

March 2026

SYCAMORE LANE

NEWSLETTER



69 Sycamore Lane, Lower Sackville, NS, B4C 1E8

Website: sle.hrce.ca

Safe Arrival: 1-833-582-6940

Valentine's Dance Rescheduled

UPDATE: SLE Home and School Association Valentine's Dance has been RESCHEDULED as a St. Patrick's Day Dance for SLE students!

(Those who purchased tickets for the Valentine's Dance do NOT need to buy tickets. Only those who have not yet bought Dance tickets need to buy tickets. (If you purchased tickets for the Valentine's Dance and can not make the rescheduled date please email sles@hrce.ca for a refund. Thank you.)

Join us for music and dancing with fellow SLE students and classmates! It is going to be a fun night for all!

All sales online on SchoolCash

<https://hrce.schoolcashionline.com/>

Sales close Tuesday, March 10th, 2026 at NOON!

Need help with SchoolCash online with things like logging in or adding a student click the link below:

https://helpdesk.supportschoolcashionline.com/en/support/home?email=&board_name=&mw=0&mp=0

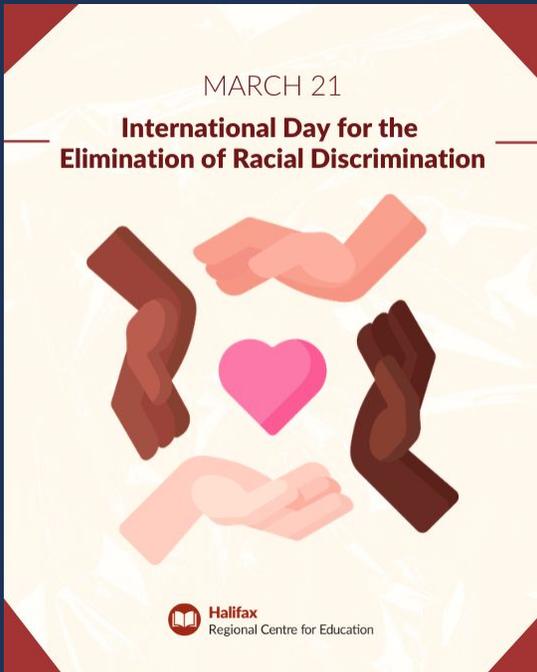
A green and white poster for a St. Patrick's Day event. It features a banner at the top with a leprechaun hat and shamrocks. The text reads: "ST. PATRICK'S DAY AND MARCH BREAK KICK OFF DANCE". Below this, it says "Thursday, March 12th, 2026", "SLES Gymnasium", and "6pm to 7pm". At the bottom, it says "Hosted by Home and School Association". There are several shamrock icons scattered throughout the design.

**ST. PATRICK'S DAY
AND
MARCH BREAK
KICK OFF DANCE**

Thursday, March 12th, 2026
SLES Gymnasium
6pm to 7pm

See School Cash for more information.

Hosted by
Home and School
Association



March 21 is International Day for the Elimination of Racial Discrimination

Today we recognize International Day for the Elimination of Racial Discrimination to build awareness, empathy, and respect among students of all backgrounds. The United Nations established this day in 1966 to call for a global commitment to ending racial discrimination in all its forms.

By learning about the impacts of discrimination and celebrating diversity, children gain social skills and knowledge to be inclusive both within school and home community. Families are our students first educators and through your continuous conversation valuing equity and the elimination of racism, we will continue our shared goal of a society where racism no longer exist.

Nova Scotia School Lunch Program

Ordering from the NS School Lunch Program

The next ordering period will be Friday Feb 27 - Wed March 4th @ noon for the weeks of **March 8-March 21st**. Ordering opens every other Friday for the next ordering cycle.

<https://nslunch.ca/>

Progress Conferences

Progress Conferences:

Will be on Thursday, April 2nd between 1-3PM and 4-6PM.

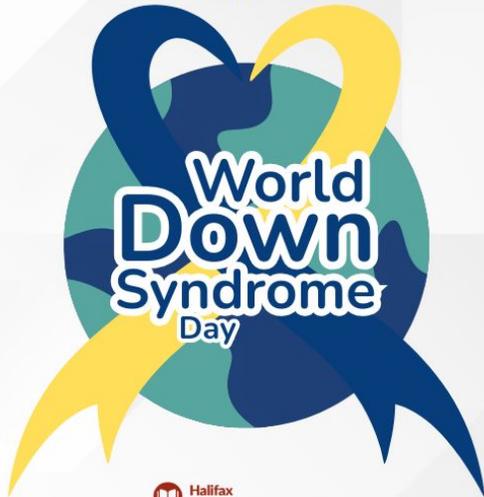
Please use the direct link below to book an interview with your children's teacher(s):

<https://schoolinterviews.ca/code/3rj82>

Bookings will open Tuesday, March 24th and will close Thursday, April 2nd at 11:00 AM.

