

CRICHTON PARK CHRONICLE

January 2026

902-464-2503

Website: crp.hrce.ca

January

☆ Happy
New Year
2026
* ☆

UPCOMING DATES

- Jan. 5- First Day back for students
- Jan. 8- School Advisory Council 3:30pm
- Jan. 14- Home and School meeting 6pm
- Jan. 22- HSA Event- Chocolate Bar Bingo
- Jan. 27- Family Literacy Day

Please pack extra clothing including
mittens and socks.
This saves a call home :)



WHAT IS HAPPENING AT CRICHTON PARK?

Dear Families,

We hope you all had a restful and enjoyable break! This month, we will continue to focus on our Literacy, Math, and Wellbeing goals, ensuring that our instruction remains responsive to each student's learning needs.

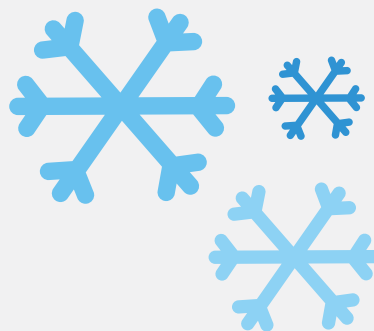
Thank you very much for your generous donations in December. All items have been delivered locally to Margaret's House and they extend a heartfelt thank you!

Please check our Lost and Found regularly for any missing belongings, as unclaimed items are donated throughout the year. Thank you for your help with this.

We truly appreciate your ongoing support. Please feel free to reach out if there is anything you would like to discuss. We are here to work collaboratively with you to support your child's academic success and social-emotional wellbeing.

Happy New Year!

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.
- **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.



Happy New Year from P.E.

I hope everyone had a great break! As we get back into the swing of things please remember to leave/send sneakers to be kept at school, boots, ugg's, slides etc. are not safe in the gym. The older classes have been having a hard time remembering to bring shoes other than their slid on slippers, please remind your child(ren) about bringing proper footwear for Phys Ed days.

Along with being prepared for inside, I would also love to take advantage of the days we have soft fluffy snow! I am hoping to take students sledding and snowshoeing, and in order to take students out, there are a few things I would like to inform families about: Firstly, students need to come dressed in proper outdoor clothing; this includes snow pants, boots, hats and mittens. If you need help getting these items, please contact me and I will do my best to help you and your family out. If students do not come prepared with these items on a day we go outside for Phys Ed they will need to stay inside in the office doing alternative work. Secondly, students are not allowed to bring their own sleds, I will have a class set of carpets and am unable to inspect personal sleds to ensure safety guidelines. Thirdly, students are not required to wear helmets, however helmets can help protect students from head injuries. If you would like your child to wear one for safety, you need to communicate that to me (via email) and supply your own CSA approved helmet on any day your child has PE and if there is soft snow.

Students will be taught how to sled safely, sliding down the middle and climbing up the sides, how to bail off if they need to, etc.

Bring on the snow!


Stay Active,

Ms. Hudson


theresa.hudson@hrce.ca



GREETINGS FROM THE HOME AND SCHOOL

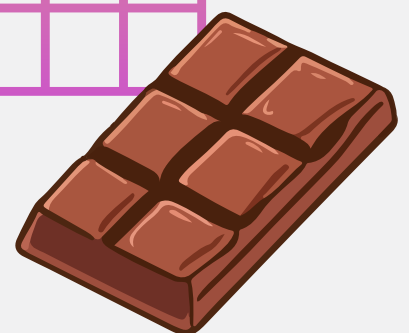
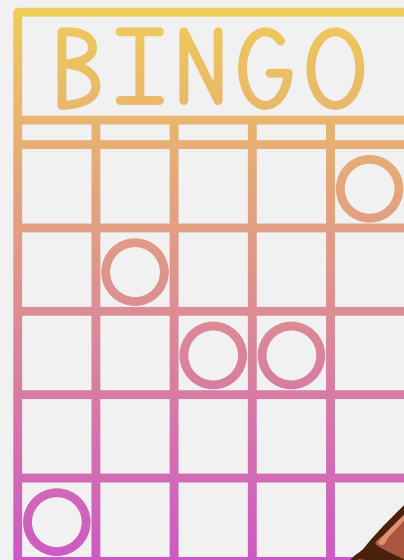
 Save the Date – Bingo Night!

Get ready for a night of family fun at our next big event on January 22nd - CPS Bingo Night! Watch for more details in the coming days but mark the date on your calendar today!

 17 First HSA Meeting of 2025

Our next meeting is on January 14th at 6:00 PM. Join us to kick off the new year as we finalize details for next month's Bingo Night and our early preparations for the Spring Fair!

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Counsellor's Corner Trauma: Part 2

How Parents Can Help: Practical Tips

1. **Use the Power of “Yet” and “And”:** Encouragement is a crucial tool in helping children work through their struggles. When a child says, “I can’t do that,” you can respond with, “You can’t do it yet.” When they say, “I’m bad at spelling,” reply with, “And you can keep practicing to get better.”
2. **Follow Through:** Many children who have experienced trauma may have difficulty trusting others. Following through on promises shows your child that they can rely on you. Consistent, dependable actions help rebuild their sense of safety and trust.
3. **Check In After Conflicts:** If your child struggles with conflict, take the time to check in afterward. It is important that they know they can count on you, even when things do not go as planned. This reassurance helps foster a sense of security.

Recognizing Trauma Responses: What to Watch For

If you notice your child exhibiting behaviors such as:

- Difficulty with transitions
- Constant fidgeting
- Escaping or shutting down in stressful situations
- Emotional reactions that seem disproportionate
- Difficulty processing input or overreacting to minor incidents

It could be a sign they are struggling with trauma or emotional dysregulation.

Tools to Support Emotional Regulation

1. **Brain Tools:** Help your child regulate by providing items such as stress balls, fidget toys, stuffed animals, or exercise balls to sit on. These tools are meant to help them focus and calm down – not to be distractions.
2. **Regulation Stations:** Create a “calm down corner” at home, a space where your child can retreat to when they are feeling overwhelmed. Incorporate calming activities like breathing exercises, drinking water, or having a healthy snack.
3. **Exercise:** Physical movement is an excellent tool for emotional regulation. Instead of a traditional “pair and share” activity, try a “walk and talk” if appropriate. Incorporating yoga, stretching, or “Salamander Yoga” (great for younger students) can also be beneficial.

Supporting Transitions and Emotional Resilience

Transitions can be especially hard for children who have experienced trauma. To ease the process, you can try:

- **Music:** Calming tunes can help with transitions.
- **Mindfulness or Breathing Exercises:** Practice deep breathing or meditation to help your child manage stress.
- **Laughter:** Light-hearted moments can help alleviate tension.
- **Safe Breaks:** Sometimes children need a moment away to regulate their emotions. Encourage short breaks when needed.

Important Reminder: Not All Challenging Behavior Is Trauma-Related

It is essential to remember that not all challenging behavior stems from trauma. For example, some children may adjust to parental divorce without experiencing significant emotional distress, while others may find it more difficult. Always talk with teachers, doctors, or other professionals to determine the root cause of concerning behaviors.

Final Thoughts

Supporting your child through trauma is a journey that requires patience, empathy, and consistency. With the right tools and a safe environment, children can heal, grow, and thrive. As always, please reach out if you have concerns about your child’s emotional health or would like additional resources.