

Cunard's Captain's Log



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



Welcome Back 2026-2027!

Important Dates!

September 1st: Curriculum Night: Incoming 5's (5:30-6:15 presentation) 6-8's (6:15-7:15)
September 2: Organizational Day (no students)
September 3: First Day of School!
September 7: Labour Day (no classes)
September 8: First Day of pre-ordered Hot Lunch Delivery
September 9: School Photo Day
September 10: Stand up Against Bullying Day
September 26: Orange Shirt Day
September 25: Professional Learning (no classes for students)
September 29: Orange Shirt Day
September 30: National Day for Truth & Reconciliation (no classes)



Administration Message

Welcome Cunard Families!

Tag! We're it! Welcome to the 2026-2027 school year! We're very excited to see everyone and welcome our new students to the Clipper Crew! A big welcome to our incoming grade 5's and their families! We have a great year planned for students this year and wanted to share some new information about this year as well as detailed information about the start of the year! We hope you've all had a great summer! We are looking forward to seeing you soon!
We would also like to welcome some new staff! Our school enrollment has increased, so we are excited to add some additional staff to the crew! We would like to welcome Ms. Cleary our new Vice Principal, Ms. Cordoba (Grade 6), K. Deas (Junior High), Ms. Conrad (Junior High), Ms. MacLeod (EPA), Ms. Neil (EPA), and Ms. Richardson (EPA). A big welcome back to Ms. Leju, Ms. Minion, Ms. Fernandez, and all the staff here at CJHS!

We understand there are many questions you may have! The Admin Team will be available to answer questions the week of August 27th onward. It is a very busy time, so we thank you in advance for your patience ☺ Please note the important information in this newsletter and on the website, especially around the Scents, nut products and the Provincial Directive on Cell Phone Use in Schools. We are excited to welcome back our returning Clippers and are excited to meet the new members of the Cunard family! Here's to a great year!

VERY IMPORTANT: 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. Phones should be off and away upon entry and energy drinks of any kind are not permitted on school property.

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 but are able to leave school property with written permission (Grade 7-8 form sent home on the first day). 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. Grade 5 and 6 will be outdoors for the first half of lunch with the 7-8's indoors. Grade 5-6's will be welcome to come to the lunchroom indoors at 11:35

while the grade 7-8's head outdoors. Please dress accordingly for the weather. These timings simply allow for shared use of our equipment amongst the smaller groups.

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 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 visit www.hrce.ca. You can find the job posting under *Careers*. HRCE can be reached at 902-464-2000. If you have any questions, please reach out to the school! We are looking to add to the lunch monitor team!

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 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 Home and Powerschool!

Please watch the website for important information. It will be fully updated by September 8th. There is a lot in both the news feed, as well as under the *Our School* Tab. The Calendar will help keep you up-to-date as well! We have a lot of information on the school website/twitter feed that will help keep you informed! 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 once a term. 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!

PowerSchool will open to families on Wednesday, September 2 at 3 p.m. In PowerSchool, you’ll be able to view you child’s teacher(s) and/or class schedule. There is a powerschool password reset on the school website if you need to access a reset.

Curriculum Night and First Day of School

Students and families in all grade levels are invited to meet the staff and see the building on September 1st, 2026. School Administration will email home your child’s class and teachers during the day on

September 1st. Please note **due to enrollment numbers, class changes can not be made until numbers are finalized.**

Incoming grade 5 families are invited to join us at 5:30 on September 1st for a welcome session followed by curriculum night beginning at 6:15pm. **Grade 6-8 families** are invited to join us for Curriculum night at 6:15 pm. You can expect to learn about what your child will be doing in classes this year, how they will be assessed, and take an opportunity to see their new learning spaces! This evening is a great opportunity to meet the teachers as well! Grade 5 and 6 students are also welcome to drop off any supplies this evening! Hope to see you there!

First Day of School September 3rd: Students will gather outside the front doors in the parking lot for 8:00 am. Grade 7 and 8 students will be invited to come in and go directly to their new homerooms. Staff members will have class lists and Emails/Powerschool will indicate which class they are in by September 3rd. Grade 5 and 6 students will gather in the gym, be introduced to their teachers, and will then follow their homeroom teacher to their classroom for the year. On the first two days of school, students will spend the morning in their homeroom getting settled and organized. Please expect forms to be sent home the first day to be signed and returned ASAP. Lockers will be assigned to grade 7 and 8 students. Grade 5 and 6 students do not receive lockers. All students will then participate in a series of orientation workshops covering a variety of topics including *What is a Clipper? Indoor Tour, Outdoor Expectations, Safety and Cyberbullying, Equity and Inclusion, Scavenger Hunts, Team-building, Art Attack, Leadership Qualities and more!* The grade 8 students will participate in a variety of different leadership workshops as well!

Bell Times, School Supplies, Backpacks. Fidgets, Scent and Peanut Policy

Please note the bell schedule on our school website. Students will be unable to answer phones/respond to texts during instructional time as phones are required to be turned off and put away. If you need to reach your child, please call the main office and we can reach them immediately for you! Students are not permitted to use phones during the day (with the exception of grades 7 and 8 during lunch). They have three options to store phones: Cinch bag, locker and office storage.

