

September Newsletter 2025



Upper Musquodoboit Consolidated Elementary

PO BOX 42 ~ 8416 - HWY #224 ~ UPPER MUSQUODOBOIT, NS B0N 2M0

Principal: Troy Smith **Vice Principal:** Andrea MacAulay **Administrative Assistant:** Cindy Fleck

Administration's Message



Important Dates:

Dear Families,

Welcome to a new school year at Upper Musquodoboit Consolidated School! We are so excited to have our students, staff, and families together again as we begin another year of learning, growth, and community. Our school is more than just a place for academics—it's a place where children feel safe, supported, and inspired to explore their potential.

This year, we look forward to strengthening the connection between home and school. We encourage you to stay engaged, ask questions, and celebrate successes with us. Together, we can create an environment where every child thrives.

Thank you for being such an important part of our school community. We are looking forward to a wonderful year ahead!

**With appreciation,
The Administration Team**

September 4th- First Day of School

September 11th- Stand Up Against Bullying Day- Wear a pink shirt!

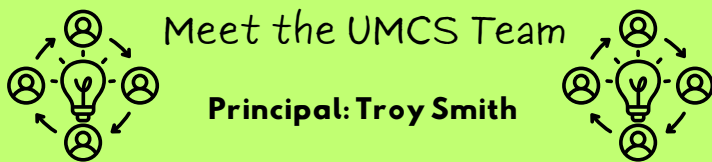
September 25th- Curriculum Night from 5:30-7:30pm

Fourth week of September- Gender Equality Week

September 26th- Observe orange shirt day- Wear Orange

September 29th- Professional Development Day- **NO CLASSES**

September 30th- National Day for Truth & Reconciliation- **NO CLASSES**



Meet the UMCS Team

Principal: Troy Smith

Vice-Principal: Andrea MacAulay

Administrative Assistant: Cindy Fleck

Grade Primary, 1, 2 & 3 Teacher: Ellen Thomas

Grade 4, 5 & 6 Teacher: Kaycee Webb

Resource & ELST Teacher: Melissa Reid

Physical Education Teacher: Amy Harnish

Core French Teacher: Danette Hickey

Music Teacher: Tori O'Brien

Pre-Primary Teacher: Krista Oickle

Marking & Prep Relief Teacher - Karen MacKay

EPA - Emilie Holman

EPA - Kathy Watson

School Speech Language Pathologist - Shona MacDonald

School Psychologist - Emma Carter

Librarian - Lourdeng Leadbeater



Curriculum Night

We are excited to welcome you to Curriculum Night! This evening is a wonderful opportunity to connect as a school community and learn more about your child's classroom experience.

During Curriculum Night, you'll meet your child's teacher, gain insight into the routines, expectations, and goals for the year, and see how we are working together to support both academic growth and social development. It's also a chance to ask questions, understand how you can support learning at home, and strengthen the important partnership between school and families.

Your involvement makes a big difference in your child's success, and we look forward to sharing this journey with you. Thank you for making the time to join us—we can't wait to see you **September 25th**!



PowerSchool Opens for Families on September 3

PowerSchool will open to families on Wednesday, September 3 at 3 p.m. In PowerSchool, you'll be able to view your child's teacher(s) and/or class schedule.

[PowerSchool Support Link](#)

Stand Up Against Bullying Day is September 11

On the second Thursday of September, we recognize Stand Up Against Bullying Day.

On Thursday, September 11, we will celebrate inclusivity, kindness and friendship. All HRCE school teams are focused on ensuring all students have a safe and welcoming environment in which to learn and thrive.

Please join us and wear pink if you're able on September 11 to take a stand against bullying.

