



# Central Spryfield Elementary

364 Herring Cove Rd, Halifax, NS B3R 1V8

(902) 479-4286

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

Email: [cses@hrce.ca](mailto:cses@hrce.ca)

## May News

Dear Central Families,

It's hard to believe we are already into May! The final months of the school year always seem to go by so quickly, and our classrooms are still buzzing with lots of learning, growth, and excitement as we head toward summer. We are looking forward to all of the special activities, celebrations, and opportunities that come with this busy time of year.

A reminder to families that our Spring Fair will take place on Thursday, June 4th. This is always such a fun event for our students and school community, but it truly takes many helping hands to make it a success. We are currently looking for parent volunteers to help with activities, stations, and overall event support. If you are available to help in any way, **please contact the school at 902-479-4279.**

Thank you, as always, for your ongoing support. We are looking forward to a great month ahead!

### Dates to Remember

- May 12 and 13 - Gr 3 Provincial Assessments (Language Arts)
- May 15 - Black Excellence Day
- May 15 - Bike Raffle Deadline
- May 18 - Victoria Day (No classes - all schools)
- May 21 and 22 - Gr 3 Provincial Assessments (Math)
- June 4 - Spring Fair
- June 12 - Gr 4 Orientation trip to Cunard
- June 17 - Field Day
- June 25 - Gr 4 Year End Closing (families invited)
- June 29 - Assess and Eval Day - no school for students
- June 30 - Last Day of School

### School Bell Schedule

**8:35 - 8:45** - Teachers welcome students at entrance doors

**8:50** - Classes begin

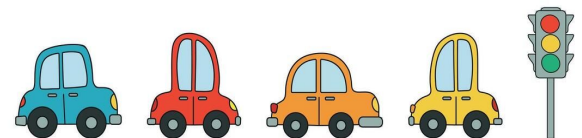
**11:50-12:45** - Lunch

**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!



THURSDAY JUNE 4TH, 2026

JOIN US FROM 5:30-7:30PM

FOR THE CENTRAL SPRYFIELD ELEMENTARY  
**SPRING FAIR**



# FUN FOR THE WHOLE FAMILY!

CANTEEN | GAMES | BOUNCY CASTLES | FACE PAINT

CAKE WALK | TEMP. TATTOOS | COTTON CANDY

**1 PUNCH CARD=**  
**10 STAMPS**  
**\$10.00**

**2 STAMPS:**  
**DRINKS**  
**FREEZIES**  
**COTTON CANDY**  
**GAMES**

**4 STAMPS**  
**PIZZA**  
**TEMP. TATTOOS**  
**BOUNCY CASTLES**  
**FACE PAINTING**  
**CAKE WALK**

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

- Malala Yousafzai

# May 15 is Black Excellence Day

Black Excellence Day 2026 in Nova Scotia is an opportunity for schools to reflect on the learning and exploration of Black people and culture over the past year. It recognizes, celebrates, and supports learning from the achievements, contributions, and leadership of Black individuals and communities. More than a single-day celebration, Black Excellence is the recognition of meaningful steps toward strengthening inclusive learning environments where all students see themselves reflected in curriculum materials, through the stories we tell and the histories we honour.

The purpose of celebrating Black Excellence in our schools and classrooms is to affirm student's identities, build confidence, and inspire futures by highlighting role Black people have made in education, science, arts, leadership, and community advocacy. It reflects and celebrates thoughtful conversations in schools about equity, representation, and the ongoing work to remove systemic barriers.

This moment of reflection also invites educators and school communities to consider how Black Excellence is represented within their own classrooms and learning spaces. For some, this may affirm intentional work already underway; for others, it may serve as an opportunity to begin or deepen this practice. Black Excellence Day reminds us that this work is ongoing, and that there is always time to plan, reflect, and be deliberate in ensuring all students see themselves meaningfully reflected in our schools.

We welcome everyone to wear a black shirt, if you're able, on May 15 to show your support for Black Excellence Day!



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Free Live Event

# UNPLUGGED CANADA



## *A National Conversation*

*with Unplugged Canada Ambassadors*

*Tania Johnson,  
M.C.*

Co-founder of the Institute  
of Child Psychology  
Award-Winning Author

*Dr. Michele Locke,  
Ph.D.*

Clinical Psychologist  
Toronto Chapter  
Co-founder

*Kirsten Sweet,  
M.Ed.*

National Program Director  
Alberta Chapter  
Co-founder

- ✔ Explore the research: Smartphones and Social Media
- ✔ Review the Unplugged Pledge and Resources
- ✔ Join our National School Champion Program
- ✔ Check out our new resource: Operation Landline
- ✔ Invite all parents and caregivers in your school community

*Wednesday,  
May 6th*

5pm PT | 8pm ET

## Unplugged Webinar on Smartphones, Social Media and More

Unplugged Canada is hosting a LIVE webinar on May 6 every parent and caregiver needs to hear. We're talking smartphones, social media, the research – and most importantly, what we can do about it.

Hosted by Kirsten Sweet, educator and National Program Director with Unplugged Canada with Tania Johnson, Co-founder of the Institute of Child Psychology and Dr. Michele Locke, Clinical Psychologist, learn about the impact of smartphones and social media on youth and how the Unplugged Canada Pledge and our resources can spark meaningful conversations in your home, school, and community.

We'll also introduce two new initiatives: the National School Champion Program and Operation Landline – a summer campaign helping families delay smartphones and reconnect in simpler, more intentional ways.

Come ready to learn, connect, and be part of the movement. Register [here](#).

