



École LeMarchant-St. Thomas School

May news/ Les nouvelles de mai Theme: Honesty/Integrity

As the bright spring days unfold, we are excited to share the many wonderful things happening in our school community this month. This month, our focus is on the important values of honesty and integrity. We encourage our students to embrace these values in their everyday actions, whether it's in the classroom, on the playground, or at home. By building a foundation of trust and sincerity, we are nurturing responsible and caring citizens of tomorrow.

Safety on the LMST grounds

A friendly reminder that the parking lot and green space area by the dumpsters is strictly off limits as it poses a serious safety hazard. Thank you for your support!

Class Placement for Next Year

As we approach the end of the school year, we begin to prepare for next year by creating our class lists. This is a collaborative process involving many factors and input from our staff. If you have an educational reason to request a specific class placement, please submit one request in writing to mcavanaugh@hrce.ca by Monday, May 11. **Late requests will not be accepted.**

*Please note that while we do take requests into consideration, they are not a guarantee, as many elements are taken into account during the class placement process.

If you are moving or have plans to NOT be at LMST next year- please email the office at lmsts@hrce.ca Thank you!

Thank you to our Home & School Association

The staff at LMST send a special **thank you** to our Home & School association for the delicious lunch provided on March 13 for staff appreciation. Merci beaucoup!

Invitation to Parents/Guardians – Presentation on Childhood Anxiety (free)

Daniel Chorney- Registered Psychologist is coming to LMST on May 19th at 7 pm.

This talk is designed to help parents make sense of anxiety in kids and teens, what's typical or common anxiety, what's not, and when it might be getting in the way of daily life. We'll look at

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how anxiety shows up (in thoughts, behaviours, and physical symptoms), why it often leads to avoidance and avoidant coping, and how that pattern can keep anxiety going.

You'll also learn some straightforward, practical strategies you can start using right away. This includes how to respond in the moment, how to help your child face fears in small steps, and how to build coping skills like calming the body and challenging worried thoughts without getting stuck in constant reassurance. The goal is to leave you with some basic understanding of what your child may be going through and a few realistic ways to help.

Format:

- 60-minute presentation
- 30-minute Q&A with parents/guardians

Please RSVP to lmsts@hrce.ca Note: This talk is for adults only. Please no children.

Public Speaking /Discours d'art oratoire

Canadian Parents for French host an annual public speaking contest for students in grades 5-6. All students in grades 5-6 FI researched a topic of choice, created a 2–4-minute speech, memorized it and delivered it to their class. Bravo!

The following students represented LMST at the Provincial concours on Saturday, April 25 at Mount Saint Vincent University; Éléa (56 C) and Harlowe (5DM). Bravo!



SATURDAY, MAY 3 | 10:00 a.m.
Shubie Park Camp Ground, Dartmouth
Wear your superhero gear!

Youth Running Series | [youthrunningseries.ca](https://www.youthrunningseries.ca)

Who's excited about the Youth Run Series?

Run Club Runners and everyone interested

Saturday, May 9, at the Shubie Park ball field in Dartmouth. Races start at 10:00 a.m., and bib pick-up begins at 8:30 a.m. Wear your superhero gear!

More Information: <https://www.youthrunningseries.ca/2026-events>

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May 15 is Black Excellence Day

Black Excellence Day serves as an educational opportunity at LMST to raise awareness about the rich history, culture, and achievements of Black people. It provides a platform to share stories of resilience, innovation, and leadership, helping to combat stereotypes and promote understanding and appreciation of Black heritage. We welcome everyone to wear a black shirt, if you're able, on May 15 to show your support for Black Excellence Day!

Home & School News

Our next meeting is May 19 at 6:00 pm. All welcome to attend.

LMST Clothing Order

LMST clothing is available to order until MONDAY, May 4 via SchoolCash Online! Available for order are: cotton t-shirts, baseball caps and towels. Please note that in order for us to place an order for towels, we must receive at least ten individual orders. If you have any questions, please email lmstclothing@proton.me

Morris East Pizza Fundraiser

The LMST Home & School Association will be hosting our annual Morris East Pizza Contest and Fundraiser **May 4-10** ! Purchase a Morris East pizza making kit (includes dough, cheese, and sauce) and share your pizza creation on our Facebook page to raise additional funds for LMST and for a chance to win a prize of your own! Pizza Kit pick up will be **May 14** 3-5:00 pm

LMST SPRING FAIR!!! – SATURDAY, MAY 30 10am-1pm!!!

