

Cunard's Captain's Log



Twitter: @cunardjunior
Website: <https://cun.hrce.ca/>



September-October 2024-2025!

Important Dates!

October 9: Immunization Day (Grade 7)
October 9-10: RWM 6 Provincial Assessments (Grade 6)
October 11: Professional Learning Days (no classes)
October 14: Thanksgiving Day (No School)
October 16-17: RWM 6 Provincial Assessments (Grade 6)
October 25: Provincial Conference Day (No Classes)
October 31: Diwali and Halloween



Administration Message

Welcome Cunard Families!

We have had a great start to the year! Thank you for all of the conversations you have had with your children regarding the Provincial Cell Phone Directive. Students have been amazing and the difference in the environment is inspiring. Students are talking with one another, playing together, enjoying board games, bathroom requests and lates in general are down. It's great to see our students interacting in such positive ways!

We continue to grow! Our enrollment continues to increase. A special welcome to any newcomer families who have joined us this year! A big shout-out to our many Cunard students who have helped make these students feel welcome! It's encouraging to see students translating for each other, guiding each other and sharing the school experience together. We would also like to welcome some new staff! A big welcome to Cindy Hirtle who has accepted the Library Support Specialist position, and Jennifer Keefe and Stephanie Judge who are with us short term to support our Math and Literacy teams! Students began this year rotating through workshops that focused on our school culture here at Cunard as well as some fun team building activities. Topics varied per grade level but included cyberbullying, meet your staff, the new cell phone directive, Art attack, tours, What it means to be a Clipper, leadership, Amazing race, and more!

Classes are well underway and teachers are excited to see student's progressing in their classrooms. Some sports and clubs have begun and it's great to see student's getting involved. We will be launching our "Name that Hallway" contest this week and can't wait to see the great ideas our students submit! We also want to thank the parents/guardians who came forward to offer to volunteer either through coaching, chaperoning, or helping with the daily operations of the school like breakfast program etc. If you are interested in helping out in some way, please contact the main office!

October brings fall colours, Mi'kmaq History Month, a variety of holidays, some field trips, and some chilly weather. Please ensure students are dressed for the weather as they are outside during recess and lunch! We look forward to what this month brings and can't wait to see our students enjoy some of the neat activities this month will bring!

REMINDER: Changes to Class Times and Dismissal

Please note students will enter the building at **8:00 am and be dismissed at 2:10pm**. Lunch will begin at 11:10am and conclude at 12:00pm.

We ask that students arrive in the morning at 8:00am-Any students arriving in class after 8:10am will be marked late. It is incredibly important students be in class by the beginning of instruction at 8:10. Arriving late impacts learning for the student arriving, and those in the class once instruction is underway. O Canada and announcements are done later in the morning because beginning school uninterrupted, is incredibly important to the success of our students' day. Thank you for your support and cooperation!

Lunch Timings

Students are expected to enter the building at 12:00pm. Students arriving after 12:10 will be marked late and parents will be notified. Students are always welcome to stay at school during lunch. Grade 7 and 8 students are able to leave school property with written permission (form to be completed in the office) We simply ask they return to school on time by 12:00. Once students leave school property for lunch, they are unable to re-enter the building until 12:00pm. We ask that all students dress accordingly for the weather.

If students are consistently returning late from lunch after being off property, they will be required to remain on school property during the lunch period.

Lunch Monitors and Board games/puzzles NEEDED!!

As our enrollment increases, many hands make light work so if you or someone you know is interested in a paid lunch monitor position here at the school, please reach out to the school! We are looking to add to the lunch monitor team. Please email the main office if you are interested!

We were excited to have our outdoor gagaball pit installed last spring and will be providing activity bags for our grade 5 and 6 classrooms to use when outdoors! We would like to stock the classrooms with some indoor activities to be used during lunch, especially on rainy days so if you have any board games or puzzles you would like to donate, we'd be happy to collect them from you here at the main office!

School Cash

School Cash online is live and available for parents to use on our school website. School cash offers parents the opportunity to order school lunches, school swag, pay for field trips and any fundraisers we may have! Simply register an account to be able to pay in several different payment forms. [Click here](#) for more information.



IMPORTANT: New Provincial Cell Phone Policy Directive

Last spring, the Department of Education and Early Childhood Development consulted with school advisory councils and ministerial advisory councils, as well as the Public-School Administrators Association of Nova Scotia and the Nova Scotia Teachers Union on the use of cellphones and personal mobile devices in schools. The team also visited schools, spoke directly with principals and teachers and consulted with IWK public health experts. Responses overwhelmingly supported clear, consistent restrictions on cell phone and personal technology device use throughout the school day. We owe it to our students to do what we can to remove distractions and enable them to be fully present and engaged in the classroom. Students who use devices to monitor blood glucose will continue to be able to monitor throughout the school day.

The new Provincial directive is available online: <https://www.ednet.ns.ca/cellphones>

Cunard Junior High's Cell Phone/Personal Mobile Device Expectations

- **Cell phones and Personal mobile devices (air pods, headphones and smart devices) are to be turned off, located in backpacks/cinch bags BEFORE entering the building.**
- **Cell phones and Personal mobile devices (air pods, headphones and smart devices) are to be completely away, turned off, and stored in lockers or cinch bags throughout the day (Grade 7,8). Students are NOT PERMITTED to store personal devices in their pockets, sweaters or clothing.**
- **Students in grades 5 and 6 will turn off and store phones in lockers/locked cabinet for the entire school day including non-instructional time.**
- **Cell phones and Personal mobile devices (air pods, headphones and smart devices) are not permitted in lobby's, stairwells, hallways, classrooms, gymnasiums, indoor spaces, or bathrooms. The grade 7-8 indoor lunch room during lunch is the only indoor exception.**
- **Pictures and videos are not permitted to be taken at school.**
- **Cell phones and Personal Mobile Devices are only permitted over lunch hour for grade 7 and 8 while in the lunch room and outdoors ONLY. Personal devices are not permitted in hallways, gymnasium, library or bathrooms during the lunch period.**

