



# École LeMarchant-St. Thomas School

## Les nouvelles d'octobre 2024 October 2024 News Theme: Gratitude



October is [Mi'kmaq History](#) month.



### **Food and its significance in Mi'kmaq culture**

Food gathers us together for celebration, nourishment and comfort. It is central to our ceremonies, considered part of our medicines, and key to our resiliency. Sharing freely honours each other and blesses our families and communities so no one is harmed or struggles. The long-ago treaties with the first plants and animals of Mi'kma'ki require us to love and to protect msit no'kmaq (all our relations). Living through the values and ways of netukulimk over thousands of years has carried our communities through times of abundance and scarcity.

Water is life! Our cultural practices protect the shorelines, estuaries, and aquatic habitats, where so much of our food is harvested. This protection is extraordinarily important to the ongoing treaty relationships among all living beings in Mi'kma'ki.

## School Advisory Council (SAC)

The LMST School Advisory Council (SAC) is looking for 2 parent/guardian representatives ( 1 English program and 1 French Immersion program) to serve a 2-to-3-year term.

We are accepting expressions of interest in writing until Friday, October 4. Expressions of interest can be sent to Principal, Moira Cavanaugh ([mcavanaugh@hrce.ca](mailto:mcavanaugh@hrce.ca)) or SAC chair Lindsay Gallivan ([hrce-sac-lmt@gnspes.ca](mailto:hrce-sac-lmt@gnspes.ca))

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If there are several parents/guardians interested in each role there will be an election via electronic vote. More information will be forthcoming if an election is needed.

Please find below more information about the SAC

A School Advisory Council (SAC) is a volunteer organization established by the Nova Scotia Education Act (<http://nslegislature.ca/legc/statutes/education.pdf>). As a legislated body, it receives its authority under the Act. The specific roles and responsibilities of an SAC are set out in sections 20 through 23 of the Education Act.

The SAC at LMST works collaboratively with the school administration to continuously improve our school and represent the best interests of parents/guardians and students. We do this by:

- Collaborating to improve student achievement and well-being.
- Providing feedback on provincial policies
- Oversight for SAC grant spending decisions
- Providing feedback on school practices and initiatives

More information regarding the SAC can be found on the LMST [website](#). Meetings are generally once a month, lasting approximately 1 hour. They are open to all members of the LMST community, however only committee members may vote.

Our next SAC meeting is October 15 at 4:30 pm. All parents/guardians are welcome to attend.

## **LMST HOME & SCHOOL**

### FUNDS USED IN SEPTEMBER

CURRICULUM NIGHT ICE CREAM & POPSICLE SOCIAL – Thank you to everyone who came and helped us successfully launch the school year on a great vibe. Over 800 treats were consumed! It was so great to see our community connecting and having fun together!

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**TEACHER ALLOCATIONS** – Last June, attendees at our H&S meeting unanimously voted to provide each classroom with \$300 in September. Funds are used at the discretion of teachers to support the purchase of items like classroom supplies, books, special events, etc.

**FINAL 2 SIDE BASKETBALL NETS** – Attendees at our June H&S meeting also unanimously voted to approve the use of funds along with the \$10 000 city participatory vote award to purchase the final set of side basketball nets (total cost approx. \$27 000). We are optimistic that our supplier will have these nets installed within the next two months. Our school and the greater HRM community who use our gym on nights and weekends will hopefully benefit from this new equipment for many years to come!

**EVENT TENT** – Attendees at our June H&S meeting also unanimously voted to purchase sturdy canopy tent (\$1800) for the school to use as a muster point and sun/rain shelter at various events including cross country and track and field meets.

**ADMINISTRATION ALLOTMENT**– Attendees at our June H&S meeting also unanimously voted to provide our administration with \$2 700 for discretionary activities. Stay tuned for details.

## VOLUNTEERS NEEDED THIS MONTH

**ADULT EVENT: SOCIAL & DANCE (Friday, Nov 8, 8-11pm)** – We will be seeking many volunteers to help us prepare and run this popular & fun event. If you are interested in learning more or are keen to help out, please sign up please stay tuned for further announcements via email and our Facebook page.