Backpacks:

Students are able to bring backpacks to and from school. During school, backpacks must remain in lockers or on hooks. During the day, students are permitted to carry their supplies in a cinch bag. The school will issue cinch bags/string bags to all students when school begins. If students have a preferred cinch bag at home, they are welcome to use that instead.

Fidget tools: Students are permitted to bring fidget tools to school that are quiet in nature. Clickers, beeps, squeaks, slime, etc. are disruptive to learning for your child and others. Effective tools allow students to regulate and focus WHILE maintaining focus on work and class discussion. Once the tool begins being slapped on desks, thrown, or completing distracting to the child and others, it becomes a toy and defeats the purpose of a fidget tool. Should tools become toys they will be returned home and will not be welcome back in classrooms.

School Supplies:

Supply lists can be found on the school website under “NEWS”. The school will be providing school cinch bags to all students, a combination lock, and locker. Students are not permitted to use their own lock. If you are struggling to purchase school supplies for your child, please do not hesitate to reach out to Natasha Tacoma (Our School’s Plus Facilitator) at ntacoma@hrce.ca. She is able to help any families in need!

Nut and Scented Products:

Cunard Junior High is a **SCENT FREE** and **NUT FREE** environment. We want to ensure that the learning environment is safe and respectful for all students who have severe allergies and sensitivities. Students are not allowed to bring products containing nuts to school. Please ensure that you review the list of ingredients in the items that you send to school for snack and for lunch. We want to minimize the risk that any of our students experience an anaphylactic reaction through knowledge, understanding, awareness and avoidance. Students are not permitted to wear perfumes, colognes, or sprays. We reserve the right to have a student go home to wash themselves and/or change their clothes if they are wearing scented products. We will try to make sure that students are scent free to be respectful to those with sensitivities and allergies. We anticipate that Cunard students will be most respectful of their peers and staff who work at CJHS

Lunchtime and Hot Lunch Program

Student lunchtime expectations are as follows:

Grade 5 and 6 students must go outdoors from 11:10-11:35 and then return for lunch inside from 11:35-12:00pm. Hot lunches that have been previously ordered at www.NSlunch.ca will be distributed at this time.

Grade 7 and 8 students begin lunch indoors from 11:10-11:35 and then proceed outdoors from 11:35-12:00pm. Grade 7 and 8 students are permitted to leave school property and must remain off school property until 12:00pm.

- there are **no 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.**



Subject: NS School Lunch Program – Create your account

The hot lunch program begins in October. There will be no lunches provided by the school until then. Please ensure your child brings a lunch.

Throughout September and October, schools will start their lunch programs and offer students nutritious, delicious lunches every school day. Lunch program start dates are now listed by school on www.NSlunch.ca. The website also features the new and improved school lunch menu.

Create your account now!

While you can't order lunches yet, you can get a jump on creating or updating your lunch program account by visiting www.NSlunch.ca.

By clicking "Order Now" and selecting [Regional Centre for Education] you will be able to log into the system using your My NS Account or a student GNSPES account. If you do not have a My NS Account, the system can guide you in creating one.

You can then create or modify diner profiles. To do this, you will need to select your school and input your child's name as it appears in this message:

First name: [name]

Last name: [name]

While visiting www.NSlunch.ca, be sure to check your ordering and program start dates. You'll also receive a reminder message when your school's first ordering window opens.

Thank you for taking part in the Nova Scotia School Lunch Program!

Bussing and Transportation

The school itself does not organize or coordinate bussing. If you have questions around transportation, please contact HRCE Transportation. Every year, transportation details are available to view online through BusPlanner Parent Portal and are typically released mid-July. Families eligible for transportation will receive an email to access the Parent Portal and view their child's bus information once it is available.

Students must reside within their designated catchment of the school they are attending and meet the minimum distance criteria to be eligible for transportation. Any questions around transportation after the reconfiguration, should be directed to HRCE Transportation.

Bussing is provided to:

Students in elementary (PP to Grade 6) who live more than 1.6 km from their school
Students in junior high and secondary (Grades 7 to 12) who live more than 2.4 km from their school.

If you don't hear anything by mid-July, you may want to check your "junk" box (as sometimes it is filtered and goes to the junk box instead of the inbox) or email or call the transportation department at 902-431-4723.

Everything you need to know about student transportation including eligibility, stop times and stop locations can be found on BusPlanner. Once you register and subscribe, you may also receive email notifications on changes to routes, bus delays or cancellations.

To sign up, go to BusPlanner at hrce.mybusplanner.ca and click on Parent Portal. Follow the instructions to create an account.

Don't have a BusPlanner Parent Portal account? Need help logging in? Please contact the HRCE Student Transportation Team at transportation@hrce.ca or call 902-431-4723.



And In Other News...

Demographic Form Updates

Early in September, the Demographic Updates Form will be available to families in the PowerSchool Parent Portal. This form should be updated by every family to ensure all information about your child is current, including contacts, medical information, consents and demographics. Even if there are no anticipated changes, please still review this information and submit the form. This information will then be reviewed by the school before updates are finalized. This deadline to submit the form is early October.

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 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, **Amanda Logan**. 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.