Our schools code is: 3rj82

On March 21,
we celebrate



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March 21 is World Down Syndrome Day

World Down Syndrome Day, celebrated each year on March 21, gives us the chance to recognize those with Down syndrome and the awesome contributions they make to our school communities. It's an opportunity for families, students, and staff to strengthen inclusion, acceptance, and belonging. By celebrating differences and promoting understanding, our schools help create welcoming environments where every child feels valued and supported.

On this day, many schools encourage students and staff to wear mismatched socks as a colourful symbol of diversity and solidarity. Activities such as assemblies, classroom discussions, and creative projects highlight the abilities of individuals with Down syndrome, fostering empathy and friendship throughout the school. These efforts ensure that everyone has a voice and a place in our communities, reinforcing the importance of respect and kindness

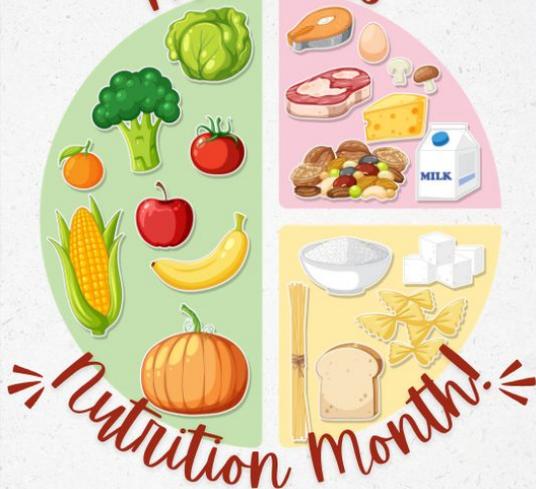
March is Nutrition Month: Make the Most of the Nova Scotia School Lunch Program

March is celebrated across Canada as Nutrition Month, a perfect opportunity for families to focus on building healthy eating habits together. Nutrition Month allows us to explore sustainable eating patterns, food literacy, and learning about the benefits of balance and variety in everyday meals. By highlighting the connection between nutrition and long-term health, Nutrition Month empowers everyone to build habits that benefit both individuals and the planet.

Use Nutrition Month as a reminder to take advantage of the [Nova Scotia School Lunch Program](#)! With nutritious, balanced meals prepared daily, the program ensures students have the energy and focus they need to succeed in the classroom and beyond. The School Lunch Program is designed to provide accessible, affordable, and appealing meals that feature a variety of foods from all food groups, following Canada's Food Guide. By participating, families can help their children develop lifelong healthy habits while making mornings a little less hectic.

Together, we can make small changes that lead to healthier futures for our families and communities.

March is



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IMPORTANT DATES

March 8: International Women's Day

March 12: H.S.A. St Patrick's Day Dance (rescheduled Valentine's Dance)

March 13: Assessment & Evaluation Day NO SCHOOL

March 16-20: March Break NO SCHOOL

March 21: World Down Syndrome Day

March 21: International Day for the Elimination of Racial Discrimination

March 27: Popcorn Day

(Purchase popcorn on [SchoolCash Online](#) March 20- March 26 at noon)

March 31: International Transgender Day of Visibility

Upcoming Important Dates

April 1: Report Cards emailed home

April 2: Professional Practice Day & Progress Conferences NO SCHOOL

April 3: Good Friday NO SCHOOL

April 6: Easter Monday NO SCHOOL

February is Registration Month

Do you have or know a child who will be starting Pre Primary or Primary this fall? It's time to register!

Registration for the 2026-27 school year begins on Monday, February 2. To ensure we have the right staff and supports in place for September, it's important that we gather enrolment numbers now.

Tip: Before you begin, make sure you have the following documents in electronic form (image, PDF or Word document):

- Proof of identity/age with one of the following: birth certificate, passport, immigration papers, or legal adoption papers if you are new to the HRCE
- Proof of home address with one of the following: a recently dated official government or utility document with your current address that includes your name and date, such as water bill, power bill, internet bill, home fuel bill, a tax receipt, property assessment, a mortgage contract or a residential lease agreement

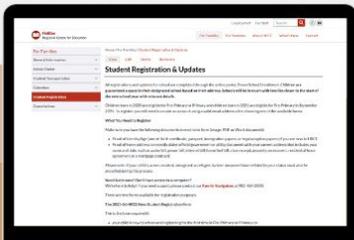
Visit the [HRCE website](#) for more information and to enrol your child today through PowerSchool Enrollment!

