

March Newsletter 2025-2026

## Sackville Heights Elementary School

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Safe Arrival - 1-833-582-6940

February sure flew by! It was a month filled with learning, reflection, and connection. Throughout this past month our students celebrated and deepened their understanding of our shared history and the important contributions of African Nova Scotians and Canadians. Classrooms were buzzing with thoughtful conversations and meaningful learning experiences. We also focused on promoting kindness and friendship through our actions, strengthening our sense of community within the school.

We shared in the excitement of the Olympics and celebrated Canada's many successes. Our students followed along with great enthusiasm, cheering on Team Canada and learning about perseverance, teamwork, and spirited but respectful play. We marked the occasion with a wonderful Grade 2 assembly that was very well done – thank you to our Grade 2 students and staff for leading us in such a spirited celebration.

Of course, February also brought winter storm days and plenty of mixed weather – and we embraced it all! We continue to get outside whenever we can, as fresh air and outdoor play are so important. Please be sure students come prepared for the ever-changing Nova Scotia weather (extra clothes in backpacks continue to be a great idea!).

February was also registration month, and our system has been very busy welcoming many new Primary students and families moving into our community. If you have not yet registered your child for September, please do so as soon as possible. Student registration directly impacts our staffing for the fall, so it is very important that we have everyone accounted for. If you know a neighbour or friend who has not yet registered, please encourage them to connect with the school.

As we head into March, we look forward to longer, brighter days and the official arrival of Spring later this month. March Break will provide a well-deserved pause for students and staff, and when we return, teachers will be finalizing report cards to share important academic updates with families. These reports are an opportunity to celebrate growth, reflect on progress, and set goals for the final months of the school year.

Thank you for your continued partnership and support. We are looking forward to a wonderful month ahead!

Warm regards,

Lisa Gray Principal

## More Important Information

### March 9-12 is Spirit Week

We would like to have a little fun as we move towards the end of Term 2. Spirit Week will be held right before March Break.

Please refer to the flyer to see what fun we will be having each day. We are looking forward to see how our students and staff participate each day.



## Important Dates

**March 8**  
International Women's Day

**March 9-12**  
Spirit Week

**March 13**  
Assessment & Evaluation Day  
- NO STUDENTS

**March 16-20**  
March Break

**March 21**  
World Down Syndrome Day  
International Day for the  
Elimination of Racial  
Discrimination

**March 31**  
Reports Cards Emailed  
International Transgender Day  
of Visibility

**April 1**  
Evening Student Led  
Conferences

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

## 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.

## March is Nutrition Month: Make the Most of the Nova Scotia School Lunch Program

March is celebrated across Canada as Nutrition Month, a perfect opportunity for families to focus on building healthy eating habits together. Nutrition Month allows us to explore sustainable eating patterns, food literacy, and learning about the benefits of balance and variety in everyday meals. By highlighting the connection between nutrition and long-term health, Nutrition Month empowers everyone to build habits that benefit both individuals and the planet.

Use Nutrition Month as a reminder to take advantage of the [Nova Scotia School Lunch Program](#)! With nutritious, balanced meals prepared daily, the program ensures students have the energy and focus they need to succeed in the classroom and beyond. Together, we can make small changes that lead to healthier futures for our families and communities.



## Responding to Technology-Facilitated Harms Among Young People

Unplugged Canada is hosting a free community event at the Canada Games Centre on Thursday March 5 at 7 p.m., available both in person and virtually. Join to learn from Dr. Alexa Dodge, Assistant Professor of Criminology at Saint Mary's University and a leading Canadian researcher on technology-facilitated sexual violence.

This session will explore cyberbullying, the sharing of intimate images, and other online harms youth face, along with research on the support and responses young people need when problems arise online. This presentation will be valuable for any caregiver or adult supporting young people as they navigate the challenges of their digital social lives.

Thursday, March 5, 2026, at 7 p.m.

Canada Games Centre Boardroom - 26 Thomas Raddall Drive, Halifax

Please register for in-person or virtual [here](#).

## Safer Internet Day 2026: Navigating the Internet Safely

As our kids and teens spend more time exploring, creating, and learning online, it's natural to wonder how we can best support them — especially with emerging technologies like artificial intelligence becoming part of their digital world. On Safer Internet Day 2026, Google shared helpful updates and tools designed to make it easier for families to guide, protect, and empower young people as they navigate the Internet safely. Learn more [here](#).