

# CRICHTON PARK CHRONICLE

March 2026

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



## HSA CALL FOR HELP: PANCAKE EDITION!

Crichton Park School's Pancake Breakfast is returning on Wednesday, March 11th, and we need your help! The Home & School Association is asking for folks willing to loan out their plug-in griddles and/or volunteer a few hours to make for a lip-smacking special occasion for teachers and students.

**To lend a hand, please send an email to [crichtonparkhsa@gmail.com](mailto:crichtonparkhsa@gmail.com)!**

## UPCOMING DATES

March 11- Whole School Pancake Breakfast!

March 12 - Equity Blitz Day at Crichton!

March 13 - Assessment & Evaluation Day (no school)

March 16-20 - March Break

April 1 - Reports Home through Edupost

April 1 - Student Led Conferences 5:30-7:30

April 2 - PD morning and Student Led Conferences 1-3pm

**Scholastic Book Fair will take place during the week of conferences.**

**Grade 6 Families, we will have an end of year ceremony on June 26th at 1:30 pm. Mark your calendars!**

If there has been a change of address impacting the school catchment, please note the Out of Area request information on the HRCE website. These requests are time stamped so please note the date applications open (April 7).

Looking forward to next year, if there is a learning need that you would like considered for class placement, please email [shawkes@hrce.ca](mailto:shawkes@hrce.ca) by the end of April.

## WHAT IS HAPPENING AT CRICHTON PARK?



Dear Families,

Through daily school wide trivia and thoughtful class lessons, students have been building knowledge of local African heritage! This year's theme was Strength in Unity.

On March 12th, our school will be participating in a school-wide Equity Blitz. Throughout the day, students will engage in lessons and activities focused on respecting others' personal space, appearance, and identity. These discussions will help reinforce the importance of kindness and respect.

We also encourage you to check out SORA, which provides students and families with free access to e-books and audiobooks. SORA can be accessed through your child's GNSPES login. The app is available on the GNSPES dashboard or directly at: <https://soraapp.com/library/halifaxca>

We are looking forward to welcoming families for our upcoming Student-Led Conferences. All classes will be including students as active participants in these conferences. Please stay tuned for additional information, including an email with details on how to sign up for a date and time. We wish all of our families a safe, restful, and enjoyable March Break.

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.



## School Advisory Council Newsletter

The School Advisory Council (SAC) met on February 5. We are happy to share updates from that meeting below.

### SAC Budget & Priorities

To support the SAC's priority of building students' stamina and enjoyment of writing, Principal Hawkes conducted a focus group with grade six students to gather feedback on writing engagement. Insights from this discussion informed the SAC's decision to use the remaining budget this year to purchase portable writing-supply carts. These carts will be stocked with a variety of writing tools designed to spark interest and creativity among students. Look for them to begin appearing throughout the school soon!

During the meeting, Principal Hawkes also shared school data from the Early Literacy Screener (P-2) and the provincial grade six assessment. This information plays an important role in shaping the SAC's priorities and budgeting for both the current year and the next.

### 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. Successful projects are supported by a grant of up to \$10,000. List of projects that have been successful in the past, visit School Advisory Councils | Education and Early Childhood Development.

Upcoming Meetings @3:30PM, virtual - meetings are virtual and open to everyone  
March (no meeting)  
April 16  
May (no meeting)  
June 4

*Our SAC purchased this Creative Writing Cart to be housed in our Library! This is intended to support enjoyment and engagement in writing. :)*



## MESSAGE FROM PHYSICAL EDUCATION

MARCH GYM NEWS: PANDAS ON THE MOVE! 🏀  
SPRING IS JUST AROUND THE CORNER, AND THE GYM IS BUSIER THAN EVER. HERE IS WHAT'S HAPPENING IN THE WORLD OF PHYS ED AND ATHLETICS THIS MONTH.

👟 SAFETY FIRST: PROPER FOOTWEAR  
TO KEEP OUR STUDENTS SAFE AND PERFORMING THEIR BEST, THIS IS A FRIENDLY REMINDER THAT PROPER SNEAKERS ARE REQUIRED FOR ALL PHYSICAL EDUCATION CLASSES.

