

# CRICHTON PARK CHRONICLE

November 2025

902-464-2503

Website: [crp.hrce.ca](http://crp.hrce.ca)



## WHAT IS HAPPENING AT CRICHTON PARK?

Dear Families,

Mark your calendars for our December concerts! We will be holding two identical performances on the afternoons of December 10th and 11th (snow date December 12th). Due to space limitations, each family will receive two tickets for one of the concert dates. Please check the 'Upcoming Dates' section of this newsletter to see which date your child's class is assigned.

If you have children in more than one class, you will receive tickets for the date assigned to your oldest child. Please note that all students will be performing on both days.

Band and Violin groups will not be performing in December; however, we look forward to showcasing their talents at the Strings and Band Concert in May.

We are also looking forward to welcoming family members who have served or are currently serving in the Canadian Armed Forces to our Remembrance Day Ceremony. If you are an active or retired service member and would like to attend, please email [shawkes@hrce.ca](mailto:shawkes@hrce.ca). We are accepting photos of family service members (past or present) for our slideshow until November 3rd. Please email photos to [shawkes@hrce.ca](mailto:shawkes@hrce.ca). If you have shared photos in past years, we still have them - no need to resend!

Thank you for your continued support and for being such an important part of our school community. We look forward to celebrating these special events together!

Yours in education,  
Suzanne Hawkes and Tracy MacDonald

## UPCOMING DATES

Nov. 5- HSA Meeting 6:00

Nov. 6- SAC 3:30

Nov. 10- Remembrance Day Ceremony

Nov. 11- Remembrance Day, no school

Nov. 20 - HSA Event-Movie Night 6-8pm

Nov 21- Assessment & Evaluation Day (no students)

Dec. 2- Reports Home through Edupost

Dec. 4- No school for students

Dec. 4- PD and Progress Conferences (P/T Interviews)

\*please look for upcoming online booking system email

Dec. 10/11- Concerts 1:30 pm (snowdate Dec. 12)

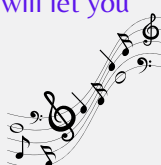
## Concert Dates and Class Schedule for ticket assignment:

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](#)

Each family will receive two tickets for the date assigned to their oldest child. All students will be performing in both concerts.

Requests for additional tickets can be made by emailing [shawkes@hrce.ca](mailto:shawkes@hrce.ca), but they cannot be guaranteed. We will let you know closer to the concert dates if additional tickets can be accommodated. Thank you!



**With Halloween candy coming to school, please be reminded we have students with life threatening allergies to peanuts and/or nuts. We are asking your cooperation in respecting these allergies. Please ensure snacks or lunches that contain these food items do not come to school. Thank you!**

## Friendly Reminders



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

*Please join us in celebrating Ms. Hudson, who has received the Provincial Award for Physical Education Teaching Excellence! Her dedication, energy, and passion for promoting active, healthy lifestyles have made a lasting impact on our students and school community.*

*We are thrilled to share that Ms. Hudson will now represent Nova Scotia as the provincial candidate for the National Award for Teaching Excellence in Physical Education.*



### MESSAGE FROM MS. HUDSON PHYSICAL EDUCATION

Panda Pride: Celebrating Cross Country Success!  
A huge congratulations to all our Cross Country Runners who competed at the meet at Cole Harbour Place last month! We will be acknowledging our individual students at an upcoming assembly.

Our athletes didn't just run amazingly; they truly demonstrated what it means to be a Crichton Park Panda. We received wonderful feedback on their positive sportsmanship, enthusiastic cheering, and kindness toward athletes from all participating schools. Way to represent, Pandas!



#### Upcoming Field Trip: World-Class Curling!

This month, students in Grades 1 through 6 will have an exciting opportunity to visit the Scotiabank Centre to experience some of the best curling in the world! Keep your eyes open for the permission forms coming home soon. If you're interested in joining us for this fun experience, we'll also be looking for chaperones—details on how to volunteer will be included with the form.



## GREETINGS FROM THE HOME AND SCHOOL

The Crichton Park Home & School Association is a group of hard-working volunteers, dedicated to planning community events and raising funds for school needs, including field trip buses, technology upgrades, and so much more!

