

October 2026

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Oct. 1 - Treaty Day
Oct. 7 - Home & School Meeting 6pm
Oct. 12 - Thanksgiving, no school
Oct. 22 - Halloween Howl 6:30-8:00 pm
Oct. 23 - Conference Day, no school
Nov. 4 - Picture Retakes/Make Up (please communicate with teacher)
Oct. 19-Nov. 10 - Time frame for Gr. 6 Provincial Assessments

Please actively avoid nuts and peanuts at school due to life threatening allergies.

Dear Families,

It's been a busy start for our Grade 6 leaders! They have jumped right in and are already helping out in so many areas around the school. You'll see them helping with announcements, assemblies, special events, Poster Club, and our school garden. They are also spending time helping our younger students at lunch and out on the playground. It has been great to see them taking on these responsibilities and being such positive role models in our school!

Last week, we had our annual Terry Fox Walk and Run organized by Ms. Hudson! Thanks to the generosity of our school community, we raised over \$4,500. A huge thank you to everyone who donated, supported our students, or helped out with the event!

We also took some time this week to recognize Truth and Reconciliation. During our assembly, our students were respectful and thoughtful as we learned, listened, and reflected together. We took time to honour residential school survivors, their families, and communities and to think about the role we all have in reconciliation.

Thank you, as always, for being such an important part of our school community!

Yours in education,
Suzanne Hawkes and Tracy MacDonald

This year's Mi'kmaw History Month poster explores Nepisulti'k – We Are Healing.

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 the school day, 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.



School Advisory Council Update

School Advisory Council - Seeking New Chair 2027-2028

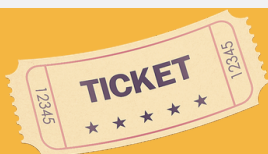
The Crichton Park School Advisory Council (SAC) is looking for a volunteer to serve as Chair for the 2027-2028 school year. This is a great opportunity to get involved, help shape initiatives that support our school community, and connect with other parents and caregivers.

Interested in learning more? SAC meetings are open to everyone and held virtually from 3:30 to 4:30 p.m. on October 29, November 26, February 4, April 29, and May 27.

To join a meeting or to learn more, please contact Nancy Bray (hrce-sac-crp@gnspecs.ca) or Principal Suzanne Hawkes (SHawkes@hrce.ca). We would love to see you there!

For more information about School Advisory Councils, visit <https://www.ednet.ns.ca/SAC>.

You can also visit our school website <https://crp.hrce.ca/> to view the June Annual report and meet your 26-27 SAC!



With upcoming events, school clothing and fundraising, please consider signing up for School Cash! To get started, please register for SchoolCash Online. It's free and takes less than two minutes. You will receive an email once items are posted for purchase. Visit <https://hrce.schoolcashonline.com/> and click Register to get started. Need support? [schoolcashonline.com/Home/Support](https://hrce.schoolcashonline.com/Home/Support)

GREETINGS FROM THE HOME AND SCHOOL

🎃 Support the Home & School Association! 🎃

We're thrilled to announce our Halloween Howl DJ Dance on Oct. 22! This family-friendly event will feature music, dancing, games, and plenty of Halloween fun for students and their families. 🌟

A special thank you to Jeremy Finney of Jeremy Finney Music, who has generously volunteered his DJ services for the evening.

💡 **Lighting Notice:** The dance will feature DJ lighting effects, including occasional flashing lights.

🎵 **Request a Song!** Have a favourite song you'd love to hear at the dance? Students can submit song requests using this [link](#).

👤 **There are lots of ways to help!**

📋 **Volunteer to help make the event a success.**

Please use our [Google Form](#) to sign up

🍰 **Calling all bakers and cupcake connoisseurs!**

The popular Cupcake Walk is back. If you'd like to donate cupcakes, we'd love to hear from you.

🎫 **Skip the line!** Purchase admission and activity tickets in advance through [SchoolCash Online](#), and we'll send them home with your child before the event.

📅 **Join Us!** Our next Home & School meeting is Oct. 7 at 6:00 p.m. New members are always welcome!

Questions?

✉ CrichtonParkHSA@gmail.com

📘 Facebook: CPS Home and School Association

Message from Physical Education

The 4-6 Cross Country team has been practicing and preparing for a race at Cole Harbour Place on October 8th (rain date 15) at 3:30 pm. Feel free to come and cheer on our Pandas as they compete against 15 other schools.

The grade P-3 have been practicing their endurance with recess Run Club. All students are welcome to join Wednesday at recess while we practice running around the school. Be sure to ask your child(ren) how many laps they ran.

Terry Fox Walk/Run has been a huge success with our school raising more than \$4500 dollars and the students being excited to run/walk around Crichton Park. Thank you so much to our volunteers, we cannot do these fun events without you and we truly appreciate you taking the time. They also got to dunk a few staff members as we reached each fundraising goal. Of course, I, Ms. Hudson, got dunked!

Finally, I am wondering if there are any sneakers out there that are too small for your family that you could donate to my sneaker locker. We have a lot of students that forget their sneakers for Phys ed and with winter boot season coming up I can imagine more will be forgotten. If you have any used but in good condition sneakers, can you, please send them into Ms. Hudson.



Counsellor's Corner

Navigating screen time with kids can feel overwhelming with so many conflicting messages out there. To offer some clear, research – backed context, I'll be sharing a three-part series over our upcoming newsletters. First up: understanding dopamine and the powerful ways it influences the brain during screen use.

Dopamine Drama: Why Your Kid's Brain Treats Screen Time Like a Roller Coaster

Children are increasingly drawn to screens, whether through tablets, smartphones, or computers. This phenomenon has sparked a growing concern among parents, educators, and health professionals about the psychological and neurological effects of screen engagement.

ChildCareEd delves into the intricate relationship between dopamine and children's interactions with digital media, exploring how these interactions can lead to emotional highs and lows, and ultimately shape their behavior.

Dopamine and Reward Systems

Dopamine is often referred to as the "feel-good" neurotransmitter due to its strong association with pleasure and reward. Here are some key points to consider:

Dopamine Release: Engaging in enjoyable activities, such as playing games or watching videos on a tablet, triggers the release of dopamine in the brain. This release reinforces the behavior, making children more likely to seek out similar experiences in the future.

Reward Pathways: The brain's reward system is primarily composed of pathways that involve dopamine. These pathways are activated not only by natural rewards (like food and social interactions) but also by artificial stimuli, such as video games and social media. This can create a cycle of seeking out these digital rewards, often leading to compulsive behaviors.

Pleasure and Motivation: Dopamine serves a dual purpose in pleasure and motivation. While it generates feelings of enjoyment, it also drives the desire to pursue activities that trigger dopamine release. This can lead to a heightened sense of urgency or craving for more screen time, especially when the activity is particularly engaging.

Impact of Digital Media: Many digital platforms are designed to be highly engaging, incorporating elements that trigger dopamine release. Features like instant feedback, rewards for achievements, and social validation create a compelling experience that keeps children returning for more, often at the expense of other activities.

Emotional Fluctuations: The rapid shifts in dopamine levels can lead to emotional highs and lows. For instance, a child may feel exhilarated while playing a game but experience frustration or disappointment when the game ends or when they encounter challenges. This roller coaster of emotions can be confusing and overwhelming, making it difficult for children to regulate their feelings.

Long-term Effects: Prolonged exposure to high-dopamine activities can potentially alter a child's reward system, leading to difficulties in finding pleasure in everyday activities that do not provide the same level of stimulation. This can affect their motivation and engagement in non-digital pursuits, potentially leading to issues such as boredom or apathy.