



Chiganois Elementary School Newsletter

January 2024

Principal's Message

Happy New Year! I hope everyone had an enjoyable and happy holiday season. Hopefully you got to spend some time with family and friends and are looking forward to 2024.

We are into a new initiative called UFLI, which teaches students explicitly about letters, the sounds they make and how to blend letters and sounds together. This is across the region and is off to a great start here. Perhaps when you are reading at night with your child you can ask them about what they are doing and what they have been learning about sounds.

I would also like to send a big thank you to our PTG. They purchased a school t-shirt for every student and staff member, which is a great thing for our school spirit. We also ran a contest for the slogan on the back, with "This is shark territory" getting the most votes. Congrats to our two grade five students, Neil and Bennett, for their winning idea!

As always, please do not hesitate to reach out with any questions or concerns.

Clinton Harvey



January 2nd - Regional PD No School For Students

January 3rd - Welcome Back Students!

January 5th - Orange Shirt Day

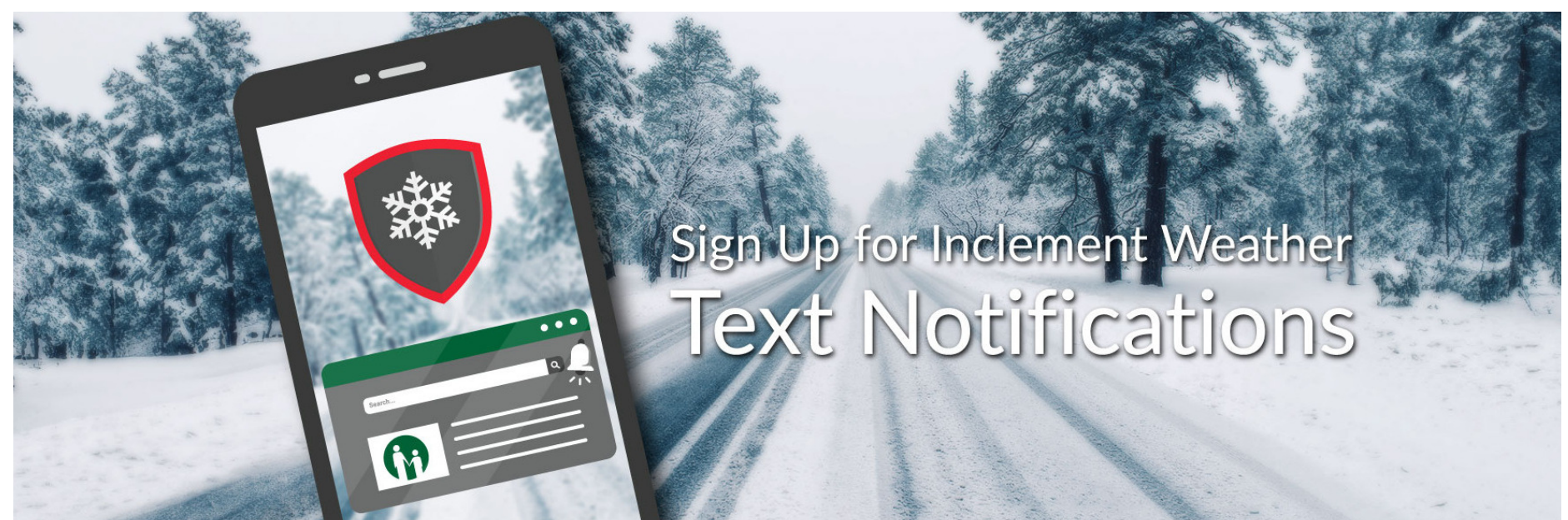
January 23rd - SAC/PTG

February 2nd - Orange Shirt Day

Student Bus Numbers & Notification Sign Up

We want to make sure everything goes smoothly with your child's transportation. Sometimes, the Chiganois buses might be delayed or canceled. Even though our office does its best to keep in touch with affected students, we may not always be able to reach everyone.

So, we ask you to take the lead in staying informed. Get to know your child's bus numbers, sign up for [text notifications](#), and check the [late bus notification page](#) regularly. Your cooperation means a lot to us!



