

École Shannon Park School

NEWSLETTER

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March 2026

Dear Shannon Park Families,

The short month of February certainly went by quickly! We proudly celebrated African Heritage Month with a school assembly led by our Grade 6 students, a special drumming presentation by Amadu, and a wonderful display of student work in the gym to wrap up the month.

We also recently hosted our French Immersion Information Night. If you or anyone you know is looking to register for Primary next year, please have them contact the office at spes@hrce.ca.

Please note that Term 3 begins on March 23rd, which is the first day back for after March Break. Looking ahead to next month, we will be hosting Parent-Teacher Conferences on the evening of April 1st and the afternoon of April 2nd. Teachers will reach out after the March Break to arrange meeting times.

We wish all of our families a fun, relaxing, and safe March Break!

Sincerely,

Ms. Gourlay and Mme. Hazel

Upcoming Dates: [Click here](#) for HRCE 25-26 Calendar

- March 13: Assessment and Evaluation Day-No School for Students
- March 16-20: March Break-No School
- March 23: Term 3 starts
- March 31: Report Cards sent home via EDUPost
- April 1: Student Progress Conferences 4-6pm
- April 2: Professional Learning & Progress Conferences 1-3pm (No School for students)
- April 3: Good Friday (No School)
- April 6: Easter Monday (No School)
- April 9: Home & School Meeting 6pm & SAC meeting 7pm

March is Nutrition Month: Make the Most of the Nova Scotia School Lunch Program

March is celebrated across Canada as Nutrition Month, a perfect opportunity for families to focus on building healthy eating habits together. Nutrition Month allows us to explore sustainable eating patterns, food literacy, and learning about the benefits of balance and variety in everyday meals. By highlighting the connection between nutrition and long-term health, Nutrition Month empowers everyone to build habits that benefit both individuals and the planet.

Use Nutrition Month as a reminder to take advantage of the [Nova Scotia School Lunch Program](#)! With nutritious, balanced meals prepared daily, the program ensures students have the energy and focus they need to succeed in the classroom and beyond. The School Lunch Program is designed to provide accessible, affordable, and appealing meals that feature a variety of foods from all food groups, following Canada's Food Guide. By participating, families can help their children develop lifelong healthy habits while making mornings a little less hectic.

Together, we can make small changes that lead to healthier futures for our families and communities.



March 21: International Day for the Elimination of Racial Discrimination

On March 21st, we recognize International Day for the Elimination of Racial Discrimination to build awareness, empathy, and respect among students of all backgrounds. The United Nations established this day in 1966 to call for a global commitment to ending racial discrimination in all its forms.

By learning about the impacts of discrimination and celebrating diversity, children gain social skills and knowledge to be inclusive both within school and home community. Families are our students' first educators and through your continuous conversation valuing equity and the elimination of racism, we will continue our shared goal of a society where racism no longer exists.



March 21 is World Down Syndrome Day

World Down Syndrome Day, celebrated each year on March 21, gives us the chance to recognize those with Down syndrome and the awesome contributions they make to our school communities. It's an opportunity for families, students, and staff to strengthen inclusion, acceptance, and belonging. By celebrating differences and promoting understanding, our schools help create welcoming environments where every child feels valued and supported.



Responding to Technology-Facilitated Harms Among Young People

Unplugged Canada is hosting a free community event at the Canada Games Centre on Thursday March 5 at 7 p.m., available both in person and virtually. Join to learn from Dr. Alexa Dodge, Assistant Professor of Criminology at Saint Mary's University and a leading Canadian researcher on technology-facilitated sexual violence.

This session will explore cyberbullying, the sharing of intimate images, and other online harms youth face, along with research on the support and responses young people need when problems arise online. This presentation will be valuable for any caregiver or adult supporting young people as they navigate the challenges of their digital social lives.

Thursday, March 5, 2026, at 7 p.m.

Canada Games Centre Boardroom - 26 Thomas Raddall Drive, Halifax

Please register for in-person or virtual [here](#).

