



Rocky Lake Elementary
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February, 2023 Newsletter

Random Acts of Kindness

This week at Rocky Lake Elementary we are celebrating random acts of kindness. Kindness benefits those both on the receiving end and the giving end. It can help reduce stress and anxiety, increase feelings of happiness, and improve relationships. We understand that acts of kindness aren't just a day or week to celebrate but a way of living one's life. This week we will focus on kindness and build student's compassion muscle through a variety of activities at our school. On Friday, we will have PEACE, LOVE AND KINDNESS DAY and students are welcome to wear TIE DYE.



African Heritage Month

February is African Heritage Month! This year's theme, *Seas of Struggle – African Peoples from Shore to Shore*, recognizes the resiliency, strength, and determination of people of African descent from the shores of Africa to the shores of Nova Scotia – with the Atlantic Ocean being the everlasting connection. Learn more [here](#).

Looking for ways to recognize and celebrate African Heritage Month?

- Attend events happening throughout the month at your local [Halifax Public Library](#).
- While you're at the library, [borrow books](#) that will inspire the whole family to learn more about African heritage.
- Visit local heritage sites, such as the [Black Cultural Centre](#), [the Africville Museum](#), and the [Black Loyalist Heritage Centre](#).



Dropping off and picking up students

Please do not come into the parking lot when buses are present. Parking is limited and we occasionally see vehicles parking in the bus loading zones. Vehicles parked illegally along the path that the buses take through the parking lot create a hazard and are difficult for our bus drivers to maneuver around. The safety of our staff and students is our top priority.

Lunch Monitors Needed

We always can use additional lunch monitors. This is a paid position for an hour and a half each day. It's a great opportunity for people who want to work parttime. If you are interested in serving as a lunch monitor, please contact the main office at 902-832-8907.

Volunteering at Rocky Lake Elementary

In order to volunteer at Rocky Lake Elementary, a Criminal Records (with Vulnerable Sector Check also completed) and a Child Abuse Registry Check must be completed. Parents can have the Criminal Records check completed through the office, contact Mrs. Thompson and she will send you an invitation for MyBackcheck.com. When the Criminal Records (with Vulnerable Sector) check is completed, a parent / guardian can then share the results with the school through this account.



A Child Abuse Registry link will be emailed to you as well, then you complete it and mail it to the Department of Community Services. When you receive the results of the Child Abuse Registry by mail, you can scan, email or send it to the school.

Please note, we can only accept Police Checks which are within 6 months of the date you present them to the school.

For more information visit the HRCE website at <https://www.hrce.ca/volunteer> .

February 20 is Heritage Day / No Classes



This year's Heritage Day honours Elder Rita (Bernard) Joe, a member of the We'koqma'q Mi'kmaq Community and published author, who was instrumental in paving the way for other Mi'kmaq authors. Her greatest wish was to see more writings come from her people and "that the children would read it." Learn more [here](#).

Reminder that there are no classes on Monday, February 20 in honour of Heritage Day.

February is Registration Month

February is registration month in HRCE schools; however, this process has been delayed in the CPA Family of schools. PLEASE NOTE: For new students looking to register in the Charles P. Allen or Broad Street Families of Schools, registration will open on March 20, 2023. Visit the following link to see which schools are included in the CPA FOS <https://www.hrce.ca/about-our-schools/school-finder/family> .