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Principal: Jacquelyn Reid **Vice Principal:** Emily Ripley-Davis **Admin Assistant:** Carol Sheldon

The Hillside Park Press



Dear Families,

What a fabulous first month we had at Hillside! We had Pink Shirt Day, participated in the Terry Fox Run, and held fire, lockdown, and hold and secure drills. Students were engaged in lots of great learning this month, which ended with honouring Orange Shirt Day as part of our ongoing commitment to Truth & Reconciliation.

Communication between school and home is very important. Last week, you would have received an email from the PowerSchool system asking you to update your child's information. Even if your info is current and up to date, please follow the instructions in the link and submit the form. The 'consent for publication' form is embedded within the student demographic link, as well as dismissal plans in the event of an early closure. If you need help completing this, please call the school and we will assist.

Just a reminder to please pack a water bottle every day for your child. Please also ensure you pack spoons/forks as we do not have a supply on hand. It's also that time of year where the weather changes throughout the day. We like to get our students outside as much as possible, so layers are always a good idea. Thanks for all you do! We appreciate your support.

Yours in Education,

Mrs. Reid, Ms. Ripley-Davis and the Hillside Park Team

October

October 2	National Day of Truth & Reconciliation observed (no school)
October 9	Thanksgiving Monday (no school)
October 10	School Photos for any students who missed the 2 dates
October 12	School trip to Elderkin's (P-5)
October 17	Parent Teacher Group Meeting (6:00 PM in the library)
October 25	Flu Vaccine Clinic (2:10-6:00 PM in the library)
October 26	Halloween Howl (6:00-7:00 PM)
October 27	Provincial Conference Day (no school for students)
October 31	Halloween

Upcoming Dates

November 10	Remembrance Day ceremony (Time TBD)
November 13	Remembrance Day observed (no school)
November 17	Assessment & Evaluation Day (no school)
November 23	Professional Learning Day for staff (AM) Family/Teacher Conferences (Afternoon and Evening) No school for students

October 5th is World Teachers' Day!

World Teachers' Day started in 1994 and is now celebrated in over 100 countries around the world.

We have a phenomenal team at Hillside Park! It takes a village, and this is truly a great one to be part of.



Mi'kmaq History Month

The theme for Mi'kmaq History Month this year is Mi'kmaq sports, traditional games, and pastimes. This is a wonderful celebration of the great success of the North American Indigenous Games held in Mi'kma'ki this year, and the Nova Scotia Mi'kmaq Summer Games held in Millbrook.

For centuries, sports and games have grown Mi'kmaq ways of knowing and being. They are crucial for teaching young ones how to hear, how to see, and how to move. This Mi'kmaq History Month is shining a light on traditional sports and pastimes that are central to Mi'kmaq culture. Join in the fun!

Mi'kmaq

WIKEWIK'S HISTORY MONTH OCTOBER 2023

Mi'kmaq Sports, Traditional Games, and Pastimes

Sport demands training not only body and mind, but heart and spirit as well. Learning and teaching in Mi'kmaq culture are holistic and young people learn by doing. Today's dancing merges movement with sound and spirit in a fun and competitive atmosphere.

Lacrosse, known to some as the Creator's Game, grew out of a diverse group of intense and fierce ballcourt games that were known throughout eastern North America. Ballcourt games were played for several thousand years before Europeans and others arrived. Hockey, basketball and even soccer share the same form, with teams vying to move a ball or disc across a field or floor. These games connected hundreds of different nations across territories, creating opportunities to share and to learn from one another.

"For me, the flight of the arrow is an extension of who I am and who my ancestors were. It is still who we are today."

Clifford Paul
Membertou Mi'kmaq community

With deep roots in Mi'kma'ki, hockey might be the most popular sport within Mi'kmaq communities today. Two large tournaments gather teams from across Mi'kma'ki and beyond each year: The Wallace Bernard Memorial Native Youth Hockey Tournament honours its namesake as a champion of Mi'kmaq sports and one of the first organizers of the Nova Scotia Mi'kmaq Summer Games. The Peter and Mary Agnes Julian Memorial Hockey Tournament celebrates their life-long dedication to sports within Mi'kmaq communities, including starting the Nova Scotia Indian Sports Program.

For generations, participation in sports and games have grown Mi'kmaq ways of knowing and being, teaching young ones how to hear, how to see, and how to move. Competition sharpens skills and builds endurance, speed and strength. Sports demand young ones predict what will happen before it has actually occurred. Using this kind of pattern recognition together with all of our senses makes great hunters and skilled warriors. These teachings carry us into ways of thinking, moving and being as adults.

Sports are not only about training and growth, but also about spirit and ceremony. Many athletes show gratitude to the Creator by continually striving for perfection. Traditional activities like archery, waltes, lacrosse, and wapnaqik connect people to each other and to ancestors who have come before them.

Sports and games allow generations of spectators, coaches and participants to grow up together through annual events and gatherings. Food, entertainment and socializing involve everyone. Many games have elements of chance that allow spectators to join in the fun. Our value of inclusion encourages all to participate!

"We are so lucky to have the whole community behind us. They are the ones that come together and make it possible for us to travel and compete. I definitely wouldn't be where I am today without my community."

Sara-Lynne Knockwood
Sipekne katik, First Nation

Mi'kmaq guides, largely from the district of Kespawitok, were renowned across North America in the early 20th century. With skills like hunting, fishing and canoeing rooted in traditional and generational knowledge, Mi'kmaq canoeing sports show circles. The competitors hosted a wide range of events for both men and women, including log-calling, chopping, sawing, canoe-racing, shooting, fly-casting and swimming.

