



Central Spryfield Elementary

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December 2025 News

Dear Central Families,

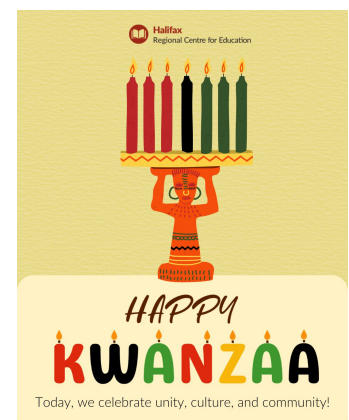
We've had a wonderful first term of learning, and it was such a pleasure to read about all the growth and accomplishments highlighted in our students' first-term report cards (coming home early this week). We look forward to seeing many of you at our parent/teacher interviews this **Thursday, Dec.4th**.

Our Holiday Concert is coming up on **December 10th at 6:30 p.m.** Each family will receive **two tickets** for the evening performance, and doors will open at 6:15 p.m. Grandparents and other extended family members are warmly invited to attend the **afternoon dress rehearsal** that same day. Tickets and additional details will be coming home in your child(ren)'s backpack this week.

Thank you for your continued support. To all who celebrate, we wish you a joyful and peaceful holiday season **Happy Hanukkah, Merry Christmas, and Blessed Kwanzaa!**

Dates to Remember

- **Dec. 4** - no school for students - PD in the morning/ Parent-Teacher Interviews afternoon and evening (1:00 pm - 3:00 pm and 5:00 pm to 7:00 pm)
- **Dec. 10** - Holiday Concert
- **Dec. 12**- Pancake Breakfast for students
- **Dec. 19** - last day of classes for students before Holiday Break
- **Dec. 25** - Christmas Day
- **Dec. 14** – Hanukkah Begins
- **Dec. 26** – Kwanzaa
- **Jan. 5** — First day back to school after Holiday Break





Pancake Breakfast

We will have our annual pancake breakfast for students on **Friday, December 12**. Staff will prepare breakfast for students before school and students will share in a special breakfast meal with their classmates at 9:00am in their classrooms.

Please remember that the school parking lot is **closed to parents during the school day** for the safety of our students. Thank you for your understanding and helping us keep everyone safe!



School Bell Schedule

8:35 - Students start arriving

8:50 - Classes begin

11:50-12:45 - Lunch

2:50 - Dismissal



"Anyone who has never made a mistake has never tried anything new" - Albert Einstein

Resources for Parents from Unplugged Canada



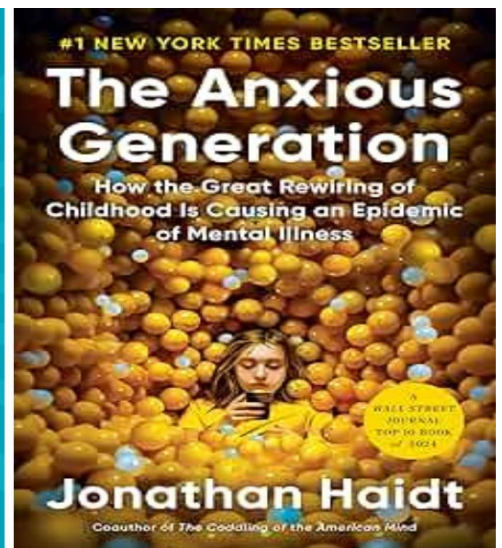
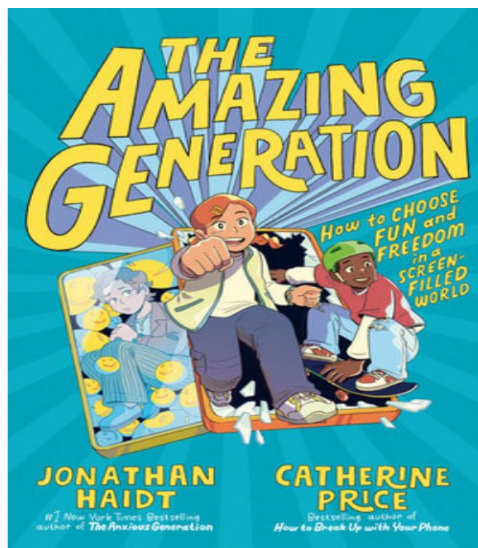
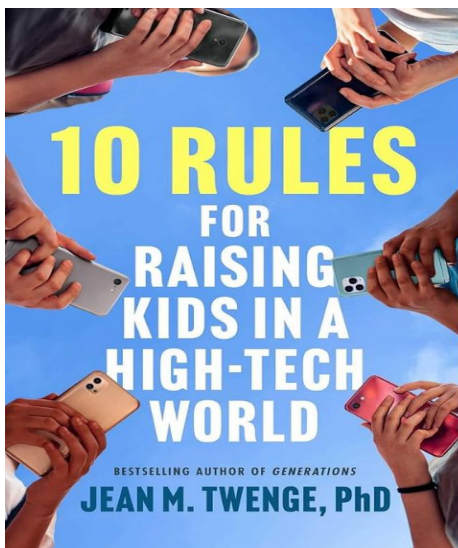
If you're concerned about your kids' screen time, smartphone use, or social media pressure, there are some wonderful resources below to help parents and caregivers navigate the challenges of raising kids in a digital world.

