



**"We Help Each Other Grow"**

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## **JANUARY/FEBRUARY 2021 NEWSLETTER**

Dear Cavalier Families,

We've made it this far. Fingers crossed, masks on, hands washed that we continue to have low case numbers.

Take care,  
Stephen Driscoll  
Principal

### **FEBRUARY IS PRE-PRIMARY/PRIMARY REGISTRATION MONTH**

In order to be eligible to attend Pre-Primary your child must be 4-years-old **on or before December 31** in the year they start Pre-Primary and your family must live within the English boundary of the school that offers this program. If you are unsure whether you live within the boundaries of a school offering the program, try our [Home Address Lookup](#). Pre-Primary does not have waiting lists. All families who live in the English boundary of the school serving the area (neighbourhood) in which they reside will have a space in that school's Pre-Primary program.

In order to register your child for Grade Primary, they must be 5-years-old **on or before December 31** in the year they start Grade Primary

- Students will register for English programs at the school serving the area (neighbourhood) in which they reside. Students who live in an area of eligibility for Early French Immersion will register at the [French Immersion designated school](#) that serves their neighbourhood.

## During 2021-2022 school year, registrations for Pre Primary and Primary will be done electronically following the process outlined below:

To limit non-essential visitors, families are encouraged to register using the following steps:

1. Please complete all sections of the registration form ([Word](#) | [PDF](#)) and email to [registration@hrce.ca](mailto:registration@hrce.ca).
2. You must attach a scanned copy or picture of proof of residence (Power or Water bill), Nova Scotia Health Card and your child's birth certificate (*for Pre-Primary and Primary registration only*).

If you have any questions please contact the school at 902-864-7524. As well if you know any families in the neighbourhood who might not receive this newsletter please forward the registration information on to them. Thanks you!

### STUDENTS AND MASKS

Please remind your child/children to pack an extra mask in their bookbag each day. We are noticing a lot of students are forgetting to bring/losing their masks on a daily basis. Thank you!

### HELPFUL MASK GUIDELINES FROM THE GOVERNMENT OF CANADA WEBSITE

Well-designed and well-fitting masks or face coverings can prevent the spread of infectious respiratory droplets.

How well a mask or face covering works depends on the materials used, how the mask is made, and most importantly, how well it fits.

A mask or face covering can be [homemade](#) or purchased, and **should**:

- be made of at least 3 layers
  - 2 layers should be tightly woven material fabric, such as cotton or linen
  - the third (middle) layer should be a filter-type fabric, such as non-woven polypropylene fabric

- be large enough to completely and comfortably cover the nose, mouth and chin without gaping
- allow for easy breathing
- fit securely to the head with ties or ear loops
- be comfortable and not require frequent adjustments
- be changed as soon as possible if damp or dirty
- maintain its shape after washing and drying

Face shields do **not** replace masks or face coverings.

A face shield is used to protect the eyes of the person wearing it. Using a face shield without a mask won't protect:

- you from potentially inhaling infectious respiratory droplets exhaled by others
- others from your infectious respiratory droplets, as they can escape around the face shield.

### **Neck gaiters (neck warmers)**

Neck gaiters (also known as neck warmers) aren't recommended because they:

- aren't well secured to the head or ears, and are likely to move or slip out of place
- are difficult to remove without contaminating yourself

If a neck gaiter must be used as a face covering:

- it should be folded to provide at least 3 layers of fabric and should include a filter or filter fabric added between layers
- lift it away from your face, especially when taking it off
- wash your hands or use alcohol based hand sanitizer anytime you need to adjust it, especially when putting it on and taking it off.

We hope this New Year finds you safe and well. For many people, this time of year brings thoughts of change and an interest in taking care of our physical and mental wellbeing. This may be truer now more than ever! The Community Health Team is here to support the families in your schools.

We continue to deliver our FREE wellness programs in a virtual zoom for health care platform as well as offer content to reflect the current needs of families (i.e. focus on anxiety, screen time, behavior challenges, and self-compassion).

