

October is Mi 'kmaq heritage month



DATES TO REMEMBER

- Oct 1 Treaty Day
- Oct 4 Yom Kippur
- Oct 5 Dussehra
- Oct 10 World Mental Health Day
- Oct 10 Thanksgiving
No school
- Oct 11 SAC 6pm
HSA 7pm
- Oct 13 Photo retakes
- Oct 15 White Cane Day
- Oct 24 Diwali
- Oct 28 Conference Day
No students
- Oct 31 Hallowe'en



Bedford South School

2 Oceanview Dr.
Bedford, NS
B4A 4J6
bedfords@hrsbc.ca
902-832-5800

H. Healy,	Principal
S. Boudreau,	VP
J. Ashton,	A. Assistant
S. Haines,	A. Assistant



2 Oceanview Drive
Bedford, NS Canada
B4A 4J6
Phone: 902-832-5800
Fax: 902-832-5805

World Mental Health Day

The pandemic has, and continues to, take its toll on our mental health, the ability to reconnect through World Mental Health Day 2022 will provide us with an opportunity to re-ignite our efforts to protect and improve mental health. Many aspects of mental health have been challenged; and even before the pandemic in 2019 an estimated one in eight people globally were living with a mental disorder. At the same time, the services, skills and funding available for mental health remain in short supply, and fall far below what is needed, especially in low and middle income countries. The COVID-19 pandemic has created a global crisis for mental health, fueling short- and long-term stresses and undermining the mental health of millions. Estimates put the rise in both anxiety and depressive disorders at more than 25% during the first year of the pandemic. At the same time, mental health services have been severely disrupted and the treatment gap for mental health conditions has widened. Growing social and economic inequalities, protracted conflicts, violence and public health emergencies affect whole populations, threatening progress towards improved well-being; a staggering 84 million people worldwide were forcibly displaced during 2021. We must deepen the value and commitment we give to mental health as individuals, communities and governments and match that value with more commitment, engagement and investment by all stakeholders, across all sectors. We must strengthen mental health care so that the full spectrum of mental health needs is met through a community-based network of accessible, affordable and quality services and supports.

Driveway

As you have noticed our driveway is closed to traffic during certain hours in the morning and in the afternoon. This closure was implemented three years ago due to the high volume of traffic using the loop and the danger it caused for children during drop off and pick up. We have had a reminder sign at the bottom of the driveway since last August. We will be removing this sign at the end of October; however, the driveway will still remain closed during the following times:

8:15 to 9:15am

2:15 to 3:15pm

We would ask drivers to respect the gate/driveway closure to ensure the safety of our children.

Medication:

Administration of Medication

In general, school personnel will not be involved in the administration of medication and/or medical procedures to students. Parents or guardians are responsible for making arrangements to eliminate the need for staff to be involved in the administration of medication and medical procedures to students.

Students who use puffers may, with the parents' written permission and having completed the appropriate form in the office, self-administer.

Children who have any life threatening allergies must contact the office to receive the appropriate forms and guidelines regarding parent/student and school responsibilities.

Thanksgiving:

Thanksgiving Day in Canada

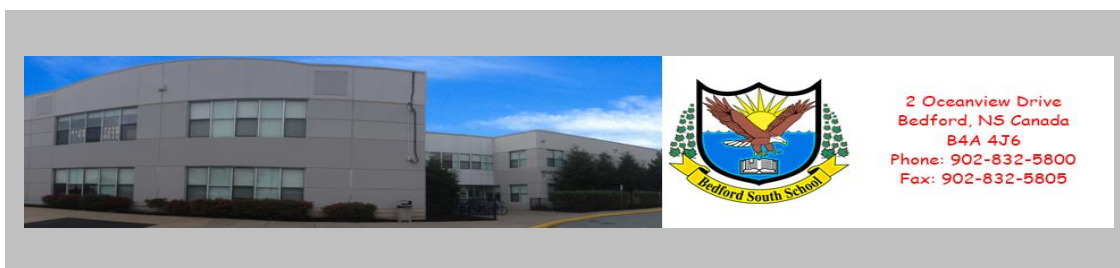
Thanksgiving Day in Canada has been a holiday on the second Monday of October since 1957. It is a chance for people to give thanks for a good harvest and other fortunes in the past.

Truth and Reconciliation Day:

Held on September 30th

“By taking time to reflect, we have an opportunity to consider how each of us can help make Nova Scotia more inclusive and equitable for everyone who calls this province home. I sincerely hope we all take the time to reflect on this important day.”

Jill Balser, Minister of Labour, Skills and Immigration



Registration form verification:

Families will be have receiving home **green registration sheets** to verify student information for our school records. Please note any changes, i.e. address, email, etc. **as soon as possible** and return the form to your child's classroom teacher.

It is imperative that your email address is correct and you fill out the technology section completely.

Communication with parents is always important. Your email needs to be accurate for a variety of reasons.

All parents/guardians are encouraged to register on the PowerSchool Parent Portal to facilitate another way for us to be able to communicate with families. (i.e. report cards, safe arrival or other secure information).

International Walk to School Month – October 2022

October 3 - October 7, 2022 is International Walk to School Week

This year is unique to say the least, but the Ecology Action Centre is pleased to announce that we will be celebrating International Walk to School Month 2022! IWALK gives children, parents, teachers and community leaders an opportunity to get outside and discover their neighbourhoods or schoolgrounds. During these challenging times, we know that getting children and youth outside is a priority – IWALK is a wonderful way to make this happen. So, get outside and enjoy the fresh air.

Early Storm Closure: Winter will be here before you know it so please fill out the emergency closure forms when you receive them. Please send your form in as soon as possible. For your information our school is Bus Cluster 1, Unit 1 and part of the C.P. Allen family of schools. A great idea for parents, is to sign up for a text from the HRCE to let you know of early dismissals or school closures. You can do this by visiting the HRCE website at www.hrce.ca.

Mi 'kmaq History Month

October is Mi kmaq History Month in Nova Scotia. The goal of the month is to help Nova Scotians build awareness of Mi 'kmaq history and heritage, and to increase understanding of the province's rich Mi 'kmaq culture. Treaty Day marks the beginning of Mi 'kmaq History Month in Nova Scotia as proclaimed by Premier John Savage and Mi 'kmaq Grand Chief Ben Sylliboy. A poster is produced and numerous events are organized throughout the month in recognition of Mi'kmaq History Month.

For more information visit the [Mi'kmaq History Month Committee's website](#)

Nut free and Scent free:

Remember no nuts or nut products; ie. Nutella, are to be brought to school. Also, our school is scent free. Do not wear perfumed or scented products to school as staff and students are severely affected by these products.