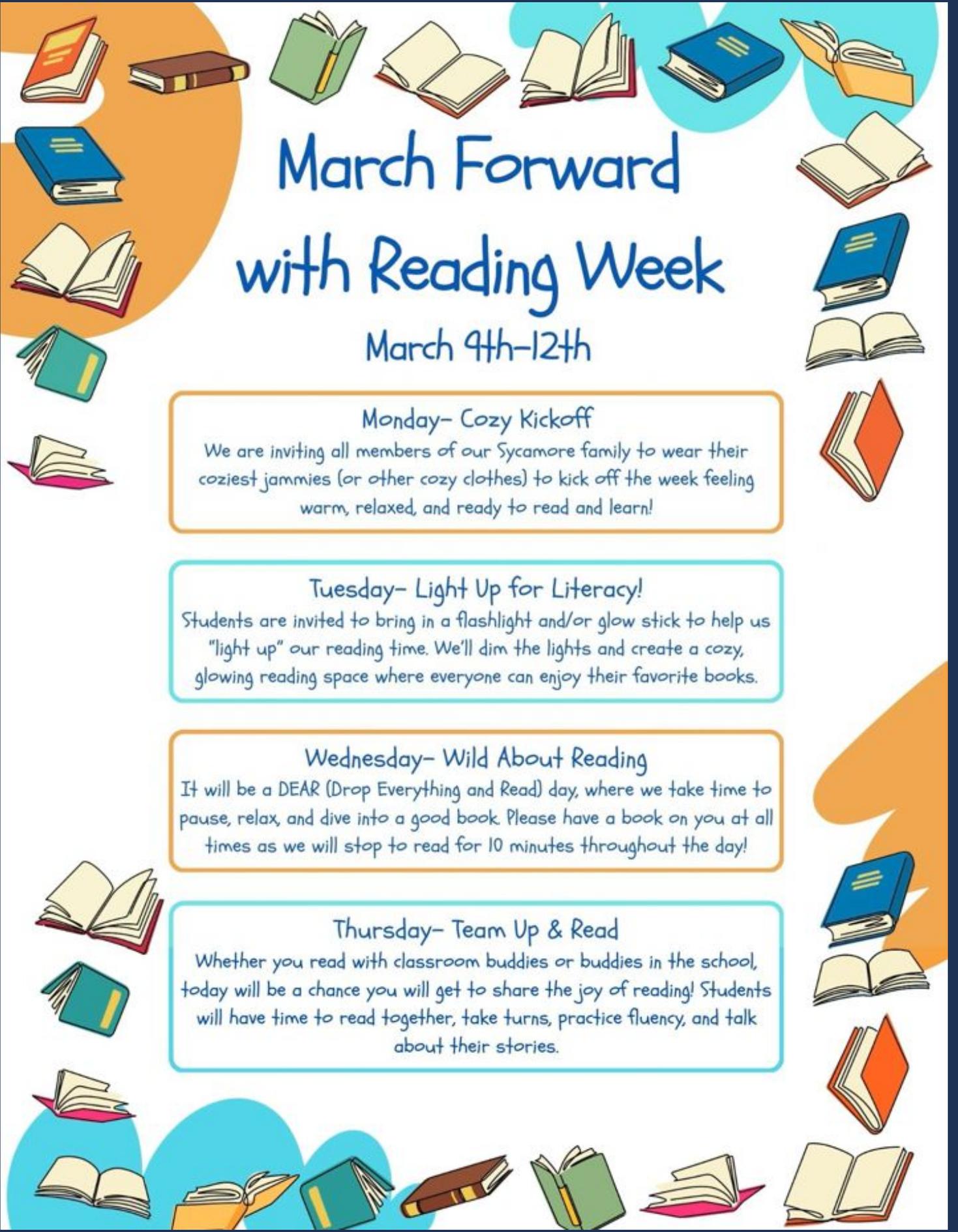
Don't have a child to register? Maybe you know someone who does! Please help us spread the word and pass this information on to friends, neighbours or relatives who will be looking to register for the fall.



**February is
Registration
Month!**

Visit www.hrce.ca to register today!





March Forward with Reading Week

March 4th-12th

Monday- Cozy Kickoff

We are inviting all members of our Sycamore family to wear their coziest jammies (or other cozy clothes) to kick off the week feeling warm, relaxed, and ready to read and learn!

