

Ecole Chebucto Heights School

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Principal: **Craig Myra**

Administrative Assistant: **Christina Withers**

Vice Principal: **Cynthia Rigby**



October 2023

Principal's Message

I hope this message finds you well. With our first month behind us I am pleased to share with you that staff and students have really settled in here at Chebucto Heights! As a staff we are working hard to create a positive school environment where students are safe and challenged academically every day. The first month has been very successful!

As a reminder, it is important that your children are reading every night at least 10-20 minutes to practice their reading skills. Each month, I will include some information to support you with helping your reader at home!

If you have any questions please do not hesitate to reach out!

Mr. Myra

Dates to

Remember:

October 12: School Wide Apple Picking Trip

October 12: Home and School (6pm) and SAC (7pm) Meetings

October 25: Indigenous Games PM Family Dance 6-8pm

October 27: NSTU Conference Day—No School

School Dance—Wednesday October 25th

Location: Chebucto Heights School Gymnasium

Price: \$3/Person or \$10/Family

Canteen: Open and we are selling Pizza Slices

DJ Dance!!!

Costumes Welcomed!!

School Closures/Bus Cancellations :

Decisions on school closures are posted on the Halifax Regional Center for Education website at www.hrce.ca , on Twitter at www.twitter.com/HRCE_Official, recorded on 464-INFO (4636) and communicated to all local radio stations. You can also receive notice of school and bus cancellations by e-mail or text message by following the link on the front page (left side) of the HRCE website.

In case of a school closure during the day, you can help us to ensure that your child is dismissed safely by making sure that we have up-to-date contact information.

Hot Lunch Program

Order Forms for the Hot Lunch Program are going to be coming home next week. You will have the option to order hot lunch in 8-10 week intervals on Tuesdays, Wednesdays, and Thursdays. Please look in your child's backpack next week for the order form and payment options! We are looking to start hot lunch by the end of the Month!

Canteen

Canteen will be starting on Tuesday, October 24th. Canteen will operate on Tuesdays and Thursdays. A full list of canteen items and pricing will be sent home next week!

Tips for Reading with your Child

Give it all your attention

For many people, the best time to read with their children is at night, once the children are in bed. But if you find your child too cranky and disengaged at this time (or if you are feeling tired yourself), you might want to try reading to them earlier in the day.

Engage with the story

Children don't typically enjoy having the story stopped every few seconds for comprehension checking, so we suggest you keep interruptions to a minimum.

But recapping is useful when picking up a book again after a break. If parents let their children provide this recap ("So, where are we up to?") this also enables informal comprehension checking. Opportunities for prediction are also beneficial ("Wow... what do you think might happen next!").

Pick a book you both enjoy

We suggest you select a book that interests both you and your child. Reading together is a great opportunity to share your passions while broadening your children's horizons through making diverse book choices.

Read the Pictures

Before reading a book explore the pictures and talk about what you think the book might be about. This helps build oral language and will also help your child while they try to read the story with some background knowledge.

Happy Reading! More tips will be included in next months newsletter!

Tuesday, October 31, 2023

Halloween Activities

Students will be permitted to wear their costumes to school on the Monday, October 31st in the afternoon only, if they wish. Students can also wear orange and black on that day. Each classroom will be doing their own individual activities, so you should receive more information from the teachers regarding this day. Students WILL be able to bring in individual packaged treats for their classmates this year, we just ask that you do not send items that contain nuts as we have several students who have allergies.



ALLERGIES



We have a number of students at Chebucto Heights who are allergic to specific foods, especially nuts. Because all students will be eating together in designated lunch rooms, we ask that you do not send items that contain nuts.

Chebucto Heights continues to be a Nut Aware School – similar to many other elementary schools in the HRCE. Please send recess snacks and lunches that contain only nut free products.

Strongly scented products cause many children and adults to experience breathing problems, dizziness and/or headaches. Our school is a Scent Aware School. Please refrain from wearing strongly scented products when visiting the school.

Information for Parents about Head Lice

With the colder weather coming it is a good time to familiarize yourself with treatment and information pertaining to head lice. Head lice are small insects that lay eggs on your head. The eggs are called nits. It's common among children and not a sign of uncleanliness. It spreads via head-to-head contact, or through hats, combs, helmets and other transferable head gear. Head Lice is a Problem in all schools. Below is some information you may find helpful if you discover your child has head lice. We have posted more information on our school website.

Nova Scotia's Public Health Services Prepared TEN Steps to Treat your Child if you Discover Head Lice

1. Comb hair with a regular comb to remove tangles.
2. Apply the treatment (which should contain permethrin, or pyrethrins with piperonyl butoxide) as follows:
Shake the bottle.
Apply the treatment to dry hair, even if the product directions says, "towel dried hair." This will make sure the product is not watered down.
Put the lice treatment all over the scalp and rub in well.
Be sure that the treatment covers all of the hair, from the scalp to the ends.
Leave the treatment on the hair for as long as the package recommends.
3. Rinse out the treatment over the sink. Don't rinse in a bathtub where the product could get onto other parts of the body. Dry the hair with a clean towel.
4. Comb the hair again with a regular comb to remove tangles.
5. Comb for lice with a lice comb.
6. Continue daily lice combing every day between the first and second treatment. Do not skip this step!
7. Use the lice treatment a second time, nine to 10 days after the first treatment. Use the same product, and follow the same steps you used for the first treatment. The first treatment kills the live lice and the second treatment kills any lice that have hatched since the first treatment was done. No product currently available will kill all of the nits.
8. Continue checking household members at least once a week for three weeks after the second treatment is done to make sure everyone is free of live lice.
9. If you find live lice after the second treatment has been done, then repeat steps 1 to 8 using a different product (with a different ingredient) to kill the lice.
10. If you continue to find live head lice after following these steps, contact Public Health Services.

HRSB Head Lice Policy: <http://www.hrsb.ca/sites/default/files/hrsb/b.005-head-lice.pdf>