

# FEBRUARY

HPCS Newsletter



## UPCOMING DATES

- ♥ February 1<sup>st</sup> - 28<sup>th</sup> - Black History Month
- ♥ February 3<sup>rd</sup> - Coins for Books - Jersey/Hat Day & Tia Upshaw Presentation
- ♥ February 10<sup>th</sup> - SAC 5:30pm & PTA 6:30pm
- ♥ February 10<sup>th</sup> - Coins for Books - Backwards Day!
- ♥ February 11<sup>th</sup> - French Immersion Info Session
- ♥ February 12<sup>th</sup> - PTA Valentines Dance 6:30pm
- ♥ February 14<sup>th</sup> - Valentines Day
- ♥ February 16<sup>th</sup> - Family Day (No School)
- ♥ February 17<sup>th</sup> - Lunar New Year
- ♥ February 17<sup>th</sup> - Coins for Books - Crazy/Funky Hair Day!
- ♥ February 17<sup>th</sup> - Chinese Lunar New Year
- ♥ February 18<sup>th</sup> - First day of Ramadan



## LOST AND FOUND

WE ARE COMMITTED TO MINIMIZING LOST AND FOUND ITEMS, AND WE ASK FOR YOUR COOPERATION BY LABELING ALL YOUR STUDENTS BELONGINGS. LABELED CLOTHES TEND TO MAKE THEIR WAY HOME BETTER. ALSO IF YOU ARE AT THE SCHOOL PLEASE HAVE A LOOK TO SEE IF ANYTHING BELONGS TO YOUR STUDENTS. ANYTHING THAT IS NOT CLAIMED WILL BE DONATED TO A LOCAL CHARITY ON A REGULAR BASES.



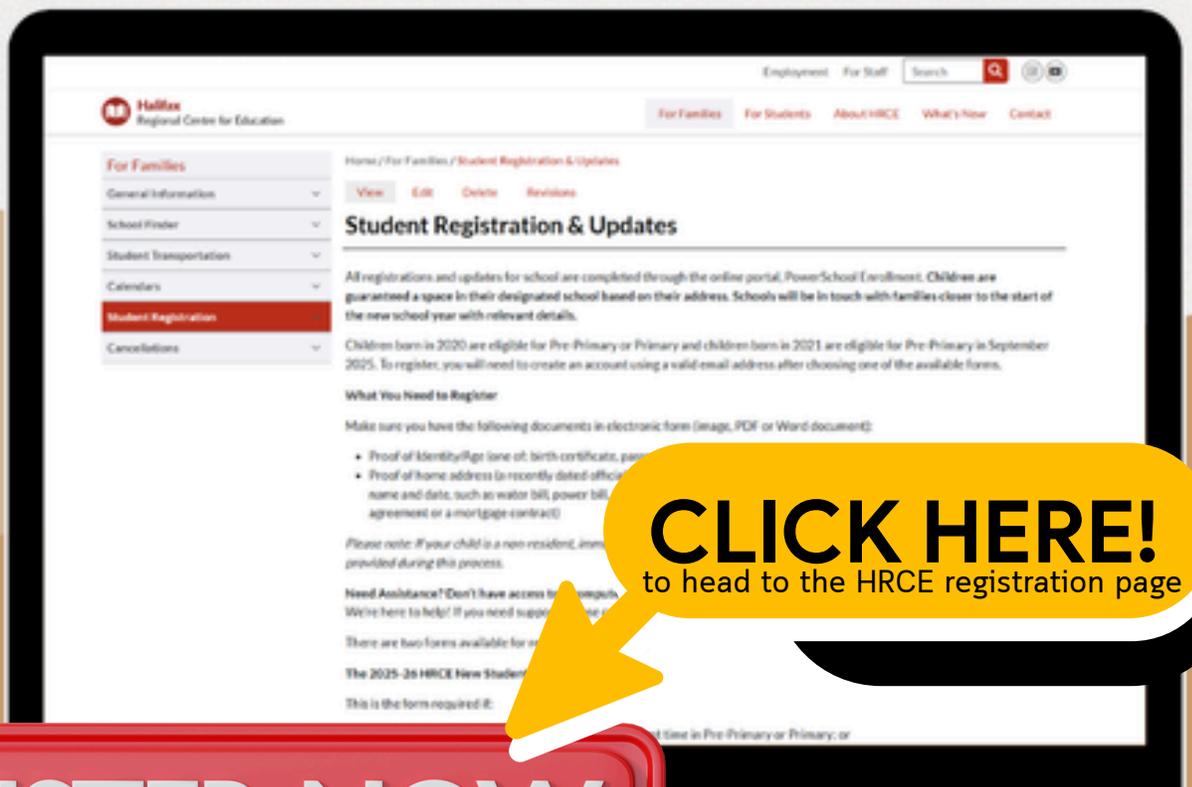


**Halifax**

Regional Centre for Education

# February is Registration Month!

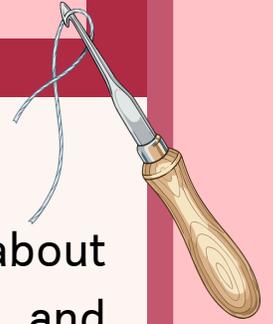
Visit [www.hrce.ca](http://www.hrce.ca) to register today!



