



Fairview Heights Elementary / May 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.

Dear Fairview Families,

It is hard to believe, but May is upon us. Hopefully we will soon welcome warmer weather and feel renewed energy that spring brings to our school community. This is always a busy and exciting time of year, with many opportunities for learning, growth, and celebration.

May is an important month for maintaining strong learning habits. Students are continuing to build on their skills across all subject areas, and we encourage families to support consistent routines at home, including reading, completing assignments, and getting a good night's rest.

The Grade 3 Students will be participating in provincial assessments this month. These assessments help us better understand student progress and guide instruction. Teachers will communicate specific details with families as needed.

In addition to classroom learning, students can look forward to several fun activities this month, including a Bike Rodeo, our Popsicle Social, and Running Club events.

Attendance Matters

With nicer weather, it can be tempting to take extra time away; however, regular attendance remains essential. Every school day matters, and we appreciate your support in ensuring students arrive on time, ready to learn.



Fairview Heights Popsicle Social!

We are excited to invite all Fairview Heights families to a fun-filled **Popsicle Social!**



Join us on **Thursday, May 14th** from **5:00–7:00 PM** at the **Main Building** for a relaxed evening of treats, play, and connection. Each classroom will have a table set up where students can stop by and grab a refreshing popsicle.

After picking up your treat, families are welcome to mingle, catch up with friends, and enjoy time together on the playground. It's a great chance to celebrate our school community and soak up some springtime fun!

We can't wait to see you there!

Fairview Heights Bike Rodeo

A bike rodeo is a fun, hands-on safety event which will be held for our Grade 1-5 students at the Main Building on May 22nd. If students have a bike, they are encouraged to ride their bikes to school on this day, If not one will be provided. It teaches essential handling skills, such as turning, stopping, and balancing, while promoting helmet safety and traffic rules in a supervised setting. It helps kids feel confident and safe while cycling.

Key Features of a Bike Rodeo:

- **Safety Checks:** Experts or volunteers often inspect bikes and ensure helmets are fitted properly.
- **Obstacle Courses:** Students navigate cones, traffic signals, and simulated road scenarios (e.g., driveway exits) to practice handling skills.
- **Skill Training:** Stations focus on skills such as:
 - **Balance & Steering:** Riding in a straight line or navigating narrow paths.
 - **Stopping/Turning:** Teaching quick stops, looking over shoulders, and proper turning techniques.
 - **Traffic Safety:** Learning hand signals, obeying signs, and traffic rules.
- **Partnerships:** So far partnerships helping this event are Cycle Nova Scotia, the Ecology Action Centre, Mountain Equipment Co., Oceanics Cycle Team, Halifax Regional Police and their Youth Program, and crossing our fingers for their bike unit, as well as Chicken Little handing out some treats!

These events help build children's confidence, promote active transportation, and reduce the likelihood of accidents.

Primary Orientation

Spread the word! We are excited to host our **Primary Orientation** on **Tuesday, May 26th** from **9:00–10:00 AM** at the **Annex Building**.

We invite all families registered for Primary for the 2026–2027 school year to join us in the Annex Gym. Doors will open at 8:50 AM, with the presentation beginning promptly at 9:00 AM.

Upon arrival, families will register and be assigned to a Primary teacher (not necessarily the teacher they will have next year – many changes take place between now and then...) Students will then head off with the teacher and helpers for a short visit, while parents and guardians remain in the gym for a brief presentation. Light refreshments will be available as the chat is concludes.

Once students return, we kindly ask families to bring them back to their pre-primary classrooms, or designated places, as the school will continue with its regular day.

We look forward to welcoming you and your child!

Pre-Primary Open House

We are still finalizing the details and will share more information as it becomes available.

Items to Leave at Home

Items brought in from home can be a source of distraction in school. We request these items REMAIN home as they can lead to distraction or loss of items in school. These items include, but are not limited to:

- Pokemon Cards
- Handheld game devices
- Fidget/spinner toys
- Stuffedies
- Balls; soccer, footballs etc. – we have balls at school for outdoor use – too many can become a problem
- Other special items from home

The above noted items should **NOT** be brought to school (unless there has been an arrangement made with the teacher). Please know there may be special occasions at school where children are able to bring in stuffedies, etc. from home. The school does not assume responsibility for any items brought from home that go lost, missing/stolen, or broken. The list noted above is not exhaustive. There may be other special items/collectable items that children want to bring to school, however these distract from learning and have caused problems between children.

Red Dress Day

Red Dress Day is observed each year on May 5 across Canada. It is a day to raise awareness about Missing and Lost Indigenous Women, Girls, and 2SLGBTQI+ people (MMIWG2S).

Inspired by Métis artist Jaime Black's REDress Project, red dresses are displayed in public spaces as a powerful symbol. They represent the many



Red Dress Day
May 5

We remember them.
We honour them.

who are missing or have been lost, while also honouring their lives and spirits.

This day encourages learning, reflection, and a commitment to caring for one another and building a more respectful and safe community for all.

