Central Spryfield Elementary

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Karen Doran, Principal I Marianne Wyllie, Vice Principal I Juanita Spice, Admin Assistant

At Central,
we believe that everyone belongs and learns best when we're **safe**, **kind**, and **respectful**. We all share the job of making school a place where we care about each other, solve problems with kindness and help each other grow. Together, we make our school a welcoming place to learn, play, and belong.

October 2026 News

What a busy and exciting start to the school year! September flew by, and it was wonderful to see our students settling into their classrooms, getting to know their teachers, and finding their place in our Central community.

We had a great turnout for **Curriculum Night**, and it was lovely to have so many families in the building and connected with our staff. We also came together for **Stand Up Against Bullying Day**, our **Terry Fox Walk/Run**, and **Orange Shirt Day**. Each of these days gave our students opportunities to learn, reflect, show kindness and think about how we can make our school and community a better place.

We also completed our first safety drills (**Fire Drill, Lockdown, and Hold & Secure**) and I'm happy to report that everything went smoothly. These drills are an important part of keeping our students and staff safe and making sure everyone knows what to do in an emergency.

As we move into October, we remain focused on building a **safe, inclusive and respectful environment where every student feels a strong sense of belonging**. Thank you to our students, staff and families for helping make September such a positive start to the year. We're looking forward to all that October will bring!

Dates to Remember

- **Oct. 1** - Treaty Day – Culturally Significant day – schools open
- **Oct. 12** - Thanksgiving Day (no classes)
- **Oct. 19 & 20** - Picture Days. Your child's teacher will contact you about your children's date
- **Oct. 23** - NSTU Provincial conference day (no classes for students)
- **Nov. 11** - Remembrance Day (no classes for students)
- **Nov. 20 -** Assessment and Evaluation Day (no classes for students)
- **Dec. 3** - Parent Teacher Interviews 5:00pm-7:00pm
- **Dec. 4** - PD in the morning/ Parent Teacher Interviews 1:00pm-3:00pm (no classes for students)
- **Dec. 10** - Holiday Concert

Birthday Treats at School

Celebrating a child's birthday is a special moment, and our teachers work hard to make students feel recognized in meaningful and age-appropriate ways in the classroom.

We kindly ask families **not to send in birthday cakes, cupcakes, gift bags, or any other treats or toys** for student birthdays.

There are a few important reasons for this:

- **Student safety**: We have many children with **food allergies and sensitivities**, and we must ensure the school environment is safe for everyone.
- **Equity**: Not all families are in a position to send food or gifts to school, and we want all children to feel included and celebrated, regardless of circumstances.
- **Classroom focus**: Keeping celebrations simple and school-appropriate helps maintain a positive learning environment for all.

We truly appreciate your cooperation and understanding. By working together, we can continue to make every child feel special in a safe, inclusive, and respectful way.

A Quick Note About Lunch Drop-Offs

We've had a few recent instances of **DoorDash, SkipTheDishes**, and **fast food being dropped off** during the school day.

These drop-offs can be:

- Disruptive to learning
- Poorly timed (often too early or too late)
- A safety concern (with unknown or unscheduled visitors)
- A challenge for equity, as not all students are able to receive takeout meals

If your child forgets their lunch, please don't worry! We always have **extra food options available** through the main office, and no student will go hungry during the lunch hour. Please encourage your child to come to the office if they ever find themselves without lunch.

Thanks for helping us keep the day running smoothly and focused on learning!

School Bell Schedule

8:35 - Students start arriving
8:50 - Classes begin
11:50-12:45 - Lunch
2:50 - Dismissal



School Advisory Council (SAC)

The School Advisory Council (SAC) is a provincially mandated group that acts in an advisory capacity to the school principal. Our SAC is made up of administration, teaching and support staff representatives, parents/guardians and community members. The SAC meets 6 times each year and discusses a variety of topics surrounding student success in our school. If you are interested in being part of our School Advisory Council, please give the main office a call or contact Karen Muldowney-Doran (principal) Kmuldowney-doran@hrce.ca

Parking Lot Safety

It is important that we work together to ensure student safety in the parking lot of our school. Please remember that the parking lot of the school is **strictly for staff** during the school day. Please take note of the many no parking signs on the street as staff are trying to safely load or unload bus students before and after school. Student safety is our number one priority.

