

# December News



**Dear families,**

As we head into the holiday season, we want to thank our families for their ongoing support throughout the year. This is a busy time for everyone, and we truly appreciate the many ways you contribute to our school community. A special thank you for the generous donations at our holiday concerts; your contributions will directly support our literacy programming, and we are grateful for your commitment to helping our students succeed.

Wishing you a relaxing and enjoyable holiday break, with time to unwind and spend quality moments with family, friends, and loved ones. A big shout-out to our amazing students for all their hard work and dedication this year!

Warmest holiday wishes to you and your family!

## **BLT Sr. School Spirit Week! December 15th - 19th**

It's the countdown to the holiday break! Let's celebrate and show our school spirit. Students can choose to participate in the following if they wish:

### **Monday, December 15th - Festive Attire Day**

- Wear your favourite holiday/festive attire or colours!

### **Tuesday, December 16th - Mismatched Day**

- Wear clothes that don't match! Mix up your colours, patterns, and socks!

### **Wednesday, December 17th - Hat Day**

- Grab your favourite winter, festive holiday, or other fun hat you own!

### **Thursday, December 18th - BLT Bear Colors/Swag Day**

- Wear your favourite BLT gear or dress in BLT colors (red/blue/yellow)

### **Friday, December 19th - PJ Day**

- Wear your pajamas or your comfiest clothes and get ready for a well-deserved Winter Break!



**December 14:** First day of Hanukkah

**December 15-19: Student Spirit Week**

### **December 19**

Last day for students before Holiday Break

### **December 22**

Professional Development Day for staff  
(no school for students)

### **January 5**

First Day of school holiday after break

### **Reminder: Morning Arrival Procedures Remain the Same, Even as Weather Gets Colder**

As we move into colder weather, we want to remind families that our procedures for student arrival and dismissal remain unchanged.

The safety of our students continues to be our highest priority.



**The bus loop remains closed to all non-designated vehicles during morning arrival.** With our growing student population and students arriving from both buildings, this is necessary to maintain a safe and orderly process for everyone.

To help ensure smooth arrivals, please remember to:

- Park only in designated areas on neighborhood streets.
- Avoid stopping or parking in front of the school driveway, as this can block buses and delay the arrival of designated vehicles.

Thank you for your continued cooperation in keeping our students safe. Your support helps make arrival and dismissal efficient for all.

### **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).

### Resources for Parents from Unplugged Canada

If you're concerned about your kids' screen time, smartphone use, or social media pressure, there are some wonderful resources below to help parents and caregivers navigate the challenges of raising kids in a digital world.

**For parents:** The Anxious Generation by Jonathan Haidt highlights the research and evidence behind how early smartphone and social media exposure have shaped a generation over the last 10–15 years. Ten Rules for Raising Kids in a High-Tech World by Jean Twenge offers practical, actionable guidance to help parents set healthy boundaries and support their kids' digital wellbeing.

**For kids:** The Amazing Generation, written for pre-teens and teens and co-authored by Jonathan Haidt, will be released on December 30. It explains the impact of today's digital environment in an engaging, age-appropriate way.



- All of these books are available at your local library or bookstore.

*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](https://unpluggedcanada.com/sign-pledge).

### New educational technology resource for families

We're excited to share a new online resource designed to help families understand how technology supports student learning in HRCE.



- This page provides an overview of how tools like Chromebooks and Google for Education are used in classrooms, what provincially approved online platforms students may access, and how student privacy is protected.
- You'll also find information about Nova Scotia's guidance on the provincial cell phone expectations, tips for supporting online safety and digital citizenship at home, and an introduction to how students are learning about artificial intelligence in a thoughtful and responsible way.
- It also includes answers to common questions about screen time, passwords, communication during the school day, and more. You can find the webpage [here](#).

### SchoolsPlus is here to support you

SchoolsPlus is a confidential, free service available in every school in Nova Scotia. Our goal is to build positive relationships between families, schools, and communities.



- Parents, guardians and students (12+) can self-refer to SchoolsPlus 12 months a year! Just contact the SchoolsPlus Facilitator at your school.
- Call 902-464-2000, ext. 2331 or email [schoolsplus@hrce.ca](mailto:schoolsplus@hrce.ca).
- Learn more about SchoolsPlus [here](#).