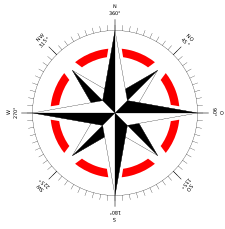


Cunard's Captain's Log



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



September-October 2023

Important Dates!

October 2: Truth and Reconciliation Day (No Classes)
October 3-6: Grade 6 Provincial Assessments
October 3: Picture Re-take Day
October 9: Thanksgiving (No Classes)

October 12: Immunization Clinic
October 19: Dance 5:30-8:30
October 26: Bus Evacuation Drill
October 27: Conference Day (No School)



Administration Message

Dear Cunard Families!

It's hard to believe we're in October already! September brought a lot of excitement and transition both back to school and new beginnings for some of our students. We're proud of the work both our staff and students have put into building community in our school. We would also like to thank parents for their support and understanding as we launched a "new Cunard" all students can be proud of! This work will continue in the coming months. We are Clippers, and each student has an important role to play in our school. Collectively, we will work to create a vision of our new Cunard as our students continue to settle in together. It's important some new bricks be laid, and all students feel they can leave a positive mark on our school community. We have some exciting events coming up and some great opportunities for students to get involved! We will be starting video announcements, a "Name that Hallway!" contest and much more to allow students to create this new community together!

We have also received a new teacher at the Elementary level to help reduce class size! Please stay tuned for details! This will have little impact on the grade 7 and 8 students except for slight schedule changes as an extra class impacts scheduling for the whole building. We are working hard to ensure there is as little impact as possible to all class schedules. The new class schedule will begin October 10th.

Students have been busy in September! School soccer has begun, and we have volleyball beginning. Some students have attended field trips and we had fantastic participation in our Terry Fox Run! Picture Day was a success and students participated in engaging activities for Truth and Reconciliation Day. Stand Up Against Bullying Day brought a sea of pink/red and students wore orange on Friday in honor of Residential School survivors.

We are so pleased to see students becoming involved! It has been a busy and great start to the year, and we look forward to working with both students and families to continue to make this year a great one for our students!

Reminder of School Day Arrival Times!

We ask that students arrive in the morning between 8:00-8:05am. Any students arriving in class after 8:15am will be marked late. It is incredibly important students be in class by the beginning of instruction at 8:15. 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!

Students are expected to enter the building after lunch at 12:05pm. Students arriving after 12:15 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 (form sent home on the first day). We simply ask they return to school on time by 12:05. Once students leave school property for lunch, they are unable to re-enter the building until 12:05pm. If students arrive late, they will be asked to call home to let you know they have missed instructional time.

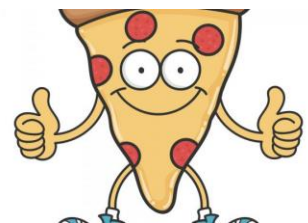
Lunch Monitors NEEDED!!

We are excited to be welcoming back Mr. Bourne and Ms. Kearley this year and are so thankful for their commitment! **However**, with increased enrollment, 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. There is also staff at HRCE throughout the summer should you have any questions. They can be reached at 902-464-2000 or an application package can be picked up here at the main office.

Pizza Lunch Program and School Cash

Pizza Lunch Program is starting! Cunard is offering pizza every Wednesday as part of a hot lunch program. We are currently exploring one other hot lunch option to add, so stay tuned for details. To order pizza for your child, please visit the pizza logo on the website. Pizza Day will start October 4. **Orders are due the Tuesday before by 12:00 noon for students to receive pizza on Wednesday.**

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!



Cell Phones

Phones: Please note the bell schedule on our school website. Students will be unable to answer phones/respond to texts during instructional time. 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 lunch). They have three options to store phones: Cinch bag, locker and office storage.

Communication



Please watch the website for important information. It will be fully updated for this school year by September 1st. 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 school swag, and 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!

Bus Planner



BusPlanner will provide everything you need to know about student transportation including eligibility, stop times and stop locations. 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.

School Swag

Check out the link below and put your order in! These are great gifts and a great way to support your child's school. We also have a Swag Store on the school website! <https://headlinepromotions.ca/cunard-juniorhigh-school/>

Lunchtime

Student lunchtime expectations are as follows: If students remain at school for lunch, grade 5 and 6 students must stay inside until 11:35am and then outside from 11:35-12:05pm

-if students remain at school for lunch, grade 7 and 8 students must go outside until 11:35am and then inside from 11:35-12:05pm

-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.**



School Bus Safety Week

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.

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 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, **Kristine Windover**. Learn more [here](#).

Interested in Joining a Choir?



capellaregalis.com
facebook.com/capellaregalis
youtube.com/capellaregalis

Did you know?

- Capella Regalis is a Canadian charity modeled on a centuries-old European choral tradition and dedicated to training singers within a mentorship and performance framework.
- Choristers engage with beautiful sacred and secular music of the last 1,000 years in many languages, through weekly rehearsals, Evensong services, concerts, recordings, music camps, and other collaborative projects.
- Capella Regalis is FREE for any child who passes a basic audition. We encourage donations from families who are able to contribute, but there are no dues.


- Auditions are simply and friendly. Musical experience or religious affiliation is not required; we do require a willingness to learn and a commitment to the schedule.
- New choristers begin in our low-pressure “Probationers Program” to learn music basics and try out the choir.
- We help to coordinate transportation (within HRM) to and from weekly rehearsals and services for choristers who otherwise would not be able to participate. Our choristers hail from all areas of the Halifax peninsula as well as Bedford, Dartmouth, Eastern Passage, St Margaret’s Bay towns, Tantallon, and the South Shore.

To learn more or request an audition, visit capellaregalis.com




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