

Friday Memo

October 11, 2024

Please check out our new website. We will continue to add information and update. If there is something you would like to see there, please email the school at [wmount@hrce.ca](mailto:wmount@hrce.ca) . The website can be found at: <https://wmt.hrce.ca/> .

### **Important dates in October:**

- **October is Mi'kmaq History Month (see below)**
- **October 14: Thanksgiving (no classes for PP-12)**
- **October 18-23: Online ordering for NS School Lunch Program (see below)**
- **October 24: WSA Movie Night (see below)**
- **October 25: NSTU Conference Day (no classes for PP-12)**
- **October 28: WSA and SAC meetings**
- **October 28: start of NS Lunch Program meal deliveries**
- **October 31: Diwali**

### **October is Mi'kmaq History Month**

2024 Theme for Mi'kmaq History Month Poster: Mijipjewey Na Mawa'luksi'k / Food gathers us together

Food and its significance in Mi'kmaw culture: Food gathers us together for celebration, nourishment and comfort. It is central to our ceremonies, considered part of our medicines, and key to our resiliency. Sharing freely honours each other and blesses our families and communities so no one is harmed or struggles. The long-ago treaties with the first plants and animals of Mi'kma'ki require us to love and to protect msit no'kmaq (all our relations). Living through the values and ways of netukulimk over

thousands of years has carried our communities through times of abundance and scarcity.

Water is life! Our cultural practices protect the shorelines, estuaries, and aquatic habitats, where so much of our food is harvested. This protection is extraordinarily important to the ongoing treaty relationships among all living beings in Mi'kma'ki ([Mi'kmaq History Month 2024](#) ).

Concepts celebrated in this year's poster:

Msit No'kmaq - We are all connected.

Netukulimk - We are ensuring community nutrition and well-being without damaging the environment.

Tpi'tnewey - We do good things for others and acknowledge that intent. Sharing freely honours each other.

For more information, please visit:

- [Learn about Mi'kmaw History Month](#)
- [Learn to say Mi'kmaw History Month](#)
- [Treaty Day](#)

*With gratitude,*

Brittany Sue Pennell, Regional Coordinator of Mi'kmaw Education-HRCE

## **Nova Scotia School Lunch Program**

The Nova Scotia School Lunch Program is a provincial lunch program that offers public school students across Nova Scotia nutritious lunch every school day. Ordering will open on Friday mornings and close on Wednesday at noon. Families can go to <https://nslunch.ca/> to set up their online accounts.

**Our first ordering cycle is open Friday, October 18-Wednesday, October 23.** Meals for this cycle will be delivered to the school starting Monday, October 28-Friday, November 8.

An information postcard was sent home with students yesterday. More information will be emailed by HRCE in the coming weeks.

### **WSA Movie Night October 24! (repeated information)**

The Westmount School Association (WSA) is planning a movie night for students October 24. Doors open at 6pm and the movie starts at 6:15. Students must be accompanied by an adult. Admission is free! Snacks and drinks will be available to buy (\$1.00 each). The movie will be decided by student vote before the event! See attached for details.

### **Bell Schedule (repeated information)**

#### **First Bell: 8:30 am**

Class Begins: 8:35 am

Recess: 10:05 am - 10:20am

Lunch: 11:35 am - 12:35 pm

Dismissal: 2:40 pm

**Please note that our first bell is 8:30 and classes start at 8:35.** It is important that students are here on time to engage in social and organizational time to start the day.

### **Are You Interested in Becoming a Lunch Monitor? (repeated information)**

We are looking for Lunch Monitors! This is a paid position from 11:35-12:35 daily (or a flexible schedule) and is a wonderful way to be involved in the school supporting students. Please call or email the school for information.

## **October 21-25, 2024 is School Bus Safety Week in Nova Scotia! (repeated information)**

We had our schoolwide bus evacuation practice on Monday. Students learned about the safety features on buses and how to evacuate the bus safely.

At Westmount, we have three buses at arrival and dismissal times. The drop-off and pick-up for our buses is the front entrance of the school on Edward Arab Ave.

Did you know that more than 30,000 HRCE students ride the school bus every day? School Bus Safety Week is a great time to remind students, families and schools of a few daily safety tips that everyone can follow to ensure all students get to school safely.

### *Bus Stop Safety*

- Be on time for the bus and please don't run to/from the bus.
- Stand back off the road and don't push or shove when waiting at a stop.
- Always cross in front of the bus. Walk three metres (10 feet) in front of the bus to a point where you can see the driver and wait for the driver's signal to cross. Proceed to the centre of the road, STOP, LOOK & LISTEN and cross the road when it is safe.
- Never crawl under a school bus or cross the road behind the bus.
- Know the danger zones around the bus.

### *School Bus Safety*

- Please respect and listen to the driver and avoid distracting them.
- Please keep noise levels to a minimum.
- Do not stand or move seats while the bus is in motion.
- Never put your hands, arms, feet or head out of the bus window.
- Ask the driver for permission before you open the bus windows.

- Do not throw anything inside the bus or out of the windows.
- Keep the aisle clear at all times when the bus is in motion.

You can find out more information about School Bus Safety Week, including more safety tips, [here](#).

### **Arrival Routines (repeated information)**

Students can arrive for outside play at 8:20 daily. Students are supervised by teachers during this time. The first bell to enter the school is at 8:30.

Students enter the school at 8:30 through their assigned classroom doors. If the outside door is closed, please walk your children to the main office to enter the school so we can record names of students arriving for accurate safe arrival.

### **Dismissal Routines (repeated information)**

The end of the day is 2:40 and families are required to have a dismissal and/or after school plan. Teachers must be notified of any changes to dismissal plans well in advance to ensure students are safely dismissed. If a different person is picking up your child, this is important information to communicate (name of the adult and relationship to the student).

Students dismiss from the same door they use for entry in the morning. If you have more than one child, you will need to make a plan for where your children will meet you outside (i.e. select a door number). The main office is very busy and cannot serve as the meeting location.

### **Reporting an Absence from School (repeated information)**

SchoolMessenger's SafeArrival is an absence-management system that improves student safety and makes it easy for you to let the school know about your child's absence.

To learn more, go to

<https://www.hrce.ca/families/general-information/safe-arrival>

## **Lost and Found (repeated information)**

**Please put your child's name in their clothing and all lunch containers.** This would enable us to return items that are brought to the lost and found area by the main entrance.

## **Visiting the School (repeated information)**

When visiting the school for any reason, please come to the main office doors (located on Edward Arab Ave). All doors are numbered, the office is located at door #1.

Once you have entered the building through the main doors, you will come to the main office to drop items off, request your child be called to the office for dismissal, check lost and found, or any other reason.

## **Information About Volunteering (repeated information)**

To volunteer at the school (i.e. helping with safe arrival) and/or chaperone field trips, individuals are required to complete and submit to the school a Criminal Records Check and Child Abuse Register Search as part of the provincial Volunteer Background Check Policy. This policy can be found on our school website.

For school purposes, checks are valid for a maximum of three years and must be repeated and resubmitted once expired if the individual wishes to remain a registered volunteer with the school.

Here are links to complete the required paperwork:

Child Abuse Register Search- <https://beta.novascotia.ca/apply-child-abuse-register-search>

Criminal Records Check- <https://www.halifax.ca/fire-police/police/criminal-record-check>

