

BLT SR. Elementary School

24 James Street, Timberlea, NS

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tjh@hrce.ca

Principal: **Craig Myra** Administrative Assistant: **Jillian Butler/Amber Collins-Grimmer** Vice Principal: **Tracey Quinn**

Principal's Message

I hope this message finds you well. With our first month behind us I am pleased to share with you that staff and students have really settled in here at BLT SR! As a staff we are working hard to create a positive school environment where students are safe and challenged academically every day. The first month has been very successful!

As a reminder, it is important that your children are reading every night at least 10-20 minutes to practice their reading skills. Each month, I will include some information to support you with helping your reader at home!

If you have any questions please do not hesitate to reach out!

Mr. Myra



October 2024

Dates to

Remember:

October 1—Treaty Day—Schools Open

October 7—SAC Meeting 6pm

October 11—Professional Development Day—NO SCHOOL

October 14—Thanksgiving Day—NO SCHOOL

October 17 and 18—Picture Days

October 18—Ordering for Hot Lunch Starts

October 24—Halloween Dance

October 25—Conference Day—NO SCHOOL

October 28—Hot Lunch Starts

Nova Scotia Hot Lunch Program

Starts at BLT This Month!

Ordering Date: October 18th

First Hot Lunch Date: October 28th

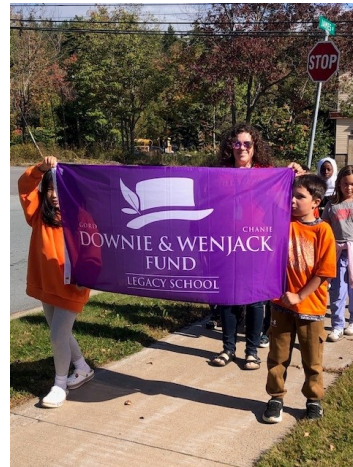
Go to <https://nslunch.ca/> for more information!

Picture Days!

All Day on October 17th and the morning of the 18th will be our picture days. We will send a schedule home for what days your child's class is going within the Sunday memo the week prior to the picture days. Retake day will be November 5th.

October is Mi'kmaq History Month

We started the month off with a school wide assembly and community walk! Pictures below:



Morning Affirmation

As part of our school improvement journey at BLT Sr. we will be starting our days by affirming one another as part of our morning message on the announcements. Each morning we will affirm each other with the following statements (see below). These statements are meant to put all of us in the right mindset so we can be our best selves each day.

I am unique

I try my best at all times

I know mistakes help me grow

I can learn anything

I am improving every single day

I have the power to make my life what I want it to be

I believe in myself and others

I am loved just the way I am

Advanced Notice for Remembrance Day Ceremony

Our ceremony will take place on Friday, November 8th at 10am. We are looking for military and retired military members to attend our event. If you are such a person and would like to attend, please contact acollins-grimmer@hrce.ca and we will plan for you to join us.

Couple Lunch Time Reminders

- Please remember to bring a water bottle and cutlery each day.
- We are still in need of lunch monitors, if you are interested contact the school.

Check out our NEW WEBSITE!

The new website is your one stop shop for calendar events, safe arrival information, staff directory, etc. Visit <https://tjh.hrce.ca/> and check it out!

School Bus Safety Week

October 21-25, 2024 is School Bus Safety Week in Nova Scotia!

Did you know that more than 30,000 HRCE students ride the school bus every day?

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.

You can find out more information about School Bus Safety Week, including more safety tips, [here](#).

Caregiver Connection Session

SchoolsPlus is hosting a Caregiver Connection session on October 9 between 6:30-7:30pm at the Bay View High library. We invite any caregiver of a child or youth in the Bay View High Family of Schools to attend this session. October 9 Caregiver Connection will include a presentation from staff at the Strongest Families Institute. Strongest Families supports youth and families who are struggling with anxiety, depression, behavioral concerns, and bedwetting. They have FREE programming offered to both children/youth and their caregivers. Please join us October 9 to learn more about this amazing local resource and how it could support someone you love.