In order to comply with Canadian standards, we are hoping to provide new fire retardant rugs! As a result, our main fundraising goal for 2025 is to raise \$1,500 to replace them, ensuring safe and comfortable spaces for students in our Primary and Grade 1 classrooms.

Please consider making a tax-deductable donation to assist us in this effort! To do so, visit the [Crichton Park School HRCE website](#) and find the SchoolCash Donations button. Please specify in the donation comments that your donation is for rug replacements!



Halloween Howl is TOMORROW!

Doors are opening at 6:30pm, so be sure to show up in your best costumes as a warm up for trick or treating! We'll have a rocking dance floor, and several ticketed activities, including our ever-popular Pumpkin Cupcake Walk and the return of the Crichton Park Fortune Teller!

**NNN**

We're still in need of volunteers to help make all of the activities possible. [Sign up now for a 30-minute volunteer shift!](#)



Coming Soon: HSA Movie Night!

Mark your calendars for the return of our Crichton Park HSA Movie Night! Thursday, November 20th from 6:00 to 8:00pm will be our next event, featuring a family-friendly film, popcorn to snack on, and tasty drinks to wash it down.



Next HSA Meeting - Nov 5th, 6pm

Our next Home & School Association meeting is right around the corner, on Wednesday, November 5th at 6:00pm. Join us to stay updated, share ideas, and be a part of building a strong school community!

If you have any questions or comments for the HSA, please send an email to [crichtonparkhsa@gmail.com](mailto:crichtonparkhsa@gmail.com) or join our community Discord

Server by visiting this link:

<https://discord.gg/JnKFeDhAcx>

Thank you for your ongoing support, and we hope to see you at the Howl!

# Counsellor's Corner – Tips for Asking Your Child About Their Day

Ever wonder how to get more than just a “fine” or “good” when asking your child about their day at school?

You’re not alone! Many parents experience the same short responses. For example:

Parent: “How was school today?”

Child: “Fine.” or “Good.”

Parent: “What did you learn today?”

Child: “Nothing.”

If this sounds familiar, don’t worry! There are simple ways to spark more conversation.

## Setting Matters

Before jumping into questions, consider where you’re having the conversation. Kids often feel more relaxed and open when you’re not face-to-face, like during a car ride, a walk, or when winding down at bedtime. Creating a calm, non-pressured environment can help your child feel more comfortable opening up.

## Try These Open-Ended Questions

To help your child share more, try asking questions that require more than a simple “yes” or “no” answer. Here are a few suggestions to get the conversation flowing:

- “What was the best part of your day?”
- “What’s something interesting you read about in class today?”
- “Can you show me what you learned in math today?”

## Ask About Specific Subjects

If you know your child’s schedule for specialty classes, ask about those to spark more detailed answers:

- “What did you do in phys.ed./music today?”
- “What story did the librarian read during library time?”
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These kinds of questions can open the door to deeper conversations and give you a better insight into your child’s school experience.

## Encouraging Positive Conversations About Your Child's Day

While it’s great to ask questions that spark more conversation, it’s also important to avoid unintentionally guiding your child toward focusing only on negative aspects of their day. Sometimes, children may feel pressure to share something “bad” if they think you’re concerned about problems at school. This could lead them to exaggerate or highlight minor issues, or even make something up just to provide an answer.

To avoid this, try to keep your questions balanced and positive. Instead of asking, “Did anything bad happen today?” you might ask, “What was something that made you smile today?” Or instead of focusing on problems, try asking, “What was one thing you felt proud of today?”

By asking these types of questions, your child is more likely to share a full, honest account of their day – one that includes both the good and the challenging moments.

## If You’re Concerned About Peer Relationships

If you’re noticing signs that your child might be having difficulty with friendships or peer interactions, consider reaching out to their teacher discreetly via email. Teachers can offer valuable insights into your child’s social dynamics and whether they’re facing any challenges. This allows you to understand more about their social world without putting pressure on your child to “report” on their relationships. It’s a great way to ensure you’re addressing any concerns early while maintaining a positive conversation at home.

By asking thoughtful, open-ended questions and keeping the conversation balanced, you can help your child reflect on both the highs and lows of their school day. This encourages positive communication and strengthens your connection with them.