

*École Shannon Park School*

# NEWSLETTER

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## May 2026: online version here

Dear Shannon Park Families,

April flew by with so many exciting moments! We started the month with Parent/Family Interviews and Conferences, and it was wonderful seeing so many families! Our Grade 5 and 6 basketball team showed great spirit in a friendly school tournament, wearing new jerseys designed and prepared by a volunteer Grade 6 parent, while the Shannon Park Sharksters gave a fantastic musical performance at a recent conference. We were also proud to have a few Grade 6 students participate in the French oral speaking contest and we enjoyed an engaging visit from Mikael Taieb, Math Magician and Rubik's Cube Ambassador.

Looking ahead to May, we are excited for our Grades 3–6 Spring Concert, the Grade 3 Literacy and Math Assessments, Black Excellence Day, and our upcoming Spring Fair. With only a few months left in the school year, teachers are also busy marking field trips on the calendar. If you are interested in volunteering, please ensure your background checks are up to date and on file at the school office. We look forward to a busy and bright month ahead!

Sincerely,

*Ms. Gourlay and Mme. Hazel*

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

- May is Asian Heritage Month
- May is Canadian Jewish Heritage Month
- May is Polish Heritage Month
- May is Speech and Hearing Month
- May 5-Grade 6 Band Concert @ John Martin jr. high 6pm
- May 7-Home and School meeting 6pm & SAC meeting 7pm
- May 10-16 is Education Week
- May 12, 13, 20, 21-Grade 3 Provincial Assessments
- May 15- Black Excellence Day
- May 18 is Victoria Day (No classes - all schools)
- May 22-Spring Concert (Grades 3-6)
- May 30:- School Spring Fair
- May 31 to June 6 is Access Awareness Week

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## May 15 is Black Excellence Day

Black Excellence Day 2026 in Nova Scotia is an opportunity for schools to reflect on the learning and exploration of Black people and culture over the past year. It recognizes, celebrates, and supports learning from the achievements, contributions, and leadership of Black individuals and communities. More than a single-day celebration, Black Excellence is the recognition of meaningful steps toward strengthening inclusive learning environments where all students see themselves reflected in curriculum materials, through the stories we tell and the histories we honour.

The purpose of celebrating Black Excellence in our schools and classrooms is to affirm student's identities, build confidence, and inspire futures by highlighting the role Black people have made in education, science, arts, leadership, and community advocacy. It reflects and celebrates thoughtful conversations in schools about equity, representation, and the ongoing work to remove systemic barriers.

This moment of reflection also invites educators and school communities to consider how Black Excellence is represented within their own classrooms and learning spaces. For some, this may affirm intentional work already underway; for others, it may serve as an opportunity to begin or deepen this practice. Black Excellence Day reminds us that this work is ongoing, and that there is always time to plan, reflect, and be deliberate in ensuring all students see themselves meaningfully reflected in our schools.

We welcome everyone to wear a black shirt, if you're able, on **May 15** to show your support for Black Excellence Day!



## Black Excellence Day at Shannon Park

To honor Black Excellence Day, we invite members of our community to share their professional journeys and leadership experiences with our students. Please look for an email from our classroom teachers with more information about visiting our classrooms.

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## Spring Concert

Shannon Park School will be hosting our Spring Concert Friday, May 22nd. Please arrive early to sign in and be seated in the gym for a 12:30pm start. Due to fire regulations and seating capacity, siblings that are in class during this time are not able to join the audience.

Our concert will include the Shannon Park Strummers, The Sharktones, and the violin groups will open the show. The music will be varied with even some original class compositions. Students from the following classes will be performing:

3 MacLean, 3/4 Evans, 3/4 Sauntry, 4 Presee, 4/5 Hines, 4/5 White, 5 Lohnes, 5/6 Figg, 6 Lucas, and 6 MacKenzie.

We ask that you wait until the end of the concert before leaving the gym to avoid disruptions to our performers. The concert is expected to end close to dismissal time. It is preferable for safe dismissal and less crowding to wait for students outside at the regular 2:10pm dismissal time near the Primary Exit by the Bus Dismissal Parking Lot.

## HSA and SAC

Our next Home and School Association (HSA) and School Advisory Council (SAC) meetings will be **May 7** 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](mailto:spes@hrce.ca) Our Spring Fair is at the end of the month. More details will be shared in the coming weeks.



## Visitors to the school

If you are coming to the school during the school day (including outside at recess and lunch) we ask that you stop by the office to check in and get a visitor's badge. You can find the main office down the hall on the right when using the main entrance doors on Iroquois Drive.

## Unplugged Webinar on Smartphones, Social Media, and More

Unplugged Canada is hosting a LIVE webinar on May 6 every parent and caregiver needs to hear. We're talking smartphones, social media, the research – and most importantly, what we can do about it.

Hosted by Kirsten Sweet, educator and National Program Director with Unplugged Canada with Tania Johnson, Co-founder of the Institute of Child Psychology and Dr. Michele Locke, Clinical Psychologist, learn about the impact of smartphones and social media on youth and how the Unplugged Canada Pledge and our resources can spark meaningful conversations in your home, school, and community.

We'll also introduce two new initiatives: the National School Champion Program and Operation Landline – a summer campaign helping families delay smartphones and reconnect in simpler, more intentional ways.

Come ready to learn, connect, and be part of the movement. Register [here](#).

*Free Live Event*

# UNPLUGGED CANADA



## *A National Conversation*

*with Unplugged Canada Ambassadors*

*Tania Johnson,  
M.C.*

Co-founder of the Institute  
of Child Psychology  
Award-Winning Author

*Dr. Michele Locke,  
Ph.D.*

Clinical Psychologist  
Toronto Chapter  
Co-founder

*Kirsten Sweet,  
M.Ed.*

National Program Director  
Alberta Chapter  
Co-founder

- ✔ Explore the research: Smartphones and Social Media
- ✔ Review the Unplugged Pledge and Resources
- ✔ Join our National School Champion Program
- ✔ Check out our new resource: Operation Landline
- ✔ Invite all parents and caregivers in your school community

*Wednesday,  
May 6th*

5pm PT | 8pm ET

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## Screen Free Summer: Digital Diet Guidance

As summer approaches, many families are thinking about screen time. This article introduces the idea of a “digital diet,” encouraging a focus on the quality and purpose of screen use rather than just limiting it. It offers practical ways to help children build healthier, more balanced habits with technology. Read more [here](#).

## Access Awareness Week May 31-June 6

Access Awareness Week in Nova Scotia, taking place May 31–June 6, 2026, is an opportunity to recognize the importance of accessibility, inclusion, and the leadership of people with disabilities. This year’s theme, “Disability Justice: Stronger Together, First Voice Leading Change for Collective Action,” emphasizes the importance of centering lived experience and working collaboratively to create meaningful, lasting change.

In schools, this week is a powerful reminder that inclusion is everyone’s responsibility. Classrooms are where understanding begins – through learning, conversation, and action. By listening to diverse voices, removing barriers, and fostering accessible learning environments, educators and students help build school communities where all learners feel valued and supported.

## 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

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*(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.