



# October 2025

## Portland Estates Elementary School

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### October is Mi'kmaq History Month

*September is now behind us and October is well under way. Students and Staff are continuing to get to know each other. What a busy month September was- fire drills, Lockdown practice, Hold and Secure practice, Curriculum night, Terry Fox Walk, Ice cream Social and Truth & Reconciliation Day. Thank you to all the parents and students who came to the Ice Cream Social and joined in on the Terry Fox Walk.*

*This year at Portland Estates, we have several new specialists who will be working with our classes- Lynn Coolen, Art Specialist; Heather Burn, EAL Teacher; Olivia Devine, Speech Language Pathologist and Caitlin Dumaresque, School Psychologist.*

*It is our belief at Portland Estates School that school staff, volunteers and families must work together as a team to provide an inviting environment for our children to feel free to take risks, explore, challenge and learn. We welcome open communication between home and school at all times. If parents have concerns, please reach out to your child's classroom teacher. As the old African adage says, 'it takes a village to raise a child'. It is our hope that our school community will continue to help the children at Portland Estates Elementary school become all they can be. Thank you all for your support as our students continue their journey as lifelong learners.*

*Louise Henman-Poirier*

*Principal*

#### *Important Reminders :*

- *October 1 – Treaty Day*
- *October 7- Grade Four Violin starts*
- *October 9 – PTO Meeting in the library 7 pm/SAC meeting*
- *October 10- Apple Picking Trip-PMAC, PPW, P/1W*
- *October 10 – PJ Day*
- *October 17- Milk Sport Fair – Grades Three to Five*
- *October 13- Thanksgiving Day – No School for students*
- *October 20- Diwali begins*
- *October 20-24- School Bus Safety Week*
- *October 23- PTO Fall Family Dance*
- *October 24- Provincial Inservice Day – No school for students*

#### **Terry Fox Walk**

The Terry Fox Run and fundraising efforts were a huge success this year at Portland Estates. With on-line donations and money collected at school we raised a total of \$1025 for cancer research. We exceeded our goal of \$1000. Congratulations!!! Thanks to the school community for your continued support of this important cause.

**CUSTODY & ACCESS-** This is a reminder that Halifax Regional Centre for Education/Department of Education policy requires a copy of any written court order pertaining to custody and access to be on file at the school. In the absence of a court order, custody is assumed to be 50% with both parents able to have equal access to their child. Parents/Guardians must ensure we have the most up-to-date contact information for both parents as per this legal requirement.

**Books! Books! Books!** Each year our librarian and classroom teachers clean out their rooms and we have many books that are available to new homes. Last year the Grade Fives sold some at the Consignment sale and we would like to give these away for a donation. On Thursday and Friday of this week, students may view these books and take one for a donation to the Grade Five End of the Year Fun Day.

**Demographics/Registration Forms:** Please complete the online Demographics in Powerschool Parental Portal (registration forms, image consent and Early closure forms) as soon as possible. At present, we have 200 forms completed to date. We still have 170 outstanding. We require the most up to date information for parents/guardians to take part in virtual sessions, receive notices, etc. A lot of parents are skipping over the early closure and Image consent sections – please ensure you complete these as well.

**Lunch program /Milk Program** – This is a reminder that you can order milk through the school office for the cost of .40 cents per milk. As well, you can order a hot lunch for your child through the provincial lunch program at NSlunch.ca.

**Life Threatening Allergies/Epipens/Allerjects:** The HRCE policy states that any students who require an Epipen/Allerject must carry it on their person. Epipens/Allerjects are not allowed to be stored in desks, backpacks etc.

## **Safety First**

Please help keep our students safe when dropping off and picking up your children. Here are some friendly reminders:

- All student pickups take place outside. If you are picking up students from school outside of dismissal time, please meet them at the office door.
- If you are picking up students outside of dismissal time, please call the school on your way to the school to let us know you are picking up your child and what class they are in. Then ring the door bell so Mrs. Myers can notify the student. Your child will be dismissed and meet you outside of the office door.(Door #1)
- Bikes, scooters and skateboards are not to be driven on school grounds. Please remind your children that they must walk these items while on school property. Children should be wearing a helmet if they are driving these vehicles.
- When parking to pick up or drop off your child, **do not park in No Parking/No stopping/Fire Lane areas** in front of the school signified by the orange pylons.
- Students should arrive at school between **8:40 am and 8:50 am**.

Thank you for demonstrating safety, understanding and patience to keep our students safe.

**No Child Without Program** – PEES is able to offer parents/guardians information about the No Child Without Program. This program helps provide Medic Alert bracelets for students who require them. <http://www.nochildwithout.ca>

Fall Family Dance – The PTO will require volunteers for this event. Please email [PEESvolunteers@gmail.com](mailto:PEESvolunteers@gmail.com) if you can volunteer.

## **October 1 is Treaty Day**

Celebrating and recognizing Treaty Day is an important way we can strengthen understanding and respect for Indigenous cultures and histories. It highlights the significance of treaties as living agreements that shape relationships between Indigenous peoples and the government. By educating

students about Treaty Day, we promote awareness of Indigenous rights and contributions and encourage reconciliation. This celebration helps build a more inclusive and respectful society, where students learn the importance of honouring commitments and working together for a better future.

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

October is Mi'kmaq History Month, a time to celebrate and recognize the rich culture, history, and contributions of the Mi'kmaq people. In our schools, we can honour this month by incorporating Mi'kmaq stories, traditions and teachings into our curriculum. Activities such as guest speakers, art projects and cultural events can help students appreciate and understand the significance of Mi'kmaq heritage. Please join us in offering our respect, awareness and appreciation for the Mi'kmaq community and their enduring legacy. Learn more [here](#).

## **October 20-24 is School Bus Safety Week**

Student safety is a shared responsibility! During School Bus Safety Week, everyone can work together to ensure the safety of students on and around the school bus.

*Did you know that HRCE has more than 33,000 students who 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.

**Remember: In Nova Scotia, it's illegal to pass a school bus when its red lights are flashing and the stop arm is extended.**

You can find out more information about riding the school bus in HRCE [here](#).

## **O Canada in Schools**

In September, the Nova Scotia Department of Education and Early Childhood Development shared a new provincial policy about the playing of our national anthem in schools. You can read it [here](#).

In keeping with this policy, we play O Canada at the beginning of each school day in our school.

If you have any questions, please reach out to the school office.

## **October is Canadian Library Month**

October is Canadian Library Month, a time to celebrate our wonderful libraries and the Library Support Specialists who support our students. The third Friday of the month is Canadian Library Workers Day and the fourth Monday is Canadian School Library Day. Please join us in thanking our school library workers for all they do every day in creating safe and welcoming spaces, encouraging a love of reading and helping students succeed in school and beyond. Learn more [here](#).

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

### **What is SchoolsPlus?**

SchoolsPlus is a confidential, free service available in every school in Nova Scotia. Our goal is to build positive relationships between families, schools, and communities. We can help families navigate complicated situations when they are involved with many different services. This helps ensure everyone is communicating clearly and working on shared goals. SchoolsPlus can also help connect families to community resources and offers mental health support in schools. Contact the SchoolsPlus Facilitator for your school to make a referral. You can find additional information [here](#).



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