



## Fairview Heights Elementary / January 2026 Newsletter

### Our Vision Statement:

Fairview Heights is a welcoming and safe school where learning happens because everyone belongs, and our many cultures and languages are celebrated.



As we welcome the New Year, we want to extend our warmest wishes to our entire school community. A new year brings fresh beginnings, renewed energy, and exciting opportunities for learning and growth. We are incredibly proud of our students for their curiosity, kindness, and hard work, and deeply grateful to our teachers and staff for their dedication and commitment. To our families, thank you for your continued support and partnership - you are an essential part of our school's success. As we step into this new year together, we look forward to many moments of discovery, creativity, and joy. May the months ahead be filled with learning, laughter, positivity, and meaningful connections for every child. Wishing all our families a happy, healthy, and bright New Year!

### **Please Ensure Children are Dressed for the Weather**

As the weather gets colder, please ensure your child is dressed appropriately for outdoor play. We go outside for recess and lunch whenever possible, and it can feel quite cold, especially with wind and snow.

Students should come to school with warm winter clothing, including:

- A warm coat
- Mittens or gloves
- Boots
- Hat and scarf
- Snow pants

We also strongly recommend sending extra socks and an extra pair of mittens or gloves, as these often get wet during recess and outdoor activities. Dressing warmly helps children stay comfortable, safe, and able to enjoy their time outside. Thank you for your support in helping us keep everyone happy and healthy this winter!

## Quick School Updates:

- ⊕ I have chatted with the After School Program and they have told me they will be inside by 4:00pm, so families are welcome to use the Annex playground from 4:00pm on as opposed to 5:30pm.
- ⊕ The tarp for the lower playground should be repaired by the time you receive this notice.
- ⊕ The toppled over sign at the Annex is expected to be removed within the first week of January.
- ⊕ Please be weary of icy areas when dropping your child(ren) off.
- ⊕ A friendly reminder to families to include regular head checks for lice at home—early checks help keep our school community healthy.
- ⊕ Hot Lunch- Please use this [link](https://hrce.nslunch.ca/login) to learn more about the provincial lunch program. <https://hrce.nslunch.ca/login>
- ⊕ Lockers/Cubbies have been installed in the modular.

## Upcoming Dates:

Jan. 7<sup>th</sup> – SAC, 5:30 Main Learning Centre  
Jan. 27<sup>th</sup> – Family Literacy Day  
Feb. 4<sup>th</sup> – SAC, 5:30 Main Learning Centre  
Feb. 16<sup>th</sup> – Heritage Day (No School)

## Safe Arrival

You can report future absences using the School Messenger app, or toll-free phone number. If your child is absent and the absence has not been reported in advance, you will receive notifications via email, text, and phone calls from School Messenger. To report your student absent, you can use any of the following methods:

- PowerSchool Parent/Student Portal Parents/guardians can log in to <https://sishrsb.ednet.ns.ca/public/> to access the School Messenger website to report future absences. School Messenger App Parents/guardians can download the School Messenger app for Android and iOS devices and use their username and password for the PowerSchool Portal.
- Toll-Free Number Parents/guardians can call 1-833-582-6940 to report future absences using an automated system. Please see the link: <https://www.hrce.ca/families/general-information/safe-arrival> for more information.

## Behaviour Expectations for Lunch Program

All students are eligible to remain at school over the lunch hour. They need to bring or order their lunch each day. Please do not send items that need to be microwaved, we are unable to accommodate this. Our lunch program is run by lunch “monitors,” who are responsible for keeping your children safe over the lunch hour. Please remind your children to be respectful of the lunch monitors. Children need to build independence as well. Please ensure containers are not too difficult to open. We will encourage children to pick up their garbage and

place it in appropriate recyclable containers or garbage. If behaviors become too challenging over the lunch hour, school administration will call you to discuss.

### **Peanut and Nut Awareness**

Due to food allergies and sensitivities at school, please do not send food to school that contains peanuts and/or tree nuts, including Nutella, which is made with hazel nuts. Students who bring sandwiches with WOW butter or other types of non-nut spread, please indicate, with a note in your child's lunch bag, what the spread is and that it does not contain nuts. Thank you for your attention to this important matter.

### **Traffic Congestion**

Traffic is very congested in the mornings and at end of day pick up at both of our sites. For the safety and security of all in our school, if possible, we are asking parents to park on the blocks surrounding the school and walk over to drop off or pick up your child. Drop off (approximately 7:55am – 8:05am) and pick up (approximately 2:10pm – 2:20pm). Please be mindful of buses during these times.

### **Behaviour Expectations for Bus Students**

The bus drivers and bus companies have expectations for behavior. Children are expected to remain seated, use a reasonable voice level and refrain from using inappropriate language. The drivers and school staff remind students daily of these expectations. If your child's behavior is unacceptable, school administration will receive a misconduct report.

- 1 st OCCURENCE: Administration will speak directly with your child to remind them of appropriate expectations.
- 2 nd OCCURENCE: Administration will either call you or email you to inform you about the occurrence.
- 3 rd OCCURENCE: Your child will be suspended from travelling on the bus for a determined time. Please speak with your child at home about their bus behavior. It is important for everyone's safety.

### **Parent/Teacher Association**

We are looking for members for our PTA (Parent-Teacher Association). We are looking for a Chair to lead, as well as Members. Members plan fun events, fundraising opportunities, and social events for our school community throughout the year. Please reach out if interested in leading this team!

