

Saint Mary's Elementary School
5614 Morris Street
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Emily Johnson, Acting Principal, emily.johnson@hrce.ca
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Saint Mary's Elementary School

March 2025 Newsletter

Dear SMES Families,

March is here and the promise of brighter days and warmer weather is on the horizon! This is a busy month as teachers prepare for Term 2 Report Cards. These will be sent home in early April and Learning Progress Conferences (aka Parent/Teacher Conferences) will be held on April 3. We will reach out with more details toward the end of the month but remember, you can reach out to the teacher at any time if you have questions about your child's learning or well-being.

Students and staff are looking forward to Spirit Week, a visit from the Halifax Wanderers and March Break!

Reach out any time!

Warmly,

Ms. Johnson

Important Dates

- **March 3-6: Spirit Week!**
- **March 3: Trip to Emera Oval, Grade 5 & 6**
- **March 6: Halifax Wanderers visit**
- **March 7: Assessment & Evaluation Day, no school for students**
- **March 9: Daylight Savings Time**
- **March 10-14: March Break**
- **March 17: First day back for students**
- **March 20: Dal Dental Hygienists visit**

UPCOMING EVENTS

Mark these important HRCE dates on your calendar!

| | |
|-----------------------|-------------------------------------------------------------------------------------|
| MARCH 7 | NO CLASSES Assessment & Evaluation Day Elementary and Junior High ONLY |
| MARCH 10-14 | NO CLASSES March Break |

Halifax
Regional Centre for Education

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March Break!

This year March Break is March 10th-March 14th. Friday, March 7, is an Assessment & Evaluation Day so the last day for students will be Thursday, March 6. We will welcome students back to school on Monday, March 17.

Dismissal Time

Students are dismissed on the school yard at 3:00pm and we ask that parents and caregivers arrive promptly. If you are late or need to make alternate arrangements for pick up, please contact the school. If your child is accompanied home by an older sibling, the sibling must arrive on time. Students who are not picked up by 3:15pm will need to be picked up from the doors by the Main Office.

If your child walks home on their own, please remind them to leave promptly as there is no supervision after school. We appreciate your support with this.

The Breakfast Program is Looking for Volunteers!

We would like to provide more fresh, whole foods as part of our Breakfast Program but we don't have a space to prepare or cook at the school. If you love to bake and would be interested in baking muffins or other nutritious food options, please reach out to Emily Johnson, emily.johnson@hrce.ca

Lunch Time Clubs

We are hoping to start a few lunch time clubs for students this spring. If you are a parent with a special interest, skill, and/or availability to volunteer, please reach out to Emily Johnson, emily.johnson@hrce.ca To volunteer in schools, valid Criminal Record Check and Child Abuse Registry Check are required.

SPiRiT WEEk

| | |
|-----------------------|-------------------------------------------------------------------------------------|
| Monday, March 3 |  |
| Tuesday, March 4 |  |
| Wednesday, March 5 |  |
| Thursday, March 6 |  |

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SMES Updates

- The whole school watched the Grade 6 students show off their volleyball skills at the Staff vs. Student Volleyball Game in February. Thank you to Mr. McDougall for providing this opportunity to the Grade 6s 😊
- This will be the final month at SMES for our pre-service teachers, Ms. Kapur and Ms. Hannah. We're excited to have them back as guest teachers in the Spring!
- Classes will be visiting the Pier 21 Immigration Museum in early May to participate in special programming around culture and identity. Thank you to our SAC for providing the funding for these trips.

March Is Nutrition Month



March is Nutrition Month

Whether it's planting a garden, cooking with family, or enjoying a meal with friends, food provides opportunities for building social connections that can support improved feelings of belonging and overall well-being.



Did you know? March is Nutrition Month! This year's theme, Nourish to Flourish, highlights the important role that food has on our physical, mental and emotional health and well-being.

Whether it's planting an indoor or outdoor garden, cooking together with family, or enjoying a meal with friends, food provides opportunities for building social connections that can support improved feelings of belonging and overall well-being. This is a great time to explore and learn about food. An important part of this is food literacy, which includes having the knowledge

and skills to grow, choose, prepare, and talk about food.

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School Advisory Council (SAC)



Are you looking for an opportunity to add your voice? School Advisory Councils (SACs) play an important role in supporting student success at the school community level. An SAC is an advisory body to the school principal and the Regional Centre for Education (HRCE), on a range of issues related to the school and the school system. Membership can vary, but generally consists of the school principal, parents, teachers, and other community members.

Our next meeting is Wednesday, April 30, 2025 at 7:00pm via Microsoft Teams. If you are interested, please reach out to Emily Johnson, emily.johnson@hrce.ca

School Bus Safety Reminder

More than 33,000 HRCE students take the school bus. Making sure they have a safe and happy trip to and from school is very important to us. Please talk with your child about school bus safety on a regular basis. Students should tell their bus driver and/or school principal if they have any problems.

Here are some important safety tips:

Bus Stop Safety

- Be on time for the bus. Don't run to or from the bus.
- Stand back when the bus arrives and give everyone space. Get on or off the bus one at a time.
- Always cross the road in front of the bus. Walk to a spot where you can see the driver. When they signal it's safe, walk to the middle of the road. STOP, LOOK, and LISTEN, then cross when it's safe.
- Never crawl under the bus or cross the road from behind it.

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- Respect and listen to the driver. Their job is to focus on the road, so avoid distracting them.
- Respect others and your space.
- Keep noise levels down.
- Stay seated while the bus is moving.
- Keep your arms, legs, and head inside the bus.
- Do not throw anything inside or outside the bus.
- Keep the aisle clear.

Did you know: It's illegal for drivers to pass a school bus when it has stopped with its red lights flashing. Bus drivers will activate their amber lights 150m before they stop as a warning to motorists.

More information about HRCE student transportation and school bus safety can be found [here](#).



School Bus Safety Tips

A few bus safety reminders for all riders:

- 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.