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HPCS March News



IMPORTANT DATES:

March 8 HPCS Spirit Day – Wear School Colour (Blue) and/or Spirit Wear

March 14-18 March Break

March 23 Assessment & Evaluation Day (No School for Students)

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PTA NEWS:

The PTA is hoping you could join us with supporting our Read-A-Thon fundraiser. It runs from March 7th to March 11th. Students will be reading to reach our goal to read across Canada.

Please click on this link to help support our school and your avid readers: https://fundrazr.com/hammondsplainsreadathon?ref=ab_0FfD5POIZey0FfD5POIZey.

Please share on your social media sites in hopes of gaining more support. The PTA will be posting information on their Facebook page leading up to and during the Read-A-Thon. We thank you so much for your continued support.

Don't forget, you can continue to support the HPCS PTA by purchasing tickets for our monthly 50/50 draw. <https://www.rafflebox.ca/raffle/hpcs>

Thank you so much for your continued support of our PTA.

World News in the Media:

The attack on Ukraine evokes many emotions including anger, fear, anxiety, and confusion for many of us. These emotions can be difficult to understand and manage, even for adults - and are especially worrisome to children who are not developmentally equipped to process all of the information. Our schools are, and have always been, a place where developmentally appropriate conversations are welcome. At the same time, even though our students may be asking questions or talking about things they've heard, they are too young to fully understand the situation in Ukraine. Parents, caregivers, and teachers can help navigate what they are seeing and hearing by acknowledging their feelings and finding ways to cope together. The main objective at school is to reassure all of our children that they are safe and cared for in our building. To help us with this, we ask you to please be mindful of what your children are seeing and hearing at home.

For more information, and suggestions on how to talk to your child about this difficult situation,

please click on the following link:

<https://www.nctsn.org/resources/talking-to-children-about-war>

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.

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](https://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.

The Importance of Schedules and Routines

Familiar activities can provide comfort for both adults and children during challenging and uncertain times. Just like adults, children feel more confident and secure when their daily activities are predictable and familiar. A consistent daily schedule and step-by-step routines give children a predictable day.

Schedules and routines in the group care setting and at home help children:

- **Feel in control of their environment**
- **Feel safe, secure, and comfortable**
- **Know what is happening now and what comes next**
- **Know how to do an activity or task**
- **Engage in learning**

Hemmeter, Mary Louise; Michaelene Ostrosky, and Lise Fox. "Social and Emotional Foundations for Early Learning: A Conceptual Model for Intervention." *School Psychology Review* 35(4) (2006): 583–601.