



Astral Drive Elementary

March 2026

Home of the Stars

236 Astral Drive, Dartmouth, NS, B2V 1B8

902 462-8500

ade@hrce.ca

Important dates to remember in March

8: International Women's Day

12: PTO Event – Family Bingo in the Gym at 6:00pm

13: Elem/Middle/Jr assessment & evaluation day - no classes Elem/Middle/Jr only

16-20: March Break - no classes all schools

21: World Down Syndrome Day

21: International Day for the Elimination of Racial Discrimination

31: International Transgender Day of Visibility

Mar 23-April 2: Report cards sent home (Elem/middle/jr high)

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.

Counsellor's Corner with Ms. Greer

1. We are excited to share that planning for our Wellness Day is underway! May 14th, 2026 will be a day of speakers, activities and a keynote speaker- all with the theme of ***The Roots of our Well being!*** If you, or someone you know, would like to come and speak or lead an activity that ties into nutrition, culture, physical health and/or mental health, please reach out to Mrs. Greer.
2. Calling all builders! If you have any Lego in your home that you are not using anymore, we are in need of some Lego for our Lego Club! Thank you

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.

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.

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](#).

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 (\$875)
- 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

Planning for Inclement Weather

HRCE carefully considers any changes to school or bus operations during severe weather and aims to communicate decisions by **6:00 a.m.**

Possible announcements:

- Two-hour delayed opening (schools open at 10:30 a.m.; buses delayed two hours)
- Schools open, but some or all buses not operating
- Some schools closed (individually or by family)

- All schools closed

If conditions worsen, an **11:00 a.m.** announcement may indicate:

- Bused students dismissed at 12:25 p.m.
- Walking students dismissed at 11:25 a.m.

How you'll be notified:

- Email (via PowerSchool)
- Text message (opt in by texting **Y** to **978338**)
- HRCE website
- Instagram

Please always have a childcare plan in case of cancellations. Parents/guardians may choose whether to send their child to school.

More info: hrce.ca/families/cancellations

Early Dismissal - Parent Pick-Up Procedures

At **11:25AM** Parents/guardians will report to their regular classroom door to pick up their child. Teachers will escort students to the door at 11:25am.

1. Pre-Primary pick up (Astral Drive Side).
2. Main Entrance (Astral Drive Side)
3. Back Doors (Lakeshire Drive Side)
4. Modular Doors (Lakeshire Drive Side)
 - **Traffic circle will be closed during any early dismissal days. Please Park on Astral Drive or Lakeshire Drive and walk to the doors to meet your child.**
 - **The hill to the traffic circle may be closed without notice if snow, ice, etc. makes conditions unsafe.**



Important Dates [Click here for HRCE 25-26 Calendar](#)

APRIL

- 2: Elem/Middle/Jr progress conferences & Teacher Professional Practice & high school professional development day - no classes all schools
- 3: Good Friday - no classes all schools
- 6: Easter Monday - no classes all schools
- 29: Elem/Middle/Jr professional development day - no classes all schools

MAY

- 5: SAC/PTO Meeting 5pm
- 7: PTO Event
- 15: Black Excellence Day - Culturally Significant Day - schools open
- 18: Victoria Day - no classes all schools

JUNE

- 5: PTO Event – Spring Fling
- 21: National Indigenous Peoples Day - Culturally Significant Day
- 29: Assessment & evaluation day - no classes all schools
- 30: Last day of school year