

HOLLAND ROAD ELEMENTARY

OCTOBER 2026 NEWSLETTER

BELL SCHEDULE

Supervision Begins 7:40
First Bell..... 7:55
Classes Start 8:00
Recess:..... 9:30-9:45
Lunch:..... 11:00—11:40
Dismissal Bell: 1:45



HOW TO REPORT AN ABSENCE: If your child will be absent, please let us know by using one of the following methods:

- **Toll-Free Number**—Call 1-833-582-6940 to report an absence using an automated system.
- **PowerSchool Parent Portal** — Log into <https://sishrsb.ednet.ns.ca/public/> and access the SchoolMessenger website to report an absence.
- **SchoolMessenger App**—Download the SchoolMessenger app for Android and iOS devices and sign up using your PowerSchool username (full email address).

Important Dates

October is Mi'kmaq History Month
October is Canadian Library Month
October 1..... Treaty Day
October 12..... Thanksgiving
October 14 Picture Day
October 22..... Halloween Howl
October 23..... Professional Development – No Students
November 11..... Remembrance Day
November 20..... Assessment & Evaluation – No Students
December 3..... Parent/Guardian/Teacher 5-7 pm
December 4..... Professional Development (am)
Parent/Guardian/Teacher 1-3

Please send a note with your child if there is a change to their after-school dismissal routine. If there is a change during the school day, please call the main office and speak with Ms. Carter (admin assistant) so that we can ensure the information is shared with the teacher and your child. Teachers cannot always check their emails during the day so if you email them with a change they may not receive it in time.

SCHOOL'S BACK IN SESSION— LET'S KEEP OUR KIDS SAFE!

 **STOP** when a bus has its stop sign out and red lights flashing.

 Never pass a stopped school bus—it's illegal and dangerous.

 Be extra cautious during pick-up and drop-off hours.

Our children's safety depends on all of us.
Let's work together to protect them!



OCTOBER 1 IS TREATY DAY

Treaty Day is an opportunity to learn, reflect and deepen our understanding of the historic and ongoing relationships between Mi'kmaq and non-Mi'kmaq people in Nova Scotia.

Treaties are not simply part of our past. They are living agreements that continue to shape our shared responsibilities today. In schools, Treaty Day provides an important opportunity to help students understand Mi'kmaq history, culture, rights and perspectives, while exploring what it means to live together in a spirit of respect, partnership and reciprocity.

By continuing to learn about the Treaties and our responsibilities within them, we help build stronger relationships and contribute to the ongoing work of reconciliation.



OCTOBER IS MI'KMAQ HISTORY MONTH

Each October, Mi'kmaq History Month provides an opportunity to deepen our understanding of Mi'kmaq culture, history, language and traditions, while recognizing the important contributions of Mi'kmaq people past and present. Across our schools, students and staff may mark the month through learning, storytelling, art, community connections and cultural experiences that bring Mi'kmaq perspectives into the classroom and school community.

As we learn together, Mi'kmaq History Month reminds us of the importance of listening, building relationships and continuing our shared commitment to truth and reconciliation.

FIRE PREVENTION WEEK: OCTOBER 4-10

Halifax Regional Fire & Emergency is inviting families to take part in Fire Prevention Week, October 4–10. Visit halifax.ca/fpw to complete an online fire safety quiz. Want to win a Nintendo Switch, Apple products or LEGO sets? Participants who score 100% will be entered into a draw for a prize in their age category.

This year’s theme, “Safe Charging is a Superpower,” focuses on the safe use and charging of rechargeable devices powered by lithium-ion batteries. These batteries power many everyday devices, including phones, tablets, laptops, e-bikes and power tools. If damaged or charged improperly, they can overheat and cause fires.

Visit halifax.ca/fpw for contest details, videos and fire safety resources, and take a few minutes to test your smoke alarms and review your home fire escape plan.

ADMINISTERING MEDICATION(S) AT SCHOOL

For any student who may require medication during the school day, whether it is prescription or over the counter, an Authorization and Directions for Administering Medication(s) at School form must be completed and sent into the main office with the child’s medication. This could be if a student requires a puffer during the day or even an antibiotic for a period of time. Some students may also occasionally need Ibuprofen or Acetaminophen.

These medications must always be kept in the office and be administered in the office by staff. Should you need an Authorization and Directions for Administering Medication(s) at School form, you can find one on our website under the Students and Families Section under the Help heading or contact the office and one will be sent home with your child.

OCTOBER IS CANADIAN LIBRARY MONTH

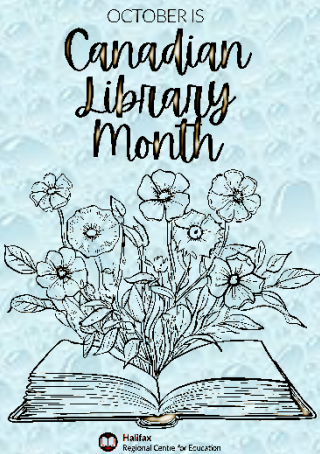
October is a chance to celebrate the important role libraries play in our schools — and the Library Support Specialists who bring those spaces to life.

Every day, our school libraries help students discover new interests, build literacy skills, find reliable information and, sometimes, simply find a welcoming place to spend some time. Our Library Support Specialists are an important part of making that happen.

Canadian Library Workers Day is recognized on the third Friday of October, followed by Canadian School Library Day on the fourth Monday. These are great opportunities to recognize the people who help make our libraries engaging, inclusive and supportive spaces for students.

Please join us in thanking our Library Support Specialists for all they do to support students, staff and school communities.

Thank you to Ms. Oram for always making our library an exciting and welcoming space.



GROWING INDEPENDENCE DOESN'T HAVE TO START WITH A SMARTPHONE

As children get older, parents naturally want to give them more independence, such as walking to the park, playing at a friend's house, staying home for a short time, or getting to activities on their own. A smartphone can seem like the obvious way to make this possible, but it isn't the only option.

There are lots of ways families can give children more freedom while keeping communication simple and age-appropriate:

- **Long-range walkie-talkies:** A simple way for kids to check in while playing in the neighbourhood or exploring outdoors, without access to the internet or social media.
- **A home phone:** Allows children to call friends, make plans or contact a parent when they're home alone.
- **A kids' smartwatch:** Some watches offer limited calling or messaging, without the apps, social media and internet access of a smartphone.
- **A basic talk-and-text phone:** When children eventually need a way to coordinate rides or activities, a simple phone can provide communication without introducing the distractions and social pressures of a smartphone.

The goal is to match the technology to what children actually need. A child who needs to call home doesn't necessarily need a device that also gives them access to social media, games and the internet. Starting with a more limited device can give children time to develop the responsibility, judgment and independence they'll eventually need to manage a smartphone.

Explore more resources from Unplugged Canada and join thousands of Canadian families taking the [Unplugged Canada Pledge](#) to delay smartphones and support connected childhoods.