- The Code of Conduct will apply to students who do not follow cell phone expectations

The purpose of these expectations is to minimize distractions and disruptions during learning time. When a student is not following the expectations, the following steps will be taken:

Incident Number	Administrative Action
• 1	Student will be expected to turn phone or personal device into administration to be secured for the remainder of the day and parents/guardians will be notified.
• 2	Student will be expected to turn phone or personal device into administration to be secured, and parents/guardians will be notified. The parent/guardian will be responsible for retrieving the device from the school.
• 3	Student will be expected to turn phone or personal device into administration to be secured, and parents/guardians will be notified. Third violation will be subject to the application of the Provincial Code of Conduct. The parent/guardian will be responsible for retrieving the device from the school.

Students are responsible for respecting the privacy of others and must not make others' personal information or images public. Students are not permitted to take pictures/videos/recordings unless authorized by school staff. The Nova Scotia Provincial School Code of Conduct will be applied to all students who use cell phones or personal mobile devices inappropriately or unexpectedly during the school day. Students are not permitted to answer cell phones during class time, including text messages. Phones must be turned off in accordance with the provincial policy throughout the school day.

Students in Grade 7 and 8 are able to check messages in the lunch room or outdoors at lunch.

If students are feeling unwell. They are to come to the office immediately. Together we will develop and immediate plan for notifying guardians and students can be monitored to ensure their safety while waiting for a parent/guardian to arrive.

If there is an emergency, we ask you to please contact our main office at 902-479-4418 and press 0. We kindly ask for your support. Cell phones are required to be off during the school day, so please call the main office in lieu of calling or texting your child's cell phones during the school day.

Communication

Please watch the website for important information. There is a lot in both the news feed, as well as under the *Our School* Tab. We have a lot of information on the school website/twitter feed that will help keep you informed! It is also the place to purchase hot lunches! You can also expect a short weekly "Clipper News" email regarding any important information or upcoming events the following week. *The Captain's Log* (our newsletter) will also be emailed home. If ever you feel out of the loop, please don't hesitate to call our main office!

It is important to us that our families work with our staff and Admin team. Issues arise throughout the year and, as parents ourselves, we UNDERSTAND the emotions involved when children come home upset about something that happened at school. Together, we can work through concerns. Please bring issues to light respectfully so we can help your child be successful at school. We both want the same so it's important we work as a team!



Lunch Program

We are in Phase 2 of the provincial hot lunch rollout so we wanted to offer students some similar opportunities as some other schools beginning this year. We will continue to offer our own hot pizza option and we are currently exploring plans to offer a second option on an additional day.

To order pizza for your child, please visit the pizza slice logo on the website. Ordering will open on October 2nd and the 1st pizza orders will be delivered on Wednesday October 9th and each additional Wednesday throughout the year. **Orders are due the Tuesday before 12:00 noon for students to receive pizza the following day (Wednesday) Any orders entered after 12:00 noon will not be added to Wednesday's order so please ensure they are in on time.**



Bus Students and Families!

The school itself does not organize or coordinate bussing. If you have questions around transportation, please contact HRCE Transportation at transportation@hrce.ca or call 902-431-4723.

We have spoken with students who take our busses regularly and would like to as you as parents/guardians to review some bus expectations with your child as well.

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

Lunchtime

- there are **no more microwaves** available for students at school
 - students are reminded to bring their own water bottle, and utensils as the school does not have ones to provide
 - students are expected to remain in a chair during lunchtime and not sit on the tables
 - reminder that garbage is expected to be thrown out by students into the garbage cans
 - students are expected to remain in the lunchroom not wandering the halls
- **If students are arriving late after lunch, we will be asking them to give you a call, so you are aware they are missing instructional time.**



And In Other News...

Student support: Kids Help Phone understands how fear and uncertainty can fuel anxiety and other feelings. They are available to support the young people in our community through this challenging time – and beyond. Please know Kids Help Phone is available 24/7, will never judge and always be confidential.

Kids Help Phone is here 24/7 for young people and adults across the province who are experiencing the impacts of wildfires. For e-mental health support, text 686868 (young people), text 741741 (all ages), call 1-800-668-6868 or visit kidshelpphone.ca. There is no issue too big or feeling too small.

Schools Plus and Pathways! Both Schools Plus and Pathways (located at JL Ilesley) are a great way to support and connect families to resources if needed! Pathways is offering FREE English language support to students and their families and Schools Plus is an excellent resource to connect to multiple services.

Did you know? SchoolsPlus operates 12 months of the year! SchoolsPlus is a confidential, free service available to every school in Nova Scotia. Families and students (12+) can self-refer to SchoolsPlus by contacting the SchoolsPlus facilitator for your school, **Kristine Windover**. Learn more [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 students with what they need to succeed – from home, to school, and back again!

Connect with us!

Parents, guardians and students (12+) can self-refer to SchoolsPlus - 12 months a year!

902-464-2041
schoolsplus@hrce.ca
@HRCESchoolsPlus

Resources & support

Recreation
Help finding and applying for rec programs or funding.

Tutoring
Help understanding and accessing tutoring supports.

Food supports
Help accessing food banks and other local food supports.

Health & wellness
Help navigating healthcare systems.

General support
Help completing paperwork and applications, as well as transportation and accompaniment to appointments.

Halifax
Regional Centre for Education

Schools Plus
Écoles Plus
NOVA SCOTIA / NOUVELLE-ÉCOSSE