

May 2026 Newsletter

EPEC EDITOR

HOME OF THE PHOENIX

Dear EPEC Families,

As we enter the final two months of the school year, I would like to take this opportunity to thank you for your continued partnership and support. We encourage all students to remain focused and to continue demonstrating their best effort as we move toward year-end. Should you have any questions or concerns, please do not hesitate to contact our staff—we are committed to supporting you and your child.

RWM8 Provincial Assessment (May 26–June 4) Grade 8 students will participate in the RWM8 Provincial Assessment between May 26 and June 4. Throughout the school year, teachers have been working intentionally to prepare students for this important provincial assessment. While the RWM8 does not contribute to final report card grades, it is an important tool used to inform school- and system-level planning for student learning and success. We strongly encourage all Grade 8 students to participate fully and approach the assessment with care, focus, and commitment. Additional information has been shared directly with Grade 8 families. If you have any questions, please feel free to contact the school.

School Advisory Council Meeting – May 12 at 3:30 p.m. Our next School Advisory Council (SAC) meeting will be held at the school on Tuesday, May 12 at 3:30 p.m. We welcome all parents and guardians to attend and encourage those who are interested to consider becoming involved.

Planning for the 2026–2027 School Year Planning for the upcoming school year is currently underway. Over the coming weeks, the school will begin the class placement process. Please note that class placements remain flexible until the end of September, as changes may occur based on enrollment and student needs. Placement decisions are made collaboratively by a professional team that includes classroom teachers, Learning Centre and Resource teachers, the School Counsellor, and administrators. These decisions are carefully considered to create balanced, supportive learning environments and reflect a range of factors, including academic programming, social-emotional development, physical needs, and peer dynamics. As always, please feel free to reach out to the school should you have any questions or concerns.

Sincerely, Michelle





**Wear black
on May 15 to
celebrate
Black
Excellence**

MAY 15 IS BLACK EXCELLENCE DAY

BLACK EXCELLENCE DAY 2026 IN NOVA SCOTIA IS AN OPPORTUNITY FOR SCHOOLS TO REFLECT ON THE LEARNING AND EXPLORATION OF BLACK PEOPLE AND CULTURE OVER THE PAST YEAR. IT RECOGNIZES, CELEBRATES, AND SUPPORTS LEARNING FROM THE ACHIEVEMENTS, CONTRIBUTIONS, AND LEADERSHIP OF BLACK INDIVIDUALS AND COMMUNITIES. MORE THAN A SINGLE-DAY CELEBRATION, BLACK EXCELLENCE IS THE RECOGNITION OF MEANINGFUL STEPS TOWARD STRENGTHENING INCLUSIVE LEARNING ENVIRONMENTS WHERE ALL STUDENTS SEE THEMSELVES REFLECTED IN CURRICULUM MATERIALS, THROUGH THE STORIES WE TELL AND THE HISTORIES WE HONOUR.

THE PURPOSE OF CELEBRATING BLACK EXCELLENCE IN OUR SCHOOLS AND CLASSROOMS IS TO AFFIRM STUDENT'S IDENTITIES, BUILD CONFIDENCE, AND INSPIRE FUTURES BY HIGHLIGHTING ROLE BLACK PEOPLE HAVE MADE IN EDUCATION SCIENCE, ARTS, LEADERSHIP, AND COMMUNITY ADVOCACY. IT REFLECTS AND CELEBRATES THOUGHTFUL CONVERSATIONS IN SCHOOLS ABOUT EQUITY, REPRESENTATION, AND THE ONGOING WORK TO REMOVE SYSTEMIC BARRIERS.

THIS MOMENT OF REFLECTION ALSO INVITES EDUCATORS AND SCHOOL COMMUNITIES TO CONSIDER HOW BLACK EXCELLENCE IS REPRESENTED WITHIN THEIR OWN CLASSROOMS AND LEARNING SPACES. FOR SOME, THIS MAY AFFIRM INTENTIONAL WORK ALREADY UNDERWAY; FOR OTHERS, IT MAY SERVE AS AN OPPORTUNITY TO BEGIN OR DEEPEN THIS PRACTICE. BLACK EXCELLENCE DAY REMINDS US THAT THIS WORK IS ONGOING, AND THAT THERE IS ALWAYS TIME TO PLAN, REFLECT, AND BE DELIBERATE IN ENSURING ALL STUDENTS SEE THEMSELVES MEANINGFULLY REFLECTED IN OUR SCHOOLS.