The Community Health Teams are a joint partnership between the IWK Health and Nova Scotia Health. Please find the promotional material attached. Here is what we are currently offering:

- **My Child is Anxious. Should I worry? - 2 week program**
- **Screen Time in my Family - 1 week program**
- **Self-compassion for parents - 1 week program**
- **Incredible Years Parenting Program - 12 week program for parents of 6-12 year olds (School Aged) and 14 week program for parents of 3-6 year olds (Pre-school)**
- **Parenting your Teenager: Walking the Middle Path - 6 week program**
- **Handle with Care- 8 week program for parents of 0-6 year olds**
- **Parent/Caregiver 101 Series offered by IWK Pediatric Dietitians & Occupational Therapists - Behaviour 101, Mealtime 101, Toileting 101**

The CHT flyer also has many other free health and wellness programs to support your families. This is also attached. Please take care of yourselves and thank-you for all the hard work you have done to support families.

Cheyenne Smythe Kelvey & Heather Beaton  
Coordinators, Mental Health & Wellness  
IWK Health Centre/Community Health Teams

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[Cheyenne.SmytheKelvey@iwk.nshealth.ca](mailto:Cheyenne.SmytheKelvey@iwk.nshealth.ca)

Phone: (902)460-4560

## INCLEMENT WEATHER AND SCHOOL CLOSURES

If schools need to close before the regular dismissal time the teachers and school staff will contact all parents to find out any special arrangements for a child. Generally, school closures are announced by 11:00 a.m. As the phone lines are usually quite busy during an Early Closure event we ask that parents refrain from calling the school to make arrangements for dismissal, teachers will contact parents before children are allowed to leave.

## PROPER CLOTHING

Please remind your children to dress properly for the winter conditions that often change throughout the day. Children need to wear boots, snow pants, winter jackets, hats and mittens each day as they are often outside for long periods of time. It would be a good idea to **pack a spare set of clothes** in your child's bookbag in case they need to change out of wet clothing. Also extra mittens would be a good idea as well.

Physical Education classes are often outside. Please go this link to see the info. graphic on dressing for the outdoors -

<https://docs.google.com/document/d/1iOIne6EgxrL1GcrtxZFBElQ1STyM5hmybP67iJGkaka/edit>

Visit Mrs. Payne's website for more information -

<https://sites.google.com/gnspes.ca/getactivewithmrspayne/home?authuser=0>

## LATE MORNING ARRIVALS

If your child is arriving at school after 8:00a.m. they are considered late. Aiming to be in the door at 7:55a.m. allows a student time to get to their class, organize their belongings and be ready for the beginning of class at 8:00a.m. We are experiencing a high number of late arrivals and would ask parents to ensure their children arrive on time. Children who are walkers or dropped off by parents are able to arrive at school at 7:40 a.m. If they arrive after 8:00 a.m. please have them go to the main doors to check in at the office.

## DAILY SCHEDULE

AM arrival	7:40 - 7:55
Classes Begin	8:00
Recess	Specific to homeroom
Lunch	Specific to homeroom
Dismissal	2:00

### SAFE ARRIVAL



Please remember to call the Safe Arrival line if your child is going to be late or absent - 902 864-3176. Thank you.

### SCHOOL VISITORS

Due to COVID-19 restrictions we are asking all parents to please call the school, 902-864-7524, if you are dropping off items or dropping off/picking-up your child early. All parents/caregivers are reminded that vehicles are not permitted on school property from 7:30 a.m. until 3:30 p.m. **Parents should remain outside of the building at all times.** Parents are reminded that they must park on one of the neighbouring streets and not enter the school yard with their vehicles. Please share this information with any adult who may be picking your child up or dropping your child off at school.

### THE LUNCH LADY

Students can now receive lunches from the Lunch Lady each day of the week. Please make sure your order is placed by Thursday for delivery the following week. For service the week of January 25, place your order by Thursday, January 20<sup>th</sup>.

### DATES TO REMEMBER

February 1- 26	Registration Month
February 15	Heritage Day - Edward Francis Arab Day (no classes)
March 24	Assessment & Evaluation Day - Elem/Jr High (no classes)
March 15 - 19	March Break (no classes)
March 24	Assessment & Evaluation Day (no classes)
April 2	Good Friday (no classes)
April 5	Easter Monday (no classes)
April 7	Student Reports go home
May 21	AM - PD Day
	PM - Parent - Teacher Interviews (no classes)
May 24	Victoria Day(no classes)
June 29	Assessment & Evaluation Day - P-12 (no classes)
June 30	Last Day of School - Report Cards Home