



Central Spryfield Elementary

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January 2024 News

Dear Parents and Guardians,

Happy New Year, everyone! We are excited to be back to school supporting our students each day!

Brrrr, the winter weather has arrived. Children will continue to go outside at recess and lunch every day during the winter months, weather permitting. I'd like to remind you to make sure they are dressed appropriately for the weather every day. We also recommend sending an extra set of mittens or gloves in case they get wet at recess. We will not send students out if it is colder than -20C.

January 27 is Family Literacy Day. Please see the next page for more information and a link to some suggestions for reading and engaging in other literacy-related activities as a family.

Kind regards,

Karen

Dates to Remember

Jan 2 – First day back to school after Holiday Break

Jan 11 - SAC meeting 5:00pm

Jan 11-Feb 16 - Mad Science

Jan 27 - Family Literacy Day

Feb 19 - Heritage Day

March 11-15 - March Break

March 18 - Assess and Eval Day (no classes for students)

March 29 - Good Friday (no classes)

April 1 - Easter Monday (no classes)



School Bell Schedule

8:35 - Students start arriving

8:50 - Classes begin

11:50-12:45 - Lunch

2:50 - Dismissal



Family Literacy Day



January 27 is
Family Literacy Day

Engage in reading with your child!



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.

This year's theme, in honour of Family Literacy Day's 25th anniversary, is let's have a party! Make food, sing songs, and play games. The possibilities for learning are endless.

For more information, visit <https://www.hrce.ca/learning/elementary/reading-your-child>

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

- Malala Yousafzai

Helping kids get a good night's sleep

Getting good, regular sleep is important. When we get a good sleep, everything in our bodies works better, setting us up for better health now, and in the future.



Good sleep is a habit

Follow the same routine every night to prepare for bed. Doing this sends messages to our bodies that it's sleep time and makes us more ready to go to sleep when we snuggle into bed. Try to use the same bedtime and getting-up-time every day too, including the weekend.

Keep it quiet and cool

Avoid electronic games and devices, including TV, for at least an hour before bedtime and don't have any in the bedroom. Make sure the bedroom a pleasant, not-too-stimulating environment that is cool (around 16–18 degrees celsius), dark and quiet.

Be careful about eating

Avoid caffeinated foods and drinks (that includes chocolate) for at least six hours before bedtime, or even longer.

Settle down solo

Allow children to settle off to sleep independently, perhaps after a short story or cuddle. This will mean when they wake naturally in the night, which we all do, they will be able to settle off to sleep again without needing their parents to be there.

A bright new day

In the morning, make sure there is bright light to provide a clear signal that it's daytime to help keep getting-up-time consistent.

Well Being Tips:

One of the goals in our Student Success Plan focuses on well-being. Central Spryfield has strategies in place to ensure we are doing intentional work with students to improve their experience at school. We will be sharing tips and strategies with you in our monthly newsletters. This month's topic focuses on *sleep*. Many of our students have mentioned they find it hard to pay attention because of how tired they are. Teachers have incorporated more movement and hands on learning into their days to help counter this. We also need support from home to ensure our students are well rested and ready to learn. Read helpful tips from the IWK regarding sleep routines.



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Check out the new HRCE.ca!



Last winter, staff, families, and SACs were asked for feedback on the HRCE website. They used that input to build a new family-focused site that prominently features the information our communities need most.

You'll notice:

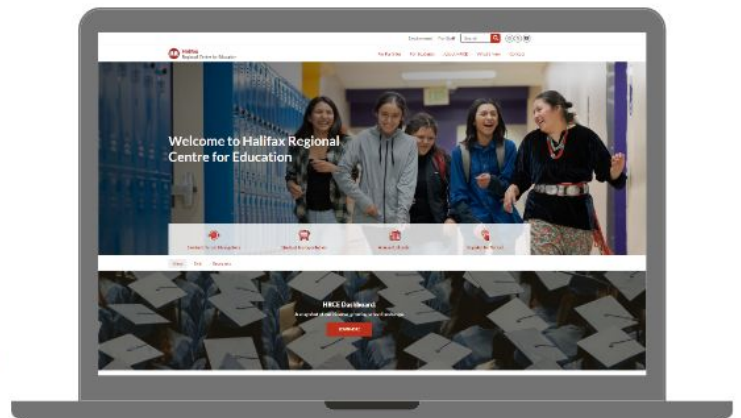
- Fewer pages – we deleted outdated information.
- A clean, modern look and feel – it's an easy-to-navigate, user-friendly experience.
- Significantly improved accessibility – this is better for our community members who use screen readers and translation services.



New year. New website!

Find all of the information you need about HRCE in our new, easy-to-navigate website experience!

HRCE.CA



For more information, visit <https://www.hrce.ca/>

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WINTER WEATHER



The cold weather is upon us. Please make sure that your children are dressed appropriately for the changing Nova Scotia weather. They should have snow pants, boots, hats, mittens or gloves. If possible, we recommend sending an extra set of mittens or gloves in case they get wet at recess. As always, it is a good idea to have additional dry clothing in your child's backpack. This will keep us from having to contact you in the middle of the day. Children will continue to go outside during the winter months, weather permitting. We will not send them out if it is colder than -20 degrees Celsius.

Winter weather
is upon us!

Visit [hrce.ca](https://www.hrce.ca) for everything you need to know about how weather could impact the operation of our school.



For more information visit
<https://www.hrce.ca/families/cancellations>

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CSES Christmas Families Initiative



Thank you to those who made generous donations to our CSES Christmas Families Initiative. Your support was greatly appreciated and made a wonderful impact for many special kiddos on Christmas morning!



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DECEMBER FUN!



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