

East St. Margaret's Elementary

monthly newsletter



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October 2026

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Principal's Message

Dear ESM Families,

How is it October already?! What an exciting start to the year at ESM! Today, October 1, also marks the first day of our Breakfast Program—another great opportunity for our students and families.

We are thrilled to welcome two new staff members: Ibtesam Ftees, our new Grade 1 teacher, and Allan Reid, who joins us in a 30% position. Allan will teach Phys. Ed. to Grade 1, provide marking and prep relief to our P-2 teachers, and support our upper grades.

A huge thank you to our staff for the serious heavy lifting that went into creating our new Grade 1 classroom. So many people pitched in, moved furniture, organized, cleaned, problem-solved and simply did whatever was needed to make it happen. I am incredibly grateful for a team that works together and always puts our students first.

Thank you also to our ESM families. We appreciate those volunteering to help with lunch supervision— and yes, we could still use some additional support! There are lots of exciting clubs and opportunities in the works, stay tuned! Our first Home and School meeting was a great success, and reminder all are welcome to attend virtually! I am so grateful to be part of this wonderful community and there is so much to look forward to as we head into October!

—Erica Fukala, Principal

Returning Student Registration Reminder

If you have not already completed the Returning Student Registration form, please do so by **October 5, 2026**. The form will close and will no longer be available after this date. Even if there are no anticipated changes, review the information and submit the form for all students in your family.

It's critical that we have the most accurate information each year so that we can contact you quickly in the event of an emergency, send you important information, and to understand your student's health requirements.

Thank you for your support and cooperation in helping us complete this important process.

Dates to Remember

OCTOBER IS MI'KMAQ HISTORY MONTH

OCTOBER 2

SCHOOL PICTURE DAY

OCTOBER 5

BUS EVACUATION DRILL

OCTOBER 12

THANKSGIVING DAY

NO CLASSES

OCTOBER 22

ESM HALLOWEEN DANCE

6:00-7:30 PM- ESM GYM

OCTOBER 23

NSTU CONFERENCE DAY

NO CLASSES

OCTOBER 27

HOME & SCHOOL VIRTUAL

MEETING - [JOIN HERE](#)



? **SEARCHING FOR LUNCH MONITORS!**

We are searching for individuals to fill 1-hour DAILY lunch monitor shifts. If you know anyone who may be interested, please contact the ESM office.

Treaty Day - October 1

Treaty Day is an opportunity to learn, reflect and deepen our understanding of the historic and ongoing relationships between Mi'kmaq and non-Mi'kmaq people in Nova Scotia.

Treaties are not simply part of our past. They are living agreements that continue to shape our shared responsibilities today. In schools, Treaty Day provides an important opportunity to help students understand Mi'kmaq history, culture, rights and perspectives, while exploring what it means to live together in a spirit of respect, partnership and reciprocity.

By continuing to learn about the Treaties and our responsibilities within them, we help build stronger relationships and contribute to the ongoing work of reconciliation.

Mi'kmaq History Month

Each October, Mi'kmaq History Month provides an opportunity to deepen our understanding of Mi'kmaq culture, history, language and traditions, while recognizing the important contributions of Mi'kmaq people past and present.

Across our schools, students and staff may mark the month through learning, storytelling, art, community connections and cultural experiences that bring Mi'kmaq perspectives into the classroom and school community.

As we learn together, Mi'kmaq History Month reminds us of the importance of listening, building relationships and continuing our shared commitment to truth and reconciliation.

Learn more about Mi'kmaq History Month [here](#).



School Photo Day - October 2



In preparation for viewing your student's photo proofs online, please pre-register for ESM's photo gallery by following these steps:

- Visit [ESM Photo Gallery](#)
- Log in or Create Account
- Click the **Submit** button

When your student's images have been uploaded to the photo gallery, you will receive an email letting you know your images are ready to view.

Head Lice in Schools: Guidelines for Families

The Department of Education and Early Childhood Development (EECD), in partnership with the Halifax Regional Centre for Education, has committed to following the recommendations of health care professionals and supporting school communities in the treatment and prevention of head lice.

The department's focus on the treatment and prevention of head lice is an effort to support student attendance and full participation at school. In accordance with these principles and healthcare standards, students with head lice should be treated at home and continue to attend school as usual. The confidentiality, privacy, dignity, and best interests of students and their families will be respected at all times.

"No-nit" or "no head lice" policies that keep children away from school are not effective. Head lice are common among students: they do not spread disease and cases of head lice are often misdiagnosed.

Additional information on how to prevent, find, and treat head lice is available from Nova Scotia Public Health [here](#).

The full Head Lice Guidelines for Families memo can be found on the ESM website [here](#).