Change to our Lost & Found

Our lost and found fills up quickly, making it a bit challenging for us to manage. Kindly remind your child to be mindful of their belongings. To keep things organized, we'll only hold onto clothes for 2 weeks before donating them. You're welcome to stop by and check the lost & found for any missing items. Your assistance is greatly appreciated!

Headlice

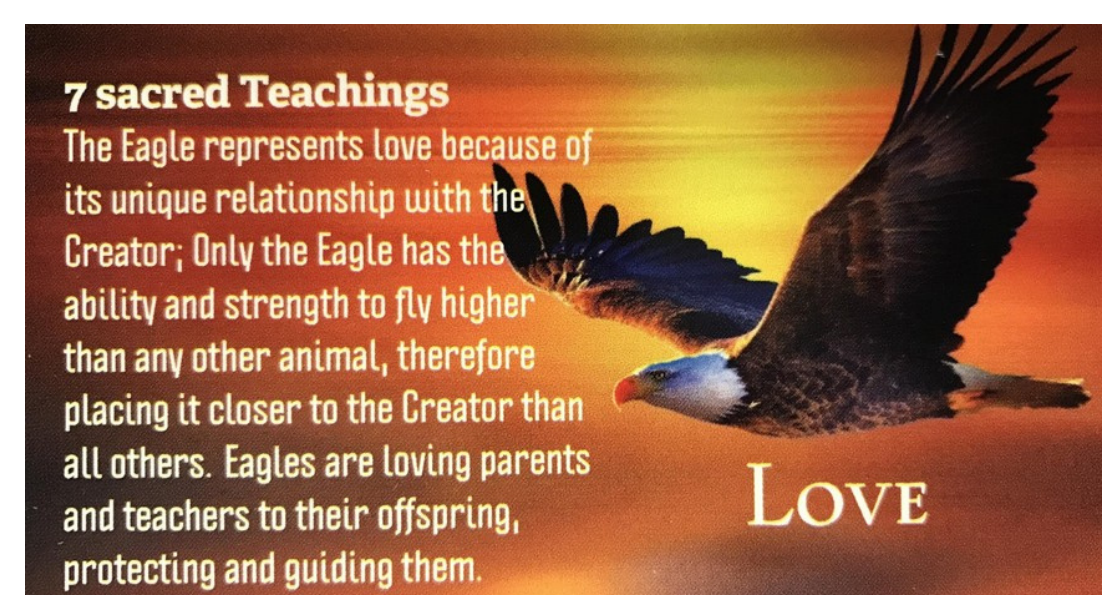
If your child happens to have head lice, kindly inform the school office. This allows us to promptly share notices with other families and take proactive measures to check everyone, preventing any further spread. Your cooperation is greatly appreciated!

Seven Sacred Teachings

These seven teachings (also known as Grandfather Teachings) are all aspects of our emotional, spiritual, physical and intellectual development. Many indigenous people follow the seven sacred teachings to help live their lives in balance and harmony.

The seven sacred teachings include:
Wisdom, Truth, Humility, Bravery, Honesty, Love & Respect.

For the month of January staff and students at Chiganois will be recognizing **LOVE**.





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Personal Property

The safekeeping of personal property rests with the students. Therefore, we discourage students from bringing electronic games, cell phones and any other valuables to school unless approved by the classroom teacher. If for any reason students must bring these types of items to school they should to be handed into the office for safe keeping.

Winter Clothing Reminder

Please remember to have your child/children dress appropriately for the weather when coming to school. The temperature is dropping and students will be expected to be outside for play time unless the weather is too inclement. The play field is open and is not very sheltered from the wind. Students should have a hat and gloves/mittens as well as a warm jacket and appropriate foot wear for outside play. When the snow begins to fall, snow pants or splash pants keep students warm and dry after playtime for afternoon instruction. It may be a good idea to slip an extra pair of gloves/mittens in your child/children's backpacks, especially the little ones.



Sleep Facts

It's normal to fall asleep between 10-20 minutes after going to bed. If it takes you less than five minutes to fall asleep, you're probably exhausted and sleep deprived. Practice good sleep hygiene to help your body fall asleep fast every night so it can get those much-needed z's. That means setting a sleep schedule, putting phones and other bright technology away 30 minutes before bedtime, and more. The natural light and dark cycle of the day helps your body know when it's time to be awake and alert, and when it's time to wind down and get some shut-eye. If your eyes are constantly glued to bright lights—think phones, TV screens, video games, and more—how is your body supposed to know it's time to rest? In short—it won't know. Putting phones and other bright screens away about 30 min before bedtime is a good habit to practice maintaining healthy sleep hygiene.

