

Admiral Westphal Elementary School

NEWSLETTER

APRIL 2026

Hello AWES Families...

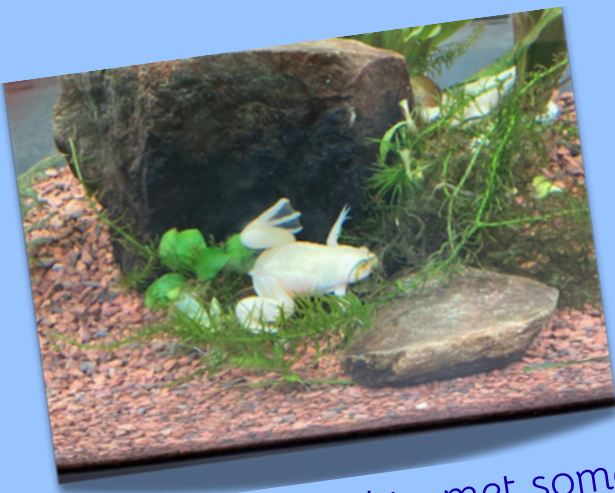
April...Wow! Time is flying. I'm sure many of us are anxiously awaiting weather that feels a bit more spring like.

Things at AWES have been busy! Students continue to work hard in classes and have shown such amazing growth! Many of our older students have eagerly signed up to participate in lunch hour bike and running clubs. We also have some additional events scheduled for April that we hope students will enjoy!

As always, please reach out should you ever have questions or concerns.

All the best,

N. MacDonald



We were excited to meet some new friends this week courtesy of Mr. Erik...two albino African clawed frogs!

Contact AWES...

902-435-8305

awes@hrce.ca

<https://awe.hrce.ca/>



Upcoming...

Apr. 3rd & 6th - Holiday

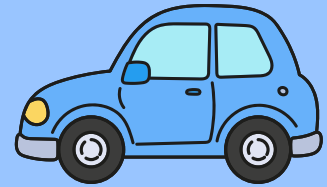
Apr. 8th - Young Company Theatre performance for grades P-3.

Apr. 21st - P-6 Trip to Woodlawn high to see *Frozen*.

Apr. 21st & 28th - Hope for Wildlife visiting grades P-2.

TRY CARPOOL CONVERSATIONS WITH YOUR KIDS

Looking for an easy way to talk with your child about their digital world? Carpool Conversations from Common Sense Media offers short, engaging prompts and mini podcasts designed to spark family discussions about technology, media use, and online behaviour. Many episodes are only a couple of minutes long, perfect for a car ride or while waiting for practice to start. Explore the conversation starters [here](#).



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](#).



Students have been enjoying our new indoor curling sets!

We want families to feel comfortable reaching out when they have questions or concerns about their child's education or well-being.

