

CRICHTON PARK CHRONICLE

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X (Twitter): @Crichton_Park

Website: crp.hrce.ca

December 2024

DECEMBER*

WHAT IS HAPPENING AT CRICHTON PARK?

Dear Families,

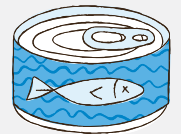
We are looking forward to seeing families during our upcoming Parent Teacher Progress Conferences. Your feedback and insight is critical as we support your children, our students, in areas of achievement and wellbeing.

Our students have been practicing with Mr. Bruce and classroom teachers for the upcoming concerts! Tickets will be sent home this week. Please note the date on the ticket. Please wait until the students are inside from lunch before lining up. This is 1pm. Thank you for your cooperation.

Our amazing Grade 6 leadership team is having a food drive until December 16th. All contributions appreciated!! Non-perishable items can be donated through the classroom and at the concerts.

Our Grade Sixes are challenging classes to collect the following:

- 12 canned vegetables
- 11 canned soups/stews
- 10 packs of pasta
- 9 canned or powdered milk
- 8 breakfast cereals
- 7 baking items (flour, sugar)
- 6 jams/peanut butter (sealed)
- 5 lip balms
- 4 deodorant
- 3 packs of water
- 2 gloves or mittens
- 1 gift card for groceries



Yours in education,
Suzanne Hawkes and Tracy MacDonald

UPCOMING DATES

Dec. 3- Reports Home

Dec. 5- Professional Learning morning, no students today

Dec. 5- Progress Conferences 1-3pm and 5:30-7:30pm

Book appointments here:

<https://ptcfast.com/schools/CrichtonPark>

Concerts 1:30pm - Dec. 11/12 (snow date 13th)

Dec. 11th: PP1, PCC, 1B, 1/2C, 2/3V, 3/4N, 5/6M,

Dec. 12th: PP2, PH, 1M, 2/3P, 4C, 4/5C, 5/6AM, 6S

***you will receive two tickets on date listed for your oldest child; all students are performing in both concerts**

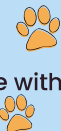
***We have a limited number of extra tickets. If you would like to be added to the list, please email**

shawkes@hrce.ca. Please note there is no guarantee but we will do our best.

Jan. 3- First Day back for students

If leftovers from the school lunch program do find their way home, please note lunches should not be consumed more than two hours following the school lunch period.

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.
- **Serious allergies:** These include sesame, peanuts and tree nuts. There are sensitivities to scents.

From your School Advisory Council!

Our School Advisory Council (SAC) met twice this fall to provide advice to our principal and the HRCE on issues related to our school and the school system to improve school performance and student success at Crichton Park Elementary.

In addition to discussing Math and Literacy goals, our SAC is committed to promoting student wellbeing. For example, we have identified a “Buddy Bench” which will be painted this Spring. Our hope is that students who might be feeling lonely or isolated can use this bench as a way to indicate to classmates or teachers that they could use someone to sit with them. This website has a lot of ideas about how to utilize a Buddy Bench (<https://playpowercanada.ca/blog/what-is-a-buddy-bench/>). If you have additional ideas or would like to help with painting this Spring, please reach out anytime!

We are also happy to hear that the roll out of the Nova Scotia School Food Program is going well at our school. We’ve heard from teachers that kinks with the program have been worked out and students are enjoying trying new foods and noting the improvement they see week by week. Questions? Visit these Frequently asked Questions (<https://nslunch.ca/faq>).

Did you know that it takes eight to 15 times of introducing a new food before many children will accept them? Serving new foods at school while with peers is a great way to encourage healthy eating of a variety of food. Visit <https://www.unlockfood.ca/> for additional tips on healthy eating for school aged children.

Our virtual School Advisory Council meetings are open to all parents. Our next virtual meeting is January 9th at 3:30. Get in touch if you’d like to attend! hrce-sac-crp@gnsps.ca

GREETINGS FROM THE HOME AND SCHOOL

Board Game Cafe Recap

Our Board Game Cafe event with Little Big Thumbs was a huge success! Approximately 60 people attended, with every table buzzing with fun games, warm coffee, tea, and hot chocolate, and plenty of smiles to go around. Thank you to everyone who came out to play and support!

Final 50/50 Fundraiser of 2024

Don’t miss your chance to participate in our last 50/50 draw of the year! Tickets are on sale until December 20th, so grab yours before the jackpot closes!

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

Public Skate – January 2nd, 2025

Kick off the new year with some family fun at our free public skate! Join us at the RBC Centre (259 Commodore Drive) on January 2nd from 3 to 4pm. Hot chocolate will also be available to keep you warm!