For parents: *The Anxious Generation* by Jonathan Haidt highlights the research and evidence behind how early smartphone and social media exposure have shaped a generation over the last 10–15 years. *Ten Rules for Raising Kids in a High-Tech World* by Jean Twenge offers practical, actionable guidance to help parents set healthy boundaries and support their kids' digital wellbeing.

For kids: *The Amazing Generation*, written for pre-teens and teens and co-authored by Jonathan Haidt, will be released on December 30. It explains the impact of today's digital environment in an engaging, age-appropriate way.

All of these books are available at your local library or bookstore.

Unplugged Canada is a parent-led, national movement advocating for healthier childhoods by delaying smartphones and social media until kids are more developmentally ready. Join thousands of Canadian families choosing to delay by taking the Unplugged Canada Pledge at unpluggedcanada.com/sign-pledge.



“In a world where you can be anything, be KIND”
- unknown



SchoolsPlus is here to support you

SchoolsPlus is a confidential, free service available in every school in Nova Scotia. Our goal is to build positive relationships between families, schools, and communities.

Parents, guardians and students (12+) can self-refer to SchoolsPlus 12 months a year! Just contact the SchoolsPlus Facilitator at your school.

Call 902-464-2000, ext. 2331 or email schoolsplus@hrce.ca.

Learn more about SchoolsPlus [here](#).



Connect with us!

SchoolsPlus is a confidential, free service available in every school in Nova Scotia. Our goal is to build positive relationships between families, schools, and communities. We can help families navigate complicated situations when they are involved with many different services.

**Schools
Écoles Plus**
NOVA SCOTIA / NOUVELLE-ÉCOSSE

Phone: 902-464-2041
Email: schoolsplus@hrce.ca

“It takes a big heart to help shape little minds.” – Unknown



Planning for Inclement Weather

Did you know? HRCE takes great care when making the decision to alter the regular operations of schools and school buses in the event of severe or inclement weather.

It is HRCE's goal to communicate any changes to the regular operations of schools and/or buses as close to 6:00 a.m. as possible. A 6:00 a.m. announcement could be:

- All schools are delayed in opening by two hours and bus pickups are delayed by two hours; or
- All schools are open, but some or all busses are not operating for the day; or
- Some schools (either individually or by family) are closed for the day; or
- All schools are closed for the day.

If weather deteriorates, or is forecasted to worsen throughout the morning, an 11:00 a.m. announcement could be:

- Bussed students will be picked up two hours earlier than their regular dismissal time; and
- Walking students will be dismissed at their regularly scheduled lunch hour.

How will I find out?