## UPCOMING EVENTS! STAY TUNED!

Stay tuned for more upcoming H&S FUNdraising and community events:

- LMST Clothing (Oct)
- Adult Event (Nov 8)
- Woozles Shopping Night (Nov 6)
- Holiday Wreaths (Nov/Dec)

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## École LeMarchant-St. Thomas School

### Garden Committee update: Healthy Snack Program November 4-8

The LMST Garden committee is excited to create our second annual Healthy Harvest Snack Program. Similar to Garden Week last spring, every child will have hands-on experience creating a healthy snack using local veggies and fruit, similar to the types we can grow at the school so they can experience "*the fruits of their labour*". This program will happen during the week of November 4-8th in class as it is linked to the curriculum. Each class will spend 30 minutes going through a series of stations that will end with them creating a healthy snack (dietary restrictions and allergies will be taken into account).

This activity will be supervised by volunteers and the classroom teacher. There are multiple stations with activities for the children to participate in. Activities will include cutting, chopping, peeling, a wonder station and creating a healthy snack.

If you would like to volunteer during this activity or with the garden, please email Ms. Flett. To volunteer in the school all your volunteer forms need to be on file with the school.

[amy.flett@hrce.ca](mailto:amy.flett@hrce.ca)

### Le Mois International "Marchons vers l'école" et "Marchons à l'école"



LMST will once again participate in International Walk to/at School during the week of September 30-October 4. We will celebrate the benefits of walking/wheeling to school and at school.

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## School Bus Safety Week

October 21-25, 2024 is School Bus Safety Week in Nova Scotia! Did you know that more than 30,000 HRCE students ride the school bus every day?

School Bus Safety Week is a great time to remind students, families and schools of a few daily safety tips that everyone can follow to ensure all students get to school safely.

### **Bus Stop Safety**

- Be on time for the bus and please don't run to/from the bus.
- Stand back off the road and don't push or shove when waiting at a stop.
- Always cross in front of the bus. Walk three metres (10 feet) in front of the bus to a point where you can see the driver and wait for the driver's signal to cross. Proceed to the centre of the road, STOP, LOOK & LISTEN and cross the road when it is safe.
- Never crawl under a school bus or cross the road behind the bus.
- Know the danger zones around the bus.

### **School Bus Safety**

- Please respect and listen to the driver and avoid distracting them.
- Please keep noise levels to a minimum.
- Do not stand or move seats while the bus is in motion.
- Never put your hands, arms, feet or head out of the bus window.
- Ask the driver for permission before you open the bus windows.
- Do not throw anything inside the bus or out of the windows.
- Keep the aisle clear at all times when the bus is in motion.

## What is SchoolsPlus?

SchoolsPlus is a confidential, free service available in every school in Nova Scotia. Our goal is to build positive relationships between families, schools, and communities. We can help families navigate complicated situations when they are involved with many different services. This helps

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ensure everyone is communicating clearly and working on shared goals. SchoolsPlus can also help connect families to community resources. Contact the SchoolsPlus Facilitator for your school to make a referral. You can find additional information [here](#). LMST's School's Plus facilitator is Bryan Bell. He can be reached at [bryan.bell@hrce.ca](mailto:bryan.bell@hrce.ca)



## Important Dates



October 1- Treaty Day

October 1-4 Walk to/at school week.

October 3- LMST grades 3-6 cross country meet at LMST afterschool.

October 9 – Cross country meet (grades 3-6) Gorsebrook field after school

October 11- Professional learning day – no school for students

October 14- Thanksgiving Day – no school

October 15- SAC meeting at 4:30 pm

October 15- H & S meeting at 6:00 pm

October 21- Kick off for LMST dance/walk-a-thon fundraiser (more info to come)

October 25- Professional learning day- no school for students

October 31- Dance-a-thon/walk-a-thon. More info to come.

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