CRICHTON PARK CHRONICLE

November 2026



902-464-2503
Website: crp.hrce.ca



UPCOMING DATES

Nov. 4- HSA Meeting 6:00
Nov. 10- Remembrance Day Ceremony
Nov. 11- Remembrance Day, no school
Nov. 19 - HSA Movie Night 6-8pm
Nov 20- Assessment & Evaluation Day (no students)
Nov. 26- SAC 3:30
Dec. 2- Reports Home through Edupost
Dec. 3- Progress Conferences (P/T Interviews 5:30-7:30
Dec. 4- PD and Progress Conferences afternoon (no school for students)
*please look for upcoming online booking system email
Dec. 9/10- Concerts 1:30 pm (snow date Dec. 11)

Concert Dates and Class Schedule for ticket assignment:

Each family will receive two tickets for one concert date (noted below). Tickets will be sent home with your oldest child.
Please note that all students are performing in both concerts.

Ticket assigment based on oldest child's class:

December 9: PPYochoff, PHarding, 2Dodge/Cummings, 1/2Burke, 3Vandekieft, 6Murphy, 6Sullivan
December 10: PPMargeson, PClarke/Scoville, 1Banks, 2/3Payne, 5Deveaux, 3/4Gelineau, 4Cleversey, 4/5Campbell

Requests for additional tickets can be made by emailing 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!

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 9th and 10th (snow date December 11th). 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 students *will* be performing on December 9th, Violin *will not*. We look forward to showcasing both groups 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. We are accepting photos of family service members (past or present) for our slideshow until November 3rd. Please email photos to shawkes@hrce.ca. If you have shared photos in past years, we still have them - no need to resend!

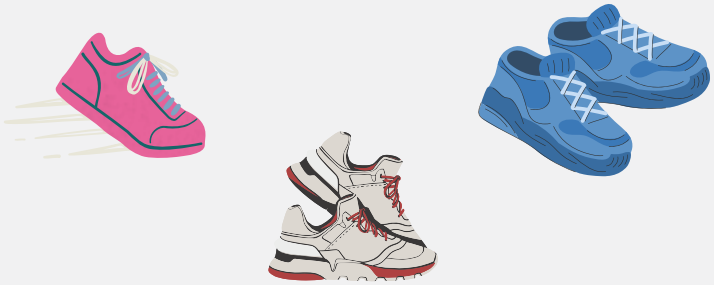
Thank you for your continued support and for being such a valued part of our school community. We look forward to coming together to celebrate these special events.

Yours in education,
Suzanne Hawkes and Tracy MacDonald

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.



MESSAGE FROM MS. HUDSON PHYSICAL EDUCATION

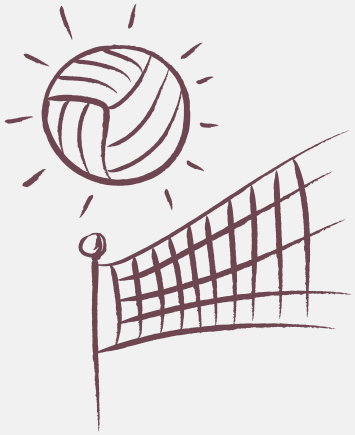
Congratulations to all our Cross Country Runners who ran last month at the meet at Cole Harbour Place. Our athletes not only did amazingly, but they also showed the other schools what it means to be a Crichton Park Panda, with positive sportsmanship, amazing cheering and kindness to all.

Thank you to all the families who donated sneakers to my sneaker library. I have more than enough now to ensure all students can participate safely in all activities.

This month we will be beginning our Volleyball practices gearing up for our grade 6 tournament, date TBD.

Keep Active!





GREETINGS FROM THE HOME AND SCHOOL

The Crichton Park Home & School Association is made up of volunteers who help bring our school community together through events and fundraisers. Thanks to everyone's support, funds raised so far this year have already helped cover several field trips, provided specialized supplies for each classroom, and funded the purchase of jerseys for our school sports teams.

Halloween Howl

A big thank you for making the Halloween Howl a success! Despite the rainy weather, so many families came out to enjoy the evening. We're grateful to everyone who joined in on the fun, volunteered their time, and donated cupcakes. It was a great night!
A special shout-out to Jeremy Finney for keeping the music going as our DJ. The dance floor was buzzing all night!

Coming Up: Holiday Movie Night!

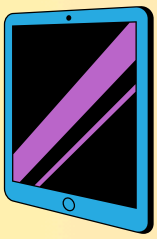
Save the date for our next HSA event! We'll be gathering in the gym on Thursday November 19th from 6-8pm to enjoy a holiday movie on the big screen. The perfect way to spend time with school friends, get into the holiday spirit, and support the Crichton Park HSA. More details coming soon!

Next HSA Meeting – Wednesday November 4th at 6:00 pm

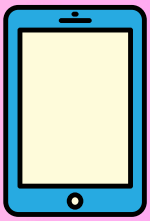
Our next meeting is coming up soon, and everyone is welcome! It's a great chance to hear what's happening, share ideas, and help plan upcoming events for our school community. We meet in the school library (buzz in at the front door to enter).

Have a question or suggestion for the HSA? Email us at crichtonparkhsa@gmail.com or join the HSA message board where we chat about upcoming events and fundraising ideas here:

Thank you for your continued support!



Counsellor’s Corner



Impact of Screen Time on Child Development

The effects of excessive screen time on child development can be categorized into several key areas:

- **Impulse Control:**
  - **Children exposed to high levels of screen time often exhibit diminished impulse control. The immediate gratification provided by screens can lead to a preference for instant rewards over delayed gratification.**
  - **This overstimulation creates a cycle where children struggle to manage their impulses in real-life situations, resulting in challenges in decision-making and self-regulation.**

- **Emotional Regulation:**
  - **Excessive screen time can impair a child's ability to regulate their emotions. The constant influx of dopamine from screen interactions can leave children in a state of hyper-arousal, making it difficult for them to calm down or self-soothe.**
  - **This heightened emotional agitation can lead to increased anxiety, frustration, and difficulty coping with everyday stressors.**

- **Social Interactions:**
  - **Children who spend significant time on screens may struggle with face-to-face interactions. The lack of real-world social engagement can hinder the development of essential social skills such as empathy, communication, and conflict resolution.**
  - **As children become accustomed to digital interactions, they may find it challenging to navigate social cues and relationships in the physical world, leading to feelings of isolation or social anxiety.**
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- **Cognitive Development:**
  - **The brain operates on a "use it or lose it" principle, suggesting that underutilized areas may not develop optimally. Excessive screen time can lead to a lack of engagement in activities that promote critical thinking, creativity, and problem-solving skills.**
  - **Children may also experience difficulties in retaining information and performing academically, as their attention spans may be shortened due to the rapid pace of digital content.**

- **Potential for Addiction:**
  - **The addictive nature of screens can lead to behavioral issues that require intervention. Children may develop a dependency on digital devices, interfering with their daily lives and responsibilities.**
  - **This addiction can manifest in various ways, including neglecting schoolwork, social relationships, and physical activities in favor of screen time.**
  - **References**
  - **https://www.fatherly.com/health/screen-time-hurts-kids-dopamine-addiction**
  - **https://www.businessinsider.com/anti-dopamine-parenting-new-strategy-for-limiting-screens-junk-food-2023-6**
  - **https://research.lifeway.com/2018/06/15/can-technology-addiction-be-reversed/**