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HPCS March News



Important Dates:

- March 5-HPCS Spirit Day-wear school color Blue
- March 11-The Big Crunch-school wide apple
- March 15-19 March Break
- March 24 Assessment & Evaluation Day (no school for students)
- April 2 Good Friday-Holiday
- April 5 Easter Monday-Holiday
- April 6 Report Cards go home.

Progress Reports:

Progress reports will be sent home on Tuesday April 6. As always, if you have any questions or concerns regarding these reports, please contact your child's teacher directly. The results from these reports can also be discussed during Parent/Teacher interviews on April 8th. Due to Covid-19 restrictions and Public Health Protocols parents are not permitted in Public Schools. Your classroom teacher will schedule a communication time with you directly.

Weather:

Please continue to dress your children appropriately for the ever-changing weather this time of year. It is also a great idea to send your child with a change of clothes, as the snow melts and muddy/wet conditions present.

Lice and Communicable Diseases:

If your child contracts head lice or any other communicable disease (chicken pox, ringworm, hand/foot/mouth, fifth disease, roseola, pink eye, etc.) please inform the main office. This information will be kept private, but needs to be reported by us to Public Health.

Inclement Weather:

The Halifax Regional School Board takes great care when making the decision to alter the normal operations of schools in the event of severe or inclement weather. Decisions on school closures and/or bus cancellations are posted on the board's website at www.hrce.ca and on Twitter www.twitter.com/HRCE-Official, recorded on 464-INFO and communicated to all local radio stations. Please note: If you are interested in learning more on how decisions regarding closures and cancellations are made, visit <http://www.hrsb.ns.ca/content/id/1137.html>

You may also sign up for a text message from the HRSB should school be cancelled. You can do this by going to the School Board's website at www.hrce.ca. Early dismissal, due to inclement weather, is infrequent but is sometimes necessary. If school is to be cancelled midday, the board will notify schools by 11am. Calling the main office when there is bad weather outside is not necessary. Please take advantage of the numerous ways above that will inform you when school is being cancelled mid-day. We do not make this decision at the school level, and therefore will not be informed before the general public. Please note: we are part of the Charles P Allen family of schools.



Let's Talk About Stress

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

Setting Clear Limits

We all like to see our children happy, but permissive parenting--buying them anything their hearts desire, giving them fast food they crave, letting them stay up late--does more harm than good. Saying no to children may not feel good, but “no” is a word children need to hear. In fact, studies tell us that when children don't hear it enough, when they have few limits to their actions, they actually experience more stress.

Children need limits. They need to eat healthy food. They need to have the TV turned off and be sent out to play. They need to get to sleep on time. They need to have chores and other responsibilities around the home. When you set clear limits for your children and enforce them consistently, you will be creating less stress for everyone in the home.

One of the simplest ways to set clear limits is through a behavioral contract. Use the chart below to clarify the rules of the house. You will need one chart for each child.

Activity #2

The Rules in Our House

We _____ (parents' names)

and _____ (child's name) agree to the following

household rules:

Bedtime is _____.

Your chores will be _____,
and _____.

You will improve your eating habits by trying _____
and not eating _____.

You will spend not more than _____ watching TV.

Other rules:

We make rules because we love you.

Your parents

(signatures)

Child

(signature)