Black Excellence Day

Black Excellence Day 2026 in Nova Scotia is an opportunity for schools to reflect on the learning and exploration of Black people and culture over the past year. It recognizes, celebrates, and supports learning from the achievements, contributions, and leadership of Black individuals and communities. More than a single-day celebration, Black Excellence is the recognition of meaningful steps toward strengthening inclusive learning environments where all students see themselves reflected in curriculum materials, through the stories we tell and the histories we honour.

The purpose of celebrating Black Excellence in our schools and classrooms is to affirm student's identities, build confidence, and inspire futures by highlighting role Black people have made in education, science, arts, leadership, and community advocacy. It reflects and celebrates thoughtful conversations in schools about equity, representation, and the ongoing work to remove systemic barriers.

This moment of reflection also invites educators and school communities to consider how Black Excellence is represented within their own classrooms and learning spaces. For some, this may affirm intentional work already underway; for others, it may serve as an opportunity to begin or deepen this practice. Black Excellence Day reminds us that this work is ongoing, and that there is always time to plan, reflect, and be deliberate in ensuring all students see themselves meaningfully reflected in our schools.

We welcome everyone to wear a black shirt, if you're able, on May 15 to show your support for Black Excellence Day!

Unplugged Webinar on Smartphones, Social Media and More



They will be hosting a LIVE webinar on May 6 every parent and caregiver needs to hear. They're talking smartphones, social media, the research — and most importantly, what can be done about it.

Hosted by Kirsten Sweet, educator and National Program Director with Unplugged Canada with Tania Johnson, Co-founder of the Institute of Child Psychology and Dr. Michele Locke, Clinical Psychologist, learn about the impact of smartphones and social media on youth and how the Unplugged Canada Pledge and our resources can spark meaningful conversations in your home, school, and community.

They will also introduce two new initiatives: the National School Champion Program and Operation Landline — a summer campaign helping families delay smartphones and reconnect in simpler, more intentional ways.

Come ready to learn, connect, and be part of the movement. Register [here](#).

Screen Free Summer: Digital Diet Guidance

As summer approaches, many families are thinking about screen time. This article introduces the idea of a “digital diet,” encouraging a focus on the quality and purpose of screen use rather than just limiting it. It offers practical ways to help children build healthier, more balanced habits with technology. Read more [here](#).
Nova Scotia Quality of Life Survey

Engage Nova Scotia

They are seeking more youth voices in their Nova Scotia Quality of Life Survey to ensure this critical demographic is properly represented in reporting. To ensure youth voices are heard, Engage Nova Scotia is asking parents to encourage youth and young adults in their household, who are age 16 and older, to complete the survey.

Take the survey now!

Please email Engage Nova Scotia at survey@engagenovascotia.ca to take the Nova Scotia Quality of Life Survey. By sharing your story – your day-to-day experiences from affordability and sense of belonging in community to close personal connections and your level of trust in institutions – you can help reveal the full story of your community's well-being.

Free Live Event

UNPLUGGED CANADA



A National Conversation

with Unplugged Canada Ambassadors

Tania Johnson,
M.C.
Co-founder of the Institute
of Child Psychology
Award-Winning Author

Dr. Michele Locke,
Ph.D.
Clinical Psychologist
Toronto Chapter
Co-founder

Kirsten Sweet,
M.Ed.
National Program Director
Alberta Chapter
Co-founder

- ✔ Explore the research: Smartphones and Social Media
- ✔ Review the Unplugged Pledge and Resources
- ✔ Join our National School Champion Program
- ✔ Check out our new resource: Operation Landline
- ✔ Invite all parents and caregivers in your school community

**Wednesday,
May 6th**
5pm PT | 8pm ET

l the full story of your community's well-being.

You can also learn more at engagenovascotia.ca.

Engage Nova Scotia is a non-profit, independent organization that works with partners to advance the quality of life of all Nova Scotia residents. They believe everyone should be included to share their story, seed their future, and influence change to improve their own well-being and the well-being of their communities. Engage works closely with local municipalities and organizations across the province.

Access Awareness Week - May 31 to June 6

Access Awareness Week in Nova Scotia, taking place May 31–June 6, 2026, is an opportunity to recognize the importance of accessibility, inclusion, and the leadership of people with disabilities. This year's theme, "Disability Justice: Stronger Together, First Voice Leading Change for Collective Action," emphasizes the importance of centering lived experience and working collaboratively to create meaningful, lasting change.

In schools, this week is a powerful reminder that inclusion is everyone's responsibility. Classrooms are where understanding begins — through learning, conversation, and action. By listening to diverse voices, removing barriers, and fostering accessible learning environments, educators and students help build school communities where all learners feel valued and supported.

Upcoming Dates:

- May is Asian Heritage Month
- May is Canadian Jewish Heritage Month
- May is Polish Heritage Month
- May is Speech and Hearing Month
- May 5 is Red Dress Day
- May 10-16 is Education Week
- May 14 is Popsicle Social Evening!!! 5:00pm – 7:00pm
- May 15 is Black Excellence Day
- May 17 is International Day against Homophobia, Transphobia and Biphobia
- May 18 is Victoria Day (No classes - all schools)
- May 22 is Bike Rodeo Day
- May 26 is Primary Orientation Day
- May 31 to June 6 is Access Awareness Week