### **Power Outage Information for Families**

As we move into the winter months, we want to share how decisions are made when a school experiences a power outage.

Our priority is always to keep schools open safely when possible. A power outage does **not** automatically mean classes are cancelled – even if it happens during the school day. The decision depends on when power is expected to be restored.

### **Here's what happens:**

- When a school loses power, HRCE's Operations Team contacts Nova Scotia Power to gather available details on the cause and an estimated restoration time.
- Once we have this information, we consider:
- **Before school starts:** Have buses begun their routes? If so, we wait until students arrive before making a decision. If classes are cancelled, elementary families will be contacted before dismissal.
- **During the school day:** How close is dismissal? What is the temperature in the building? Does the school rely on power for water or septic systems? These factors, among others, help us decide whether to stay open or close. Often, power returns faster than we could safely send students home.

### **If classes are cancelled:**

- HRCE will notify families by email and text.
- Families of elementary students will also receive a phone call before dismissal.

Deciding to close schools during a power outage is never simple, but safety is always our top priority. We understand that cancellations can be inconvenient, and our goal is to keep students learning in class whenever possible.

More information about school cancellations for any reason can be found [here](#)

### **Learn About the Influenza Vaccine**

Please share the following with families on behalf of the Nova Scotia Department of Health and Wellness.

### **Fast Facts about the Flu Vaccine**

- Influenza (the flu) is virus that peaks in transmission in the fall and winter months
- Most people are mildly ill when they contract the flu but sometimes the flu can be serious and require admission to the hospital
- Children under 6 years are at the highest risk of serious complications from the flu
- The flu and RSV can occur at the same time making children more at risk of needing hospitalization
- The flu vaccine is recommended yearly for children 6 months and older to protect against serious complications of the flu

For more information, [click here](#).

### **Online Platform Risks From Unplugged Canada**

(Sharing on behalf of Unplugged Canada)

Many digital platforms today, including social media, online gaming and AI chat tools, are designed to keep kids scrolling and engaged, often exposing them to

addictive features, adult content, and interactions they may not be developmentally ready to handle.

Below is a resource that outlines some of the most common social media, gaming, and AI chat platforms, helping families better understand the risks, start meaningful conversations at home, and consider delaying smartphones and access to these apps until kids are more developmentally ready.

You can access the full resource [here](#).

*Unplugged Canada is a parent-led, national movement advocating for healthier childhoods by delaying smartphones and social media until kids are more developmentally ready. Join thousands of Canadian families choosing to delay by taking the Unplugged Canada Pledge at [unpluggedcanada.com/sign-pledge](http://unpluggedcanada.com/sign-pledge).*

**APPS EVERY PARENT SHOULD BE AWARE OF**

**un·plugged Canada**

<b>SNAPCHAT</b>  <ul style="list-style-type: none"><li>Disappearing messages</li><li>Snap Map location sharing</li><li>Addictive features (streaks)</li><li>Sexting &amp; adult contact</li></ul>	<b>INSTAGRAM</b>  <ul style="list-style-type: none"><li>Body-image pressure</li><li>Hidden DM requests</li><li>Teens use secret "Instas"</li><li>Exposure to adult content</li></ul>
<b>ROBLOX</b>  <ul style="list-style-type: none"><li>Inappropriate games</li><li>Unmoderated private servers</li><li>Chat with strangers</li><li>Pressure to buy Robux</li></ul>	<b>TIKTOK</b>  <ul style="list-style-type: none"><li>Highly addictive feed</li><li>Harmful viral trends</li><li>Attention fragmentation</li><li>Frequent adult content</li></ul>
<b>DISCORD</b>  <ul style="list-style-type: none"><li>High grooming risk</li><li>Adult/NSFW content</li><li>Harassment &amp; cyberbullying</li><li>Unmoderated servers</li></ul>	<b>YOUTUBE</b>  <ul style="list-style-type: none"><li>Inappropriate content</li><li>High risk of grooming</li><li>Addictive short form content</li><li>Attention fragmentation</li></ul>
<b>CHARACTER AI</b>  <ul style="list-style-type: none"><li>Sexualized roleplay bots</li><li>High grooming-style risk</li><li>Fake "AI relationships" with kids</li><li>Encourages secrecy from parents</li></ul>	<b>TELEGRAM</b>  <ul style="list-style-type: none"><li>Encrypted hidden content</li><li>Large, risky group chats</li><li>Minimal moderation</li><li>Hard for parents to monitor</li></ul>
<b>REDDIT</b>  <ul style="list-style-type: none"><li>Unfiltered communities</li><li>Adult/disturbing content</li><li>Harmful topics easily found</li><li>Anonymous users &amp; predators</li></ul>	<b>CHATGPT</b>  <ul style="list-style-type: none"><li>Kids may overshare personal info</li><li>Mature themes can appear</li><li>Emotional dependence on AI</li><li>Hard for parents to monitor use</li></ul>

**Before you let your child use a platform, create an account using their age and explore it yourself to see the content and interactions they'll be exposed to.**

### Planning for 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 Instagram](#)

It's important to always have a plan in place for childcare in the event of any cancellation. Please remember: As a parent or guardian you always have the choice of whether or not to send your child to school.

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

#### **Student Insurance Program (SIP)**

SIP has provided information on the [Student Accident Insurance Program](#).

#### **Homework Hub (Mathematics) Update**

Tutoring is available during the following times:

- **Grades 4-6:** Monday-Wednesday 5:30-7:30 pm

[NS Homework Hub 4-6](#)