

# Cunard's Captain's Log



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



November 2024-2025!

## Important Dates!

November 7: School Remembrance Day Event  
November 11: Remembrance Day: No Classes  
November 22: Assessment and Evaluation Day: No Classes  
Term 1 Ends



## Administration Message

Happy November Cunard Families!

It's been a great month full of some firsts! Please ensure you check out the other sections of the newsletter for updated information as well! We'd like to begin by welcoming Ashanda Beals to the Clipper Crew! Ashanda is joining us as our new African Nova Scotian Student Support Specialist and has been joining classes and meeting all of our students over the last two weeks! She has some great ideas and we are currently working together on the development of some engaging and inspiring activities for students! Stay tuned! Welcome Ashanda! A special welcome to any newcomer families and new Clipper families who have joined us during the month of October! A continued shout-out to our many Cunard students who have helped make these students feel welcome! A huge thank you from Mrs. Sabadash and the Admin team to the students who have offered so much help in translating and welcoming our new students and families! It is so inspiring to see students working together, playing games together, advocating for each other, and genuinely supporting each other across grade levels teaching us all, language is not a barrier when becoming a Clipper!

A HUGE thank you and well-done to our Learning Center students and staff who have offered to update and maintain our office bulletin board. They have done an amazing job! We saw some great "I'm thankful for's" from all students as well as some spooky creatures that may have had some familiar faces that all students would recognize throughout the building! Keep up the great work!

This month was filled with our first free hot lunch days for students and families. A huge shout out to Family SOS for making this happen! Our Student Leadership Team launched our first dance, our first Spirit Week, and students participated in a staff challenge where staff dressed with letters students needed to gather and unscramble to reveal the answer. Fun was had by all and there was lots of excitement when the phrase was revealed! We also had amazing participation in our "Name that Hallway" contest across all grade levels and we will be announcing the winning entries this coming week! Those names will then be printed on street signs and posted in the appropriate hallways for the remainder of the year!

We'd like to remind students and families Term 1 ends November 22<sup>nd</sup>. This means students need to ensure all assignments have been completed and handed in, and if they are struggling with any work, they should reach out to their teachers for extra help. The Homework Hub link can be found on our school website and can be an excellent resource for help as well! November brings some cooler weather. Please ensure students are dressed for the weather as they are outside during recess and lunch. If you or any families you know could use some assistance in assuring students have warm clothing, please reach out to the school and we can help! We look forward to what this month brings as we come to the end of term one and begin the excitement that comes with December!

## REMINDER: Hot Lunch Days and Pizza Day Change

Grade 5-6: Free hot lunch available to all grade 5 and 6 students on Tuesday's  
Grade 7-8: Free hot lunch available to all grade 7 and 8 students on Wednesday's  
Pizza Lunch: Available to purchased on the website for delivery every Thursday

To order pizza for your child, please visit the pizza slice logo on the website. Pizza will be delivered each Thursday throughout the year. **Orders are due the Wednesday before 12:00 noon for students to receive pizza the following day (Thursday) Any orders entered after 12:00 noon will not be added to Thursday's order so please ensure they are in on time.**



## *Scent Aware and Nut Aware!!*

We'd like to remind students and families we are a scent aware and nut aware school. Students are expected to refrain from wearing perfumes/colognes and from bringing products containing nuts to school. We have a shared responsibility to create an optimal learning environment for everyone. Thank you for your understanding.

## *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: Provincial Cell Phone Policy Directive*

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.

