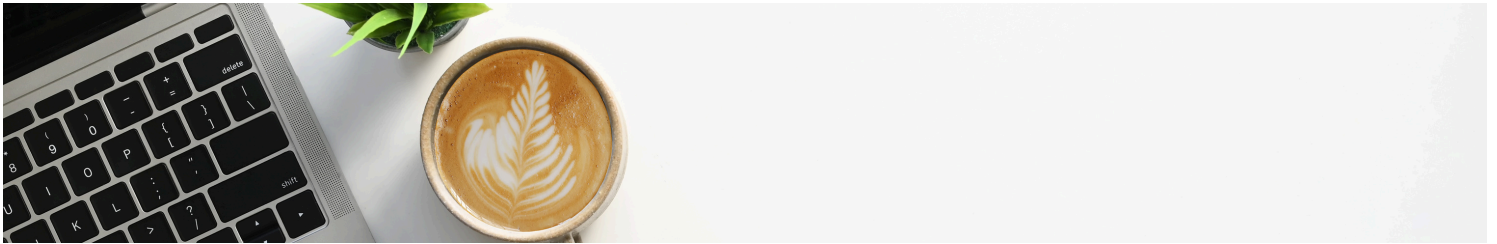


EPEC EDITOR – A MONTHLY NEWSLETTER

Eastern Passage Education Centre – Home of the Phoenix!



From Administration!



I want to share with you that I have accepted the position of Principal at Astral Drive Junior High for the 2025–2026 school year.

It has been a true privilege to serve as Principal of Eastern Passage Education Centre over the past four years. I have thoroughly enjoyed getting to know the incredible students, families, and staff who make this school such a special place.

As I prepare for this new chapter, I'm also pleased to welcome Michelle Kavanaugh as the new Principal of EPEC starting this Fall. I know she will be warmly welcomed by our school community and will continue to support the great work happening here.

Thank you for the support and connection over the past four years—it's been an honour to be part of the EPEC family.

Warmly, Sarah Shea

What's Happening at EPEC



PHOENIX NEWS

This is where you will
find out what's
happening at EPEC

This will give you information on tryouts, practices and games for all sports at EPEC! Below is the link that will take you to the calendar.

<https://calendar.online/37b0c1fc9646>

Important Dates In June



Other Dates to Acknowledge in June

- National Indigenous History Month
- Italian Heritage Month
- Filipino Heritage Month
- Portuguese Heritage Month
- Pride Month
- June 21 is National Indigenous Peoples Day

SchoolsPlus Supports For Summer

Did you know? SchoolsPlus operates 12 months of the year! SchoolsPlus is a confidential, free service available to every school in Nova Scotia. Families and students (12+) can self-refer to SchoolsPlus by contacting the SchoolsPlus facilitator for your school, [Rebecca Horne, Island View Family of Schools](#). Learn more [here](#).



Connect with us!

SchoolsPlus is a confidential, free service available in every school in Nova Scotia. Our goal is to build positive relationships between families, schools, and communities. We can help families navigate complicated situations when they are involved with many different services.



Phone: 902-464-2041

Email: schoolsplus@hrce.ca

Tips to support reading and writing at home

As parents and caregivers, you play one of the most important roles in helping your child become a strong, confident reader and writer. What you do at home can make a big difference in your child's success in school and beyond. When reading and writing become part of family routines — like bedtime stories, writing notes to each other, or making shopping lists together — children see them as enjoyable and meaningful activities.

Here are some ideas and tips:

1. Create a dedicated writing space

Set up a quiet, well-lit area where your child can focus. Stock your writing center with essentials like paper, pencils, crayons, and even fun extras like family photos and old magazines to spark creativity.

2. Read often

Reading is one of the best ways to become a better writer. When children read a variety of books, they naturally absorb vocabulary, grammar, and different writing styles. Encourage daily reading to build their language skills and inspire their own writing.

3. Encourage reflective journaling

A journal is a great outlet for expressing thoughts and feelings. Prompt your child to write about everyday events at home and school. Suggest using sensory details — what they saw, heard, or felt. This helps develop descriptive writing. Provide real-life experiences that they can later write about. Remember, only read their journal if invited — and always respond with encouragement and thoughtful feedback.

4. Offer real-world writing opportunities

Help your child see writing as a practical skill. Let them write thank-you notes, grocery lists, birthday invitations or letters to family. Consider finding a pen pal to make writing feel more authentic and fun.

5. Be a writing role model

Let your child see you writing too! Whether it's a grocery list, an email or a note to a friend, show how writing fits into everyday life. Talk about the purpose of different types of writing and their audiences. Try having a "family writing night" where everyone writes and shares together.

6. Start a vocabulary notebook

Introduce a few new words each week and encourage your child to use them in writing and conversation. Turn it into a game for using words creatively.

2025-26 Bus Information

Information about student transportation for the 2025-26 school year will be available to view online through the BusPlanner Parent Portal later in July.

- Families eligible for transportation will receive an email to access the Parent Portal to view their child's bus information once it is available.
- Once you receive the email, you must follow the instructions to activate your new Parent Portal account and create a password. Using previous Parent Portal login information will not work.
- If you can't find the email, please contact transportation@hrce.ca or 902-431-4723 for assistance.

Over the summer, the HRCE Student Transportation team will also reach out to new HRCE families and those families who may require special needs transportation for their children with more information about busing.

Reminder: The Student Transportation team is available to assist you and answer questions about busing all summer at transportation@hrce.ca or 902-431-4723. When contacting the team, please ensure you have your child's name, grade, school name and student ID number ready. Your child's student ID number can be found in PowerSchool or on the top of your child's report card.

Be tick aware

Sharing on behalf of Nova Scotia Public Health

In summer and fall, people spend time at Nova Scotia's many beautiful beaches, parks, and wooded areas. However, we need to be mindful of the presence of ticks and how we can protect ourselves. These small insects are found across Nova Scotia and can cause tick-borne diseases (TBDs), including Lyme disease and anaplasmosis.

Ticks like moist and humid environments and can be found in or near woods, shrubs, leaf litter, long grass, urban parks and gardens. They can be very small, which makes them hard to spot and their bites don't hurt, which makes it difficult to know when you've been bitten.

Visit [NovaScotia.ca/TickSafety](https://nova-scotia.ca/TickSafety) and learn:

- *How to protect yourself - especially in grassy, wooded, or shrub-covered areas*
 - *What to do if you find a tick on yourself/your child*
 - *The signs and symptoms of tick-borne illnesses*

Be Tick Aware





Check out our online store for all your Phoenix Spiritwear!

[EPEC Phoenix SpiritWear](#)

The staff of EPEC wish all students, parents and guardians a wonderful summer. See you in September!

Eastern Passage Education Centre

Home of the Phoenix!

93 Samuel Danial Drive

Eastern Passage, NS B3G 1S8

Phone: (902) 462-8401 Fax: (902)462-8403

Safe Arrival: 1-833-582-6940

E-Mail: epec@hrce.ca

Website: epec.hrce.ca