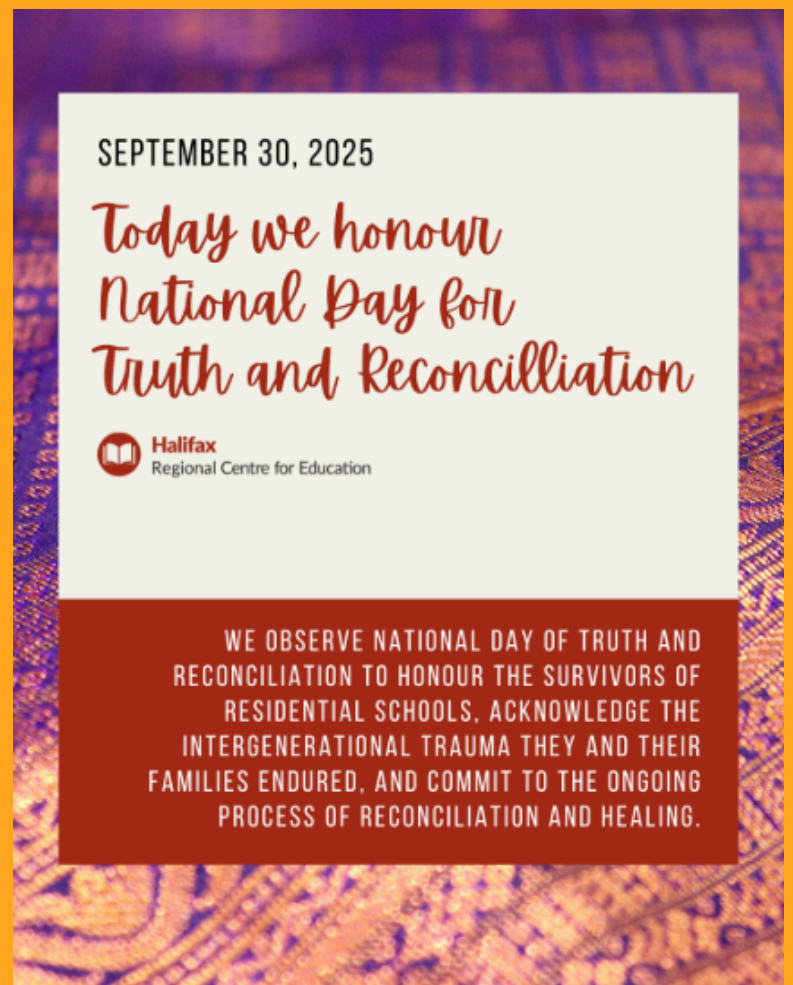


Join us in observing National Day for Truth and Reconciliation

Each year on September 30, National Day for Truth and Reconciliation honours the children who didn't return from residential schools, as well as survivors, their families, and communities.

Orange Shirt Day, led by Indigenous communities, aims to raise awareness about the inter-generational impacts of residential schools and allows us all to show our support for the Every Child Matters movement.

As there are no classes on Monday, September 29 and Tuesday, September 30, we welcome staff and students to wear orange on Friday, September 26.



Head Lice Prevention – What You Need to Know

Head lice are tiny insects that live on the scalp and spread mainly through head-to-head contact or by sharing items like hats, combs, or helmets. To help prevent the spread:

Remind your child not to share hats, brushes, or hair accessories.

Tie back long hair or keep it braided.

Check your child's head weekly and after sleepovers.

If lice are found, check all household members and treat as needed.

Children can return to school after treatment and if no live lice are present.

For more information, please see the Public Health pamphlet:

 [How to Prevent, Find & Treat Head Lice](#)

Safe Arrival – Reporting Student Absences

Please report all student absences using one of the following methods:

- PowerSchool Portal: <https://sishrsb.ednet.ns.ca/public/>
- SchoolMessenger App: Download for Android or iOS and log in with PowerSchool credentials.

Toll-Free Number: 1-833-582-6940 (available 24/7)

You may report absences in advance, and up to five consecutive days can be recorded in one call or submission.



Arrivals

School-Wide Expectations Matrix

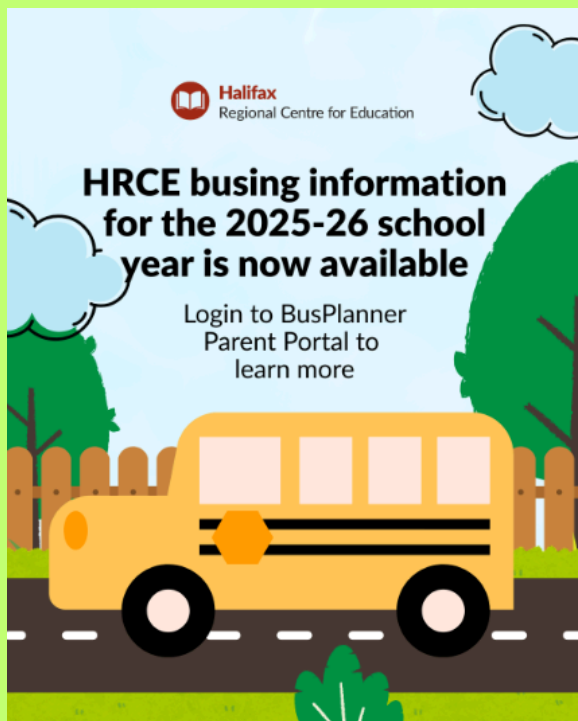
Our School-Wide Expectations Matrix was developed collaboratively by our entire school community. This matrix of expectations and classroom norms is an important tool for clearly communicating what acceptable behaviour looks like within our school. It will be referred to throughout the year as a reference point when addressing behaviours that do not align with our community standards.

