

# Admiral Westphal Elementary School

NEWSLETTER

MAY 2026

*Hello AWES Families...*

May has arrived! The weeks will continue to be quite busy here at Admiral as the nice weather begins to arrive (we hope!) and students continue on their learning journey.

This month is busy! We look forward to our celebration of Black Excellence Day, a performance from Neptune Theatre and our grade three students will be preparing for the provincial reading, writing and math assessment.

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

All the best,

N. MacDonald

Contact AWES...

**902-435-8305**

**[awes@hrce.ca](mailto:awes@hrce.ca)**

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



In May we celebrate  
Asian Heritage !

**Upcoming...**

- May 15<sup>th</sup> - Black Excellence Day.**
- May 19<sup>th</sup>- 22<sup>nd</sup> - Grade 3 Reading, Writing, Math Assessment**
- May 21<sup>st</sup> - Neptune Theatre Performance**
- May 29<sup>th</sup>- Primary Orientation at 9:30 AM**
- June 21<sup>st</sup> - National Indigenous Peoples Day**
- June 25<sup>th</sup> - School Talent Show!**

Free Live Event

# UNPLUGGED CANADA



## A National Conversation

with Unplugged Canada Ambassadors

*Tania Johnson,  
M.C.*

Co-founder of the Institute  
of Child Psychology  
Award-Winning Author

*Dr. Michele Locke,  
Ph.D.*

Clinical Psychologist  
Toronto Chapter  
Co-founder

*Kirsten Sweet,  
M.Ed.*

National Program Director  
Alberta Chapter  
Co-founder

- ✓ Explore the research: Smartphones and Social Media
- ✓ Review the Unplugged Pledge and Resources
- ✓ Join our National School Champion Program
- ✓ Check out our new resource: Operation Landline
- ✓ Invite all parents and caregivers in your school community

*Wednesday,  
May 6th*

5pm PT | 8pm ET

Unplugged Canada is hosting a LIVE webinar on May 6 every parent and caregiver needs to hear. We're talking smartphones, social media, the research – and most importantly, what we can do about it.

Hosted by Kirsten Sweet, educator and National Program Director with Unplugged Canada with Tania Johnson, Co-founder of the Institute of Child Psychology and Dr. Michele Locke, Clinical Psychologist, learn about the impact of smartphones and social media on youth and how the Unplugged Canada Pledge and our resources can spark meaningful conversations in your home, school, and community.

We'll also introduce two new initiatives: the National School Champion Program and Operation Landline – a summer campaign helping families delay smartphones and reconnect in simpler, more intentional ways.

Come ready to learn, connect, and be part of the movement. Register [here](#).

## Screen Free Summer: Digital Diet Guidance

As summer approaches, many families are thinking about screen time. This article introduces the idea of a “digital diet,” encouraging a focus on the quality and purpose of screen use rather than just limiting it. It offers practical ways to help children build healthier, more balanced habits with technology. Read [more here](#).



Talent Show: June 25<sup>th</sup>  
More details to follow  
closer to the date.

Primary Orientation  
May 29<sup>th</sup>  
9:30 AM