



Central Spryfield Elementary

364 Herring Cove Rd, Halifax, NS B3R 1V8

(902) 479-4286

Website: <https://cns.hrce.ca/>

Email: cse@hrce.ca



Dear Central Families,

Happy New Year! We hope everyone enjoyed a relaxing and happy holiday break. It has been great to welcome students back to school, and we are excited to get back into our routines together.

A quick reminder that **January 27 is Family Literacy Day**. We will be celebrating the importance of reading, writing, and learning through language. Families are encouraged to keep supporting literacy at home by reading together and talking about books your child enjoys.

As winter weather continues, please remember to send students to school dressed for the cold. We head outside daily when conditions allow, so warm coats, hats, mittens, snow pants, and boots are important to help students stay comfortable during outdoor play.

Starting Monday, January 12, support teachers will continue to welcome students at their entrance doors starting at 8:35 a.m. **Doors will close at 8:45 a.m.**, as classes begin at 8:50 a.m., so all students should be in the building by 8:45 a.m. This will help us ensure a calm and timely start to the school day.

Thank you for your continued support. We are looking forward to a great start to 2026 together.

Dates to Remember

- **Jan. 5** - First day back
- **Jan. 15** - SAC Meeting 5:00pm
- **Jan. 27** - Family Literacy Day
- **Feb. 16** - Heritage Day (no classes)



School Bell Schedule

8:35 - 8:45 - Teachers welcome students at

entrance doors

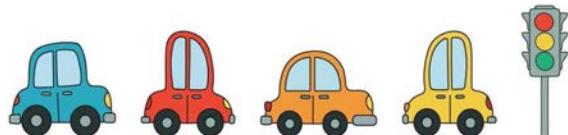
8:50 - Classes begin

11:50-12:45 - Lunch

2:50 - Dismissal



Parking Lot Safety
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!



January 27 is Family Literacy Day



Family Literacy Day takes place each year on January 27 to raise awareness about the importance of reading and engaging in other literacy-related activities as a family.

For more information, visit

<https://www.hrce.ca/learning/elementary/reading-your-child>

**January 27 is
Family Literacy Day**

Engage in reading with your child!



One child, one teacher, one book, one pen can change the world.

- Malala Yousafzai

Online Platform Risks From Unplugged Canada



Sharing on behalf of Unplugged Canada

Many digital platforms today, including social media, online gaming and AI chat tools, are designed to keep kids scrolling and engaged, often exposing them to addictive features, adult content, and interactions they may not be developmentally ready to handle.

Below is a resource that outlines some of the most common social media, gaming, and AI chat platforms, helping families better understand the risks, start meaningful conversations at home, and consider delaying smartphones and access to these apps until kids are more developmentally ready.

You can access the full resource [here](#).

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.

PLEASE SEE FULL RESOURCE ON NEXT PAGE

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

APPS EVERY PARENT SHOULD BE AWARE OF

un-plugged
Canada



SNAPCHAT

- Disappearing messages
- Snap Map location sharing
- Addictive features (streaks)
- Sexting & adult contact



INSTAGRAM

- Body-image pressure
- Hidden DM requests
- Teens use secret "Finstas"
- Exposure to adult content



ROBLOX

- Inappropriate games
- Unmoderated private servers
- Chat with strangers
- Pressure to buy Robux



TIKTOK

- Highly addictive feed
- Harmful viral trends
- Attention fragmentation
- Frequent adult content



DISCORD

- High grooming risk
- Adult/NSFW content
- Harassment & cyberbullying
- Unmoderated servers



YOUTUBE

- Inappropriate content
- High risk of grooming
- Addictive short form content
- Attention fragmentation



CHARACTER AI

- Sexualized roleplay bots
- High grooming-style risk
- Fake "AI relationships" with kids
- Encourages secrecy from parents



TELEGRAM

- Encrypted hidden content
- Large, risky group chats
- Minimal moderation
- Hard for parents to monitor



REDDIT

- Unfiltered communities
- Adult/disturbing content
- Harmful topics easily found
- Anonymous users & predators



CHATGPT

- Kids may overshare personal info
- Mature themes can appear
- Emotional dependence on AI
- Hard for parents to monitor use

Before you let your child use a platform, create an account using their age and explore it yourself to see the content and interactions they'll be exposed to.



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

Power Outage Information for Families



As we move into the winter months, we want to share how decisions are made when a school experiences a power outage. Our priority is always to keep schools open safely when possible. A power outage does not automatically mean classes are cancelled – even if it happens during the school day. The decision depends on when power is expected to be restored.

Here's what happens:

- When a school loses power, HRCE's Operations Team contacts Nova Scotia Power to gather available details on the cause and an estimated restoration time.
- Once we have this information, we consider:
- Before school starts: Have buses begun their routes? If so, we wait until students arrive before making a decision. If classes are cancelled, elementary families will be contacted before dismissal.
- During the school day: How close is dismissal? What is the temperature in the building? Does the school rely on power for water or septic systems? These factors, among others, help us decide whether to stay open or close. Often, power returns faster than we could safely send students home.

If classes are cancelled:

- HRCE will notify families by email and text.
- Families of elementary students will also receive a phone call before dismissal.

Deciding to close schools during a power outage is never simple, but safety is always our top priority. We understand that cancellations can be inconvenient, and our goal is to keep students learning in class whenever possible.

More information about school cancellations for any reason can be found [here](#).

What happens when a school loses power?

Learn more at hrce.ca/families/cancellations
under Power Outage Information for Families

 Halifax
Regional Centre for Education

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



December Fun!



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