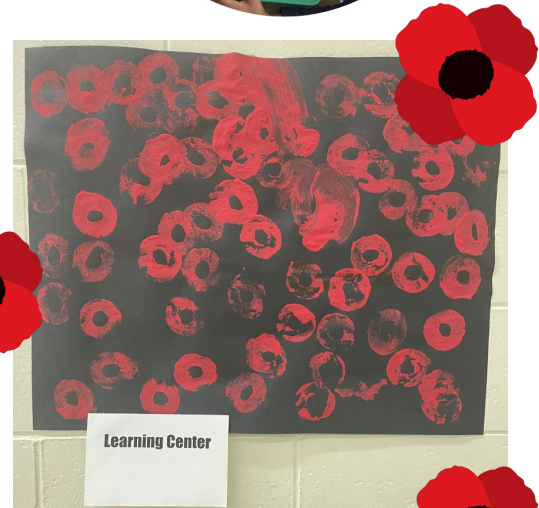
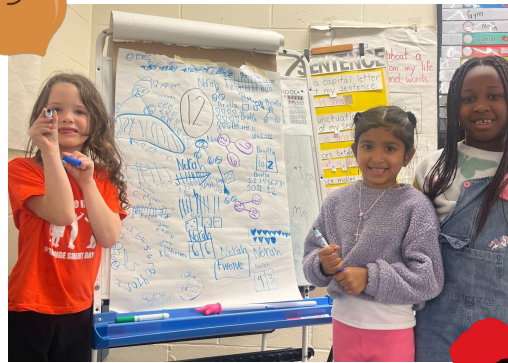
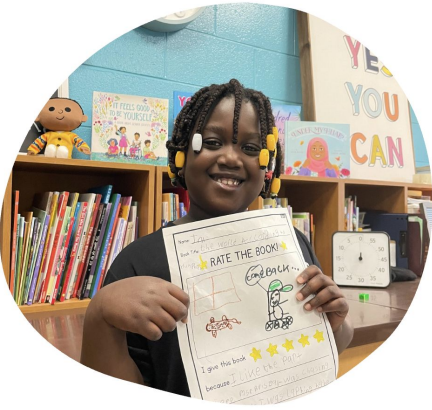
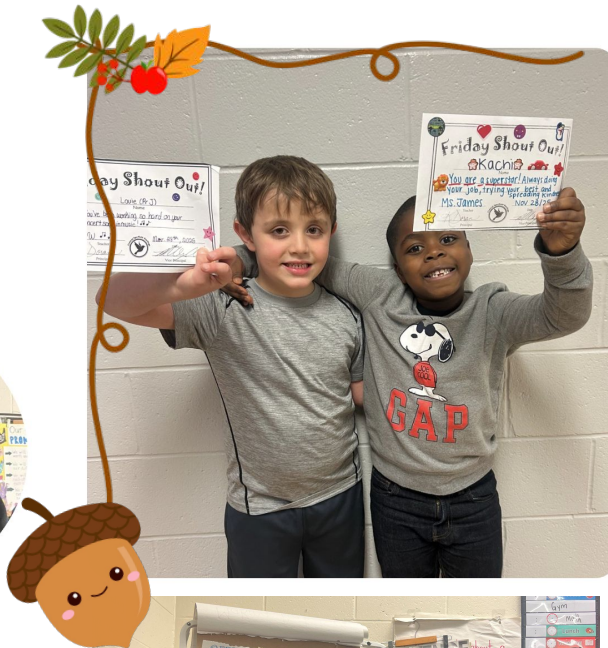
- By email to the addresses in PowerSchool
- By text message, if you have opted-in. If you aren't sure if you have opted-in, text Y to the following number: 978338
- [On the HRCE website](#)
- [On Instagram](#)

It's important to always have a plan in place for childcare in the event of any cancellation. Please remember: As a parent or guardian you always have the choice of whether or not to send your child to school.

For more information on how HRCE manages during inclement weather, visit hrce.ca/families/cancellations.

"It takes a big heart to help shape little minds." – Unknown

November Fun!



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