WE WELCOME EVERYONE TO WEAR A BLACK SHIRT, IF YOU'RE ABLE, ON MAY 15 TO SHOW YOUR SUPPORT FOR BLACK EXCELLENCE DAY!



Are you a Nova Scotian between the ages of 16 and 20?



We want to hear from you!

Free Live Event

UNPLUGGED CANADA

A National Conversation

with Unplugged Canada Ambassadors

Tania Johnson,
M.C.

Co-founder of the Institute of Child Psychology
Award-Winning Author

Dr. Michele Locke,
Ph.D.

Clinical Psychologist
Toronto Chapter
Co-founder

Kirsten Sweet,
M.Ed.

National Program Director
Alberta Chapter
Co-founder

- ✓ Explore the research: Smartphones and Social Media
- ✓ Review the Unplugged Pledge and Resources
- ✓ Join our National School Champion Program
- ✓ Check out our new resource: Operation Landline
- ✓ Invite all parents and caregivers in your school community



Wednesday,
May 6th

5pm PT | 8pm ET

NOVA SCOTIA QUALITY OF LIFE SURVEY

Engage Nova Scotia is seeking more youth voices in their Nova Scotia Quality of Life Survey to ensure this critical demographic is properly represented in reporting. To ensure youth voices are heard, Engage Nova Scotia is asking parents to encourage youth and young adults in their household, who are age 16 and older, to complete the survey.

Take the survey now!

Please email Engage Nova Scotia at survey@engagenovascotia.ca to take the Nova Scotia Quality of Life Survey. By sharing your story – your day-to-day experiences from affordability and sense of belonging in community to close personal connections and your level of trust in institutions – you can help

You can also learn more at engagenovascotia.ca.

Engage Nova Scotia is a non-profit, independent organization that works with partners to advance the quality of life of all Nova Scotia residents. They believe everyone should be included to share their story, seed their future, and influence change to improve their own well-being and the well-being of their communities. Engage works closely with local municipalities and organizations across the province.

UNPLUGGED WEBINAR ON SMARTPHONES, SOCIAL MEDIA AND MORE

Unplugged Canada is hosting a LIVE webinar on May 6 every parent and caregiver needs to hear. We're talking smartphones, social media, the research – and most importantly, what we can do about it.

Hosted by Kirsten Sweet, educator and National Program Director with Unplugged Canada with Tania Johnson, Co-founder of the Institute of Child Psychology and Dr. Michele Locke, Clinical Psychologist, learn about the impact of smartphones and social media on youth and how the Unplugged Canada Pledge and our resources can spark meaningful conversations in your home, school, and community.

We'll also introduce two new initiatives: the National School Champion Program and Operation Landline – a summer campaign helping families delay smartphones and reconnect in simpler, more intentional ways. Come ready to learn, connect, and be part of the movement. Register here.

ACCESS AWARENESS WEEK - MAY 31 TO JUNE 6

Access Awareness Week in Nova Scotia, taking place May 31–June 6, 2026, is an opportunity to recognize the importance of accessibility, inclusion, and the leadership of people with disabilities. This year’s theme, “Disability Justice: Stronger Together, First Voice Leading Change for Collective Action,” emphasizes the importance of centering lived experience and working collaboratively to create meaningful, lasting change.

In schools, this week is a powerful reminder that inclusion is everyone’s responsibility. Classrooms are where understanding begins – through learning, conversation, and action. By listening to diverse voices, removing barriers, and fostering accessible learning environments, educators and students help build school communities where all learners feel valued and supported.

SCREEN FREE SUMMER: DIGITAL DIET GUIDANCE

As summer approaches, many families are thinking about screen time. This article introduces the idea of a “digital diet,” encouraging a focus on the quality and purpose of screen use rather than just limiting it. It offers practical ways to help children build healthier, more balanced habits with technology. Read more [here](#).

IMPORTANT DATES TO REMEMBER IN MAY

May is Asian Heritage Month

May is Canadian Jewish Heritage Month

May is Polish Heritage Month

May is Speech and Hearing Month

May 5 is Red Dress Day

May 10–16 is Education Week

May 15 is Black Excellence Day

May 17 is International Day against Homophobia, Transphobia and Biphobia

May 18 is Victoria Day (No classes - all schools)

May 31 to June 6 is Access Awareness Week



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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