

CRICHTON PARK CHRONICLE

May 2025

Website: crp.hrce.ca



MÌOS NAN GÀIDHEAL
GAELIC NOVA SCOTIA MONTH

UPCOMING DATES

May is Asian Heritage Month, Canadian Jewish Heritage Month and Gaelic Nova Scotia Month!

May 8- Violin and Band Concert **6:00pm**

**this is a time change*

May 14- Home and School Meeting 6pm *Virtual*

May 15- Black Excellence Day

All are invited to wear black t-shirts/clothing to stand in unity and support of the success of Black students.

May 19- Victoria Day (no school)

Grade 6 Families, we will have an end of year closing on June 26th at 1:30 pm.

WHAT IS HAPPENING AT CRICHTON PARK?

Dear Families,

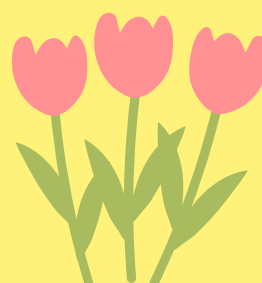
Please check out the whole newsletter for important information from our School Advisory Council, Home and School, Ms. Hudson and Ms. Adams!

We are excited to let you know the supplies have been arriving for our upcoming Gaga ball pit! Stay tuned!

Our Home and School has been busy preparing for our June 7th Spring Fair! Volunteers are needed to make this a success. Please read the information below from the HSA. Thank you for considering helping out if you can!

If you have any questions or concerns, please reach out so we can work together to ensure student progress and wellbeing.

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 our School Advisory Council

Our SAC is looking forward to continuing our commitment to our school this spring. To assist us with coordinating a parent/guardian session on online safety at home, Ms. Hawkes will be reaching out to Grade 6 students for their ideas and concerns about online safety – Ms. Hawkes will also be connecting with grade six parents about this and also asking them for their topic ideas. Stay tuned!

We have also purchased high interest books for classroom teachers and are planning to purchase raised garden beds, soil and rain barrels to support a school garden!

As always, we welcome all ideas and invite guardians to join our meetings at any time. Our final SAC meeting for this school year is June 12th. If you are interested in attending or have ideas for the SAC to consider, connect with me at any time. June will also be the end of my second year as chair of the SAC – working with Ms. Hawkes and the rest of the committee has been a great experience. Please reach out to me or Ms. Hawkes if you are interested in being the chair next year.

Jackie – SAC Chair
Crichton Park Elementary
hrce-sac-crp@gnspe.ca

UPDATE FROM THE HOME AND SCHOOL

CRICHTON PARK HOME & SCHOOL - MAY UPDATE



NEXT HSA MEETING - MAY 14TH AT 6:00 PM

JOIN US ONLINE FOR OUR NEXT VIRTUAL MEETING, WHERE SPRING FAIR PLANS WILL CONTINUE TO BE DISCUSSED AND SOLIDIFIED! GOOGLE MEET LINK:
[MEET.GOOGLE.COM/VXM-JBPI-QJW](https://meet.google.com/VXM-JBPI-QJW)



SPRING 50/50 FUNDRAISER

SUPPORT OUR SCHOOL AND ENTER FOR A CHANCE TO WIN! TICKETS ARE AVAILABLE NOW AT [CRICHTON PARK HOME & SCHOOL UPDATE](#)

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



SPRING FAIR VOLUNTEERS NEEDED

TIME IS TICKING, AND WE ARE STILL SEEKING MANY MORE HELPING HANDS FOR THE SPRING FAIR! A MINIMUM OF 30 MINUTES IS REQUIRED, BUT MORE IS WELCOME. PLEASE SEND AN EMAIL TO CRICHTONPARKHSA@GMAIL.COM FOR MORE DETAILS!



SILENT AUCTION DONATIONS

WE'RE ABOUT HALFWAY TO OUR GOAL FOR THE 2025 SILENT AUCTION! THANKS TO AMAZING SUPPORTERS LIKE THE HALIFAX WANDERERS, DISCOVERY CENTRE, ZATZMAN SPORTSPLEX, AND MANY MORE, WE'RE OFF TO A GREAT START. IF YOU CAN HELP WITH A DONATION, WE'D LOVE TO HEAR FROM YOU!



Message from Physical Education

April was an active month with many different extra events happening around Crichton Park. First, we had our annual Badminton Tournament at lunch time having some tough competition and ending with some fantastic athletes placing on the podium; Amit, Cameron M. and Malcolm S. Then we had our Jump Rope for Heart event, raising more than \$2800 dollars for the Heart and Stroke Foundation. On top of that we also had an active afternoon skipping, jumping and hopping all around the school yard in stations.