**CLICK HERE!**  
to head to the HRCE registration page

**REGISTER NOW**

# French's Corner



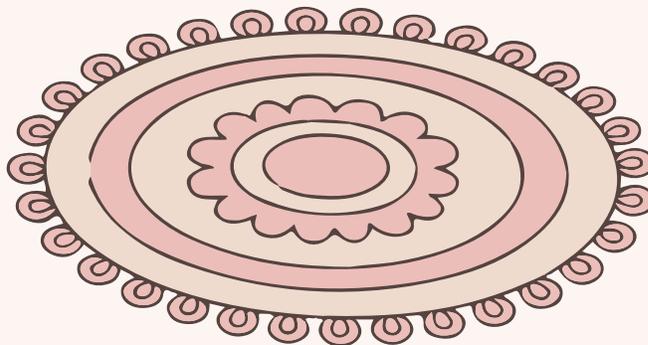
This month in Coin français, we are sharing information about rug hooking and its connection to French culture and traditions.

Rug hooking is a traditional craft that has been passed down through generations in many Francophone communities, especially in Acadian and Quebec cultures. Families often worked together to create handmade rugs using small strips of fabric. These rugs told stories about daily life, nature, and community, and helped preserve cultural traditions through creativity and sharing.

We are also wondering if any families may have rug hooking supplies such as hooks, frames, or yarn that they would be willing to donate. We are planning to begin some rug hooking projects at school in the near future and would greatly appreciate any support. If you are able to help, please let us know at [NFawthrop-Pooler@hrce.ca](mailto:NFawthrop-Pooler@hrce.ca).

To continue building our French vocabulary at home, here are some numbers you can practice with your child, along with how they sound:

- one → un (uhn)
- two → deux (duh)
- three → trois (twah)
- four → quatre (kat-ruh)
- five → cinq (sank)
- six → six (seess)
- seven → sept (set)
- eight → huit (weet)
- nine → neuf (nuf)
- ten → dix (deess)



# FEBRUARY IS *African Heritage Month*

AFRICAN HERITAGE MONTH IN NOVA SCOTIA IS A TIME TO RECOGNIZE AND CELEBRATE THE RICH HISTORY, VIBRANT CULTURE, AND LASTING CONTRIBUTIONS OF PEOPLE OF AFRICAN DESCENT IN OUR PROVINCE. THIS YEAR'S THEME, "**STRENGTH IN UNITY – MOVING FORWARD WITH PURPOSE, PROSPERITY, POWER AND PROGRESS,**" REMINDS US OF THE IMPORTANCE OF COMING TOGETHER AS A COMMUNITY, LEARNING FROM ONE ANOTHER, AND MOVING FORWARD WITH SHARED PURPOSE.

IN OUR SCHOOLS, AFRICAN HERITAGE MONTH PROVIDES MEANINGFUL OPPORTUNITIES FOR STUDENTS TO EXPLORE AFRICAN NOVA SCOTIAN HISTORIES AND EXPERIENCES, DEEPEN THEIR UNDERSTANDING OF OUR SHARED PAST, AND REFLECT ON THE VALUES OF RESPECT, INCLUSION, AND BELONGING. THROUGH CLASSROOM LEARNING, DISCUSSIONS, AND ACTIVITIES CONNECTED TO THIS YEAR'S THEME, STUDENTS ARE ENCOURAGED TO APPRECIATE DIVERSITY, BUILD EMPATHY, AND RECOGNIZE THE STRENGTH THAT COMES FROM UNITY. THESE EXPERIENCES HELP FOSTER WELCOMING SCHOOL COMMUNITIES AND INSPIRE STUDENTS TO CONTRIBUTE POSITIVELY TO A MORE INCLUSIVE AND EQUITABLE FUTURE FOR ALL.



# Tia Upshaw

Speaking to Grades 3~5



FEBRUARY 3rd • 1:20–2:20 PM

Respected leader,  
entrepreneur, author,  
speaker, and  
**Founder & CEO of  
Blk Women in Excellence**

Bringing practical  
insight, lived experience,  
and inspiration!

