

East St. Margaret's Elementary
School Newsletter
January 2020 Newsletter #1

Principal: Susan Casey

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I hope that everyone had a wonderful holiday break! December was a busy month filled with many activities. The month began with our amazing holiday concert. Thank you so much to our music teacher, Ms. Michelle James, our Band teacher Ms. Jackie Crowell and all of the staff for helping put together such a wonderful concert.

We are now into January. This month can feel like a long, cold one, so we will do our best to create experiences for the students that give them something to look forward to! All the best, Susan Casey

SAC AND HOME & SCHOOL MEETING- The next meeting will be on Tuesday, January 21, 2020- The SAC meets at 2:45 pm and the Home and School meet afterwards at 3:15 pm. Meetings will run approximately 30-45 minutes.

MORNING SCHOOL BUS PICK UP- Just a reminder to students and families that it is important to be at the bus stop at least 5 minutes before the scheduled bus pick up time. This allows the bus driver to keep on schedule for the other bus runs at other schools. This will be especially important now that the winter season is upon us.

WINTER CLOTHING REMINDER:

The cold weather is here! Please ensure your child is dressed appropriately. It is very helpful in identifying clothing if student names are on clothing. This cuts down the amount of misplaced items at the school. **Lost and Found** items are located at the top of the stairs on the hooks outside the Grade 5/6 project room.

WINTER WEATHER AND CONDITIONS:

The winter weather influences ESM. The playground and areas around the school can be icy. Winter safety is important and we try to ensure that entrances, play areas and the school grounds are safe. Please let us know of any winter safety concerns, so we can resolve them promptly. The safety and well-being of students are important. Student safety is considered when the decision is made to go outside during recess and lunch. If the temperature is too cold and conditions of the play areas are not safe, we will keep students indoors.

MESSAGE FROM THE HALIFAX REGIONAL CENTRE FOR EDUCATION:

School closure due to inclement weather:

The Halifax Regional Centre for Education takes great care when making the decision to alter the normal operations of schools in the event of severe or inclement weather. Decisions on delayed openings, school closures and/or bus cancellations are posted on the Board's website at www.hrce.ca, on Twitter at www.twitter.com/HRCE_NS, 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. Schools may be cancelled as a whole Board, family of schools or by individual school. We are in the Sir John A. Family of Schools.

Counsellor's Corner

Happy New Year! I hope you had a wonderful holiday season with the time for rest, relaxation, and connection. As we enter into 2020 many of us are setting goals for the new year. Whether you are planning for yourself or helping your children set goals, remember the acronym S.M.A.R.T.! A S.M.A.R.T. goal is *specific, measurable, attainable, realistic, and timely*. You can assist your child in turning almost every goal into a S.M.A.R.T. goal, but remember that children often need help and support from adults to reach their goals. Below are some important tips on how adults can help their children to reach their goals:

- Have your child write down the goal he or she wants to achieve and hang it or put it somewhere he or she will see it regularly, like the refrigerator.
- Develop a plan with your child about how he or she is going to reach his or her goal.
- Reward your child for steps in the right direction and for accomplishing his or her goal. (Rewards can be verbal praise, adding a sticker to a sticker chart, a tangible prize, doing something special like going to a movie, or some other type of reward that will motivate your child to reach his or her goal.)
- Be patient with your child when he or she does not reach his or her goal. Encourage your child to try again, and help your child adjust his or her goals when they become too easy or difficult.
- Set a good example for your child by also setting and writing down a S.M.A.R.T. goal for yourself. (This may boost your child's self esteem while also helping you to reach your goal at the same time!).

(adapted from Westfield Elementary Counseling Newsletter January 2012)

Ms. Daley
School Counsellor

Attached Notices:

January Calendar

Our school website is: <http://www.esm.hrce.ca/> - Newsletters and calendars are also posted on our website.