

CRICHTON PARK CHRONICLE

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January 2025



WHAT IS HAPPENING AT CRICHTON PARK?

Dear Families,

We hope you were able to have a restful break!

We will continue this month focusing on our Literacy, Math and Wellbeing goals that aim to be responsive to each student's learning.

Thank you very much for your donations in December! They have been delivered locally to Margaret's House and the Community Fridge.

Our Lost and Found is growing and we will be donating items by the end of January. Please come take a look if you can or ask your child to look for any missing items. Thank you!

We are looking forward to presentations this month by HRM Solid Waste Resources called 'What Goes Where?'. This will help support proper sorting at recess and lunch.

Thank you for all your ongoing support. Please feel free to reach out if there is anything you would like to discuss. We are here to work with you to ensure your child's academic and social emotional wellbeing.

Happy New Year!

Suzanne Hawkes and Tracy MacDonald

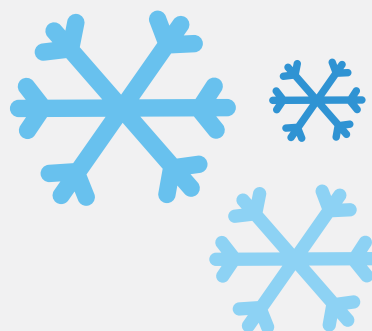
UPCOMING DATES

- Jan. 3- First Day back for students
- Jan. 8- Home and School meeting 6pm
- Jan. 9- School Advisory Council 3:30pm virtual
- Jan. 27- Family Literacy Day

Feb. 13- HSA Bingo Night

Families are reminded to please not use the school parking lot or the front of the building between 8am and 4pm. This includes quick pick up and drop offs. There is also HRM signage to direct parking on the street. Thank you for your cooperation with this.

Please pack extra mittens and socks. :)



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.
- **Front of school:** This is for accessible parking, deliveries and prearranged pick ups/drop offs.
- **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.

GREETINGS FROM THE HOME AND SCHOOL

Happy New Year from P.E.

I hope everyone had a great break! As we get back into the swing of things please remember to leave/send sneakers to be kept at school, boots, Ugg's, etc. are not safe in the gym.


Along with being prepared for inside, I would also love to take advantage of the days we have soft fluffy snow! I am hoping to take students sledding and snowshoeing, and in order to take students out there are a few things I would like to inform families about: Firstly, students need to come dressed in proper outdoor clothing; this includes snow pants, boots, hats and mittens. If you need help getting these items, please contact me and I will do my best to help you and your family out. If students do not come prepared with these items on a day we go sledding (could be any day that is soft snow) they will have to watch their class from a safe location. Secondly, students are not allowed to bring their own sleds, I will have a class set of carpets and am unable to inspect personal sleds to ensure safety guidelines. Thirdly, students are not required to wear helmets, however helmets can help protect students from head injuries. If you would like your child to wear one for safety, you need to communicate that to me (via email) and supply your own CSA approved helmet on any day your child has PE and if there is soft snow.


Students will be taught how to sled safely, sliding down the middle and climbing up the sides, how to bail off if they need to, etc.

Bring on the snow!

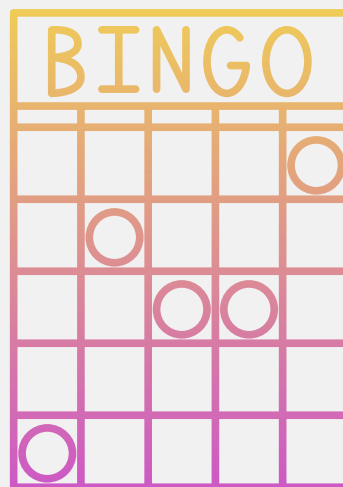
Stay Active,
Ms. Hudson
theresa.hudson@hrce.ca



 **SAVE THE DATE – BINGO NIGHT!**
GET READY FOR A NIGHT OF FAMILY FUN AT OUR NEXT BIG EVENT ON FEBRUARY 13TH - CPS BINGO NIGHT! WATCH FOR MORE DETAILS IN THE COMING DAYS AND WEEKS, BUT MARK THE DATE ON YOUR CALENDAR TODAY!

 **FIRST HSA MEETING OF 2025**
OUR NEXT MEETING IS ON JANUARY 8TH AT 6:00 PM. JOIN US TO KICK OFF THE NEW YEAR AS WE FINALIZE DETAILS FOR NEXT MONTH'S BINGO NIGHT AND OUR EARLY PREPARATIONS FOR THE SPRING FAIR!

Based on engagement at our Board game Night, Jon-Paul Decosse will be volunteering a games club at lunch in the new year!



Counsellor's Corner

Eating Healthy

With all the activities and events happening in our lives and community, it can be hard to find time to cook healthy meals and make healthy food choices. Here are some tips on how to encourage healthy eating with your children.

Family meals: these are comforting to parents and kids. Children like the predictability of family meals and parents get a chance to catch up with their kids. Studies have shown that kids who have family meals are also more likely to: eat fruits, vegetables and grains and are less likely to snack on unhealthy food.

Stock up on healthy foods: work fruits and vegetables into every meal, make it easy for kids to choose healthy snacks by having fresh fruit and vegetables available, avoid frying foods (instead, try roasting, steaming, broiling or grilling), limit fast food and low nutrient options (treats are OK), and limit sugary drinks (water and milk are better options).

Be a role model: Children learn what they live so if they see you making good choices, they will follow your example.

Don't battle over food: Predictable meals, no bribing, & don't use food to show your love (Hugs are great)!

Involve children in meal planning and preparation: it takes extra time, but can yield big rewards. They learn how to do this for their future and can start to be a part of helping with meal serving and preparation.

Adapted from : <https://kidshealth.org/en/parents/habits.html>