

CRICHTON PARK CHRONICLE

April 2025

Website: crp.hrce.ca



WHAT IS HAPPENING AT CRICHTON

Dear Families,

April is Autism Awareness and Acceptance Month. We are invited to wear Blue on April 2nd for Light it up Blue.

We are looking forward to seeing you this week for conferences. Please check out the Lost and Found when you are in the building to be donated in April.

UPCOMING DATES

April 1 - Reports Home through Edupost

April 2 - Conferences 5:30-7:30

April 3 - PD morning and Conferences 1-3pm

(no school for students)

April 9 - HSA Meeting 6pm Virtual Only

April 18 - Good Friday (no school)

April 21 - Easter Monday (no school)

April 25 - SAC Meeting 3:30

April 30 - PD Day (no school for students)

May 8- Strings and Band Concert 6:30

Scholastic Book Fair will take place during the week of conferences.

Grade 6 Families, we will have an end of year ceremony on June 26th at 1:30 pm. Mark your calendars!

Thinking ahead, volunteer paperwork takes time and needs to be completed to attend field trips. Here is the link describing the requirements. Please reach out if you have any questions for you!

<https://www.hrce.ca/families/volunteering>

This is a great time of year to send extra clothes due to the puddles!

Yours in Education,
Suzanne Hawkes and Tracy MacDonald



Friendly Reminders

- Dogs at School: Please keep dogs on leashes and away from where students are gathered.
- 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.



Messages from Physical Education – Ms. Hudson

Volleyball Tournament

Congratulations to our grade 6 Volleyball Teams who competed in a friendly competition at Woodlawn High in March. They represented our school with pride, showing good sportsmanship, kindness and team spirit. Way to go Grade 6s!

Badminton Tournament

We are looking forward to our annual Badminton in-school Tournament which will be taking place April 10/11 at lunch. There was an error in the sheet sent home saying it was April 4 but that is a Parent Teacher Interview day.

Jump Rope for Heart

Jump Rope for Heart will be taking place April 25 in the afternoon. This will be a chance for students to practice skipping, play outside and have fun being active. There is an opportunity for students and families to fundraise/donate to the Heart and Stroke Foundation for this event. This QR code will open Crichton Park's fundraising page, please feel free to share on social media, with family and friends. You can also click the Register button to create a page for your child(ren), then share that link with family and friends.



UPDATE FROM THE HOME AND SCHOOL

CRICHTON PARK HOME & SCHOOL UPDATE



NEXT HSA MEETING -

JOIN US FOR OUR NEXT HOME & SCHOOL ASSOCIATION MEETING ON TUESDAY, APRIL 9TH AT 6:00 PM **VIRTUAL THIS TIME** ([MEET.GOOGLE.COM/FHY-IOVU-DSF](https://meet.google.com/fhy-iovu-dsf)). WE'RE IN NEED OF SPRING FAIR VOLUNTEERS, AND JOINING IN ON THE CONVERSATION IS A GREAT FIRST STEP HELPING MAKE THIS EVENT THE BEST IT CAN BE!



SPRING 50/50 RAFFLE BOX - GET YOUR TICKETS!

WANT TO SUPPORT OUR COMMUNITY AND HAVE A CHANCE TO WIN A BIT OF CASH? OUR SPRING 50/50 RAFFLE BOX IS NOW LIVE! GRAB YOUR TICKETS HERE:

[HTTPS://WWW.RAFFLEBOX.CA/RAFFLE/CRICHTON-PARK-SCHOOL-SPRING](https://www.rafflebox.ca/raffle/crichton-park-school-spring) AND HELP US PAY FOR END-OF-YEAR FIELD TRIP BUSES!



CALL FOR DONATIONS - SPRING FAIR SILENT AUCTION

OUR SILENT AUCTION IS NOW ACCEPTING DONATIONS! IF YOU HAVE CONNECTIONS TO LOCAL BUSINESSES OR SERVICES, WE'D LOVE YOUR HELP SECURING GIFT CARDS, MERCHANDISE, OR EXPERIENCES TO SUPPORT OUR SCHOOL. EVERY CONTRIBUTION HELPS FUND CLASSROOM RESOURCES, FIELD TRIPS, AND MORE. PLEASE SEND AN EMAIL TO CRICHTONPARKHSA@GMAIL.COM IF YOU'D LIKE TO LEND A HAND!

THANK YOU FOR YOUR ONGOING SUPPORT - WE COULDN'T DO IT WITHOUT THIS AMAZING CRICHTON PARK COMMUNITY!



Counsellor's Corner

Encouraging and Teaching Problem Solving Skills

As parents, it can be challenging to allow your child the time and space to figure things out on their own. The urge to step in and solve every problem for them is strong. However, research highlights that teaching children to solve problems independently is a crucial skill. To provide some background and practical advice, I've gathered excerpts from the "Nationwide Children" website to help guide you in fostering these skills with your child.

A child who lacks problem-solving skills may avoid taking action when faced with a problem. They may get frustrated or give up when something seems too challenging. On the contrary, having problem-solving skills builds confidence. A child with problem-solving skills will keep going until they find a solution; they're creative thinkers and can adapt better in a variety of settings.

Here are four strategies for teaching problem-solving skills to children:

1. Set a good example. Children learn by watching us; let them see how you deal with problems.
2. Involve your child in family problem-solving meetings. Encourage your child to participate in solving a small family problem. They'll learn while building confidence.
3. Teach your child the steps toward solving problems:
 - State the problem clearly
 - Come up with some possible solutions – brainstorm together
 - Choose what seems like the best solution
 - Try out the solutionReview how the solution worked and make changes, if necessary
4. Encourage your child to solve their own problems. Having your support on stand-by while they practice their skills will help them find success.

Problem-solving skills are best taught in the moment. When your child comes to you to talk or ask a question, that is when they are more likely ready to learn. It's important for parents and caregivers to show up and be present when those moments occur. Remember to give them your attention. Listen, show empathy, ask open-ended questions, and guide them as much as they need but do not solve the problem for them.

Taken from: <https://www.nationwidechildrens.org/family-resources-education/700childrens/2023/07/problem-solving>