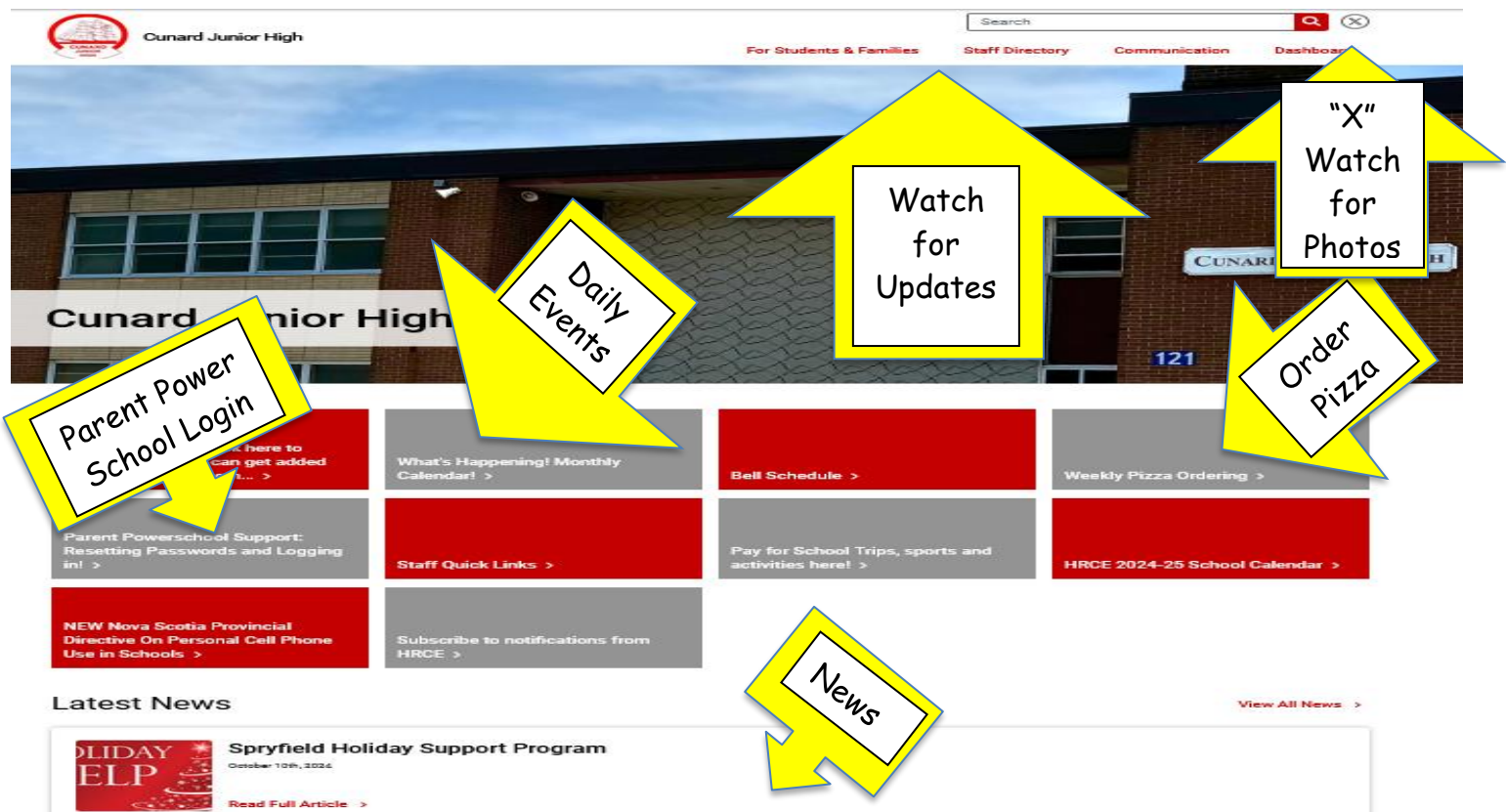
Students in Grade 7 and 8 are able to check messages in the lunch room or outdoors at lunch.

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.

### New Websites Launched!

HRCE has launched new websites for all schools! We are currently in the process of continually updating our website and would like to highlight a few important areas that can provide helpful information! Please watch the website for important information!



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!

## School Swag and Online Store!

We are currently finalizing the details to launch an online swag store! Cunard clothing will be available to be purchased on the school website! We have been assured that orders placed when it opens are still within the time period to be processed and delivered for Christmas! We will be sending home messaging when it opens so you are able to take a peek at what is available!

## Please Review: 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](mailto:transportation@hrce.ca) or call 902-431-4723.

Please review the following expectations if you have a student taking the school bus:

### 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.
- ALWAYS REMAIN SEATED
- USE OF APPROPRIATE LANGUAGE IS EXPECTED



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.**

## Inclement Weather

Did you know? HRCE takes great care when making the decision to alter the regular operations of schools and school buses in the event of severe or inclement weather.

It is HRCE's goal to communicate any changes to the regular operations of schools and/or buses as close to 6:00 a.m. as possible. A 6:00 a.m. announcement could be:

- All schools are delayed in opening by two hours and bus pickups are delayed by two hours; or
- All schools are open, but some or all busses are not operating for the day; or
- Some schools (either individually or by family) are closed for the day; or
- All schools are closed for the day.

If weather deteriorates, or is forecasted to worsen throughout the morning, an 11:00 a.m. announcement could be:

- Bussed students will be picked up two hours earlier than their regular dismissal time; and
- Walking students will be dismissed at their regularly scheduled lunch hour.

How will I find out?

- By email to the addresses in PowerSchool



- By text message, if you have opted-in. If you aren't sure if you have opted-in, text Y to the following number: 978338
- [On the HRCE website](#)
- [On X \(formerly Twitter\)](#)
- [On Instagram](#)

It's important to always have a plan in place for childcare in the event of any cancellation.

For more information on how HRCE manages during inclement weather, visit [hrce.ca/weather](https://hrce.ca/weather).



### 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](https://kidshelpphone.ca). There is no issue too big or feeling too small.

**Schools Plus and Pathways!** Both Schools Plus and Pathways (located at JL Ilsley) 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, [Natasha Tacoma](#). Learn more [here](#).

**Transgender Awareness Week:** The week helps to foster solidarity within the transgender community and with allies, providing emotional support and ensuring students feel safe and comfortable attending school. It culminates in the Transgender Day of Remembrance on November 20, a day to honour those lost to anti-transgender violence, emphasizing the need for continued protection and support. Students at Cunard understand we have a shared responsibility to treat all people with dignity and kindness.

November 13-19 is  
*Transgender Awareness Week*