The Home and School Association invites you to join us for a family skate and hot chocolate on Thurs January 2nd at the RBC Center, Rink A!

10:00 -11:00am - parent and tot - children 5 and under (this skate is also open to the public)

11:00-11:50 pm - parent and youth - children 10 and under (this skate is also open to the public)

12:00-1:00pm - all ages (private Crichton Park School only)

Bring your own skates (no rentals available), sticks and helmets - bike helmets are okay. Skate aids are available.

17 First HSA Meeting of 2025

Mark your calendars: our first Home & School meeting of the new year will be on January 8th at 6:00 PM. We hope to see you there as we plan our 2025 events and start building towards the Spring Fair!

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>



LUNCH

Hello Families,

As you may noticed, Physical Education is not included on the Term 1 report cards, but we've been busy in Phys Ed!

This term, we're focusing on Physical Literacy, which is about developing the skills, confidence, and knowledge to stay active for life. We're learning how to move in different ways to feel motivated and capable in physical activities.

We've also been emphasizing the importance of fair play, sportsmanship, and resilience. Students are learning that challenges—whether it's mastering a new skill or not winning a game—are opportunities for growth. We're fostering a mindset where effort, practice, and trying our best lead to improvement.

*As always, feel free to reach out if you have any questions:
theresa.hudson@hrce.ca*

*Stay Active,
Ms. Hudson*



Counsellor's Corner

Building Strong Bonds Through Quality Time

Life is busy. Juggling work, family and personal commitments takes a lot of time, effort and energy. Feeling like your family time has been impacted by your busy life? Read on for some highlights from an article about the importance of building strong relationships and bonds with your family.

8 Ways to strengthen family bonds and improve family relationships

- 1. Plan quality time:** Consider quality vs. quantity – just because you have a lot of something does not mean it is high value. To work on your family bond, try searching for hobbies and activities each family member can enjoy together. When the entire family enjoys themselves, there is less room for negativity or conflict and more room to express love and compassion.
- 2. Prioritize family dinners:** Dinners are an easy part of the day in which family members can give each other their full attention and engage in important or fun discussions. Kids who eat dinner with their families daily are more likely to experience better family relationships, improved academic performance, heightened self-esteem, and greater resiliency. Further, research shows that teens who eat with their families regularly report lower levels of depression and lower levels of risk-seeking behaviors
- 3. Game nights:** Gaming is an excellent activity for strengthening family connections and creating lasting memories. We all know that games are fun, but there is more to gaming than meets the eye. Incorporating family game night into your week can increase family satisfaction and promote family bonding. Playing video games together as a family, surprisingly to some, is also helpful in promoting family closeness.
- 4. Make chores a family activity:** Though chores are rarely fun, there are some strategies that parents can take to make the process more cohesive with family life. Consider what could improve chores and how you can incorporate your child's interests during chore time. Start by scheduling times for the family to complete chores together; kids are more likely to participate in an activity when they know their parents and siblings are also involved.
- 5. Make room for alone time:** Regardless of how well your family takes to bonding activities, it is still essential to take time for yourself. Parents easily get caught up in their kids' lives and vice versa, which is natural when you spend quality family time together. Bringing your best self every time you spend time with your family is challenging, but engaging in self-care rituals makes this much easier. Scheduling activities for yourself, whether it is an activity you can enjoy alone or a special date night without the kids.
- 6. Do things with other families:** By interacting with other families, parents can learn how other family bonds look and how other families tackle problems together. When you talk to your friends and their families about parenting, you collaborate as a community and work toward a greater purpose. Ask other families about their stories: what they like to do for fun, how they overcome obstacles, and how they create their memories.
- 7. Make sure all family members are heard:** Kids grow, and expectations change over time, so some of the activities you may do with your family now might not stick down the road. Pushback might mean that someone's needs are not being met or that there are different ideas of what family time could look like. Regular check-ins and family meetings are good strategies for creating open communication within the family network.
- 8. Engage in family traditions and celebrations:** Creating and maintaining family traditions and celebrations is a powerful way to strengthen family bonds. Traditions provide a sense of identity and belonging, offering comfort and security to family members. They can be as simple as a yearly family vacation, celebrating cultural or religious festivals, or creating unique family events. Celebrations, big or small, like acknowledging each other's achievements or milestones, also add to the sense of family unity. These practices create lasting memories and instill values and a sense of heritage, fostering a more profound connection among family members.

Taken from: <https://anchorlighttherapy.com/strengthen-family-bonds/>