

## Porter's Lake Elementary School Family Forecast March 2-6

### This Week at a Glance

Monday, March 2	Tuesday March 3	Wednesday March 4	Thursday, March 5	Friday, March 6
Upper wing Cafeteria SAC 6 pm PTO 7pm	Upper wing Cafeteria	Cafeteria Gr 2	Upper wing Cafeteria FAMILY BINGO -POSTPONED-	Upper wing Cafeteria

### Principal's Message

**Hello PLES Families,**

Thank you for the strong support and communication during our early dismissal last Monday. Student safety is always our top priority, and the process went very smoothly. We continue to reflect on how we can improve communication and reduce duplicate messages. The more than 65 calls and emails we received were very helpful and appreciated.

As we move into March, we're beginning to see milder weather. Dressing in layers is important so students can stay warm without being overdressed. We will allow students some reasonable independence to remove a layer if they are comfortable. However, when temperatures (including "feels like" values) are deemed cold, we will require students to wear their winter clothing. A change of clothes is always helpful at this time of year, as we are seeing more wet snow and the return of muddy conditions.

Our first week of the reusable container pilot in the hot lunch program was very successful, with approximately 98% of containers returned. This initiative supports waste diversion through proper use of compost and blue bins. Improving sorting and use of these systems will be our next focus.

As African Heritage Month comes to a close, I want to acknowledge the meaningful learning that took place across classrooms and throughout the school. This learning does not end here and will continue to be intentionally woven into our work year-round.

Please keep an eye out for permission forms for our upcoming skating and activity day at the Musquodoboit Harbour rink for students in Grades 3–6. We will also need many volunteers to make this day a success. Our Pre-Primary to Grade 2 students will remain at school and enjoy special activities planned for them.

Take care,

**Mr. Fry**

Principal

### **PLES FAMILY BINGO: Postponed**

Our Family BINGO is going to be postponed for at least a month. We're looking at other days and will let families know as soon as we have our new date.

### Upcoming Dates

March 12 Gr. 3-6 Skating Trip

March 13 Assessment & Eval day: No School

March 16-20 Spring Break

April 1 Report Cards go home

April 2<sup>nd</sup>: Progress Meetings (no school)

April 3<sup>rd</sup>: Good Friday No school

April 6: Easter Monday: No school

April 29<sup>th</sup>: Professional Development day No school

## From the HRCE:

### 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.

