

February 2021 NEWS!!

HAMMONDS PLAINS CONSOLIDATED SCHOOL

Phone: 902 832-8412 E-mail hpcs@hrce.ca

Principal : Lynn Corkum

Vice Principal : Anne Gourlay

Administrative Assistant : Donna Rogers/Jennifer Kennedy



IMPORTANT DATES:

Feb 1-28 **African Heritage Month**
Feb 9 **SAC 530pm/PTA 7pm**
Feb 15 **No School - Family Day**

PRE-PRIMARY AND PRIMARY REGISTRATION:

Registration for the 2021/2022 school year will take place Feb 1st - Feb 28th. Children who are four years old by December 31st, 2021 are eligible to begin school in pre-primary. Children who are five years old by December 31st, 2021 are eligible for Primary-either English or French Immersion. If you are considering French Immersion and would like to have more information please look at the PowerPoint on our website. If you wish to discuss French Immersion please call the school at 902-832-8412 and ask to speak to an administrator. If you know of anyone in the community who may not be aware of the registration, please share this information with them. Registration must be done online and emailed to the school at drogers@hrce.ca or lcorkum@hrce.ca. In addition to the completed registration form, we require proof of age (a copy of your child's birth certificate or passport) proof of residency (copy of a current utility bill). Parents must indicate whether the child is registering for the English program or the French Immersion program.

WINTER WEAR:

It is important to dress the students for the weather. (Snow pants, coat, hat and mitts.) The students will continue to be outside as much as possible for recess and lunch and also for gym.

VISITORS IN THE SCHOOL:

Please remember that due to current Public Health protocols due to Covid-19, only essential staff and students are permitted to enter the building. The school doors are locked during the daytime hours. These rules are in place for the safety of your children. If you need to pick up your child early from school please ring the main door bell and they will be brought to you. Thank you for your cooperation in this matter. Excel parents are to use the parking lot doors at all times. Also, it has been brought to our attention that some families are bringing family pets to pick up students at dismissal. We kindly ask that you refrain from bringing these pets onto school property, as many students and staff have allergies and/or fear of dogs.

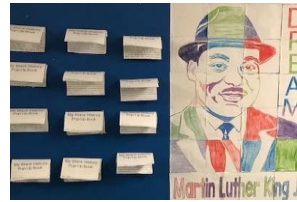
VOLUNTEERS NEEDED:

We run a daily breakfast program at HPCS. We are looking for more volunteers to help with food prep. If you are able to volunteer, please email tmcnamara@hrce.

We are also looking for substitute lunch monitors. If you are available from 11:10 – 1:10 and are interested, please contact the main office at 902-832-8412.

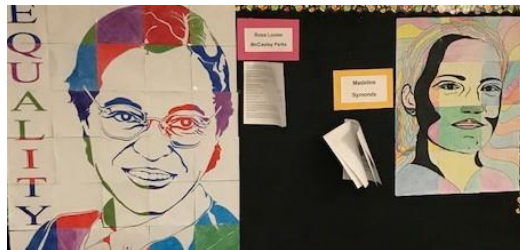
African Heritage

Month

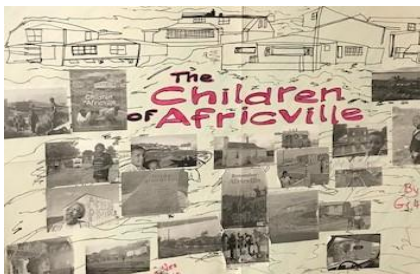


February marks the 37th anniversary of African Heritage Month in Nova Scotia. Last year we won the School Award for the African Nova Scotia History challenge sponsored by the Delmore Buddy Daye Learning Institute. Here at HPCS we believe that the impact African Nova Scotians have made on this province and this country is a part of our collective consciousness and that celebrating Black history draws people of every race into the grand and diverse story of this nation.

Our theme at HPCS this year will be “Our Legacy”. One of our activities this year is a virtual Art Show and a daily focus on prominent African Nova Scotian figures and events. Our focus is intended to celebrate and highlight the contributions of local African Nova Scotia people of distinction.



We will also be highlighting historical events, literature and culture in our classrooms in recognition of the contributions and achievements that people of African ancestry have made to the world.



We encourage our HPCS family to participate in the diverse array of African Heritage Month events that will take place, in February, as a means of learning about an important and beautiful thread of the fabric that makes up the magnificent tapestry of our nation.

Let's Talk About Stress

Taken directly from: “**The Relaxation & Stress Reduction Workbook for** Lawrence E. Shapiro, PH.D. and Robin K. Sprague. LCPC



Kids” by

Stress is part of being human, and it begins even before birth. Stress plays an important part in every stage of a child’s development, from learning to hold his bottle to trying to master the multiplication tables. Every bit of learning and growth involves a degree of stress, followed by the indescribable pleasure of a new achievement.

But while a little stress is normal and healthful, too much stress isn’t good at all. Significant stress--like that caused by starting a new school or having a family member with an illness--can have a profound effect on children. Even constant lower-level stress will take its toll. The effects can be physical, causing aches and pains and a host of health problems. Stress can also affect mood and behavior, making a child hyper, depressed, oppositional, or anxious. Most children will experience some emotional or behavioral problems as they grow, but stress makes everything worse.

Stress reduction and relaxation make everything better. Teaching children to reduce stress will not only make every day happier, but make the years to come healthier.

We as parents are the biggest influence in reducing stress in the home. Therefore it is important to recognize the stress in ourselves. Life is overwhelming with all its demands. Many of us feel we are pulled in six directions at once. But life doesn’t have to be that way. There will always be stress, but there are many things we can do to make it more manageable.

In our next few newsletters, we will be including activities for families to explore to help cope with stress.
Activity #1

The following activities can help reduce stress. Check off the ones you already do on a regular basis. Put a star next to the ones you don’t do, but can begin to do very soon, perhaps today or tomorrow. These are simple ways to make a real difference in your life. Don’t put them off.

- Exercise daily for at least half an hour
- Talk to friends
- Read a book
- Practice yoga or meditation
- Get a massage
- Do crafts or hobbies
- Garden
- Take a long walk
- Listen to relaxing music
- Eat healthy
- Cut down on caffeine and alcohol

There are also simple, common activities that will help you reduce stress in your family. Check off the activities that you do with your family on a regular basis. Put a star next to the ones that you don't all do now, but can do this week.

- Eat dinner together
- Have family meetings
- Spend time with extended family members
- Participate in family sports
- Play board games and other indoor games.
- Enjoy nature activities.
- Go on a picnic (winter picnics are super fun!)
- Listen to music
- Have a movie night