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Indigenous Services Canada

Services aux Autochtones Canada

@miqmaq190

MIKMAQ

NOVA SCOTIA

The Confederacy of Mainland Mi'kmaq

Native Council of Nova Scotia

Union of Nova Scotia Mi'kmaq

Elderkin's School Trip

We are excited to take our students in P-5 to Elderkin's Farm and U-Pick on Thursday, Oct. 12. Forms will be coming home this week. The cost is \$3.00 per student for a 5 lb bag of apples. All information will be communicated in the permission forms.



Volunteering at Hillside Park

We would love to welcome volunteers into our school this year! We are specifically looking for help with our Breakfast Program and our Library (Thursdays). If you are interested, please reach out to Ms. Ripley-Davis (emily.ripley@hrce.ca)

Prior to volunteering with the Halifax Regional Centre for Education, all volunteers must provide:

1. A completed Child Abuse Register - Request for Search Form, which can be found [here](#)
2. A certified and true copy of a Criminal Records Check with Vulnerable Sector Check available [here](#), from your local Police or RCMP detachment or through online organizations endorsed by Nova Scotia law enforcement agencies



Please note: the Child Abuse Register Search and Criminal Records Check must be updated every three years. If you completed yours last year, we still have them on file!

Healthy Hunger Lunch Program

We are pleased to be offering a hot lunch program this year at Hillside Park through [Healthy Hunger](#). You can conveniently sign up for as many days and weeks as you wish all at once. You decide which days, vendors, and menu choices for your child (ren).



- Tuesdays from Subway
- Wednesdays from Pizza Town
- Thursdays from the Lunch Lady

In order to reduce waste of single-use plastics, please send a fork and spoon in your child's lunch bag on the days you order. All ordering and payment is done online. Healthy Hunger cannot accommodate late orders so please check to see when each order closes *usually 5 days before the actual lunch date. *

HALLOWEEN

We will communicate more info closer to the date about costumes and class celebrations.

- ★ Our **Halloween Howl** will take place on Thursday, Oct. 26 from 6:00-7:00 PM. We will need volunteers to make this a great success.
- ★ Please consider coming to our Parent/Teacher Group Meeting on Tuesday, October 17th (6:00 in the Library)
- ★ If you can volunteer for a 30 minute shift at the Halloween Howl, please email Ms. Ripley-Davis at emily.ripley@hrce.ca
- ★ We are also looking for donations of Halloween decorations- new or used! Please send them in as soon as possible.



Joint Accessibility Plan

HRCE, along with Nova Scotia's six other regional centres for education and Conseil scolaire provincial have been developing a multi-year plan to ensure accessibility in public education. This is part of a bigger goal for an accessible Nova Scotia by 2030. [Click here](#) to learn more.

Last February, Nova Scotian families and staff across the province were invited to review the draft plan and submit feedback. We sincerely appreciate everyone who contributed and shared their voice. Your thoughts, ideas and feedback during the consultation were invaluable.

HRCE is excited to let you know that with your input, the Joint Accessibility Plan has been finalized. [Click here](#) to see the plan. You can expect more updates as we continue the important work of creating accessible public education in Nova Scotia.

Emergency Management Plans

All HRCE schools have Emergency Management Plans, which are reviewed, updated and practiced every year. These plans have three responses to an emergency situation: *Shelter in Place*, *Evacuation*, and *Relocation*.

- *Shelter in Place* involves either a *Hold and Secure* (where no one enters or exits the building, but those inside may be able to move around) or a *Lockdown* (where no one enters or exits the building and all students and staff are concealed in a secure location, away from doors and windows).
- *Evacuation* involves all students and staff exiting the building but remaining on the property.
- *Relocation* involves all students and staff moving from the school property to another nearby site.
- It is also important to note that HRCE can respond to an emergency evacuation using our large network of school buses. There are more than 400 school buses on the road every day.

School Bus Safety Week

October 16-23, 2023 is School Bus Safety Week in Nova Scotia! Did you know that HRCE has more than 30,000 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.
- You can find out more information about School Bus Safety Week, including more safety tips, [here](#).



A Message from SchoolsPlus



Hello! We want to introduce ourselves as your SchoolsPlus team at Hillside Park Elementary!

We have a few different roles in SchoolsPlus:

- Assistant Lead – Jen Fougere
- Community Outreach Worker – Michelle Boudreau
- Child and Youth Care Practitioner – Megan Shafi

What is SchoolsPlus?

SchoolsPlus is a free, confidential service that is now available in every school in HRCE. You may have heard of us but didn't really know what we do.

What can SchoolsPlus offer?

Some of what the SchoolsPlus Assistant Lead and Community Outreach Worker do focus on 3 main areas:

1. **Help build and support good relationships** with families, schools, and the community.
2. **Connect parents, students, and families with programs, resources, and support.** Some examples are: help find social or recreation programs for kids/youth (and the funding, if needed), help connect to/apply for supports that can provide other assistance (i.e., access to tutoring, support with eyeglasses), and navigate systems to get the services you need.
3. **Programming for parents and students.** Some examples are: Handle with Care, The Incredible Years, Rainbows, Voices, Roots of Empathy, social skills groups, and more.

We can help support your student/family with connections to what they may need to succeed – from home, to school, and back again.

How do I get connected with SchoolsPlus?

You can get connected with SchoolsPlus by contacting Jen Fougere (Assistant Lead) at 902-483-8367 (call or text) or by emailing her: jfougere@hrce.ca

Wishing you all the best school year ever! Your Hillside Park SchoolsPlus team

