

## Sackville Heights Elementary School

1225 Old Sackville Rd. Middle Sackville NS B4E 3A6

www.sve.hrce.ca (902) 869 4700

Safe Arrival - 1-833-582-6940

As we return to our regular routines following March Break, it has been wonderful to see the positive energy and enthusiasm back in our classrooms and hallways. With the arrival of spring, we are excited to take advantage of more opportunities for outdoor learning and play. Nova Scotia's Spring weather can be quite unpredictable, so we kindly remind families to ensure students come prepared with layers and appropriate outerwear so they can comfortably enjoy time outside each day. With the Easter weekend approaching, we hope families will have the chance to relax and spend some meaningful time together.

We are now entering Term 3, the final term of the school year, which is always a busy and rewarding time as we continue to build on student learning and celebrate growth. We are especially looking forward to connecting with families this week to share student progress to date. Our Student-Led Conferences will take place on Wednesday evening, providing students with a valuable opportunity to reflect on and share their learning with their families. In addition, Progress Conversations will be held via telephone appointments on Thursday afternoon. Thank you, as always, for your ongoing support and partnership in your child's education as we move into this important final term.

Lisa Gray

### Important Dates

**April 1**  
Evening Student Led  
Conferences

**April 2**  
PD & Parent phone calls  
NO STUDENTS

**April 2**  
World Autism Day

**April 3**  
Good Friday (NO SCHOOL)

**April 5**  
Easter

**April 6**  
Easter Monday (NO  
SCHOOL)

**April 7**  
PTO Seed Orders Due

**April 10-25**  
Volunteer Week

**April 22**  
Earth Day

**April 29**  
PD Day (NO STUDENTS)

## More Important Information

### PTO Seed Fundraiser

We're excited to announce our Spring Fundraiser in partnership with Halifax Seed! This is a great opportunity to get a head start on your gardening while supporting our school community at the same time.

A variety of seeds are available, making it easy to find something for everyone—whether you're planting a backyard garden, starting herbs indoors, or adding some colour to your space.

#### Important Details:

- Order forms are due back to the school by **April 7th**
- **50% of all proceeds** will go directly back to supporting school programs and activities

If you have any questions, please don't hesitate to reach out.

Thank you for your continued support!

Sackville Heights Elementary PTO

### April 2 is Autism Awareness Day

Autism Awareness Day is an opportunity to recognize and celebrate the many strengths and experiences of autistic children and youth in our school communities. For families, it's a moment to reflect on the importance of feeling seen, heard, and supported – not just today, but every day.

In our schools, awareness is only the beginning. True inclusion comes from acceptance, understanding, and a commitment to meeting each student where they are. When educators, students, and families work together to build empathy and reduce barriers, we create environments where every child can thrive.



Recognized globally on April 2, World Autism Awareness Day, led by the United Nations, highlights the importance of improving quality of life and upholding the rights of autistic individuals. This year's theme, "Autism and Humanity – Every Life Has Value," reminds us that every person deserves dignity, respect, and the opportunity to thrive, both in school and beyond.

## **Parking & Accessible Parking Reminder**

**Staff Parking Lot** - A reminder that the main school parking lot is reserved for staff only. With on-going snowfall significantly reducing available parking, it is especially important that these spaces remain available for staff who need to access the building each day. Families are asked to use the "Drop & Go" lane for a safe and efficient drop-off, or for those who prefer to walk to or meet their children at their designated doors or meeting areas on school grounds, we ask that you park in the church parking lot across the street and walk your child safely onto the school grounds.

**Accessible Parking Spaces** - The accessible parking spaces are reserved for students and families who require them during morning drop-off and afternoon pick-up. When these spaces are used by vehicles and/or persons who do not require accessible parking, this creates barriers for students, families, and staff who rely on these spaces for safe and timely access to the school.

Thank you for your cooperation in helping keep our school community safe, respectful, and accessible for everyone.

## **The "Amazing" Adventure Guide**

[Unplugged Canada](#) encourages families to reclaim childhood by creating more opportunities for outdoor adventure, independence, and real-world responsibility. Research shows that children thrive when they spend more time exploring their neighbourhoods, solving problems with friends, and contributing meaningfully at home and in their communities. Simple steps like walking to a neighbour's house, biking to a local park, helping plan a family meal or running small errands help kids build confidence, resilience and practical life skills.

Families can support this shift by intentionally creating space for free, unsupervised play and increasing responsibility over time. That might mean designating "no-adult" play zones, encouraging kids to gather in groups of three or more for creative play, or giving them meaningful household roles such as helping with groceries, cooking or caring for pets.

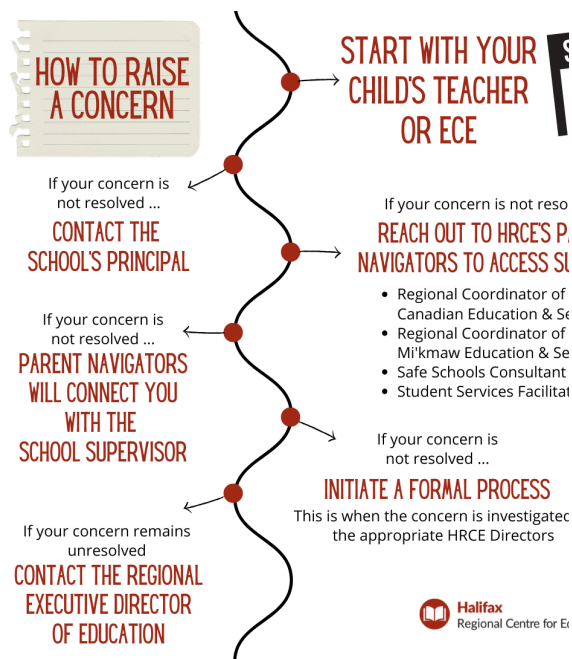
It can feel challenging to step back, but children build independence by practicing it. Families can make it easier by teaming up with other parents in their neighbourhood to create shared boundaries for safe roaming and outdoor play. For more ideas and practical steps, see the full guide: [The "Amazing" Adventure Guide](#) from Unplugged Canada.

## Do you know how to raise a concern?

We want families to feel comfortable reaching out when they have questions or concerns about their child's education or well-being. In most cases, concerns can be resolved quickly by connecting directly with school staff.

If you do have a concern, here are the steps to follow:

- Start by speaking with your child's teacher or ECE. They are often best positioned to address questions about your child's learning or classroom experience.
- If the concern isn't resolved, contact the school principal to continue the conversation and work toward a solution.
- If you need additional support, HRCE's Family Navigators are here to help. They can provide guidance and connect families with helpful resources and supports. They can be reached at [connect@hrce.ca](mailto:connect@hrce.ca).
- If the concern still isn't resolved, a formal review process can be requested and the matter will be looked into by the appropriate HRCE Director.
- The final step is for the concern to be reviewed by the Regional Executive Director.



You can learn more about the process [here](#) or by reviewing the [Parent/Guardian Concern Policy](#).