

CRICHTON PARK CHRONICLE

April 2024

X(Twitter): @Crichton_Park
Website: crp.hrce.ca



UPCOMING DATES

- Apr. 1: Easter Monday (no school)
- Apr. 2: **Light it up Blue for Autism!**
(students invited to wear blue)
- Apr. 2: Reports home
- Apr. 3: PT Conferences evening 5:30-7:30
- Apr. 4: PD morning/Conferences aft 1-3pm
(no school)
- Apr. 9/10: Eid al-Fitr
- Apr. 9: HSA meeting 6:30
- Apr. 11: SAC meeting

Save the date Band and Strings families!

May 9th 6:30pm concert

*note new date for Spring Fair is June 8th

WHAT IS HAPPENING AT CRICHTON PARK?

Dear Families,

Spring has sprung at CPS! Please review the second page of the newsletter for ways we are staying active!

The playground can be wet and mucky at times. This is a good time of year to pack splash pants, extra socks and clothes just in case!

We are excited to connect with families this week during Parent/Teacher or Student Led Conferences (depending on class). Please note these occur Wednesday evening and Thursday afternoon. If you have not already, you can sign up online at the following link:

https://ptcfast.com/schools/Crichton_Park_School

As always, if you have any questions or concerns, please reach out so we can work together to ensure student progress and wellbeing.

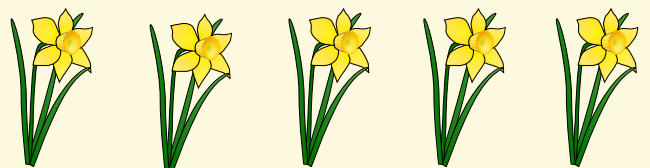
Yours in education,

Suzanne Hawkes and Tracy MacDonald

It is important to ensure we have accurate addresses in Powerschool. If there has been a change 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.
<https://www.hrce.ca/families/student-registration/out-area-request>



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



We are continuing to look for full or part time lunch monitors! Please email crichton@hrce.ca or give us a call at 902-464-2503 for more information. Thank you!



Jump Rope for Heart

On April 24th (rain date May 1) the Crichton Park students will participate in Jump Rope for Heart. An annual tradition at CPS, students will jump, hop, and smile their way through an afternoon of active stations. During this afternoon we will be working on our own hearts while learn about the Heart and Stroke Foundation. Students are invited to fundraise at our schools webpage here:
<https://jumpropeforheart.crowdchange.ca/52580>
or scan the QR code:



Track and Field Event

The Beazley Track and Field event for Dartmouth and Cole Harbour schools is back! This year students in grades 4, 5 & 6 will have a chance to be on our CPS team, events will include sprints, long jump, and softball toss. Ms. Hudson will begin practices and tryouts starting April 8th at lunches. Please keep your ears open for announcements and watch out for signs on Ms. Hudson's bulletin board.

CRICHTON PARK RUN CLUB

The CP Run Club season is just around the corner. Last year, we had over 150 participants and a strong school showing at the Youth Running Series events. Crichton Park placed 2nd overall and won \$1500! Our winnings are going towards new basketball nets on the playground.

Permission slips for the 2024 CP Run Club will be going home the first week of April.

Youth Running Series: Families must pre-register for these events (They are optional!). Registration is now open and there is a discount for full series memberships! Show your Crichton Park spirit at the following events:

Super Shubie- Sunday, April 28th- 10am
MET Madness- Saturday, May 11th- 2pm
Bluenose Kids Run- Saturday, May 18th
Gorsebrook Hill Run- Sunday, June 15th- 10am

More information and to register please visit: [More information and to register please visit:](https://www.youthrunningseries.ca/)

<https://www.youthrunningseries.ca/>

A MESSAGE FROM OUR HSA

Calling all volunteers

Thank You

The Spring Fair is on the horizon, and the Home & School Association is on the move, making plans for our biggest fundraising event of the year! We're in need of volunteers & assistance in the following areas:

- On Site Helpers (silent auction, canteen & game runners)
- Silent Auction Donations (products & services from individuals and local businesses)

Please let us know if you can lend a hand in one of the following ways:

- Join our digital message board on Discord:
<https://discord.gg/tuCp6XwKV>
- Send an email to CrichtonParkHSA@gmail.com
- Join the HSA Facebook Group:
<https://www.facebook.com/groups/CPSHSA>

A successful Spring Fair will help to pay for buses for field trips, technology, new balls for classrooms and so much more! If you'd like to help before the event, please join our next HSA meeting on Tuesday April 9th at 6:00pm!

Reminder: For logistical reasons, we've rescheduled the Spring Fair to Saturday, June 8th. Mark it in your calendars and get ready for a super fun day!



Counsellor's Corner

Chores

Are your children doing chores? There is research supporting having children being part of the household by having their own chores or helping the adults in the house with the day-to-day chores. Below is an excerpt from Psychology Today about the benefits of children doing chores.

“Children’s chores have wide-ranging value. The research emphasizes that chores are stepping stones and learning tools. They help children gain confidence, build resilience, and become independent as they get older. Pitching in at home also encourages responsibility, a sense of teamwork, and a work ethic much needed later in life.

As your child masters loading the dishwasher or gathering the laundry, he can do the job increasingly on his own. Seemingly insignificant chores like setting the table or folding laundry are tiny building blocks that help shape eventual independence.

Started early, chores become habits, meaning less begging for parents and less whining from children. From the time a child is old enough to follow simple instructions, you can begin to assign jobs—picking up toys, putting clothes in the hamper, feeding the fish or a pet. Your child will begin to feel part of “the team.” Initially consider doing some jobs together, like preparing dinner or house cleaning.

Young children are natural helpers; they want to please. Take advantage of their enthusiasm and willingness. Accept that how young children do chores won’t be perfect, but over time they will get better at washing lettuce or mopping the floor.

For a study published in the Journal of Developmental & Behavioral Pediatrics, researchers questioned almost 10,000 elementary school-age children on pitching in at home. Those who were given chores in kindergarten showed clear advantages by third grade: “performing chores in early elementary school was associated with later development of self-competence, prosocial behavior, and self-efficacy.” When the regular chore-doers were compared with children who rarely helped out at home, the study found, the chore-doers scored higher on self-reported measures of prosocial, academic ability, peer relationships, and life satisfaction.

Helping Doesn't Help Your Child

Sure, when your 5-year-old folds the towels or cleans the kitchen counter, the result may not be as pristine as you hoped. However, when you do children’s chores, whatever their age, you rob them of feelings of being needed and able to accomplish tasks on their own.

Accept that how children do chores won’t be perfect, but they will get better. With each accomplishment, recognize your child’s participation and contribution to family life.”