

# CRICHTON PARK CHRONICLE

May 2024

X(Twitter): @Crichton\_Park  
Website: [crp.hrce.ca](http://crp.hrce.ca)



## WHAT IS HAPPENING AT CRICHTON PARK?

Dear Families,

Thank you for those who have had an opportunity to complete our School Advisory Council Survey. We appreciate you taking the time to share your thoughts. [SAC Family Survey Updated Link](#)

## UPCOMING DATES

May is Asian Heritage Month!

May is Gaelic Nova Scotia Month!

May 9: Strings and Band Concert 6:30

May 13: HSA Meeting 6:00

May 15: Black Excellence Day

Information link: [Black Excellence Day](#)

All are invited to wear black t-shirts/clothing to stand in unity and support of the success of Black students.

May 20: Victoria Day (no school)

May 27: SAC meeting 3:30

Grade 3 Provincial assessments will take place on May 13, 14, 22, 23 from 9-11am.

June 8: Spring fair 10am-1pm

Interested in volunteering for class trips?

Please note we require a Criminal Record Check with Vulnerable Sector plus the Child Abuse Registry.

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

This can take a few weeks so please don't delay. :)

Our students are enjoying the new basketball baseboards and nets! We are also looking at sprucing up our front gardens. If you notice it needs help over the Spring and Summer, feel free to weed and water!

Please check out the whole newsletter for important information from our Home and School, Ms. Hudson and Ms. Adams!

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



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



**Run club** is up and running (hehe get it?! We have many ways that the students are learning about and practicing running. Here are the dates and times:

*\*After-school grade 3-6: Thursdays 3:-3:40*

*\*Lunch grades P-1: Fridays 12:20-12:55*

*Recess ALL GRADES Wednesdays*

All students are welcome to run on Wednesday at lunch, \*other times are already full with students who have registered.

Please see the attached flyer about the Youth Running Series, Crichton Park Pandas have been great runners at many of these events and just for signing up have raised a lot of money for our school, some of which helped us install the new basketball nets outside.

**Thank you to all the families** who donated to the Heart and Stroke foundation for our Jump Rope for Heart event. It was a fun afternoon of skipping and being active. As a school we fundraised more than \$5500.00 for the Heart and Stroke Foundation!

**Track and Field Try-outs** have finished for grades 4-6, your child(ren) will be getting letters home about the Track Meet that happens at the end of May, please keep your eyes open for these as the event is a great opportunity and day for these students.

#### **Physical Education Class Reminders:**

For students to participate in PE class safely they need to have indoor sneakers. Crocs, flipflops, sandals are amazing for watersports, outside fun and many activities, however they are not safe for physical education class. If you need help getting proper shoes for your family, please email Ms. Hudson at [theresa.hudson@hrce.ca](mailto:theresa.hudson@hrce.ca), and she can help get shoes for your family to participate in safely. Thank you!

Ms. Hudson :)

## A MESSAGE FROM OUR HSA

The Home & School Association is inviting community members to help make the Spring Fair on June 8th a great event.

**Silent Auction:** Do you know a business, organization, or community member who might want to contribute a service, product or experience to our silent auction? Donations can be dropped off at the office, or pickup can be arranged by sending an email to [CrichtonParkHSA@gmail.com](mailto:CrichtonParkHSA@gmail.com).

**Volunteering:** Whether you can help out on the day of the Spring Fair, or in the weeks leading up to it (maybe both??), we need your help! Half Hour volunteer slots (i.e., games, canteen, silent auction) can be claimed, as well as help with baking and setup, by visiting the link below.

## Volunteer Sign Up

Three ways to join in the discussions:

