

CRICHTON PARK CHRONICLE

June 2026

Website: crp.hrce.ca

Upcoming SPIRIT WEEK

June 1 – Dress as brightly as possible!

June 2 – Floral Prints or Green!

June 3 – Jerseys, Team Shirts or Blue & White!

June 4 – Match Up with Friends or Wear Stripes and a Smile!

June 5 – PJ and Cozy Socks Day!

A special thanks to our students who planned this week for us!

UPCOMING DATES

June 1–5 – Spirit Week

June 10 – Home and School Meeting 6 pm

June 11 – SAC Meeting 3:30 pm Virtual

June 11 – Grade 6 Orientation Bihi

June 17 – Field Day morning (rain date June 19)

June 17 – Variety Show afternoon

June 21 – National Indigenous Peoples Day

June 26 – Grade 6 Closing 1:30 pm

June 27 – Assessment Day, no school for students

June 30 – Last day, dismissal 11:00 am

Crichton aims to be a no scent environment. There are individuals whose health is seriously impacted. Thank you for your ongoing cooperation with this!

WHAT IS HAPPENING AT CRICHTON PARK?

Dear Families,

Please take a moment to read through the full newsletter for important updates from our School Advisory Council, Home and School, Ms. Hudson, and Ms. Adams. We are looking forward to an exciting month ahead, filled with special events alongside continued teaching and learning.

A sincere thank you to our School Advisory Council and Home and School Association for supporting valuable learning resources throughout the year. We are especially grateful to the Home and School Association for their ongoing support of our field trips. To our dedicated volunteers, thank you for sharing your time and helping make these enriching experiences possible for our students.

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

We are also looking forward to celebrating our Grade Six students on June 26. We wish our entire school community a positive and enjoyable final month together.

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.
- 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.



June 2026 School Advisory Council Newsletter

The School Advisory Council (SAC) will hold its final meeting of the school year on June 11.

Over the past year, the SAC's primary focus was to ensure that all spending and activities aligned with its mandate and supported agreed-upon priorities. These priorities included writing, with an emphasis on building student effort and enjoyment, and well-being, including safety, comfort, and connection. Strengthening communication with both the school community and HRCE was also an important goal. To support this goal, the SAC has included twice-annual written communication (fall and spring) with HRCE in its yearly work plan. The spring submission, sent in April, highlighted concerns related to the school lunch program, heating and cooling, and the poor condition of school pavement.

We are pleased to share that a call for an additional community member, posted on the community Facebook page, was successful. We are excited to welcome Jessie Murray, a current university student and former Crichton Park Elementary student. We value the perspective Jessie brings and look forward to their contributions to the SAC.

We are also grateful that our newsletter communication prompted a parent to reach out to the SAC with a suggestion to explore a writing initiative currently being piloted at other HRCE schools. The initiative, Self-Regulated Strategy Development (SRSD), is an evidence-based, train-the-trainer approach. The SAC is learning more about SRSD as a potential initiative for the 2026-27 school year.

Upcoming Meetings & Contact Us

The SAC's first meeting of the new school year is scheduled for September 24th. All SAC meetings are virtual and open to the public.

If you would like to attend an SAC meeting or share suggestions or concerns with the SAC, please contact Principal Hawkes or the SAC Chair, Nancy Bray, at hrce-sac-hre@gnspes.ca.

Message from Home and School

THANK YOU
SO MUCH

Thank you to everyone who helped to make our 2026 Spring Fair a success! We had our best-ever volunteer turnout, and we're grateful for a school community that is able to offer support in so many ways. Crichton Park Elementary is a better place to learn (and teach) because of you!

Our final Home & School meeting of the 2025-26 school year will be taking place on Wednesday, June 10th. We welcome anyone who would like to offer feedback or might like to be involved for the 2026-27 school year!

For those who like to mark their calendars well in advance, the 2026-27 HSA year will kick off on Thursday, September 17th with the always-popular Ice Cream Social!



Message from Physical Education

Track and Field Success!

Our Grade 4–6 Track and Field team had a fantastic time at the Eastern Elementary Track Meet at Beazley Field in May. Our athletes outstandingly represented our school, showing incredible sportsmanship, positive attitudes, and giving 100% effort in every event. Their hard work paid off with plenty of personal and team successes!

A massive thank you to all of our wonderful parent volunteers—this event truly wouldn't be possible without your time and support. We are already looking forward to next year!

Mark Your Calendars: Field Day is June 17th!

The countdown to Field Day is on! On Wednesday, June 17th, all students will be placed on mixed teams to rotate through a variety of fun, active stations around the school (yes, including water stations, so come prepared to get a little wet!).

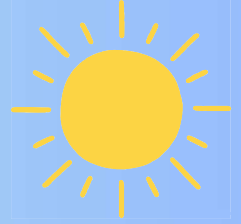
This day is also a wonderful opportunity for student leadership:

- Grade 6 students will be taking charge and running the stations.
- Grade 5 students will be kicking off their own leadership journeys as team captains.

Note: More details, including specific team assignments and what to bring, will be sent home as we get closer to the big day.

Ms. Hudson :)

Counsellor's Corner



Promoting Positive Self-Esteem and Confidence in Children

Helping children develop strong self-esteem is one of the most important ways parents can support their overall well-being. Children who feel good about themselves are more likely to try new things, handle challenges, and build positive relationships.

Self-esteem isn't something children are simply born with – it grows over time through experiences, relationships, and the messages they hear every day.

Encouraging Healthy Self-Talk

The way children talk to themselves matters. Positive self-talk helps them build confidence, while negative self-talk (“I can't do this” or “I'm not good enough”) can hold them back.

How parents can help:

- Model positive self-talk in your own daily life
- Gently challenge negative statements (“What could you say instead?”)
- Encourage phrases like “I'll try my best” or “I can improve with practice”
- Celebrate effort, not just results

Over time, children learn to replace self-doubt with a more supportive inner voice.

The Power of Praise

Praise plays a powerful role in building confidence – but how we praise matters.

Children develop stronger self-esteem when praise focuses on:

- Effort (“You worked really hard on that”)
- Persistence (“You didn't give up, even when it was tricky”)
- Progress (“You've improved so much!”)

This type of praise teaches children that their abilities can grow, helping them feel capable and motivated.

Using Constructive Feedback the Right Way

While praise is important, children also need guidance. The key is to provide feedback that builds, rather than lowers, confidence.

Helpful strategies:

- Focus on the task, not the child (“Let's try a different way”)
- Keep feedback calm and specific
- Pair suggestions with encouragement
- Avoid harsh criticism or comparisons

When children feel safe making mistakes, they are more willing to keep learning and trying.

Final Thoughts

Building self-esteem is an ongoing process. Children develop confidence when they feel supported, valued, and capable of growth. With positive self-talk, meaningful praise, and thoughtful feedback, parents can help their children build a strong foundation that lasts a lifetime