RSVP to Ashley Avery at aavery@hrce.ca



Roots of Empathy in 2 Blandford

Starting this month, Ms. Blandford's grade 2 class will be starting their Roots of Empathy program with their "tiny teacher" Baby Sophie, and her mom Kelsey. Together with our Roots of Empathy Instructor, Kristine, we will get to know them through 9 monthly visits over the course of the year where we will watch the baby grow and develop. The class will get to predict and cheer when Baby Sophie reaches her "developmental milestones of the first year". The Roots of Empathy Instructor also coaches the children in observing and reading the emotional cues of the baby. The Instructor will use this discussion as a lever for the children to talk about their own emotions and to understand how their classmates feel. Roots of Empathy is founded on the loving relationship between a parent and baby, which is where empathy starts. This award winning program supports children's positive mental health and well-being and you can learn more about the program by visiting <https://rootsofempathy.org>.





Tips for Reading with your Child

Give it all your attention

For many people, the best time to read with their children is at night, once the children are in bed. But if you find your child too cranky and disengaged at this time (or if you are feeling tired yourself), you might want to try reading to them earlier in the day.

Engage with the story

Children don't typically enjoy having the story stopped every few seconds for comprehension checking, so we suggest you keep interruptions to a minimum.

But recapping is useful when picking up a book again after a break. If parents let their children provide this recap ("So, where are we up to?") this also enables informal comprehension checking. Opportunities for prediction are also beneficial ("Wow... what do you think might happen next?").

Pick a book you both enjoy

We suggest you select a book that interests both you and your child. Reading together is a great opportunity to share your passions while broadening your children's horizons through making diverse book choices.

Read the Pictures

Before reading a book explore the pictures and talk about what you think the book might be about. This helps build oral language and will also help your child while they try to read the story with some background knowledge.

Happy Reading! More tips will be included in next months newsletter!



Information for Parents about Head Lice

With the colder weather coming it is a good time to familiarize yourself with treatment and information pertaining to head lice. Head lice are small insects that lay eggs on your head. The eggs are called nits. It's common among children and not a sign of uncleanliness. It spreads via head-to-head contact, or through hats, combs, helmets and other transferable head gear. Head Lice is a Problem in all schools. Below is some information you may find helpful if you discover your child has head lice. We have posted more information on our school website.

Nova Scotia's Public Health Services Prepared TEN Steps to Treat your Child if you Discover Head Lice

1. Comb hair with a regular comb to remove tangles.
2. Apply the treatment (which should contain permethrin, or pyrethrins with piperonyl butoxide) as follows:

Shake the bottle.

Apply the treatment to dry hair, even if the product directions says, "towel dried hair." This will make sure the product is not watered down.

Put the lice treatment all over the scalp and rub in well.

Be sure that the treatment covers all of the hair, from the scalp to the ends.

Leave the treatment on the hair for as long as the package recommends.

3. Rinse out the treatment over the sink. Don't rinse in a bathtub where the product could get onto other parts of the body. Dry the hair with a clean towel.

4. Comb the hair again with a regular comb to remove tangles.

5. Comb for lice with a lice comb.

6. Continue daily lice combing every day between the first and second treatment. Do not skip this step!

7. Use the lice treatment a second time, nine to 10 days after the first treatment. Use the same product, and follow the same steps you used for the first treatment. The first treatment kills the live lice and the second treatment kills any lice that have hatched since the first treatment was done. No product currently available will kill all of the nits.

8. Continue checking household members at least once a week for three weeks after the second treatment is done to make sure everyone is free of live lice.

9. If you find live lice after the second treatment has been done, then repeat steps 1 to 8 using a different product (with a different ingredient) to kill the lice.

10. If you continue to find live head lice after following these steps, contact Public Health Services.

<https://www.cdc.gov/lice/about/head-lice.html>

Thursday, October 31, 2024

Halloween Activities

Students will be permitted to wear their costumes (no masks or weapons) to school on the Thursday, October 31st in the afternoon only, if they wish. Students can also wear orange and black on that day. Each classroom will be doing their own individual activities, so you should receive more information from the teachers regarding this day. Students WILL be able to bring in individual packaged treats for their classmates this year, we just ask that you do not send items that contain nuts as we have several students who have allergies.



PTC First Event of the Year!

Halloween Dance

Thursday, October 24th—BLT SR. Gymnasium

Grades 2/3 = 6-7pm

Grades 4/5 = 7:30-8:30pm

\$5 per student *Tickets purchased online via SchoolCash***Very limited tickets will be available at the door--cash only, exact change only**

~Adult accompaniment required & adults will be responsible for children in their care.~Canteen for cash purchase will be available during the Dance! (\$1 per item)

*Due to gym capacity, no siblings/friends from other schools will be permitted. BLT Sr students ONLY.

Costumes are encouraged!* Please no facemasks or weapons*