



Central Spryfield Elementary School

364 Herring Cove Rd
Halifax, Nova Scotia
B3R 1V8

Phone: 902-479-4286
Safe Arrival: 902-479-4292
Email: cses@hrce.ca

Hello October 2020

DATES TO REMEMBER:

- October: Mi'kmaq History Month
- October 1: National Treaty Day
- October 10: World Mental Health Day
- October 12: Thanksgiving Monday. **NO SCHOOL**
- October 31: Halloween



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D. Gilfoy	Principal
O. Jupp	V-Principal
L. Hennigar	Admin.
	Assistant
K. Myers-Stuart	Guidance

September at a Glance

Happy October Everyone!
We are settling well into our new routine, following public health protocols, and there is lots of learning happening in our classrooms.

- We continue to practice Kindness in our thoughts, words and actions. We have begun weekly kindness affirmations. Last week was, "I will choose kindness over anger."
- By now you probably have viewed information from your child's teacher from our Virtual Curriculum Night. Please reach out to your child's teacher if you have any further questions
- We practiced 3 safety drills: Fire, Hold/Secure & Lockdown
- We had our school pictures taken this month

Breakfast Program

Our breakfast program has changed this year. Instead of the grab and go, teachers now bring breakfast to the classroom and hand out breakfast to those who wish to have something. We bring students in at 8:45 so they can have time to get ready for the day and have something to eat before the first class at 9:00am. It is important for students to be on time so they can enjoy some breakfast and not feel rushed.

Reminder to please call the safe arrival number if your child is going to be absent.

Safe Arrival: 902-479-4292

Water Testing in Schools

This past spring, every water source in every school in Nova Scotia, including ours, was tested to determine whether the lead and copper levels in the water met new Health Canada Guidelines. The results of this testing can be found in two places:

- Provincial government website at: www.ednet.ns.ca/water-test-results
- Halifax Regional Centre for Education (HRCE) website at: www.hrce.ca/water-test-results

The provincial website has information for every school in Nova Scotia. The document on the HRCE website contains an additional column "Next Steps" which will be updated as work progresses for any water source that tested above the Health Canada guidelines.

No matter the results, students and staff will continue to access drinking water through the current water stations as fountains are inaccessible during COVID-19. **Even for those schools where every water source falls within the guidelines.**

Please reach out if you have any questions.





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Nova Scotia's Back to School Plan

We are happy that our province is continuing to have low COVID-19 cases and are able to continue Plan A of our provincial back to school plan. Plan A is when all students are able to attend school and have in-class learning. In the event that we need to move to Plan B of the provincial plan, students in grades 9-12 will not be attending school but will be learning virtually, and students in PP-8 will continue to attend school but in smaller class sizes where physical distancing of 2m must be maintained. Smaller classes means there may not be enough space at Central to accommodate all the classes and some classes may need to move to another school. We are preparing for Plan B so if we move to that scenario we will be ready. We will share more information with you later.



Rita Joe was a Mi'kmaq poet and songwriter, often referred to as the Poet Laureate of the Mi'kmaq people. She was born in Whycomagh, Cape Breton Island, Nova Scotia, and one of her famous poems is "I lost my talk."

I lost my talk
The talk you took away.
When I was a little girl
At Shubenacadie school.

You snatched it away:
I speak like you
I think like you
I create like you
The scrambled ballad, about my world.

Two ways I talk
Both ways I say,
Your way is more powerful.

So gently I offer my hand and ask,
Let me find my talk
So I can teach you about me.

Registration and Media Release Forms

Earlier this week, copies of your child's registration form and a media release form were sent home. It is important we have up to date information on the registration form, especially the new **Technology Section**, if we ever have to go to Plan B of our Back to School Plan. For the media release form, please read, sign and return both forms to your child's teacher.



October: Mi'kmaq History Month

We celebrate Mi'kmaq History Month in October. You may have noticed this poster on our website:



About the poster:
Sqaliaqnn Tel-nenmumkl aqq Tel-we'wmumkl / Plant Knowledge and Use

As Mi'kmaq, we have always recognized the important role that plants play in our culture and livelihood. From harvesting plants for nourishment and healing to the gathering of plants to make art and for use in ceremony, plants are and have always been, an essential resource for the Mi'kmaq. This year's poster draws on this knowledge and highlights the significance of plants, not just as a source of food but as an integral part of Netukulimk – our way of life. Combining ancestral practices with a contemporary point of view, the poster features the four sacred colours and the four sacred plants as the primary motive. The use of traditional knowledge, along with scientific knowledge, helps to improve our understanding of the health and habitats of key plant species and allows us to better protect ecosystems across Mi'kma'ki.