

CRICHTON PARK CHRONICLE

September 2025

902-464-2503

Website: crp.hrce.ca



On September 11, wear pink if you're able in support of Stand Up Against Bullying Day!



UPCOMING DATES

- Sept. 11 - Stand Up Against Bullying (invited to wear pink)
- Sept. 17 - Picture Day (individual and classes)
- Sept. 18 - Curriculum Night/
Ice Cream Social 6-7pm
- Sept. 22 - Terry Fox Walk 1:15
- Sept. 26 - Orange Shirt Day
- Sept. 29 - PD Day, no school for students
- Sept. 30 - Truth and Reconciliation Day, no school
- Oct. 8 - Home & School Meeting 6:00

HRCE calendar for 2025-26
<https://www.hrce.ca/calendars>

WHAT IS HAPPENING AT CRICHTON PARK

Dear Families,

We are so excited to welcome everyone back for the 2025-26 school year! We look forward to connecting with you during the days, weeks and months ahead.

As we start the year, please take the time to review the entire newsletter. Our first one is a long one! Thank you!

Please join us in welcoming our new staff to Crichton Park!

- Ms. Yuan (Tina) Xie - Primary
- Ms. Julianne Hooper - Learning Centre
- Ms. Firoozeh Sarhadi - EPA
- Ms. Angela Yochoff - Pre-Primary Lead

Yours in education,
Suzanne Hawkes and Tracy MacDonald

We are excited to share our Values Statement was developed by staff with feedback from our school community.

At Crichton Park, we spark curiosity, build resilience, foster respectful relationships, and create lasting memories in a safe, caring space where every child belongs.

Nova Scotia schools have also developed a matrix highlighting school-wide expectations that promote a positive, respectful and safe learning environment for all. This aligns with the revised Provincial Code of Conduct. More to come! <https://www.ednet.ns.ca/school-safety>

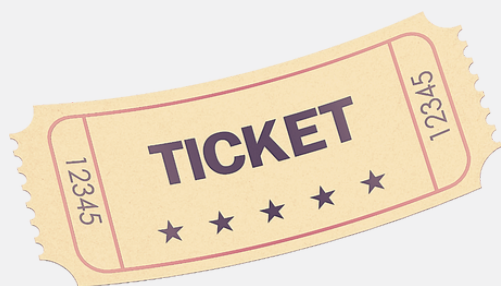
Please see the last page of the newsletter to access the draft matrix for you to view and also review with your child(ren). We look forward to continuing to work with you!

Friendly Reminders – please read

- **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.
- **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 street 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 so accurate in PowerSchool.



We often use School Cash for purchasing tickets, school clothing and fundraising items. Please consider signing up! 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.schoolcashonline.com/> and click Register to get started. Need support? [schoolcashonline.com/Home/Support](https://hrce.schoolcashonline.com/Home/Support)



A MESSAGE FROM OUR HOME AND SCHOOL

Here at the CPS Home & School Association, we're excited to kick off another year of fun events that also raise funds to support our students. Last year we hosted the Ice Cream Social, Halloween Howl, Chocolate Bar Bingo, a Board Game Cafe, and the annual Spring Fair! Funds raised went directly toward field trips (including bus fees), as well as new supplies for the gym, library, and classrooms.

We're starting a fresh email list this year, so whether you're new to the HSA or returning to lend a hand again, please fill out the following contact info form:

The members of the Crichton Park Home & School Association look forward to a year of bringing our school and community together through fun events that also raise funds to improve the school experience for all. Last year we hosted the Ice Cream Social, the Halloween Howl Dance, School Bingo, a Board Game Night, and the Spring Fair! The funds raised are used for school field trips (including school bus fees), as well as supplies for the gym, library, and many classrooms. We welcome new members at any time - meetings are once per month, on a Wednesday, in-person at the school with virtual option. It's a fun and rewarding way to learn more about the school, plan events, and be a part of your child's school experience. Email CrichtonParkHSA@gmail.com to join our mailing list and find us on Facebook under "CPS Home and School Association". Our first meeting is Wednesday Sept 10th at 6:00 at the school!

Check out Rafflebox!

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

Our first meeting is on Wednesday, October 8th at 6pm, with options to attend in person at the school, or virtually via Google Meet. We'd love to see you there, and include you in all of our plans for 2025-26!

WELCOME!!!

What is the SAC?

SACs are volunteer organizations that receive their authority from the Education Act (2018). SACs provide parents/guardians, school staff, community members, and, when appropriate, students, with a voice to influence decisions that impact student learning. SACs advise their principal and Regional Centres for Education on policies, curriculum and programs, school practices, student support services and parent-school communication. The SAC does not have a role in: advising on personnel matters, such as supervision or discipline of staff or the principal, carrying out the responsibilities of staff, each of whom have professional and legal obligations and carrying out the day-to-day operations of the school.

Members

SAC members include: parents of current students, community members, school principals, teacher and school support staff. For junior high and high schools, if students are in at least grade 7, they may also be able to be a member of their school's SAC (according to their principal's discretion). For elementary schools, grade six students may be invited to participate for input on particular topics, as appropriate.

