

CRICHTON PARK CHRONICLE

April 2026

Website: crp.hrce.ca



WHAT IS HAPPENING AT CRICHTON PARK?

Dear Families,

We are looking forward to seeing you this week for Conferences! Student attend with their parents/guardians.

Thinking ahead, volunteer paperwork takes time and needs to be completed to attend field trips. Here is the link describing requirements. Please reach out if you have any questions. Thank you!

<https://www.hrce.ca/families/volunteering>

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 1).

This is a great time of year to send extra clothes due to mud and puddles!

Thank you for your continued support,

Suzanne Hawkes and Tracy MacDonald

UPCOMING DATES

March 31 - Reports Home through Edupost

April 1 - Conferences 5:30-7:30pm

April 2 - PD morning and Student Led Conferences 1-3pm (no school for students)

April 3 - Good Friday (no school)

April 6 - Easter Monday (no school)

April 8 - HSA Meeting 6pm **Virtual Only**

April 16 - SAC Meeting 3:30

April 23 - Board Game Cafe 6-7:30 p.m.

April 29 - PD Day (no school for students)

May 27- Strings and Band Concert 6:30

Scholastic Book Fair will take place during the week of Student Led Conferences.

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

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



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 peanuts and tree nuts. There are sensitivities to scents.



Messages from Physical Education – Ms. Hudson

Badminton Tournament:

We continue the yearly tradition to play the CPS mini-badminton tournament with lots of great competition and fun during the end of March beginning of April.

Basketball Comes to an End:

Our amazing basketball teams are finishing up their competitive and fun season, with so much success and amazing practices with both the travel and practice team. Our Intramurals basketball has also concluded with a mini-playoff. Athletes had a great time learning and playing together, way to go Basketballers! Thank you to our coaches Ms. Starr and Ms. Pelc and extra helper Ms. Hudson.

Jump Rope for Heart:

Jump Rope for Heart will be taking place April 23rd (raindate 24th) in the afternoon. This will be a chance for students to practice skipping, play outside and have fun being active. There is an opportunity for students and families to fundraise/donate to the Heart and Stroke Foundation for this event. Crichton Park's fundraising page is:

<https://jumpropeforheart.crowdchange.ca/121613>

Please feel free to share on social media, with family and friends. You can also click the Register button to create a page for your child(ren), then share that link with family and friends.

UPDATE FROM THE HOME AND SCHOOL

JOIN US FOR OUR NEXT HOME & SCHOOL ASSOCIATION MEETING ON WEDNESDAY, APRIL 8TH AT 6:00 PM **VIRTUAL ONLY**
[HSA LINK VIRTUAL ONLY](#)

IT'S HARD TO BELIEVE THAT THE 2026 SPRING FAIR IS COMING UP NEXT MONTH! THIS EVENT IS THE HOME & SCHOOL ASSOCIATION'S BIGGEST FUNDRAISER OF THE YEAR, AND IT'S ALWAYS TREMENDOUS FUN FOR KIDS AND FAMILIES ALIKE.

HOWEVER, THIS EVENT CANNOT HAPPEN WITHOUT YOUR HELP! TO LEND A HAND AT THE EVENT, PLEASE FILL OUT THE FOLLOWING VOLUNTEER SIGNUP FORM:
[SIGN UP GOOGLE FORM](#)

WE'RE ALSO ACTIVELY LOOKING FOR LOCAL ORGANIZATIONS TO PARTNER WITH FOR THE SPRING FAIR SILENT AUCTION. IF YOU HAVE SUGGESTIONS ON ORGANIZATIONS TO CONTACT, OR WOULD LIKE TO MAKE A DIRECT DONATION TO THE AUCTION, PLEASE SEND AN EMAIL TO
CRICHTONPARKHSA@GMAIL.COM.

THANK YOU FOR ALL YOUR SUPPORT!



Counsellor's Corner

Building a Strong, Supportive Relationship with Your Child

There is a lot of research on positive, supportive relationships between parents/caregivers and their children, and the connection between these relationships and positive mental and physical health outcomes later in life. These relationships play a vital role in child development.

Benefits of a healthy parent/caregiver–child relationship:

- Emotional security and well-being
- Brain development and cognitive growth
- Resilience and stress management
- Social competence and pro-social behaviours
- Physical health (including stronger immune systems due to lower stress)
- Long-term relationships, including trusting relationships with teachers and friends

Strategies to help build a relationship with your child:

- Set limits on technology use
- Read together or play a game
- Make a craft or take a walk together
- Engage in cultural practices or traditions
- For older children, try talking during a drive

Identify times and opportunities to connect during the daily routine:

- Complete chores together
- Prepare the evening meal together
- Have your child help put together their lunch for school
- Bedtime stories (“You read to me, I’ll read to you.”)

Practice positive communication:

- Be a good listener. Give your child your full attention when they are talking.
- Offer words of encouragement (this is different from false praise).
- If your child is struggling to share something, let them know you are there when they are ready to talk.
- If they tell you about a problem, don’t try to fix it immediately. Validate how they are feeling and encourage them to problem-solve with your help.

How to handle a conflict:

- Check in with yourself first. Are you calm and ready to hear their concern?
- Let your child express their feelings first. It can be hard to just listen.
- Express care and concern so your child knows you want to repair the relationship.
- Brainstorm solutions together, including meaningful and fair consequences, and discuss how to handle a similar situation in the future.

This video provides a quick summary of the ideas

<https://smho-smsoc.ca/online-resources/video-build-a-strong-and-supportive-relationship-with-your-child/>

Adapted from: <https://smho-smsoc.ca/online-resources/building-a-strong-supportive-relationship-with-your-child/>