Safer Internet Day 2026: Navigating the Internet Safely

As our kids and teens spend more time exploring, creating, and learning online, it's natural to wonder how we can best support them – especially with emerging technologies like artificial intelligence becoming part of their digital world. On Safer Internet Day 2026, Google shared helpful updates and tools designed to make it easier for families to guide, protect, and empower young people as they navigate the Internet safely. Learn more [here](#).

HSA and SAC

Our next Home and School Association (HSA) and School Advisory Council (SAC) meetings will be **April 9** at 6pm and 7pm in our school library. This is a great opportunity to become involved with our school community. If you are interested or just want to know more about each of these groups, please contact us to let us know; spes@hrce.ca

Power Outage Information for Families

Throughout the winter months, we want to share how decisions are made when a school experiences a power outage.

Our priority is always to keep schools open safely when possible. A power outage does not automatically mean classes are cancelled – even if it happens during the school day. The decision depends on when power is expected to be restored.

Here's what happens:

- When a school loses power, HRCE's Operations Team contacts Nova Scotia Power to gather available details on the cause and an estimated restoration time.
- Once we have this information, we consider:
- Before school starts: Have buses begun their routes? If so, we wait until students arrive before making a decision. If classes are cancelled, elementary families will be contacted before dismissal.
- During the school day: How close is dismissal? What is the temperature in the building? Does the school rely on power for water or septic systems? These factors, among others, help us decide whether to stay open or close. Often, power returns faster than we could safely send students home.

If classes are cancelled:

- HRCE will notify families by email and text.
- Families of elementary students will also receive a phone call before dismissal.

Deciding to close schools during a power outage is never simple, but safety is always our top priority. We understand that cancellations can be inconvenient, and our goal is to keep students learning in class whenever possible. More information about school cancellations for any reason can be found [here](#).



Planning for Inclement Weather

Did you know? HRCE takes great care when making the decision to alter the regular operations of schools and school buses in the event of severe or inclement weather.

It is HRCE's goal to communicate any changes to the regular operations of schools and/or buses as close to 6:00 a.m. as possible. A 6:00 a.m. announcement could be:

- All schools are delayed in opening by two hours and bus pickups are delayed by two hours; or
- All schools are open, but some or all busses are not operating for the day; or
- Some schools (either individually or by family) are closed for the day; or
- All schools are closed for the day.



If weather deteriorates, or is forecasted to worsen throughout the morning, an 11:00 a.m. announcement could be:

- Bussed students will be picked up two hours earlier than their regular dismissal time; and
- Walking students will be dismissed at their regularly scheduled lunch hour.

How will I find out?

- By email to the addresses in PowerSchool
- By text message, if you have opted-in. If you aren't sure if you have opted-in, text Y to the following number: 978338
- [On the HRCE website](#)
- [On Instagram](#)

It's important to always have a plan in place for childcare in the event of any cancellation. Please remember: As a parent or guardian you always have the choice of whether or not to send your child to school.

For more information on how HRCE manages during inclement weather, visit hrce.ca/families/cancellations.

Reminders

- Please, do not send **nut or peanut** products to school (this includes Nutella products).
- Please note that teachers are on morning **duty** as of 8:00am. Please do not drop off students before this time. Thank you!
- It is helpful to have a complete **change of clothes** in your child's backpack just in case of mud, puddles, or spills and it may save you a trip to school in the middle of your day.
- Please do not bring **dogs** onto school grounds.
- Please do not drive or park on school property. There is absolutely no **driving/parking** on school property for unauthorized vehicles without prior arrangements during the day. Please drive slowly and watch for crosswalks. *When buses arrive, do not drive, or walk around them.* This protects all of us and especially our students.
- Please request proper forms for the administration of any **medications**. These need to be completed each school year. Medications can be administered to students by school staff during school hours when we have completed forms on file at school. All medications must be in their original containers; prescription medication with the current pharmacy label attached, and non-prescription medication to include the package documentation for guidance (*Parents/guardians are able to request from their pharmacy a separate labelled medication for school use*).
- Please ensure that your child has **indoor shoes** for school and wears outdoor shoes/boots to help keep our school clean.
- Students are not permitted to use **cell phones** during the school day. If students bring cellphones to school, they must be turned off and in their backpacks for the entire school day.