The 2025-26 Crichton Park SAC members are:
Parents-Nancy Bray (Chair), Jackie Spiers, Megan Rolle
Community Members-Jane MacKay, Kathleen Hopkins, TBD
Staff-Rhonda Gibson, Mary-Emma Murphy, Julia Colpitts
Principal-Suzanne Hawkes and Vice Principal-Tracy MacDonald

2025-26 Priorities

SACs determine spending priorities for the provincial funds allocated (currently, \$5,000 plus \$1 for each student each school year) to support student achievement, according to the terms of the SAC Agreement. In the past, funds have been used for items such as iPads to assist students with English as an additional language, teacher resources to support mini lessons for writing, children's books about online safety and enhancing the school grounds with painted buddy benches and garden upgrades. See our school website to view the 2024-2025 SAC annual report for more information about last year.

In 2025-26, the SAC will continue the thread started last year, of raising awareness for students and parents with respect to online safety. The SAC is excited to announce that we have tentatively booked a speaker on this important topic for spring 2026 for both students and staff - stay tuned for more on this in the coming months! Other areas of focus will include how the SAC can champion the new Safe School Strategy and supporting students in improving their writing skills.

Grade Six Representative

SACs obtain input from their members, student testing and surveys - but we also want to hear directly from students, parents and community members.

SAC By-laws permit the participation of grade six students on the SAC, as appropriate. Do you have a grade six student in your family that would be interested in occasionally participating on the SAC?

Meetings are virtual and are typically held at 3:30pm. If this is a role that your grade six student would be interested in, please email Principal Hawkes for more information.

Have an idea or input you want to share with the SAC? Contact hrcs-sac-crp@gnsps.ca
Interested in becoming a member of the SAC? Parents/guardians and community members who want to get involved in their school's SAC can contact the school principal. Opportunities for membership typically arise at the end of each school year.

To learn more, visit [School Advisory Councils | Education and Early Childhood Development](#) or read the [handbook School Advisory Council](#)

Nancy Bray
SAC Chair



School Counselling

My name is Jennifer Adams and I am the school counsellor. I work individually with students experiencing many different issues including (but not limited to): anxiety, grief, anger, low mood, parental separation and divorce, body image, self-esteem, friendships, family stress and conflict with peers. I will also be working with small groups of students who share particular concerns and doing full class lessons on healthy relationships and other issues that teachers identify as a need in their classroom. I work collaboratively with all teachers and specialists in the school to support and teach pro-social behaviours to help ensure that students are successful in school. You can contact me directly to refer your child (jadams@hrce.ca). I require a new consent form every school year so once you contact me I will generate the form and send it home with your child. It can be returned to the classroom teacher who will see that I receive it.

Welcome back to Phys Ed.

I'm so excited to be back for another year at Crichton Park, there will be a lot of news coming from the gym this year so keep an eye out in the newsletters. Starting off are two great events: Terry Fox (see the section on that) and Cross-Country Running Meet for grades 4-6 information will be out soon about practices and meets. This will be combined with our Dr. of NS Run Club this year!

Along with fun extra events, Physical Education classes will be working on so many different things, including of course MOVEMENT, therefore can you please ensure your child(ren) have proper indoor sneakers. If you need help acquiring these please let Ms. Hudson know. Crocs, yes even in sport mode, are not safe. Thank you in advance for helping your child(ren) be prepared for fun and learning in PE this year.

-Ms. Hudson

Terry Fox Walk/Run at Crichton Park School

September 22nd at 1:15.

More info to follow!

"Even if I don't finish, we need others to continue.

It's got to keep going without me"- Terry Fox



School Area	S Show Respect	T Take Responsibility	A Act with Accountability <i>*make something right</i>	R Reach for Your Best
Classrooms	I listen when others are talking and <i>consider</i> their ideas. I wait my turn to talk.	I keep my area clean and stay organized.	I own up to mistakes and ask for help when needed.	I focus and always try my best in every task.
Hallway	I walk quietly and respect others' personal space and items on the walls or on hooks.	I move safely to my destination and stay on task.	I apologize right away if I accidentally bump into someone.	I stay to the right side of the hallway and avoid distractions.
Playground	I take turns and try to include others in games.	I take turns on equipment and in games.	I tell the truth if I make a mistake or hurt someone.	I play fairly and show good sportsmanship.
Bathroom	I give others privacy and keep the space clean.	I wash my hands and take care of the space.	I tell an adult if there's an issue or if something's broken.	I use the bathroom quickly and responsibly.

I Always try to

- Respect the identity of others (don't comment on anything that cannot be changed in 30 seconds)
- Show respect to adults in school
- Listen in class and use my voice when it's time
- Use my hands and feet safely
- Respect others' personal space bubbles
- Use manners and a kind tone of voice
- Be kind and helpful to my peers and adults with my words and actions
- Be a responsible digital citizen when working online