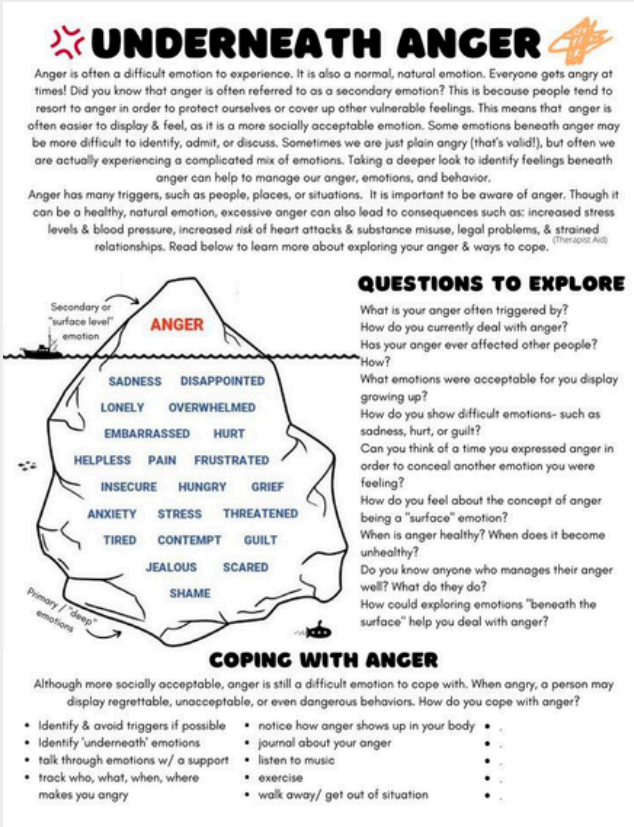
- Our digital message board on Discord:  
<https://discord.gg/tuCp6XwKV>
- The HSA Facebook Group:  
<https://www.facebook.com/groups/CPSHSA>
- Join the Email list by sending a note to [CrichtonParkHSA@gmail.com](mailto:CrichtonParkHSA@gmail.com)

Our next meeting is May 13th at 6pm!  
Spring Fair is June 8th 10am-1pm!

# Counsellor's Corner (May 2024)

## Anger

Yes, we all get angry. That's why I have been working with many classes to teach students about anger - why we get angry, what we can do when we get angry, etc. Many of your children will be familiar with the "Anger Iceberg." The younger students in the school had a puppet show performed by two grade 5 students to talk about anger. The goal was to make students aware of the feelings that are "underneath our angry feelings." Have a look at the graphic below and see if you can relate to some of the feelings that have caused you to become angry in the past month. Connecting with the "first feeling" under our anger can help us slow down our anger responses.



**UNDERNEATH ANGER**

Anger is often a difficult emotion to experience. It is also a normal, natural emotion. Everyone gets angry at times! Did you know that anger is often referred to as a secondary emotion? This is because people tend to resort to anger in order to protect ourselves or cover up other vulnerable feelings. This means that anger is often easier to display & feel, as it is a more socially acceptable emotion. Some emotions beneath anger may be more difficult to identify, admit, or discuss. Sometimes we are just plain angry (that's valid!), but often we are actually experiencing a complicated mix of emotions. Taking a deeper look to identify feelings beneath anger can help to manage our anger, emotions, and behavior.

Anger has many triggers, such as people, places, or situations. It is important to be aware of anger. Though it can be a healthy, natural emotion, excessive anger can also lead to consequences such as: increased stress levels & blood pressure, increased risk of heart attacks & substance misuse, legal problems, & strained relationships. Read below to learn more about exploring your anger & ways to cope. (Therapist Aid)

**QUESTIONS TO EXPLORE**

What is your anger often triggered by?  
How do you currently deal with anger?  
Has your anger ever affected other people?  
How?  
What emotions were acceptable for you display growing up?  
How do you show difficult emotions- such as sadness, hurt, or guilt?  
Can you think of a time you expressed anger in order to conceal another emotion you were feeling?  
How do you feel about the concept of anger being a "surface" emotion?  
When is anger healthy? When does it become unhealthy?  
Do you know anyone who manages their anger well? What do they do?  
How could exploring emotions "beneath the surface" help you deal with anger?

**COPING WITH ANGER**

Although more socially acceptable, anger is still a difficult emotion to cope with. When angry, a person may display regrettable, unacceptable, or even dangerous behaviors. How do you cope with anger?

- Identify & avoid triggers if possible
- Identify 'underneath' emotions
- talk through emotions w/ a support
- track who, what, when, where makes you angry
- notice how anger shows up in your body
- journal about your anger
- listen to music
- exercise
- walk away/ get out of situation

The graphic and text comes from: <https://www.therapistaid.com/therapy-worksheet/anger-iceberg>

When children are given the chance to talk about their feelings beneath their anger, they can start to "own" their anger and discuss why they are angry instead of lashing out. I have copies of the Anger Iceberg and if you would like one, send me an email and I will send one home with your child. You can also get more information from the link above.

Jennifer Adams ([jadams@hrce.ca](mailto:jadams@hrce.ca))