PEANUT SMART AND "SCENT"SITIVE SCHOOL

We have several students who have life threatening allergies to peanuts and nut products. Please respect their health and well-being by sending your child with snacks and lunches that are nut-free.
Many of our students have medical conditions that can be triggered by scented products. Students, staff and families, please refrain from wearing products containing scents at school.

Lunch Monitors and EPA subs

We are in need of substitutes for our Educational Program Assistants and Lunch Monitors. If you or someone you know might be interested please contact us at the school for more information. 902- 479- 4286



Join Our PTA!

Calling all our amazing
parents and carers

***Help us raise funds
for CSES and organize
fun events!***

If you're interested, please email
Laura Kirkpatrick at
lkirkpatrick@hrce.ca
and/or Karen Doran at
kmuldowney-doran@hrce.ca

October 1 is Treaty Day

Treaty Day is an opportunity to learn, reflect and deepen our understanding of the historic and ongoing relationships between Mi’kmaq and non-Mi’kmaq people in Nova Scotia.



Treaties are not simply part of our past. They are living agreements that continue to shape our shared responsibilities today. In schools, Treaty Day provides an important opportunity to help students understand Mi’kmaq history, culture, rights and perspectives, while exploring what it means to live together in a spirit of respect, partnership and reciprocity.

By continuing to learn about the Treaties and our responsibilities within them, we help build stronger relationships and contribute to the ongoing work of reconciliation

October is Mi'kmaq History Month

Each October, Mi'kmaq History Month provides an opportunity to deepen our understanding of Mi'kmaq culture, history, language and traditions, while recognizing the important contributions of Mi'kmaq people past and present.

Across our schools, students and staff may mark the month through learning, storytelling, art, community connections and cultural experiences that bring Mi'kmaq perspectives into the classroom and school community.

As we learn together, Mi'kmaq History Month reminds us of the importance of listening, building relationships and continuing our shared commitment to truth and reconciliation.

Learn more about Mi'kmaq History Month here.

October 19-23 is School Bus Safety Week

Every school day, thousands of HRCE students rely on the bus to get to and from school safely.

School Bus Safety Week is a chance to highlight the simple habits that help keep everyone safe — from waiting well back from the road, to following the driver's instructions, to staying alert around stopped school buses.

With more than 33,000 HRCE students travelling on more than 400 buses each day, safety depends on all of us: students, families, drivers, schools and motorists.

This week is a good opportunity to review a few everyday reminders and help reinforce safe routines on the bus, at the stop and on the road.

Bus Stop Safety

- Be on time for the bus and please don't run to/from the bus.
- Stand back off the road and don't push or shove when waiting at a stop.
- Always cross in front of the bus. Walk three metres (10 feet) in front of the bus to a point where you can see the driver and wait for the driver's signal to cross. Proceed to the centre of the road, STOP, LOOK & LISTEN and cross the road when it is safe.
- Never crawl under a school bus or cross the road behind the bus.
- Know the danger zones around the bus.

School Bus Safety

- Please respect and listen to the driver and avoid distracting them.
- Please keep noise levels to a minimum.
- Do not stand or move seats while the bus is in motion.
- Never put your hands, arms, feet or head out of the bus window.
- Ask the driver for permission before you open the bus windows.
- Do not throw anything inside the bus or out of the windows.
- Keep the aisle clear at all times when the bus is in motion.

Remember: In Nova Scotia, it's illegal to pass a school bus when its red lights are flashing and the stop arm is extended.

You can find out more information about riding the school bus in HRCE here.