School-Wide Expectations Matrix											
Setting / Routine											
School Expectations	All Settings	Classrooms	Hallway	Playground	Recess/Lunch in Classroom	Bus	Library	Washroom	Crush Area	Assemblies	Learning Environments outside of School
Be Respectful	-Use kind words and listen to others	-Use kind words and listen to others	-Use a quiet voice and walk on the right	-Include others and take turns	-Share materials and take turns	-Use an indoor voice and listen to the driver	-Use a quiet voice and handle books with care	-Respect privacy and keep it clean	-Encourage others and listen to the teacher	-Sit quietly and listen to the speaker	-Use kind words and listen to others -Keep hands, feet and objects to yourself -Listen to the adults
Be Responsible	-Follow directions and remain with you assigned group in the learning space	-Follow directions and complete your work	-Go directly to your destination	-Use equipment properly and follow game rules	-Clean up after yourself -Sort waste	-Stay seated and keep the bus clean	-Return books on time and use shelf marker	-Flush, wash hands, and return to class quickly	-Follow instructions and take care of equipment	-Participate appropriately and clap when appropriate	-Follow directions and remain with you assigned group in the learning space
Be Safe	-Keep hands, feet, and objects to yourself -Listen to adults	-Keep hands, feet, and objects to yourself	-Walk -Keep hands and feet to yourself	-Stay within boundaries and report problems	-Stay in your space and use materials appropriately	-Keep aisles clear and follow rules	-Walk and push in chairs	-Walk and keep water in the sink	-Wear appropriate shoes and use equipment safely	-Stay seated and keep hands/feet to yourself	Walk and listen to the adults
Supportive Actions (tentative until Guide to Support Consequences is available)	Verbal reminder → Restorative conversation → Reflection time → Admin if ongoing	Verbal reminder → Restorative conversation → Reflection time → Admin if ongoing	Redirection → Loss of hallway privileges → Admin if repeated	Problem-solving circle → Re-teaching → Loss of recess if unsafe	Clean up → Break from activity → Restorative chat	Driver warning → Assigned seat → Bus Conduct Report → Admin/Parent meeting	Help reshelve → Re-teaching → Admin discussion if ongoing	Clean up → Reflection → Parent/Admin if misuse continues	Re-teach → Timeout → Conversation with teacher/admin	Move seating → Reflection → Admin if repeated	Verbal reminder → Restorative conversation → Reflection time → Admin if ongoing

"Small School, Big Spirit" – PBIS Matrix (Primary-6) Mission Statement

At Upper Musquodoboit Consolidated, we are a small school with big spirit, rooted in the heart of our rural community. We are committed to creating a safe, respectful, and inclusive environment where every student is known, valued, and supported. Through positive relationships, high expectations, and a focus on responsibility, we empower learners to grow academically, socially, and emotionally. Together, we build a foundation for lifelong learning, empathy, and community pride.





Using BusPlanner

Everything you need to know about student transportation including eligibility, stop times and stop locations can be found on BusPlanner. Once you register and subscribe, you can choose to receive email and/or text message notifications on changes to routes, bus delays or cancellations.

To sign up, go to BusPlanner at hrce.mybusplanner.ca and click on Parent Portal. Follow the instructions to create an account.

Don't have a BusPlanner Parent Portal account? Need help logging in? Please contact the HRCE Student Transportation Team at transportation@hrce.ca or call 902-431-4723.



Demographic Form Updates



On September 9, the Demographic Updates Form will be available to families in the PowerSchool Parent Portal. This form should be updated by every family to ensure all information about your child is current, including contacts, medical information, consents and demographics. Even if there are no anticipated changes, please still review this information and submit the form. This information will then be reviewed by the school before updates are finalized. This deadline to submit the form is **October 6, 2025**.

Nova Scotia School Lunch Program

The Nova Scotia School Lunch Program is a provincial lunch program that offers public school students across Nova Scotia nutritious lunch every school day. UMCS is launching October 6, diner profiles can be created starting Thursday, September 18 and meals can be ordered starting September 26.

[Nova Scotia Lunch Program Link](#)

Cell Phone Policy



In accordance with the provincial cell phone directive, students are not permitted any personal electronic devices (cell phones, watches, digital cameras, earbuds, etc.) during the school day. This includes before classes begin, lunch, and the end of the day.

"Small School, Big Spirit!"