Tuesday- Light Up for Literacy!

Students are invited to bring in a flashlight and/or glow stick to help us "light up" our reading time. We'll dim the lights and create a cozy, glowing reading space where everyone can enjoy their favorite books.

Wednesday- Wild About Reading

It will be a DEAR (Drop Everything and Read) day, where we take time to pause, relax, and dive into a good book. Please have a book on you at all times as we will stop to read for 10 minutes throughout the day!

Thursday- Team Up & Read

Whether you read with classroom buddies or buddies in the school, today will be a chance you will get to share the joy of reading! Students will have time to read together, take turns, practice fluency, and talk about their stories.

March 2026 CALENDAR

Thank you to our Teachers and Staff who are volunteering their lunch time to provide great clubs for our students.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Recess: Open Library</p> <p>Lunch Clubs -Dodgeball Gr1</p>	<p>3</p> <p>Open Gym R1: 2/3D R2: 1L & 1/2B Intramurals: 4's Lunch Clubs -Pokemon 3/4s</p>	<p>4</p> <p>Lunch Clubs -Wind Down Wed -Art Gr5 -Primary Coloring -L2: Skipping club 1L</p>	<p>5</p> <p>Lunch Clubs -Basketball 11:45- 3P&4/5C -Multicultural 3-5</p>	<p>6 Recess: Open Library</p> <p>Open Gym R1: PTh & PTu R2: 1/2B & 2B Intramurals: 5's Free Choice Gr2</p>
<p>9 Recess: Open Library</p> <p>Lunch Clubs -Dodgeball Gr2</p>	<p>10</p> <p>Open Gym R1: 4/5B & 4/5C R2: 1L & 2 B Intramurals: 3's Lunch Clubs -Pokemon 3/4s</p>	<p>11</p> <p>Open Gym R1: 2/3D R2: 3P & 4M Lunch Clubs -Wind Down Wed -Art Gr4 -Primary Coloring</p>	<p>12</p> <p>Lunch Clubs -Basketball (NO CLUB- Mrs. P away) -Multicultural 3-5</p>	13
<p>23 Recess: Open Library</p> <p>Lunch Clubs -Dodgeball Gr3 -Bots</p>	<p>24</p> <p>Open Gym R1: 2/3D R2: 1L & 1/2B Intramurals: 4's Lunch Clubs -Pokemon 3/4s</p>	<p>25</p> <p>Lunch Clubs -Wind Down Wed -Primary Coloring -L2: Skipping club 1/2B</p>	<p>26</p> <p>Lunch: Glee</p> <p>Lunch Clubs Basketball: 12:15- 4H&4/5B. -Multicultural 3-5</p>	<p>27 Recess: Open Library</p> <p>Open Gym R1: PTh & PTu R2: 1/2B & 2B Intramurals: 5's</p>
<p>30 Recess: Open Library</p> <p>Lunch Clubs -Dodgeball Gr 4</p>	<p>31</p> <p>Open Gym R1: 4/5B & 4/5C R2: 1L & 2 B Intramurals: 3's Lunch Clubs -Pokemon 3/4s</p>	<p>1</p> <p>Open Gym R1: 2/3D R2: 3P & 4M Lunch Clubs -Wind Down Wed -Art Gr3 -Primary Coloring</p>	2	3

February Snapshots

Heart Art



In February we learned about Self Control



Planning for Inclement Weather

Did you know? HRCE takes great care when making the decision to alter the regular operations of schools and school buses in the event of severe or inclement weather. It is HRCE's goal to communicate any changes to the regular operations of schools and/or buses as close to 6:00 a.m. as possible. **A 6:00 a.m. announcement could be:**

- All schools are delayed in opening by two hours and bus pickups are delayed by two hours;
- All schools are open, but some or all busses are not operating for the day; or
- Some schools (either individually or by family) are closed for the day; or
- All schools are closed for the day.

If weather deteriorates, or is forecasted to worsen throughout the morning, **an 11:00 a.m. announcement could be:**

- Bussed students will be picked up two hours earlier than their regular dismissal time; and
- Walking students will be dismissed at their regularly scheduled lunch hour.

How will I find out?

- By email to the addresses in PowerSchool
- By text message, **if you have opted-in**. If you aren't sure if you have opted-in, text Y to the following number: **978338**
- [On the HRCE website](#)
- [On Instagram](#)

It's important to always have a plan in place for childcare in the event of any cancellation. Please remember: As a parent or guardian you always have the choice of whether or not to send your child to school.

For more information on how HRCE manages during inclement weather, visit hrce.ca/families/cancellations.



