

# Fairview Heights Elementary School

**Principal:** Amy Hunt

**Vice Principal:** Michael Corbett

**Administrative Assistants:** Sherry Mitchell (Main Building) & Marwa Dewidar (Annex)

**YMCA School Settlement:** Zobeida Al-Zobeidy & Olena Deneault

## Upcoming Dates:

**Oct 6th:** Celebrating Students at "High Five Assembly"

**Oct 7th 1:15-2:15:** PP-6 Terry Fox Run (rescheduled)

**Oct 10th:** Thanksgiving Holiday (No School)

**Oct 12th:** PP-6 Photos Order Due

**Oct 21st:** Student/Staff Soccer Baseball Game

**Oct 18:** SAC (School Advisory Council) @ 5:30, in person at library in main building, followed by PTA Meeting at 6:30

**Oct 28th:** Provincial Conference Day for Staff (No School for Students)

**Nov 3rd:** Photo Retake Day

## Contacts:

**Phone:** 902-457-8953

**Website:** <https://fvh.hrce.ca/>

**Email:** [fhes@hrce.ca](mailto:fhes@hrce.ca)

Follow us on **Twitter**  
**@FhesHeights**

## Message to Fairview Heights Families:

**October is Mi'kmaq History Month!** Students and staff will be engaged in teaching and learning about the Mi'kmaq, Treaty Relations, and Truth & Reconciliation throughout the month of October - and beyond.

**October is also Islamic Heritage Month!** Established by the Canadian Government in 2007, this is an opportunity to learn and honour the rich history of Islam, and contributions of Muslims in Canada.

Our grade six students will be participating in **provincial standardized tests** between October 11th and October 27th, in reading, writing and math.

**\*\*Please ensure your child arrives on time each morning and there are dismissal routines in place so that they are dismissed in a timely and safe manner each day at 2:15\*\***

## Promoting Healthy Habits at School & Preventing Infection:

Public Health Guidance on Covid-19 to support health & safety at school can be found here:

<https://backtoschool.ednet.ns.ca/public-health-guidance>



## RECESS & LUNCH AT FAIRVIEW HEIGHTS:

- Students should bring a labeled, refillable water bottle each day. We have filling stations throughout the school.
- We do not use microwaves. Students need lunches that do not require heating. Using a thermos is a great way to send a hot lunch.
- Lunch monitors supervise students during lunch. The lunch break is shared between eating in classrooms and playing outside.
- If your child requires utensils to eat the lunch they are bringing, you need to send utensils. Recess should be a quick snack! Your child will eat in the classroom just after 15 minutes of outside play.
- Any child that would like a snack throughout the day will have access to healthy snacks such as apples, clementines, yogurt, cereal, granola bars and cheese.
- **We are looking for lunch monitors! If you are interested in actively supervising students each day from 11:50-1:15, and you have a vulnerable sector and criminal record check, please get in touch with us!**



## Did You Know?

- Our school is supported by the **BPAF - the Breakfast Program Association of Fairview!** Each day, staff and BPAF volunteers organize breakfast bins and ensure all students have access to nutritious breakfast snacks. The school purchases snacks and receives apples by donation from Square Roots.
- We had a great turnout for our **Curriculum Night & Community BBQ** on September 29th! Thank you to parents/guardians, staff, community members and local service agencies for supporting a wonderful evening of social connection and learning about curriculum across grade levels.
- If you need a **passport** notarized, the local MLA office or MP office can do this for free of charge! Please reach out if you need assistance.



# Join the Fairview Heights Elementary School PTA! (Parent Teacher Association)

**What does the PTA do?**

1. Raise money for educational resources and extra-curricular experiences for students
2. Discuss the diverse needs of the students and families at our school, and brainstorm how best to meet those needs.
3. Plan and organize fundraising events
4. Attend one hour long meeting per month at the school.

**Our next meeting is on:**  
**OCTOBER 18th, 2022 @ 630 pm**  
**in the main library**

**Why join the PTA?**

1. Funds raised enrich your child's learning!
2. It's flexible- it doesn't require a big commitment and there are lots of big and small jobs, they all make a difference!
3. Make lasting friendships and be a part of a team of dedicated parents and faculty!
4. Have your say and contribute to improving the experience of all of the children in the school community
5. Learn new skills- With the support of the committee, taking on various tasks can mean learning new things in the process!



