

CRICHTON PARK CHRONICLE

December 2025

902-464-2503

Website: crp.hrce.ca

December

UPCOMING DATES

Dec. 2- Reports Home through Edupost

Dec. 4- Professional Learning morning, no students today

Dec. 4- Progress Conferences 1-3pm and 5:30-7:30pm

Book appointments here:

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

Concert Dates and Class Schedule for ticket assignment:

December 10: PPYochoff, P/1Harding, 1/2Cummings, 2/3MacDonald, 3Vandekieft, 5/6Colpitts/MacDonald, 4/5Cleversey

December 11: PClarke/Yuan, 1Banks, 2Payne, 5Murphy, 3/4Nagy, 6Sullivan

*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. 5- First Day back for students

Jan. 14- HSA Meeting 6pm :)

Jan. 22- Chocolate Bar Bingo 6:30

School Lunch Program: To limit waste and assist with ordering, please ask your child which lunches they prefer. :)

WHAT IS HAPPENING AT CRICHTON PARK?

Dear Families,

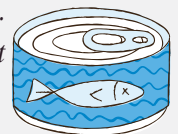
We are looking forward to seeing you during our upcoming Parent-Teacher Progress Conferences. We value this opportunity to work together in supporting your children, our students, in both achievement and wellbeing.

As the weather gets colder, it is helpful for students to pack extra mittens and socks. Thank you for helping keep everyone warm and comfortable! Lost and found items will be donated if not claimed by the holiday.

Our students have been practicing with Mr. Bruce and their classroom teachers for the upcoming concerts! Tickets will be sent home this week—please check the date on your ticket carefully. We kindly ask that you wait until students are back inside from lunch before lining up (after 1:00 p.m.). Thank you for your cooperation.

Our amazing Grade 6 Leadership Team is organizing a Community Collection until December 15th. All contributions are greatly appreciated! Non-perishable items can be donated through classrooms or at the concerts.

We are specifically requesting the following. We are asking for items that will not attract any critters. Thank you!



- canned items
- toothpaste
- deodorant
- feminine protection
- toiletries
- socks
- hats
- mittens
- grocery gift card



Thank you for supporting our community and helping those in need.

Yours in education,
Suzanne Hawkes and Tracy MacDonald

Friendly Reminders



- **Dogs at School:** Please keep dogs off school property when students are present including arrival and dismissal. Thank you for your cooperation.
- **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 also sensitivities to scents.

From your School Advisory Council!

The School Advisory Council met on November 6. We're happy to share updates from that meeting below.

SAC Budget

- SACs determine spending priorities for provincial funds allocated each year (currently, \$5,000 plus \$1 for each student) to support student achievement and wellbeing.
- An action identified at the November meeting was to gather information about pricing for flexible seating and decodable books (to support phonics teaching).

2025-26 SAC Priorities

- SAC priorities are rooted in the school's Student Success Plan, which focuses on enhancing student achievement and well-being. At November's meeting, the SAC decided to focus on the following two priority areas:
- Well-being: intentionally cultivate safety, comfort and connection in our school
- Writing: build effort, stamina and enjoyment of writing/composition
- The SAC will seek targeted feedback from students and staff on the draft priorities. Once feedback is reviewed, the SAC will seek to finalize the priorities at the January meeting.

SAC Innovation Fund

- Do you have an innovative school project idea, particularly in the areas of well-being or writing? If so, please share your idea with us! The SAC is gathering ideas to apply to the SAC Innovation Fund. Last year, 26 projects were supported with a grant of up to \$10,000. School Advisory Council Projects Receive New Innovation Grant | Government of Nova Scotia News Releases

Upcoming Meetings

- **Upcoming SAC Meetings (@3:30PM, virtual - meetings are virtual and open to everyone)**
- **December (no meeting), January 8, February 5, March (no meeting), April 16, May (no meeting), June 4**

Contact Us

- **Have an idea or input you want to share with the SAC? Contact hrce-sac-crp@gnsps.ca**
- **Interested in becoming a member of the SAC? 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.**

GREETINGS FROM THE HOME AND SCHOOL

Thanks to all who joined us for the HSA Movie Night on November 20th! Our next HSA meeting will take place on Tuesday, January 14th at 6pm. We hope you'll join us as we plan our upcoming events, including Chocolate Bar Bingo on January 22nd!

Interested in volunteering or getting involved? Email crichtonparkhsa@gmail.com - we'd love to have you, and always need more hands to help out at events!



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

Part 1: Supporting Children After Trauma

As part of our ongoing commitment to supporting our students' emotional well-being, we would like to share some important insights about how trauma can affect children and how you can help your child navigate these challenges.

Understanding Trauma

Trauma is defined as an exceptional experience in which powerful, overwhelming, and often dangerous events exceed a person's ability to cope (Rice & Groves, 2005). These experiences do not necessarily have to be life-threatening to trigger a trauma response.

Trauma can have a significant impact on a child's emotional and developmental growth (Souers & Hall, 2018), potentially affecting their ability to learn, regulate emotions, and interact with others.

Major Events That May Cause Trauma

Certain events can lead to trauma, although not every child will respond to them in the same way. Some common triggers include:

- Parental Divorce
- Witnessing Domestic Violence
- Death of a Loved One
- Physical Abuse
- Sexual Abuse
- Parental Incarceration
- Homelessness
- Bullying

Trauma and Its Effects on Development

Trauma is toxic to the brain, especially in young children, and can have long-lasting effects on their emotional and cognitive development. However, children are resilient and can recover and thrive in supportive, positive environments.

Signs of Trauma in Children

While not every child who experiences trauma will exhibit the same behavior, some children may display the following signs:

- Manipulative behavior
- Being bossy or dramatic
- Aggression
- Clinginess or attention-seeking behavior
- Oppositional or indifferent attitudes
- Passive-aggressive behavior
- Distractibility or disinterest in activities

These behaviors can often be linked to trauma, but it is essential to recognize that other factors may be at play as well.

Stay tuned for practical tips for how parents can help in the January Newsletter.