Counsellor's Corner

Screen time

“Children's heavy reliance on screen media has raised serious public health issues since it might harm their cognitive, linguistic, and social-emotional growth. Here are the highlights of the research:

1. Screens can improve education and learning; however, too much time spent in front of a screen and multitasking with other media has been related to worse executive functioning and academic performance. (Executive function = your ability to control impulses and focus on what you need to do).
2. As screen time reduces the amount and quality of interactions between children and their caregivers, it can also have an impact on language develop.
3. Excessive screen usage has detrimental effects on social and emotional growth, including a rise in the likelihood of obesity, sleep disorders, and mental health conditions including depression and anxiety.
4. Screens can interfere with the ability to interpret emotions, fuel aggressive conduct, and harm one's psychological health in general.
5. Too much exposure to violence through media can desensitize children to violence. As a result, children might learn to accept violent behavior as a normal way to solve problems.
6. Excessive screen time leaves less time for active, creative play.
7. So, what can you do?
8. Set boundaries for the amount of time your family spends on screens at a time and in total for the day.
9. Find alternative activities that stimulate your family's interest and development.
10. If the TV is turned on – even if it's just in the background – it's likely to draw your attention. If you're not actively watching a show, turn it off.
11. Keep TVs, smartphones and computers out of the bedrooms.
12. Children who have electronics in their bedrooms watch more than children who don't have these in their bedrooms.
13. Eating or snacking in front of electronic devices increases your screen time.

For more information, go to:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/children-and-screen-time>