Upcoming Events for May:

Track and Field Meet:

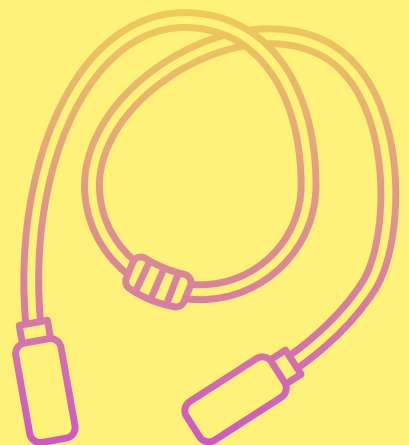
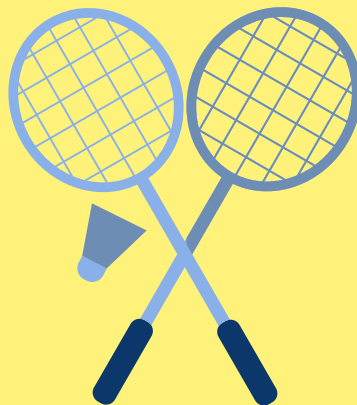
Students in grade 4-6 are invited to try out for the Crichton Park Track Team. We will be competing against 26 other elementary schools at Beazley May 28 (rain date 30). It is a fun day where students try relays, long jump, softball throw and sprints. We always have a great time and try outs begin this week, remind your child(ren) to listen to announcements to know when to come to try out.

Kids Run Club:

The staff is working together to get some times that work to get our students running with the Kids Run Club here at Crichton. Notices will be sent home with information when it becomes available. This is a fun running event for all students!

Don't forget to register for runs with the Youth Running Series:

<https://www.youthrunningseries.ca/> You can register for the races under Crichton Park School which can help us win funds to purchase equipment for the school.



Counsellor's Corner

Stress! It's good?!

We always hear about and focus on the negative effects of stress. When is stress a good thing? Is it ever healthy? What about children and stress? Take a few minutes to read and reflect on this information I took from www.kidshealth.org

Stress isn't always bad. Sometimes it can help us. For example:

1. Let's say you're crossing the street. Suddenly, you see a car coming fast around the corner. Your body turns on stress hormones that prompt you to react quickly. Stress hormones give you an extra burst of energy, focus, strength, and speed. Your eyes open wider. Your mind is more alert. Your attention is focused. Your heart beats faster to pump extra oxygen to your muscles. You breathe faster. Thanks to this stress alert from your body, you dodge that car and jump back to safety. Whew!
2. Stress can help us in "big" moments. Let's say it's your turn to compete in a sport, try out for a spot on the team, sing a solo, walk on stage, or give a talk in class. These things aren't dangerous. But they can feel stressful. At moments like these, stress hormones can cause your heart to beat faster. Your hands or legs might shake. You might feel "butterflies" in your stomach. But you don't have to let these feelings hold you back. Try to think of these body feelings as a surge of energy. Let them be a signal to get ready, get set, focus.
3. Stress makes us prepare for the tough stuff. There's a test, tryout, or big event coming up in a few days. You might feel a little stressed over it. That can be a good thing. Let your stress remind you to study, prepare, or practice. When the big moment comes, you'll feel less stressed. You'll feel steady and ready.
4. The three scenarios above are instances when stress can be healthy or even necessary in order for us to have a good outcome. As parents, it's important to remember that trying to reduce all the stress from our children's lives is not always the best thing for them. Being stressed by "good" stressors is an important part of growing up and builds resilience. We can all remember being nervous going into a job interview as teenagers and although it was hard, in lots of cases, we actually got the job!

So, how can you help your own children with stress?

1. Assure them it is normal to feel nervous and a little stressed about some things and that once they do something once, it WILL get easier.
2. For tryouts, auditions, etc., encourage them to practice and prepare well in advance.
3. Prepare them for the "worst case scenario." We don't always get everything we want (i.e. not everyone can make the AAA team).

In conclusion, remember that life stressors like those mentioned above are a normal and necessary part of life. If you suspect that your child is experiencing an anxiety disorder or has more serious, prolonged stress, that is a different thing and they may need more support. Please reach out if you need help connecting with mental health supports (jadams@hrce.ca).