

EPEC EDITOR

HOME OF THE PHOENIX

FROM ADMINISTRATION

Dear EPEC Families,

As we enter the final month of the calendar year, our school is buzzing with the warmth and joy of the holiday season. December is a time for reflection, gratitude, and celebration. We can expect colder weather as winter approaches. Outdoor lunch and recess (grade 6) will continue at EPEC unless the temperature is extreme. Students must dress appropriately for the cold.

This month, our students are wrapping up an incredible first term of learning and growth. It is inspiring to see how much they've accomplished since the start of the school year! Thank you to all families who attended Parent-Teacher interviews. We value open communication between home and school as we work together to support all students. For those who were unable to attend, please remember that you can always reach out to your child's teacher at any time. Open communication between home and school helps us nurture every child together, and we are here to support you whenever you need.

On behalf of the entire EPEC staff, we wish you and your family a very restful holiday break and a Happy New Year! Students and staff have worked hard, and everyone is ready for a break. Take time to enjoy one another at this special time of year. We truly appreciate the dedication of staff and the support of families as we continue focusing on literacy, numeracy skills, and wellness for our students.

Finally, I send my warmest wishes for a safe, relaxing, and rejuvenating holiday season to each of you. May your days be filled with laughter, love, and special moments together. We look forward to welcoming everyone back on January 5th, 2026



Resources for Parents from Unplugged Canada

If you're concerned about your kids' screen time, smartphone use, or social media pressure, there are some wonderful resources below to help parents and caregivers navigate the challenges of raising kids in a digital world.

For parents: *The Anxious Generation* by Jonathan Haidt highlights the research and evidence behind how early smartphone and social media exposure have shaped a generation over the last 10–15 years. *Ten Rules for Raising Kids in a High-Tech World* by Jean Twenge offers practical, actionable guidance to help parents set healthy boundaries and support their kids' digital wellbeing.

For kids: *The Amazing Generation*, written for pre-teens and teens and co-authored by Jonathan Haidt, will be released on December 30. It explains the impact of today's digital environment in an engaging, age-appropriate way.

All of these books are available at your local library or bookstore.

Unplugged Canada is a parent-led, national movement advocating for healthier childhoods by delaying smartphones and social media until kids are more developmentally ready. Join thousands of Canadian families choosing to delay by taking the Unplugged Canada Pledge at unpluggedcanada.com/sign-pledge.





Connect with us!

**Schools
Écoles Plus**
NOVA SCOTIA / NOUVELLE-ÉCOSSE

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

SchoolsPlus is here to support you

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.

Parents, guardians and students (12+) can self-refer to SchoolsPlus 12 months a year!

Just contact the SchoolsPlus Facilitator at your school.

Call 902-464-2000, ext. 2331

or email schoolsplus@hrce.ca.

Learn more about SchoolsPlus [here](#).



Halifax
Regional Centre for Education

Will school be cancelled?

HRCE takes great care when making the decision to alter the normal operations of schools and buses due to weather.

Learn more at
hrce.ca/families/cancellations

Planning for Inclement Weather

Did you know? HRCE takes great care when making the decision to alter the regular operations of schools and school buses in the event of severe or inclement weather.

It is HRCE's goal to communicate any changes to the regular operations of schools and/or buses as close to 6:00 a.m. as possible. A 6:00 a.m. announcement could be:

- All schools are delayed in opening by two hours and bus pickups are delayed by two hours; or
- All schools are open, but some or all busses are not operating for the day; or
- Some schools (either individually or by family) are closed for the day; or
- All schools are closed for the day.

If weather deteriorates, or is forecasted to worsen throughout the morning, an 11:00 a.m. announcement could be:

- Bussed students will be picked up two hours earlier than their regular dismissal time; and
- Walking students will be dismissed at their regularly scheduled lunch hour.

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How will I find out?

- By email to the addresses in PowerSchool
- By text message, if you have opted-in. If you aren't sure if you have opted-in, text Y to the following number: 978338

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[On the HRCE website](#)

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[On Instagram](#)

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It's important to always have a plan in place for childcare in the event of any cancellation. Please remember: As a parent or guardian you always have the choice of whether or not to send your child to school.

For more information on how HRCE manages during inclement weather, visit hrce.ca/families/cancellations.



We are **HIRING!**

Did you know that HRCE posts new job opportunities at noon every Wednesday?
Learn more at www.myhrce.ca/jobs



We're ALWAYS hiring!

Did you know that HRCE has more than 10,000 employees serving more than 60,000 students? Our job postings are updated every Wednesday at noon and feature a wide variety of career opportunities!

As HRCE grows, so does our staff. Check out new opportunities weekly at www.myhrce.ca/jobs.



