 Central Spryfield Elementary School

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Halifax, NS B3R 1V8

902-479-4292 (Leave Message)

Crystal Pelly, Principal

Oliver Jupp, Vice Principal

Jill Bray, Admin. Assistant 60%

Tanya Pelley, Admin. Assistant 40%

May 2020 NEWSLETTER

Dear Families,

Needless to say, 2020 has progressed in an unprecedented way with COVID-19 affecting everybody worldwide. With Nova Scotia under a State of Emergency, we have seen the closure of businesses, parks & trails, and of course, schools. These changes are difficult, but with cooperation from our families, students, staff and support workers, we are working hard to accomplish successful learning at home. We are all learning as we go. Our Central Spryfield school family has been remarkable in adapting to these changes, and we appreciate the emotional turmoil, difficulties due to isolation, and also the accomplishments of our students, families and staff.

At this point school is slated to reopen May 19th, after the long May weekend. However, this date will be reviewed by the province and HRCE, and we will be updated on their decision. With regards to report cards, we also wait to hear from HRCE on how and when they will be distributed. Meanwhile, we continue to register children for September, and encourage you to remind friends, relatives and neighbours to register their child(ren) online at [www.HRCE.ca](http://www.hrce.ca).

Finally, we remind all of our students to practice good hygiene, wash your hands frequently, and stay at home as much as possible. If you are out, keep 2 metres away from other folks. Until we hear more from Dr. Strang, please keep safe, and stay home!

If you have any questions, concerns, or things you would like to discuss about your child’s learning, please email your child’s teacher or administration at cses@hrce.ca. WE MISS YOU AND CAN’T WAIT TO SEE YOU ALL AGAIN SOON!!

Sincerely,

Crystal Pelly

**We’re on the Web!** [**http://cns.hrce.ca**](http://cns.hrsb.ca) [**https://www.hrce.ca/coronavirus**](https://www.hrce.ca/coronavirus)

Counselling Corner:

Dear Central Spryfield Families,

I hope you are all keeping well as we attempt to navigate uncharted territory stemming from Covid-19 and unprecedented tragedy from recent events in Portapique, Nova Scotia. More than ever it is imperative to make our mental health and well-being a priority as we focus on those we love most and re-structure our daily reality to create a “new normal.”

To assist with this, I have created a [School Counselling website](https://sites.google.com/gnspes.ca/mstopshee-counsellingpage/home) with resources and supports for the entire family. I wanted to create a central hub for families to easily find the information and resources they require to access free local mental health and well-being supports. Here, you can find Covid-19 information for students and families; the N.S. At-Home Student Learning packages; virtual lessons on the five major components of Social Emotional Learning; and further information on some of the programs I run in schools such as Roots of Empathy (which I highly recommend checking out not only for its educational aspects, but also for its heart-warming focus: it’s a program about babies and how they teach us the importance of empathy and love. We all need a reminder of these important lessons right now more than ever 💗).

As I connect with families and students, my heart swells with pride as I hear a common theme: we are all trying to do our best in an extremely challenging situation. This isn’t easy, and we shouldn’t pretend that it is. Please know that your child’s teachers, the school’s administration, support staff and myself are all here to support you. Your mental health and well-being are a core focus as we attempt at-home learning in all its forms. In fact, I would suggest, just as it’s important to incorporate Learning Moments throughout the day (for example: looking for signs of spring on your daily walk; learning a new word every day; discovering a new country and culture; practicing your multiplication tables as you wash your hands; etc.) it’s equally important to incorporate Mindful Moments into your day as well. Mindful Moments may include: identify how you are feeling when you awaken in the morning; take five minutes every day to be still and quiet; be aware of your breath - take some deep belly breaths to calm your body and mind; take a moment to ask yourself: what fills my heart with gratitude today?

Practicing mindfulness attempts to engage us in the present moment, rather than focusing on our future or our past. By being present in the moment, we are more aware of our thoughts, feelings and have more control over our reaction to things. We also connect more to the people around us as we stay present, rather than focusing on our endless To-Do lists or distractions such as social media. Try incorporating some mindfulness activities into your day, and see if it helps bring you a sense of calm and peace, if even for a moment, during these most challenging of circumstances.

Warmest Regards

Ms. Topshee

htopshee@hrce.ca

[School Counsellor website](https://sites.google.com/gnspes.ca/mstopshee-counsellingpage/home)

Provincial Mental Health Crisis Line: 1-888-429-8167

 [**Kids Help Phone**](https://kidshelpphone.ca/) 1-800-668-6868