



From Mr. Fultz

It's hard to believe that we are already rolling into March Break and nearing the end of 2nd term. Today marks the 100th day of the school year and some of our classes will be recognizing the day with a variety of engaging learning activities that involve the number 100!

Starting next week the cafeteria will be serving refillable ice water instead of bottled water as one of the drink options with lunch. The goal is to reduce the use of single use plastic and promote water as a drink of choice. The school was awarded a Health Promoting Schools Innovation grant to pay for the cost of an ice maker and reusable cups. The cafeteria will also be offering \$2.00 Lunch Specials on March 11, 23 and 30.

When we return to school after March Break, the province is scheduled to enter Phase 3 of its reopening plan, which involves the removal of gathering limits, social distancing and mask restrictions. At the school level this means moving away from strict cohorting, which will allow for mixed class activities like reading buddies, assemblies, and other special events. We will also ease the use of zones during outdoor play, begin serving lunch in the cafeteria, and make the use of masks optional. As a school community, it will be important for everyone to be supportive and not critical of the choices individuals and families make regarding the use of masks once restrictions are lifted.

There will continue to be cases of COVID-19 in Nova Scotia. You should continue to take steps to help protect yourself and your community. These steps also help protect you and others from other respiratory illnesses like the flu and colds.

Please use the following links as your guide:

- [Reopening plan: phase 3 - Government of Nova Scotia, Canada-](#)
- If you feel sick, stay home and watch for [COVID-19 symptoms](#).
- Check the [self-isolation requirements](#) and how to self-isolate.

Our next PTA and SAC meetings are scheduled for March 31st with the PTA meeting beginning at 6:00pm and the SAC meeting following at 6:30pm. Parents and guardians are always welcome to attend. It is a great way to stay informed and help out.

If you have any questions or concerns please call the office at 902-662-4400 or email Mrs. Reynolds at reynoldslj@ccrce.ca.



Important Reminders

March 3rd-4th - Grade 4 class completes the MDI Survey
March 7th-11th - Winter Carnival
March 14th-18th - Spring Break - No School for Students
March 25th - Assessment & Evaluation Day - No School for Students
March 31st - PTA/SAC meetings 6:00-7:00 pm
April 7th (PM) - Parent/Teacher meetings
April 8th (AM) - Parent/Teacher meetings - No School for Students
April 15th - Good Friday - No School for Students
April 18th - Easter Monday - No School for Students



PEBS Assembly

Thank you to our student leadership team, the "DES Dragons" for demonstrating flexibility in organizing and running a virtual assembly on March 4th! Congratulations to our award winners.

Grade Primary - Leah Robinson and Hunter Spencer
Grade 1 / 2 - Sawyer MacBurnie and Suraya Verge
Grade 2 / 3 - Lucas Crowe, Emma Hamilton and Erica Slack
Grade 4 - Jase MacBurnie, Emily McNutt and Wesley Parker
Grade 5 - Egan MacPherson, Drake Millet and Russell Slack
Grade 6 - Suzie MacLeod
Golden Broom Award - Grade 4 Ms. Morgan



Winter Carnival - March 7th-11th

Here are the theme days for next week.

Day	Theme	Activity
Monday	Camo/Plaid Day	- Virtual Pictionary - Bulletin Board contest
Tuesday	Anything but a backpack day (Be creative, pack your school supplies in anything that can hold them!)	- Outdoor play/ snow sculptures
Wednesday	Jersey or Hat/Headband Day	- Virtual Trivia
Thursday	Inside out and Backwards Day	- Breakfast Sandwiches & fruit (no charge). - Virtual headbands game.
Friday	PJ/Comfy Day	- Virtual Bingo - Judging of the Bulletin Board contest. - Toonie Lunch Special



A Message From the Director

CCRCE families would have received an email in February from our Executive Director, Mr. Gary Adams. It provided information about additional supports that some students and families may need, due to pandemic exhaustion coupled with the ongoing impacts on cultural communities and the heightened focus that may arise with the public proceedings of the Mass Casualty Commission. **If you feel like you require more information or support, please don't hesitate to contact the school. We will help you connect with the appropriate support.**

Other resources available to support families with immediate mental health, grief, and wellness support:

- **Nova Scotia Provincial Crisis Line:** If you or a loved one of any age are experiencing distress and overwhelming emotions at any time, you can call the Nova Scotia Provincial Crisis Line 24/7 at 1-888-429-8167. They can also provide the contacts for other crisis services outside of Nova Scotia.
- **Kids Help Phone:** For individuals between the ages of 5 and 20, the Kids Help Phone can provide confidential support 24/7. Call 1-800-668-6868 or text "CONNECT" to 686868.
- **211 Nova Scotia:** Offering 24/7 assistance in over 100 languages, 211 can be reached by calling or texting 2-1-1. They also offer email and live chat on their website at <https://ns.211.ca>. Their trained staff will be able to connect you directly to the right services for your needs. You can call for yourself or if you have concerns or questions about support for someone else.
- For emergencies, please contact 911.

For additional support, the IWK has resources focused on speaking to children about tragedies available at:

<https://www.iwk.nshealth.ca/COVID-19/coping-with-tragedy>.



Winter Weather

A reminder to families that any school closures due to inclement weather will be posted on the [CCRCE](https://www.ccrce.ca) website usually by 6:00am. They will also be announced on local radio stations. If you prefer to receive a text message to your cell phone, please visit <https://ccrce.ca/text-notification> to sign up for these alerts. Please note that students are outside for at least 25 minutes each day and on days when they have Physical Education, Mr. Myatt will often run classes outdoors. It is important that students arrive at school dressed for outdoor play. During the winter, this should include a warm coat, boots, mitts, hats and snow pants. Families are asked to have a chat with students about the importance of dressing for cold, wet weather.

A reminder that Debert Elementary is a Nut Free School

Please do not send any food items containing nuts.

Address: P.O. Box 1320 Masstown Road, Debert Nova Scotia, B0M 1G0

Phone: 902-662-4400 **Fax:** 902-662-4404

Email: reynoldslj@ccrce.ca **Website:** [DES.CCRCE.CA](https://www.DES.CCRCE.CA)