Learn more at:

[www.itistiaupshaw.com](http://www.itistiaupshaw.com)





# PTA News



## Upcoming Events

**Valentine's Dance:** Join us on Thursday, February 12<sup>th</sup> at 6:30pm for our annual Valentine's Dance. Registration forms will be sent home and admission is \$10 per family.

**PTA Meeting:** Our next meeting will take place online on Tuesday, February 10<sup>th</sup> at 6:30pm. The link will be shared on the HPCS PTA Facebook page prior to the meeting start time. All are welcome to attend!



Stay tuned for more fundraisers including **Make It Sow** seed fundraiser, the annual **Spring Hop** and the **Spring BBQ**.



### Placing an order with Mabel's Labels?

You can search for our school under their Support a Fundraiser tab when placing an order (or click the orange link below for a direct link). A percentage of the value of your order will go towards supporting our school.

**CLICK HERE** 

WE CANNOT MAKE EVENTS HAPPEN WITHOUT YOUR HELP! CHECK REGISTRATION FORMS AND THE HPCS PTA FACEBOOK PAGE FOR VOLUNTEER SIGN UP LINKS.

# Online Platform Risks From Unplugged Canada



Sharing on behalf of Unplugged Canada

Many digital platforms today, including social media, online gaming and AI chat tools, are designed to keep kids scrolling and engaged, often exposing them to addictive features, adult content, and interactions they may not be developmentally ready to handle.

Here is a resource that outlines some of the most common social media, gaming, and AI chat platforms, helping families better understand the risks, start meaningful conversations at home, and consider delaying smartphones and access to these apps until kids are more developmentally ready.

**APPS EVERY PARENT SHOULD BE AWARE OF** 

 <b>SNAPCHAT</b> <ul style="list-style-type: none"><li>Disappearing messages</li><li>Snap Map location sharing</li><li>Addictive features (streaks)</li><li>Sexing &amp; adult contact</li></ul>	 <b>INSTAGRAM</b> <ul style="list-style-type: none"><li>Body-image pressure</li><li>Hidden DM requests</li><li>Teens use secret "Finstas"</li><li>Exposure to adult content</li></ul>
 <b>ROBLOX</b> <ul style="list-style-type: none"><li>Inappropriate games</li><li>Unmoderated private servers</li><li>Chat with strangers</li><li>Pressure to buy Robux</li></ul>	 <b>TIKTOK</b> <ul style="list-style-type: none"><li>Highly addictive feed</li><li>Harmful viral trends</li><li>Attention fragmentation</li><li>Frequent adult content</li></ul>
 <b>DISCORD</b> <ul style="list-style-type: none"><li>High grooming risk</li><li>Adult/NSFW content</li><li>Harassment &amp; cyberbullying</li><li>Unmoderated servers</li></ul>	 <b>YOUTUBE</b> <ul style="list-style-type: none"><li>Inappropriate content</li><li>High risk of grooming</li><li>Addictive short form content</li><li>Attention fragmentation</li></ul>
 <b>CHARACTER AI</b> <ul style="list-style-type: none"><li>Sexualized roleplay bots</li><li>High grooming-style risk</li><li>Fake "AI relationships" with kids</li><li>Encourages secrecy from parents</li></ul>	 <b>TELEGRAM</b> <ul style="list-style-type: none"><li>Encrypted hidden content</li><li>Large, risky group chats</li><li>Minimal moderation</li><li>Hard for parents to monitor</li></ul>
 <b>REDDIT</b> <ul style="list-style-type: none"><li>Unfiltered communities</li><li>Adult/disturbing content</li><li>Harmful topics easily found</li><li>Anonymous users &amp; predators</li></ul>	 <b>CHATGPT</b> <ul style="list-style-type: none"><li>Kids may overshare personal info</li><li>Mature themes can appear</li><li>Emotional dependence on AI</li><li>Hard for parents to monitor use</li></ul>

**Before you let your child use a platform, create an account using their age and explore it yourself to see the content and interactions they'll be exposed to.**

*Unplugged Canada is a parent-led, national movement advocating for healthier childhoods by delaying smartphones and social media until kids are more developmentally ready. Join thousands of Canadian families choosing to delay by taking the Unplugged Canada Pledge at [unpluggedcanada.com/sign-pledge](https://unpluggedcanada.com/sign-pledge).*

