

October 2024

Tantallon Jr Newsletter

Tantallon Jr Elementary School

School Phone: 902-826-1204

School Website: <https://taj.hrce.ca/>

Safe Arrival: 1-833-582-6940

Principal Mrs. J. Miller

Vice Principal Mrs. L Gascuel O'Brien

Admin Assistance Ms. L.Fossberg



Principal's Message

We had a very successful start to our school year. Students and staff are both excited to be back learning together. We had a busy month of September, including three safety drills (fire, lockdown and hold and secure), Stand Up Against Bullying Day, Terry Fox Run and National Day for Truth and Reconciliation. October, being Mi'kmaw Heritage Month, promises to be another month of important and exciting learning for all.



Important Dates:

Oct 1- NS Treaty Day

Oct 7-11- Fire Drill

Oct 9- Bus Evacuations

Oct 10- Picture Day

Oct 11- Professional Development Day- No School for Students

Oct 14-Thanksgiving

Oct 16-TESPA meeting 6:30pm

Oct 24-TESPA Halloween Dance 6-8pm

Oct 25-NSTU Conference Day - No School for Students

MI'KMAW
HISTORY MONTH 2024

Mijipjewe Na Mawa'luksi'k
Food Gathers us Together

Tiptrawey
Tiptrawey is when people generously give away what they have hunted, gathered or made, honoring the intention of doing good things for others. Giving in this way is expected within our worldview and values. Together with netukulimk, tiptrawey ensures food security and nutrition for all. It is an expression of care for those around us and for the lands and waters of Mi'kma'ki.

Netukulimk
The Mi'kmaq concept of netukulimk governs how people interact with the land, water, plants, animals, and each other. For thousands of years, netukulimk (the practices of individuals) have protected our habitats and the plants and animals that live within them. When we live through netukulimk, we are ensuring community nutrition and economic well-being without damaging the integrity, diversity, or productivity of our environment.

Mait No'kmaq
Mait no'kmaq is said with the understanding and acknowledgement that you are deeply rooted and connected to everyone and everything that is and has been created, not only in this world, but in the seven sacred directions. Mi'kmaq use the phrase to honor the original treaties with all beings. These treaties guide us to take only what we need and not to hinder the lives and abilities of others. If we harm other beings unnecessarily, they will leave our territories. When we live in balance, we thrive.

Wika'patimk
Food gathers us in celebration and ceremony, allowing us to nourish ourselves while honoring our relationships and responsibilities. Feasting is a big part of Mi'kmaq ceremonies, where sharing food strengthens our bonds to each other and to our ancestors. Whether offered to a loved one, through spirit walks, or pipe ceremony, we share food and medicines as acts of gratitude and blessings.

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 mait 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.

October is Mi'kmaq History Month

The theme for Mi'kmaq History Month this year is Food. 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 mait 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

Terry Fox Run

Thank you to our generous school community for your donations and support. It was wonderful to have so many join us on Thursday. A total of \$635 was raised for The Terry Fox Foundation.

SAC- School Advisory Council-

The SAC is a group of parents, staff and community members who act in an advisory capacity to the school principal and Regional Centre of Education on a range of issues related to the school and school system. SACs play an important role in supporting student success at the school community level. We are looking for another community member. If interested please reach out to us at hrce-sac-taejr@gnspe.ca. Our next SAC meeting will be Oct. 29 at 6:30 pm (virtual). If you would like to join us please email hrce-sac-taejr@gnspe.ca



THE TERRY FOX
FOUNDATION

TESPA news

Halloween Family Dance - Thursday October 24th from 6p-8p in the Sr. School gym. Price will be \$10 per family. Live DJ, decorations and fun treats available.. More information closer to the date. We invite families to come out and dance. Costumes are optional, please no face masks or weapons. We will need volunteers to make it a successful event.

Our next TESPA meeting is Oct 16th @ 6:30pm in the Sr building cafeteria. All are welcome to attend!

Wreath fundraiser - We will be partnering with DeLong Farms who have been making wreaths locally for over 30 years. We'll be selling beautiful 12 inch double sided wreaths for \$40 each. Order forms will go home with kids this week, orders due no later than November 1st and wreaths will arrive the first week of December.



Lost and Found

We found a pair of airpods after the Terry Fox Run. Please contact the office if you feel they might be yours.



October 5th is World Teachers' Day!

World Teachers' Day started in 1994 and is now celebrated in over 100 countries around the world. We have a phenomenal team at Tantallon Jr! It takes a village, and this is truly a great one to be part of.



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 Week

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. You can find out more information about School Bus Safety Week, including more safety tips, [here](#).



Nova Scotia School Lunch Program

The school lunch program will begin this month. Families will be able to order lunches beginning Oct 18-23rd. These will be for lunches Oct 28- Nov 8, 2024. It is very important to follow the deadlines closely as it will not be possible to order lunches for this cycle after Oct 23rd. More information will be sent out, so please be on the lookout for this prior to Oct 18th. Please become familiar with the website <https://nslunch.ca/> as you will need to set up an account and users for each child in your family.



SchoolsPlus

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 ensure everyone is communicating clearly and working on shared goals. SchoolsPlus can also help connect families to community resources and offers mental health support in schools. Contact the SchoolsPlus Facilitator for your school to make a referral. You can find additional information [here](#).



**Connect
with us!**

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Schools Plus
Écoles Plus
NOVA SCOTIA / NOUVELLE-ÉCOSSE

Phone: 902-464-2041
Email: schoolsplus@hrce.ca
Twitter: @HRCESchoolsPlus

UPCOMING EVENTS

Mark these important HRCE dates on your calendar!

OCTOBER

11

NO CLASSES

Professional Development Day - PP-12

OCTOBER

14

NO CLASSES

Thanksgiving - PP-12

OCTOBER

25

NO CLASSES

NSTU Conference Day - PP-12



Halifax
Regional Centre for Education

Reminders

- Please complete the Powerschool demographics updates.
- Please watch for signs indicating areas that parking is permitted around the school grounds.
- TJES is a peanut and nut free, and scent aware site. Please do not send nut or peanut products to school.
- Visitors must check in at the office.
- Supervision of students does not begin until 8:20 so they should not arrive until that time.
- Please label clothing items, water bottles, etc.
- Please send water bottles and cutlery each day with your child.
- Keeping a change of clothes in backpacks is a great idea that prevents us from calling home when a change is necessary.
- If you child is absent from school please call the Safe Arrival Line at **1-833-582-6940**