WHILE THEY ARE GREAT FOR THE HALLWAYS, THE FOLLOWING FOOTWEAR IS NOT SAFE FOR GYM ACTIVITIES: SLIDES & CROCS (NO ANKLE SUPPORT/GRIP), BOOTS (TOO HEAVY AND LACK FLEXIBILITY)!  
PLEASE ENSURE YOUR STUDENT HAS A PAIR OF ATHLETIC SNEAKERS TO CHANGE INTO SO THEY CAN PARTICIPATE FULLY AND AVOID INJURY.

🏀 BASKETBALL FEVER  
THE ENERGY IN THE GYM HAS BEEN ELECTRIC!  
• LUNCHTIME CLUB: WE ARE CONTINUING TO HAVE A BLAST AT OUR BASKETBALL CLUB DURING LUNCH HOURS. IT'S A GREAT WAY FOR STUDENTS TO BURN OFF STEAM AND WORK ON THEIR SKILLS.  
• TEAM UPDATE: OUR BASKETBALL TEAM HAS SEEN INCREDIBLE SUCCESS ON THE COURT SO FAR! THEY HAVE SEVERAL GAMES LINED UP AGAINST OTHER SCHOOLS THROUGHOUT MARCH. GO PANDAS GO! KEEP UP THAT AMAZING SPIRIT AND TEAMWORK.

⚽ COMMUNITY SPOTLIGHT: UDFC  
IN FEBRUARY, WE WERE THRILLED TO HAVE UNITED DFC (UDFC) VISIT OUR PE CLASSES TO SHARE THEIR EXPERTISE AND LOVE FOR SOCCER. THE STUDENTS HAD A FANTASTIC TIME SHARPENING THEIR FOOTWORK!

IF YOUR CHILD IS INTERESTED IN MORE SOCCER OPPORTUNITIES OUTSIDE OF SCHOOL, YOU CAN FIND INFORMATION ON THEIR SPRING AND SUMMER PROGRAMS HERE:  
[CHECK OUT UDFC PROGRAMS](#)

KEEP ACTIVE,  
MS. HUDSON

# Counselor's Corner

## Developing a Growth Mindset

Having a growth mindset is something that many teachers encourage students to adopt. It is the belief that we all can grow, improve, and overcome challenges.

A fixed mindset is when you believe that your abilities and talents are innate and unchangeable (e.g., "I'm not good at math"). A growth mindset, on the other hand, is when you believe that practice, hard work, and learning from our mistakes will lead to a better outcome.

"And here's the exciting part: research shows that children who adopt a growth mindset don't just believe in improvement; they actually improve more than their peers with a fixed mindset."

Here are five practical tips to help your child develop a growth mindset:

**Praise efforts, not labels:** Focus praise on qualities like persistence, effort, and resilience.

"It's great that you didn't give up even after making mistakes."

"I love how you kept practicing your piano piece even though it was harder than last week."

**Role model having a growth mindset:** Kids are listening, even when we think they aren't. If they hear you say, "I'm just not a cook," it signals to them that things are fixed and cannot be changed.

"You can't reach that cupboard yet!"

"Next time, you'll run faster."

**Encourage challenges, not shortcuts:** While it might be tempting to let your child stick to something they are comfortable with because it feels easy, encourage them to stretch themselves further.

"Hey, let's look at the next-level book and see how many words you already know!"

"You made it two strokes in the pool without help - let's set a goal of three next time."

**Growth mindset is not just for school:** It can be applied to sports, friendships, and everyday life. When children see that mistakes are just part of life, they are more willing to try harder.

"It's okay that you missed that shot. Let's practice for five more minutes."

**Teach them to learn from others instead of envying their skills:** What might look like hidden talent may come from regular practice and instruction. This teaches your child that abilities and achievements are built, not given.

"What can you learn from your friend about soccer?"

"How about we arrange a time for you and your friend to practice [activity]?"

"Fostering a growth mindset in children doesn't mean shielding them from frustration or failure. It means reframing those experiences as stepping stones to progress. When kids learn that their abilities grow through effort and perseverance, they develop the confidence to face challenges in school, sports, friendships, and life."

Adapted from: <https://oxfordlearning.com/growth-mindset-tips-for-parents/>