Early Pick Up

When picking up students early from SLE please plan to arrive with enough time to have your student(s) called from class, gather their belongings and come to the main office for sign out. It is not necessary to phone the school before hand. Once you are here in person we will call students from class to get ready to go. Thank you for your cooperation.

Power Outage Information for Families

As we move into the winter months, we want to share how decisions are made when a school experiences a power outage.

Our priority is always to keep schools open safely when possible. A power outage does **not** automatically mean classes are cancelled – even if it happens during the school day. The decision depends on when power is expected to be restored.

Here's what happens:

- When a school loses power, HRCE's Operations Team contacts Nova Scotia Power to gather available details on the cause and an estimated restoration time.
- Once we have this information, we consider:
- **Before school starts:** Have buses begun their routes? If so, we wait until students arrive before making a decision. If classes are cancelled, elementary families will be contacted before dismissal.
- **During the school day:** How close is dismissal? What is the temperature in the building? Does the school rely on power for water or septic systems? These factors, among others, help us decide whether to stay open or close. Often, power returns faster than we could safely send students home.

If classes are cancelled:

- HRCE will notify families by email and text.
- Families of elementary students will also receive a phone call before dismissal.

Deciding to close schools during a power outage is never simple, but safety is always our top priority. We understand that cancellations can be inconvenient, and our goal is to keep students learning in class whenever possible.

More information about school cancellations for any reason can be found [here](#).



What happens when a school loses power?

Learn more at hrce.ca/families/cancellations under *Power Outage Information for Families*



Responding to Technology-Facilitated Harms Among Young People

Unplugged Canada is hosting a free community event at the Canada Games Centre on Thursday March 5 at 7 p.m., available both in person and virtually. Join to learn from Dr. Alexa Dodge, Assistant Professor of Criminology at Saint Mary's University and a leading Canadian researcher on technology-facilitated sexual violence.

This session will explore cyberbullying, the sharing of intimate images, and other online harms youth face, along with research on the support and responses young people need when problems arise online. This presentation will be valuable for any caregiver or adult supporting young people as they navigate the challenges of their digital social lives.

Thursday, March 5, 2026, at 7 p.m.

Canada Games Centre Boardroom - 26 Thomas Raddall Drive, Halifax

Please register for in-person or virtual [here](#).

Safer Internet Day 2026: Navigating the Internet Safely

As our kids and teens spend more time exploring, creating, and learning online, it's natural to wonder how we can best support them — especially with emerging technologies like artificial intelligence becoming part of their digital world. On Safer Internet Day 2026, Google shared helpful updates and tools designed to make it easier for families to guide, protect, and empower young people as they navigate the Internet safely. Learn more [here](#).



BECOME A HOST FAMILY

OPEN YOUR HOME AND HEART TO AN INTERNATIONAL STUDENT

\$875
/month

PER STUDENT
(Tax Free)

\$975
/month

If you can accommodate a **vegetarian** or **lactose free diet**

\$1075
/month

If you can accommodate a **vegan** or **celiac diet**

* Effective in September 2025.

RECEIVE \$100 FOR EVERY SUCCESSFUL REFERRAL OF NEW HOST FAMILY

Share the name and contact details of an interested host. Once they are approved and actively hosting, you'll receive \$100.



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Learn More:
nsisp.ca/host

Email hostastudent@hrce.ca
or call **902-464-2000 ext. 2548**



Open your home to an international student!

Have you considered opening your home to an international student?

HRCE's International Services welcomes students from all over the world who would like to attend schools in our region. Hosting a student in your home can be an enriching and rewarding experience. We're looking for warm and caring families like yours to provide them with a home away from home.

Hosting an international student is a once-in-a-lifetime experience that gives your family the opportunity to bring the world home. For students, it's a way to learn about the Canadian way of life. As a host, your family would be matched with a student who will attend your neighbourhood school and participate in your daily routines.

What you can expect:

- Host families receive a tax-free monthly stipend to help cover hosting expenses (\$825 current, \$875 effective September)
- Students stay for periods of three to 10 months
- Ongoing support is provided by an experienced Homestay Coordinator
- You will learn about and communicate with your student before their arrival

Learn more [here](#) or contact:

HRCE International Services

(902) 464-2000 ext. 2548

hostastudent@hrce.ca

Please share this message with anyone who may be interested. Thank you! Gracias. Merci. Xie-Xie. Danke. Arigato. Grazie. Obrigado. Kamsa-Hamnida. Kawp-Kun-Ka. Shukran. Teşekkür Ederim **HRCE International Services**