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

# ONLINE SAFETY TIPS FOR PARENTS

## Keeping Kids Safe on the Internet



### Parenting Youth Online

Recognizing that it is easy to feel overwhelmed with how to keep kids safe, the Parenting in the Online World booklet includes information on risks and ideas for initiating and maintaining a dialogue with youths/teens about safe online practices. Click [here](#) to learn more about emerging risks online and ways to support your child.

### Parenting in the Online World Resource Guide:

The guide includes information on current trends and risks such as online luring, sextortion, deepfakes, and online sexual violence. Click [here](#) to access the guide.



### Raising Digitally Resilient Kids Workshop

The Raising Digitally Resilient Kids parent workshop outlines how parents and guardians can support children's well-being and help them balance the risks and benefits of digital media. The workshop provides an overview of online risk categories and provides resources and essential strategies that participants can take to manage these risks. Click [here](#) to access the workshop.



### CyberTips!

Report and/or sign up for alerts to receive important information to help keep your family safe online. Click [here](#) to access the website.



Click [here](#) for apps and programs for keeping kids safe online!

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# Parenting your Teen/Pre-Teen



Join this two-part series to learn strategies to improve communication and build stronger relationships in your family. Topics covered include: typical child/adolescent behaviours vs. cause for concern, fostering independence and identity, balancing connection and conflict, dialectics, and validation. For parents/caregivers with children of any age.

Online

June 4<sup>th</sup> and 11<sup>th</sup>, 5-7pm

Facilitated by IWK Social Worker Katie Cripps MSW RSW

REGISTER:

<https://forms.gle/E8LjYFXPmeMJ9G889>



Register for Parenting Series [here](#)

## Halifax Recreation **SUMMER CAMP** Registration

Registration opens April 10<sup>th</sup> at 10am

You can register [online](#) by logging in or creating a new account. You can also [search](#) for a program or location.

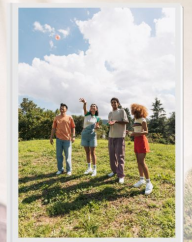
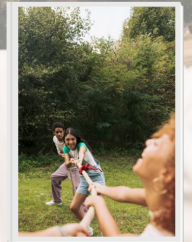
To register in-person visit your nearest municipally owned and operated [Recreation Centre](#).

To register by phone call: 902-490-6666.

### To register for Inclusion:

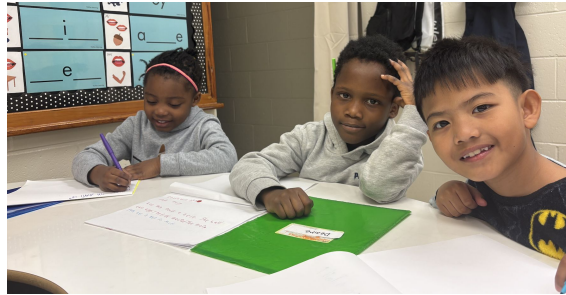
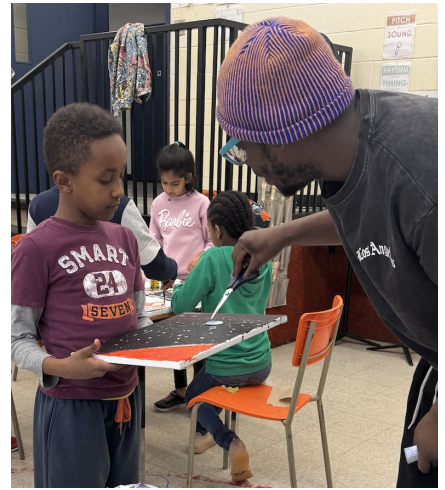
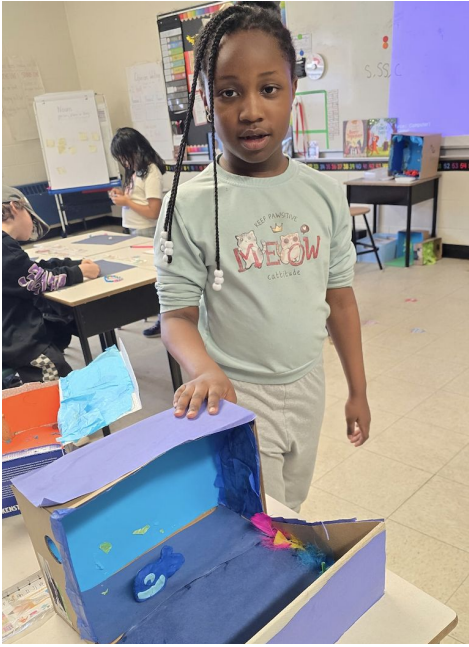
To register your child (5-12 years of age) for inclusion support in summer camps please, use the course code 61179 on registration day.

Scan the QR code below for more information



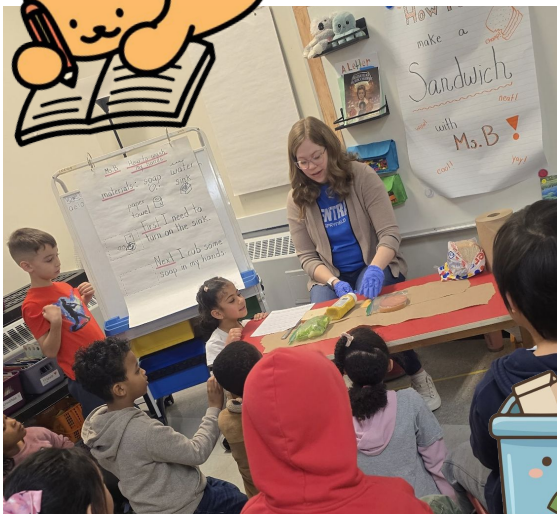
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# April Fun!



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