



**2180 Hammonds Plains Road
Hammonds Plains, NS B4B 1M5
832-8412 (T) 832-8420 (F)
Email: hpcs@hrce.ca**

*Lynn Corkum, Principal
Anne Gourlay, Vice Principal*

*Donna Rogers, Secretary
Jennifer Kennedy, Secretary*

APRIL 2021 NEWS!



IMPORTANT DATES:

April 1	Autism Awareness Day – Wear Blue
April 2,5	Good Friday/Easter Monday
April 6	Report Cards Go Home
April 8	No School for Students – PD a.m./Parent Teacher p.m.
April 13	SAC 5:30 p.m./PTA 7:00 p.m.
May 21	PD Day – No School

Please remind your children that if they are arriving late to school to please stop in to the office and let the secretary know so that we can maintain accurate attendance.

EXCEL REGISTRATION INFORMATION FOR 2021/22:

We encourage parents to submit their applications in a timely manner to ensure the greatest opportunity for entry into the program as demand often exceeds capacity. Applications will be accepted on a first-come, first-accepted basis. Full-time participation (5 days/week) is required for either Before only, After only or Before & After. Please see the EXCEL pages on the HRCE website for more information on registration dates. For account information, please contact the Registrar at 902-464-2000, ext. 2787 or e-mail excelregistrar@hrce.ca or excel@hrce.ca

PARENT/TEACHER INTERVIEWS:

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.

Thank you to Upper Hammonds Plains Baptist Church for their generous donation to the school .
Thank you for the support!

"Thank you to MLA Ben Jessome for his Continued Support of Hammonds Plains Consolidated School PTA".

BEN JESSOME
MLA, HAMMONDS PLAINS-LUCASVILLE

📍 2120 Hammonds Plains Rd.
Unit 3
✉ jessomeben@gmail.com
☎ 902.404.9900

🌐 benjessome.ca
📘 /BenJessomeNS
📷 @JessomeBen
🐦 @BenJessome



LUNCH MONITORS:

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

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

Too Much Technology

For many people, the American dream is all about technology: a big screen TV in the living room, a cell phone for every family member, computers and high-speed Internet everywhere we go. While technology can be fun, many families, and particularly many kids, are overexposed to gadgets and gizmos that cause unnecessary and unhealthy stress.

There are many reasons why technology takes a toll on our psyches:

- Loud noises are a significant stress.
- Technology tends to cut us off from interacting with other people.
- Multitasking discourages concentration and awareness of our environment.
- We spend too much time in sedentary indoor activities when our bodies need exercise and fresh air.

You can reduce the stress in your home by putting family members (yes, you and your spouse, too) on a technology diet. Studies tell us that kids spend an average of three hours a day in front of a TV or computer screen. Can you cut that in half?

To help, make a copy of the following form for everyone in the house. Begin by having family members keep track of the time they spend in front of a screen for entertainment for one week. Then for the second week, have family members compete to reduce their times by reading, exercising, doing a hobby, and so on. At the end of the week, talk about how it went and see if you can reduce this unnatural stress for good.

Note: Time at a computer for homework or necessary adult work should not be counted. However, as an adult, consider whether you really need to bring your work home, particularly when your children are around. Working around the clock is a stress on you and your children.

Total							
--------------	--	--	--	--	--	--	--