## from our library **COINS FOR BOOKS**

**THIS FEBRUARY 3RD, 10TH AND FEBRUARY 17TH, OUR SCHOOL WILL BE PARTICIPATING IN THE ANNUAL TATTLETALES COINS FOR BOOKS CAMPAIGN. HPCS LIBRARY WILL BENEFIT FROM 100% OF THE FUNDS RAISED AND WILL GO TOWARDS NEW BOOKS FOR OUR LIBRARY, PLUS AN EXTRA PERCENTAGE CONTRIBUTED BY TATTLETALES.**

**CELEBRATE OUR TEAM SPIRIT FOR BOOKS WITH "TOONIE TUESDAY" ON FEBRUARY 3RD, 10TH & FEBRUARY 17TH.**

- FEBRUARY 3RD: WEAR A HAT, SHIRT, JERSEY FROM YOUR FAVORITE TEAM OR ANY JERSEY.**
- FEBRUARY 10TH: BACKWARDS DAY. WEAR YOUR CLOTHES OR HAT BACKWARDS.**
- FEBRUARY 17TH: FUNKY HAIR DAY. GET CREATIVE AND STYLE YOUR HAIR A LITTLE BIT DIFFERENTLY.**

**BRING IN COINS TO FILL YOUR CLASS BUCKET, THEN DROP THEM OFF IN THE 'GIANT CONTAINER' IN THE LIBRARY.**

**THANK YOU FOR SUPPORTING THIS FUN LITERACY FUNDRAISER..MRS. GAUDET**



# A Reminder on Morning Drop-Off

A REMINDER - Please keep in mind that our playground supervision starts at 8:20 AM. Students should not be arriving to school prior to this time. To keep our entryways clear and safe, please ensure students do not wait at the front doors or ring the bell for early entry. Thank you for your help in making our mornings run smoothly!



## POWER OUTAGES INFORMATION FOR FAMILIES

If classes are cancelled:

- HRCE will notify families by email and text.
- Families of elementary students will also receive a phone call before dismissal.

Deciding to close schools during a power outage is never simple, but safety is always our top priority. We understand that cancellations can be inconvenient, and our goal is to keep students learning in class whenever possible.

More information about school cancellations for any reason can be found [here](#).



### What happens when a school loses power?

Learn more at [hrce.ca/families/cancellations](http://hrce.ca/families/cancellations) under *Power Outage Information for Families*



# February 16 is Heritage Day



**Nova Scotia Heritage Day is celebrated on Monday, February 16, and provides an opportunity for students and families to learn more about the people, stories, and events that have shaped our province. Each year, Heritage Day honours a notable Nova Scotian, and in 2026 we recognize Joseph William Comeau, an important Acadian poet, writer, and cultural leader.**

**Joseph William Comeau is remembered for his contributions to Acadian literature and for helping to preserve and promote Acadian language, identity, and culture in Nova Scotia. His work reflected the everyday lives, resilience, and traditions of Acadian communities, and his legacy continues to influence Acadian culture today.**

**Heritage Day provides us with an opportunity to explore Nova Scotia's diverse history and to better understand how individuals from different backgrounds have contributed to our shared story. Learning about Joseph William Comeau helps students appreciate the richness of Acadian heritage and the importance of preserving culture, language, and community.**

---

# ✦ Inclement Weather Policy ✦

---

Did you know? HRCE takes great care when making the decision to alter the regular operations of schools and school buses in the event of severe or inclement weather.

It is **HRCE's goal to communicate any changes to the regular operations of schools and/or buses as close to 6:00 a.m. as possible.** A 6:00 a.m. announcement could be:

- All schools are delayed in opening by two hours and bus pickups are delayed by two hours; or
- All schools are open, but some or all busses are not operating for the day; or
- Some schools (either individually or by family) are closed for the day; or
- All schools are closed for the day.

**If weather deteriorates, or is forecasted to worsen throughout the morning, an 11:00 a.m. announcement could be:**

- Bussed students will be picked up two hours earlier than their regular dismissal time; and
- Walking students will be dismissed at their regularly scheduled lunch hour.

**How will I find out?**

- **By email to the addresses in PowerSchool**
- **By text message, if you have opted-in. If you aren't sure if you have opted-in, text Y to the following number: 978338**
- **On the HRCE website**
- **On Instagram**

**It's important to always have a plan in place for childcare in the event of any cancellation.** Please remember: As a parent or guardian you always have the choice of whether or not to send your child to school.

For more information on how HRCE manages during inclement weather, visit [hrce.ca/families/cancellations](http://hrce.ca/families/cancellations).

# Thinking About French Immersion?

**Info Sharing Session**  
**HPCS and Kingswood Parents**  
**February 11th at 6:30 pm**  
**Location: Kingswood Elementary**

**Learn About  
French Immersion!**