Source: <https://www.zzzquil.com/en-us/article/12-fun-facts-about-sleep>

Mental Health & Wellness Services

211 Nova Scotia

211 is a free, confidential information and referral service that can connect you to thousands of programs and services offered by local community groups, nonprofits and government departments across Nova Scotia, 24/7.

Tel: 2-1-1

Provincial Mental Health and Addictions Crisis Line

If you are experiencing overwhelming emotions, distress, or a mental health or addictions crisis, or are concerned about someone who is, the Provincial Mental Health Crisis Line is available 24 hours a day, 7 days a week. This service is for all ages and you can call for yourself or because you have concern for someone else. You do not have to be in a crisis to call and nothing is too big or too small a reason to reach out. The staff responding when you call are skilled crisis clinicians. The NS Provincial Crisis Service can also provide the contacts for other 24/7 crisis services if you live outside of Nova Scotia.

Tel: 1-888-429-8167

Kids Help Phone

A national helpline for young people between the ages of 5 and 20, where confidential and anonymous support is available 24 hours a day, 7 days a week.

Tel: 1-800-668-6868 or Text: CONNECT to 686868

kidshelpphone.ca

Additional Services

Mental Health and Addictions Intake Service

If you or a family member needs help, you can self-refer to a mental health or addictions clinic, service or program through the Nova Scotia Health Authority or IWK Health Centre.

Tel: 1-855-922-1122 (Monday – Friday, 8:30am to 4:30pm)

OFFICE HOURS

9:00 AM - 4:00 PM

SCHOOL HOURS

9:15 AM - 3:15 PM

CHIGANOIS ELEMENTARY

11145 Highway 2
Masstown, NS
B0M1G0

902-662-4420 (P) 902-662-4422 (F)

FACEBOOK, WEBSITE
EMAIL





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Nuts Allowed

As of now we have zero restrictions surrounding nuts/peanut butter. This means peanut butter is allowed as well as nuts of any kind.

If you have any further questions, please feel free to contact the office.

Traffic

With our students now being outside every morning from 9:05-9:20, a reminder to please not drive behind the building when dropping off your child(ren) in the morning. You are able to stay in the driveway in front of the building to drop off your child(ren). Thank you for your help with this.

Safe Arrival

In the interest of student safety, please notify the school in the event your child will be absent from school or late. You can do this via the school messenger app found on your devices app store, by emailing our Administrative Assistant [Mrs. Keizer](#) or by calling the school before 9:15 am and leave a detailed message on our school voicemail 902-662-4420.

In The Spotlight

Each month we will feature a class or staff member ***"In The Spotlight"***

This month we'd like to introduce you to ***Mrs. McCarthy*** our ***Grade 4 Teacher***



Favorite Things

Animal: Dogs

Treat: Popcorn with salt & vinegar flavouring

Hobby: Reading

Food: Pictou County Pizza

Drink: Coffee & Lime Bubly

Book: The Superteacher Project by Gorman Korman

Activity: Traveling with my family!

Natural Habitats

This month in Mrs. McCarthy's class, students dove into the world of natural habitats! They started by exploring what living things need to survive and how those needs are met in their specific habitats. The class also learned about adaptations and how these differences help organisms stay alive. The students also looked at the idea of interconnectedness, studying the different populations within a habitat and understanding what happens when one population is lost. They explored topics like food chains, predator/prey relationships, and the roles of producers, consumers, and decomposers in keeping everything in balance. To show what they learned, students got creative and made their own habitats! This allowed them to share ideas, get feedback, view their classmates' habitats, and think about how they're doing in their learning journey.



Telling Time

In math class, students fully engaged in the exploration of telling time. They learned how to read an analog clock and had a blast practicing it through games like clock bingo. A highlight of the month was the creation of a large clock in the gym, providing students with a hands-on opportunity to reinforce their understanding of time.

Taking their time skills beyond the classroom, students checked out the 24-hour weather forecast and monitored flights at the Halifax International Airport. This hands-on experience not only helped them navigate real-world scenarios but also emphasized the practical significance of understanding 24-hour time in everyday situations.



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