Wishing you a
merry Christmas



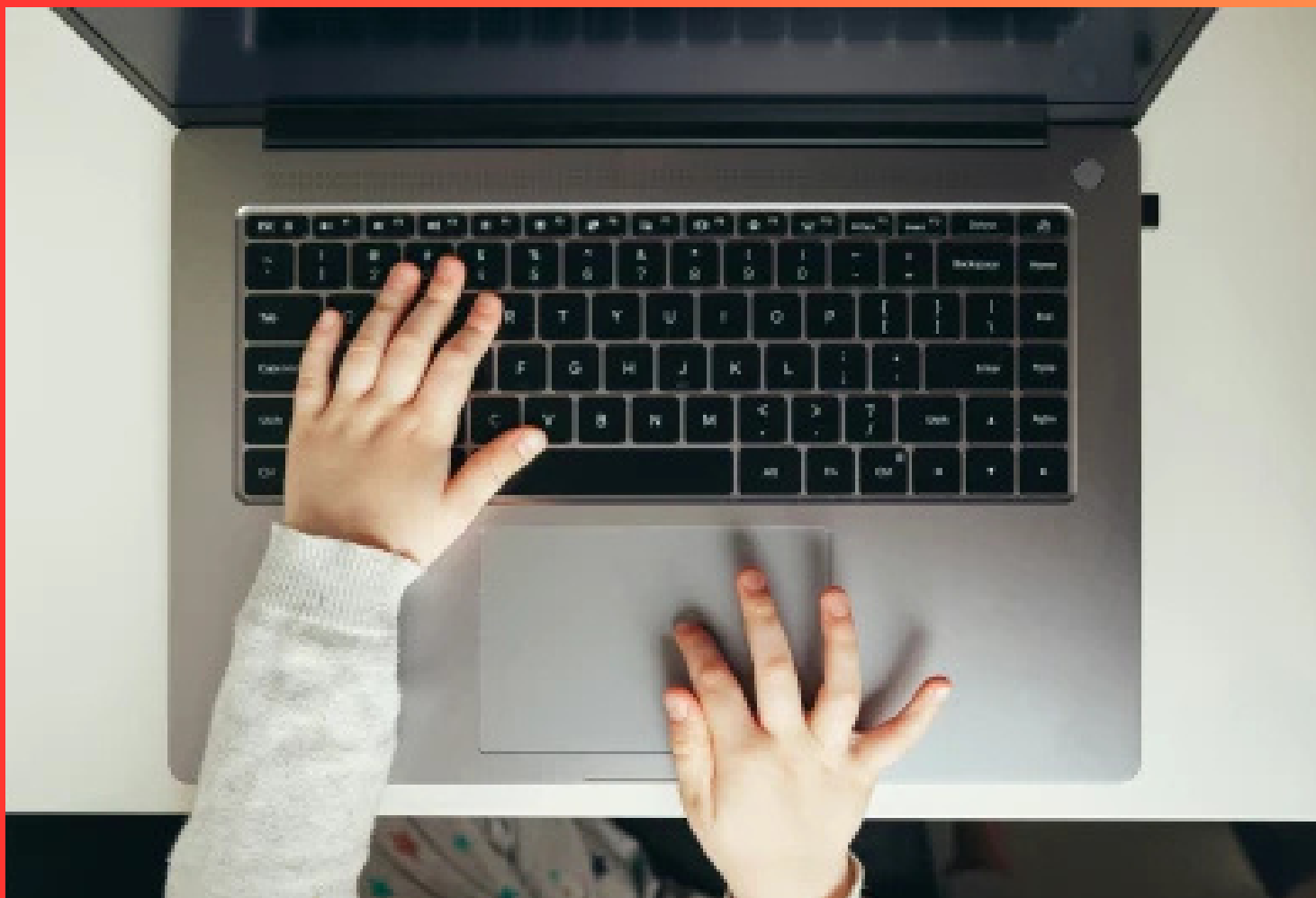
Happy Holiday Break!



NEW EDUCATIONAL TECHNOLOGY RESOURCE FOR FAMILIES

We're excited to share a new online resource designed to help families understand how technology supports student learning in HRCE. This page provides an overview of how tools like Chromebooks and Google for Education are used in classrooms, what provincially approved online platforms students may access, and how student privacy is protected. You'll also find information about Nova Scotia's guidance on the provincial cell phone expectations, tips for supporting online safety and digital citizenship at home, and an introduction to how students are learning about artificial intelligence in a thoughtful and responsible way. It also includes answers to common questions about screen time, passwords, communication during the school day, and more.

You can find the webpage [here](#).



IMPORTANT DATES TO REMEMBER IN DECEMBER

DECEMBER 3: INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

DECEMBER 4: PROGRESS CONFERENCES/TEACHER PROFESSIONAL PRACTICE DAY (NO CLASSES – PP-12)

DECEMBER 10: INTERNATIONAL HUMAN RIGHTS DAY

DECEMBER 14: FIRST DAY OF HANUKKAH

DECEMBER 19: LAST DAY OF SCHOOL FOR STUDENTS BEFORE HOLIDAY BREAK

DECEMBER 22: TEACHER PROFESSIONAL PRACTICE DAY (NO CLASSES – PP-12)

DECEMBER 25: CHRISTMAS DAY

DECEMBER 26: KWANZAA




We're ALWAYS hiring!

Did you know that HRCE has more than 10,000 employees serving more than 60,000 students? Our job postings are updated every Wednesday at noon and feature a wide variety of career opportunities.
Wishing you all the best for 2026!

As HRCE grows, so does our staff. Check out new opportunities weekly at www.myhrce.ca/jobs.

Happy New Year!

 **Halifax**
Regional Centre for Education

Have a safe and
wonderful holiday
season!

EPEC STAFF





EPEC SCHOOL CLOTHING – SEE LINK BELOW

<https://pmgsw.com/products/Eastern-Passage-Education-Centre-c168124758>

This is where you will find the EPEC Athletics Calendar.

This will give you information on tryouts, practices and games for all sports at EPEC!

[EPEC Athletics Calendar](#)

[Eastern Passage Education Centre](#)

[Home of the Phoenix!](#)

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