**For more information and to be added to our mailing list:**

**AMY HUNT, PRINCIPAL: [HUNTA@HRCE.CA](mailto:HUNTA@HRCE.CA)**  
**MELISSA FRASER, PARENT & PTA CHAIR: [MFRASER@REALESTATE360.CA](mailto:MFRASER@REALESTATE360.CA)**

## Fairview Heights School Advisory Council (SAC)

**The SAC is an elected group of staff, parents/guardians and community members who advise school administration in support of student success. We are looking for new members!**

**For more info:**

**[WWW.EDNET.NS.CA/SAC](http://WWW.EDNET.NS.CA/SAC)**

Join us! Contact the Principal,  
Amy Hunt at [HuntA@hrce.ca](mailto:HuntA@hrce.ca)

SAC meetings are on the third  
Tuesday of every month at 5:30.



**The Importance of Sleep and your Child’s Education**

Adequate sleep contributes to a student’s overall health and well-being. Students should get the proper amount of sleep at night to help stay focused, improve concentration, and improve academic performance.

Children and adolescents who do not get enough sleep may struggle in school with

- Attention and staying focused
- Problem solving
- Impaired memory
- Behavioral problems, which can contribute to poor academic performance in school as well.

A lack of sleep also can affect a child’s mental and physical health as it contributes to a student’s physical and mental health.

**How Much Sleep Do Students Need?**

How much sleep someone needs depends on their age. The American Academy of Sleep Medicine has made the following recommendations for children and adolescents<sup>1</sup>:

| <b>Age Group</b> | <b>Recommended Hours of Sleep Per Day</b> |
|------------------|---|
| 6–12 years       | 9 to 12 hours per night                   |
| 13–18 years      | 8 to 10 hours per night                   |

**Things to do to ensure your child gets the right amount of sleep.**

1. Setting a regular bedtime and rise time, including on weekends, is recommended for everyone—children, adolescents, and adults alike.
2. Implement a media curfew. An hour or two before bed, turn off technology (computers, video gaming, or mobile phones) as the blue light can also contribute to late bedtimes.
3. As part of your child’s nighttime routine, read to them and enjoy some one on one time together while winding down from the day.

Information taken from Douglas Research Centre / McGill University, CDC and schools and the Sleep Foundation. \*

\*<https://douglas.research.mcgill.ca/sleep-and-children-impact-lack-sleep-daily-life>

\*<https://www.sleepfoundation.org/children-and-sleep/sleep-and-school-performance>

\*<https://www.cdc.gov/healthyschools/sleep.htm#:~:text=Students%20should%20get%20the%20proper,poor%20mental%20health%2C%20and%20injuries>



# FEEL THE LOVE

## Local Veggie Bundles at \$1 / lb!

The Salvation Army Halifax West Community Church  
 50 Gesner Street, Fairview  
 9:30am - 11:00am  
 October 15th, 29th  
 Cash or e-transfer

Links to register can be found at:

[facebook.com/squarerootsfvcp](https://www.facebook.com/squarerootsfvcp)

Registration is requested to ensure we have enough produce for everyone



*Square Roots is a social enterprise which redirects surplus farm produce to community members at an affordable rate. Visit [squarerootsfood.ca](https://www.squarerootsfood.ca) for more information.*

## FAIRVIEW FOOD PANTRY

Pantry items are for everyone!

\*Take what you need but leave some for others



\*Please check expiry dates before donating



Fairview Resource Centre  
 6 Titus St.



Al-Barakah Mosque  
 12 Hillcrest St.

**Facebook:** <https://www.facebook.com/Fairviewfoodpantryproject>

**Instagram:** @fairviewfoodpantryproject

**Email and e-transfers:** fairviewfoodpantry@gmail.com



If you need support accessing resources or information that could support your child and family, please reach out to our Fairview Heights SchoolsPlus Outreach Worker, Melissa Caines: [mcaines@hrce.ca](mailto:mcaines@hrce.ca) or 902-483-5960. We are here to help!