

CRICHTON PARK CHRONICLE

December 2023

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



WHAT IS HAPPENING AT CRICHTON PARK?

Dear Families,

It was wonderful to see our families during Parent Teacher Conferences. Your feedback and insight is critical as we support your children, our students, in areas of achievement and wellbeing.

Tickets for our December concerts will be sent home this week. We have a few additional tickets for Dec. 13 at 1:30. If you would like to request an extra ticket, please email shawkes@hrce.ca. These are not guaranteed. We will let you know either way by Dec. 8. As well, please send tickets that will not be used back to school. Thank you!

Our amazing Grade 6 leadership team is having a food drive until December 15th. All contributions appreciated!!

Yours in education,
Suzanne Hawkes and Tracy MacDonald

UPCOMING DATES

Dec. 4: PD Day-no school for students

Dec. 13/14 (snow date 15th): Concerts- 1:30pm
(doors open at 1:15)

Please note all students are performing both days. This is a change from last year.

*2 tickets per family on assigned date; if more than one child, will get for date assigned to oldest sibling.

Assigned ticket dates for classes:

Dec. 13th: PP1, PH, P/1CM, 2M, 3/4MC, 5M, 5/6A

Dec. 14th: PP2, P/1D, 1B, 2/3P, 3V, 4/5C, 6S

Dec. 15: PJ Day!

Dec. 18: Team Day!

Dec. 19: Flannel Party!

Dec. 20: Festive Day!

Dec. 20: Last Day before break

Jan. 2: First day back

Jan. 8: HSA Meeting 6:30

Jan. 16: HSA Event Bingo Night

Jan. 25: SAC 3:30 virtual

Please pack extra mittens and socks!



Employment Opportunities

The Crichton Park EXCEL program is looking for Before and After school or just After school staff members to join their team! The hours at Crichton Park are 7:30am-9:00am and 2:30pm-6:00pm. The wage rate is \$18.82 per hour. Please note, children of EXCEL staff are able to attend the EXCEL program at their home school site for free while their parent/guardian is working. Please see attached a copy of the EXCEL Group Leader job description. Candidates are welcome to email Kate MacDonald at macdonald.kate@hrce.ca to apply (please include the school name, a resume, and a cover letter) or they can check out our job postings on <https://www.hrce.ca/employment/job-postings>. We are also looking for full or part time lunch monitors!

A Message from Ms. Hudson

With the beautiful winter weather I would love to take advantage of the days we have soft fluffy snow! I am hoping to take students sledding (on the soccer fields), and in order to take students sledding there are a few things I would like to inform families about:

Firstly, students need to come dressed in proper outdoor clothing; this includes snow pants, boots, hats and mittens. If you need help getting these items please contact me and I will do my best to help you and your family out. If students do not come prepared with these items on a day we go sledding (could be any day that is soft snow) they will have to watch their class from a safe location.

Secondly, students are not allowed to bring their own sleds, I will have a class set of carpets and am unable to inspect personal sleds to ensure safety guidelines. Thirdly, students are not required to wear helmets, however helmets can help protect students from head injuries. If you would like your child to wear one for safety you need to communicate that to me (via email) and supply your own CSA approved helmet on any day your child has PE and if there is soft snow.

Students will be taught how to sled safely, sliding down the middle and climbing up the sides, how to bail off if they need to, etc. As some of you are aware I completed an Outdoor Education certification from St Francis Xavier and will ensure all safety precautions have been taken into consideration. Bring on the snow!

Stay Active,
Ms. Hudson
theresa.hudson@hrce.ca



A MESSAGE FROM OUR HSA

Join the CPS Home & School Association! The commitment is completely flexible - join to help us for a single event, or stick with the HSA for the entire school year! Meetings take place just once per month, with options to join in person or online.

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

Our next meeting is not until January 8th, and we'll be preparing for two events - the return of a super popular event, and the introduction of a brand new one!

- CRICHTON PARK SCHOOL BINGO NIGHT
- Thursday, January 18th, 6:30pm Start
- BOARD GAME CAFE & BOOK SWAP
- Thursday, February 15th, 6:00pm Start

Want to join the planning talking for these two events, as well as the upcoming Spring Fair? Join us on Discord (via the iOS and Android app or on your web browser): <https://discord.gg/rk2UBXvYAA>

Thank you for your ongoing support!



Counsellor's Corner – December

Winter is coming but it's still a great time to take your children outdoors! Whether it's a walk at Shubie Park or around the lake, a weekend visit to the school playground or a stroll along the Dartmouth waterfront, being outside is great for us all! Below is part of an article from Danette Glassy, MD, FAAP & Pooja Tandon, MD, FAAP discussing this.

Healthy benefits of outdoor play

Getting outside provides more than a fun break for children and teenagers. It is also good for their physical and mental health and development.

Children and teens who spend time playing outside and enjoying nature can be:

Physically healthier. Children play harder outdoors than indoors and they need daily opportunities to do so. More outdoor time is linked with improved motor development and lower obesity rates and myopia (nearsightedness) risk. Safely getting some sun also helps us make vitamin D that our bodies need to stay healthy and strong.

More engaged in learning. Playing outside promotes curiosity, creativity and critical thinking. Studies have found that children who spent more time in nature exploration had improved learning outcomes.

More positive in behavior. Research shows that when children spent time in natural settings they had less anger and aggression. Impulse control also improves. This might be especially important when normal routines change for children.

Mentally healthier. Stress and depression are lower for all people who spend time in nature. Children show increased focus and reduced symptoms of Attention Deficit Hyperactivity Disorder.

Remember

Take advantage of the healing power of play in nature—near your home or neighborhood, or wherever you feel comfortable.