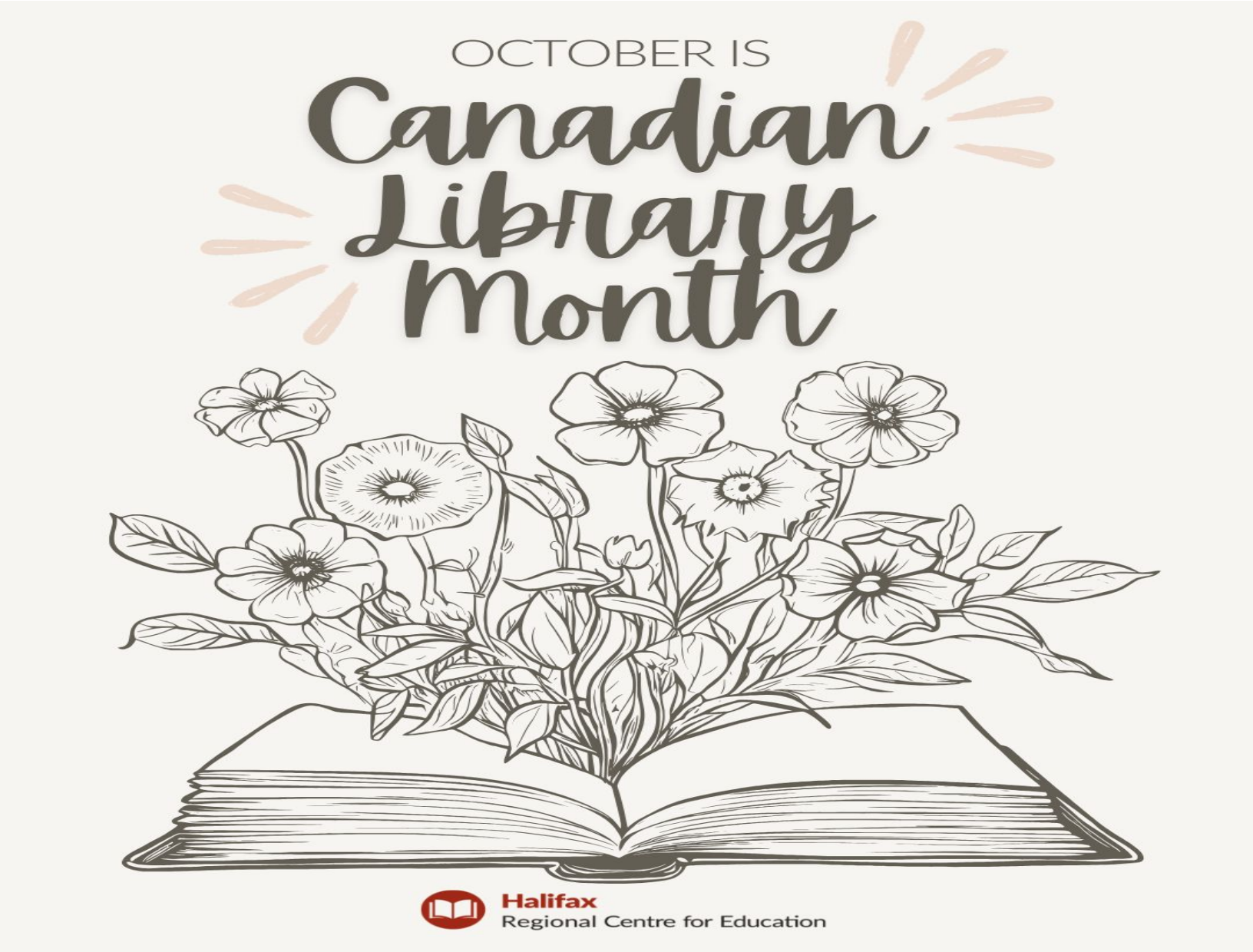
October is Canadian Library Month

October is a chance to celebrate the important role libraries play in our schools — and the Library Support Specialists who bring those spaces to life.

Every day, our school libraries help students discover new interests, build literacy skills, find reliable information and, sometimes, simply find a welcoming place to spend some time. Our Library Support Specialists are an important part of making that happen.

Canadian Library Workers Day is recognized on the third Friday of October, followed by Canadian School Library Day on the fourth Monday. These are great opportunities to recognize the people who help make our libraries engaging, inclusive and supportive spaces for students.

Please join us in thanking our Library Support Specialist, Dylan McKenney, for all he does to support students, staff and our school community.



September Fun!