Mark your calendars for **Saturday, May 30, 10 am - 1 pm** to have fun at the LMST Spring Fair on the school grounds. This event is one of our BIGGEST FUNDRAISERS AND COMMUNITY EVENTS OF THE YEAR. The bracelet gives the kids unlimited access to bouncy castles and the touch-a-truck parking lot. Admission bracelets are required for kids ages 4-12 years old. **Early bird rate \$12/bracelet closes May 25.** Day of event \$15/bracelet.

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Tickets can be pre-purchased for other activity stations: face painting (2 tickets), bingo (2 tickets), dunk tank (3 tickets), cake walk (2 tickets), and games (1 ticket). Tickets sold as bundles of 10 (**\$10/bundle**).

Pre-purchase admission bracelets and tickets through School Cash Online and pick up at the admissions table on the day of the fair. Bracelets and tickets will also be sold on the day of the fair. Stay tuned for the launch on School Cash online for the tickets.

SPRING FAIR VOLUNTEERS! DONATE 1HR (or more!) TO MAKE THIS EVENT A SUCCESS!

Volunteer opportunities for "LMST Spring Fair 2026" are now open! Please click on the following web link (or copy it into your web browser if clicking doesn't work) to go to the signup sheet: <https://volunteersignup.org/HKHFJ>

To sign up, just follow the instructions on the page. It only takes a few seconds to do! Thank you for volunteering! We need as many volunteers as possible to make this event a success - past LMST students as well are welcome to come and help.

DONATIONS NEEDED FOR OUR PRIZE ROOM/BOOK ROOM (New & Gently Used)

Please save your new and gently used items for our fair (anything a child would want except clothing)!

Books and prize room items can be dropped off at the office starting on Tuesday, May 26

Greenspace, Playground Replacement Updates

We want to update the school community that we are continuing to work on the fundraising campaign for the replacement of the yellow and red playground. Over the past six years we have discussed the lifespan of the 22-year-old yellow and red playground with HRM and HRCE. It has been determined that indeed a replacement structure will be needed. Thank you to the parents who have stepped forward to assist in the process. The kids have been consulted and have some great ideas - the overall one being they love the elements of the structure that is there. We will continue to keep everyone informed as the process unfolds. If you have any questions please don't hesitate to reach out to Mme. Cavanaugh or Mme. Gallivan.

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LMST Garden Spring Update

The week of May 4-8th is Garden week at LMST. An annual tradition where every student has the opportunity to plant their own seed! This year many students will add onto their previous learning by creating an upcycling planter, similar to last year. Students will learn about the importance of drainage when watering seedlings. Once there is no risk of frost you can transplant the seedling outside. Classroom teachers will be asking for volunteers to help come into their classrooms and help plant the seeds. Projects like this wouldn't be possible without the phenomenal support of the LMST community! Thank you !!

Wednesday June 3 between 3-6pm is LMST cleanup night. We are trying something new this year and doing the clean up after school. Feel free to stay after pick up or come after work for a few minutes. We would love to see some new faces. Please come out and help get our garden beds and surrounding areas ready for planting. Bring the whole family. No experience or tools required. Also, there will be treats!

Friday, June 5th School wide planting day. An annual tradition where all students experience planting in the garden. Like past years, we will have various stations outside for students to explore and learn about gardening. Each student will plant a seed in the school garden. If you can help on June 5th, please let us know. Email lizzie@mooreco.ca

School Advisory Council

Our next SAC meeting is May 19 at 4:30 pm. All are welcome to attend.

Upcoming dates

May 4-8	Garden week
May 9	Super Shubie race (Youth Running Series)
May 14	Morris East pizza pick up 3:00-5:00 pm
May 14	Primary (Sept 2026) parent/guardian orientation 6:00 pm
May 15	Primary Orientation 1:15-2:15 pm (incoming primaries for Sept 2026)
May 15	Black Excellence Day
May 18	Victoria Day- no school
May 19	SAC meeting 4:30 pm All welcome
May 19	Home & School meeting 6:00 pm All welcome

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May 19	Parent/guardian presentation on childhood anxiety (7-8:30 pm)
May 25	Spring Fair early bird tickets purchase deadline
May 30	Spring Fair 10 am-1pm
June 1	Participatory budget vote – Halifax Library 6 pm
June 2	Halifax Public Library visits class – summer reading programs
June 3	Garden Clean-up 3pm-5pm all welcome
June 5	All school planting day
June 15	Band, Strings and Choir music evening 6 pm
June 16	SAC 4:30 pm and Home & School 6 pm
June 25	Home & School popsicle social 6 pm -7 pm
June 26	Grade 6 closing 1:30 pm
June 29	Assessment and Evaluation Day – no school for students
June 30	Last Day of school. Dismissal is 10:55 am

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