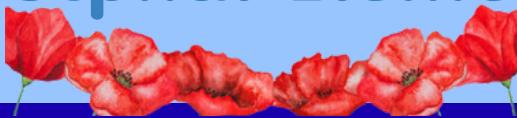


Admiral Westphal Elementary School

NEWSLETTER

NOVEMBER2025



Hello AWES Families...

November already! Wow! The first two months have certainly gone quickly! Students and staff have been hard at work and there has been so much to celebrate.

We had a wonderful trip to Willowbank Farms on October 17th. Students seemed to enjoy the day of apple picking while also getting to check out some farmyard animals!

Although the weather has still been nice, it is important students come dressed for the cooler temperature as we will be going outside for recess and lunch most days.

Please reach out should you ever have questions or concerns.

N. MacDonald



A huge THANK YOU to the Dartmouth East Rotary Club for the donation of books to our school!



Upcoming...

- November 3rd-7th - Fire Drill week.
- November 7th- Picture Re-Take day
- November 11th- Remembrance Day - No classes
- November 21st - Assessment Day-No classes
- December 2nd - Report Cards sent home
- December 4th - Student Progress Conferences

WE NEED YOUR VOICE!

Have you considered joining our School Advisory Council?

What is a School Advisory Council (SAC)?

The SAC group is made up of staff, parents/guardians, and community members. The SAC serves as an advisory group to school administration and provides an important voice that helps support student success and well-being.



When does the SAC meet?

We generally meet monthly at 6:00 PM. Our next meeting is scheduled for Tuesday, November 18th.

Join
us

If you would like to know more about the SAC, please reach out to the school.



Students have done an amazing job on our self-portrait wall!



Indigenous Veterans Day is an important occasion to honour the sacrifices and contributions of First Nations, Inuit and Métis peoples who have served in the Canadian Armed Forces. Recognizing this day in schools is especially significant, as it provides students with the opportunity to learn about the often-overlooked histories and experiences of Indigenous veterans. By commemorating Indigenous Veterans Day in our schools, we ensure that younger generations understand the vital role Indigenous peoples have played in defending Canada, while also promoting respect, reconciliation, and a more inclusive understanding of Canadian history. This recognition helps strengthen empathy, respect for diversity and a greater appreciation for the many ways in which Indigenous peoples have shaped our country.

UPCOMING FREE EVENT!

Unplugged Together: Raising Connected Kids in a Digital World





Learn about the latest research, safer alternatives to consider and tools to navigate the digital world with kids

When: Sunday, November 2nd @ 6:30pm ADT
Where: Hammonds Plains Community Centre (Virtual Zoom option available)

Register: UnpluggedTogether.eventbrite.ca

Connect with other parents!



Unplugged Canada is a parent-led, national movement advocating for healthier childhoods by delaying smartphones and social media until kids are developmentally ready. Parents and caregivers are invited to explore resources, take the pledge to delay, and join upcoming parent events at unpluggedcanada.com. The local Nova Scotia chapter is hosting a free community event for parents, caregivers and educators.

Unplugged Together: Raising Connected Kids in a Digital World
 Learn about the latest research on how smartphones are impacting kids, safer alternatives to consider and tools to navigate the digital world with your family.

Hammonds Plains Community Centre (virtual/zoom option available)

Sunday, November 2, 2025, 6:30 p.m. - 8 p.m.

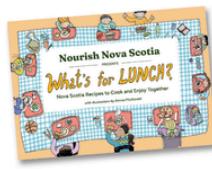
Register: <https://UnpluggedTogether.eventbrite.ca>



Cook up your favourite school meals at home

with Nourish Nova Scotia's new cookbook!

Within its pages, you'll find easy recipes, meet inspiring lunch heroes, explore local ingredients, and enjoy bite-sized food facts.



Get your copy of *What's for Lunch?* here:



nourishns.ca/ns-school-lunch-cookbook

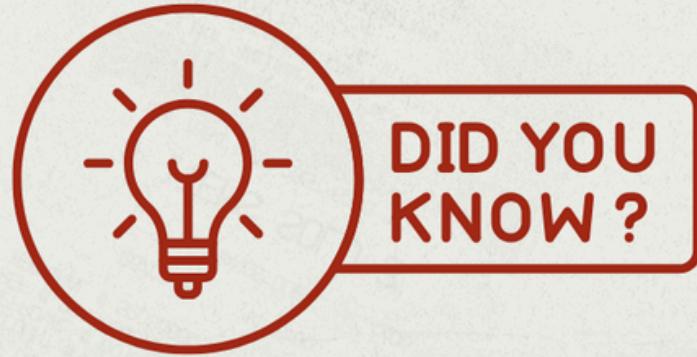
All proceeds from the sale of this cookbook will support food programs in Nova Scotia schools.

Nourish Nova Scotia

NOVA SCOTIA

Hungry for something fun? Get cooking with the new cookbook *What's for Lunch? Nova Scotia Recipes to Cook and Enjoy Together*, a joyful collection of most-loved recipes from school food programs. Proceeds from the sale of this book go directly to supporting school healthy eating programs in Nova Scotia, such as breakfast and snack, cooking clubs and school gardens. Learn more and order yours [here](#).

What's for Lunch? invites you to bake up a handmade pizza, create a picnic plate, make a big batch of breakfast sandwiches, or stir up some butter chicken! Each easy-to-follow recipe comes with tasty ideas for toppings, sides, and simple swaps to make it just right for you and your family.



Ensuring regular attendance is a joint effort between students, families and schools.

What can you do?

- ✓ Monitor and encourage punctual, consistent attendance
- ✓ Maintain open communication with the school when absences or challenges arise
- ✓ Work with school staff to understand supports or accommodations for your child
- ✓ Be aware of the attendance thresholds and possible consequences

Would you like to volunteer?

If you would like to volunteer at the school (including chaperoning trips), there are two documents that we require to have in file...

1) A completed Child Abuse Register search, which can be found [here](#). As of June 2025, digital confirmations are available for Child Abuse Register checks. For more information, [click here](#).

2) A certified and true copy of a Criminal Records Check with Vulnerable Sector Check available [here](#), from your local Police or RCMP detachment or through online organizations endorsed by Nova Scotia law enforcement agencies

Please note: the Child Abuse Register Search and Criminal Records Check must be issued in the three months preceding volunteering and updated every three years.

It's that time of year...

Guidelines for school and/or bus cancellations due to weather

It is HRCE's goal to communicate any changes to the regular operations of schools and/or school 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 buses 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:

- Bused 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.



If there are any changes to our regular operations, we will communicate in the following ways:

- 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 our website www.hrce.ca
- On X (formerly Twitter) at twitter.com/hrce_ns
- On Instagram at instagram.com/hrce_ns



Halifax
Regional Centre for Education

How does Halifax Regional Centre for Education (HRCE) decide on school and/or bus cancellations?

- By 4:30 a.m., HRCE staff begin to gather information from:
 - A contracted weather service that provides radar and satellite imagery, real-time road conditions and weather warnings;
 - A meteorologist who provides forecast details, level and type of precipitation and impact on road conditions;
 - HRCE's transportation service providers, who provide updates on road conditions in their area;
 - Municipal and provincial transportation staff; and
 - Other local weather services, including Environment Canada and The Weather Network. By 5:30 a.m., HRCE staff make recommendations to the Regional Executive Director (or designate), who then makes the final decision. This decision is communicated as close to 6:00 a.m. as possible.

Remember: Parents/guardians always have the right to keep their child home from school if they believe that the travelling conditions are unsuitable.

[Please click here For further information on these guidelines.](#)