



Kingswood Elementary School News

March 2026

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Principal: Ms. Andrea Briand
Vice Principal: Ms. Sarah Reid
Admin. Assistant: Ms. Jennifer Kennedy

Reminders:

- Mar. 8 International Women's Day
- Mar. 13 Assessment And Evaluation Day
No school for Students
- Mar. 16-20 March Break
No School
- Mar. 21 International Day for the Elimination of Racial Discrimination
- Mar. 31 Report Card Day
- April 2 PD Morning Parent/Teacher Afternoon
No School for Students
- April 9 Parent/Teacher Evening

Principal's Message

We have made it through February! The students have really enjoyed playing in all the snow that has fallen. Hopefully it will all be melted by the time summer vacation begins.

February was an exciting month with a lot going on here at Kingswood. We celebrated African Heritage Month. African Heritage Month provides meaningful opportunities for students to explore African Nova Scotian histories and experiences, deepen their understanding of our shared past, and reflect on the values of respect, inclusion, and belonging.

Students had a great time celebrating Valentine's Day with their friends.

Heritage Day this year was focused on Joseph William Comeau. Learning about him helps students appreciate the richness of Acadian heritage and the importance of preserving culture, language, and community. This is very much in line with the goals of the HRCE's French Immersion program.

Unfortunately we had to cancel the PSA Bingo. It is rescheduled for Thursday April 23rd. With Spring right around the corner please keep sending your children with lots of warm and extra clothes incase they get wet.

We are glad that March is finally here and we hope to see some signs of Spring soon.

Andrea and Sarah

Report Cards

Term 2 Report Cards will be going home on **Tuesday March 31st.**

Parent/Teacher Afternoon - **Thursday April 2nd 1-3pm**

Parent/Teacher Evening - **Thursday April 9th - 5:30-7:30pm**

March is Nutrition Month

Did you know? March is Nutrition Month! This year's theme, Nourish to Flourish, highlights the important role that food has on our physical, mental and emotional health and well-being.

Whether it's planting an indoor or outdoor garden, cooking together with family, or enjoying a meal with friends, food provides opportunities for building social connections that can support improved feelings of belonging and overall well-being. This is a great time to explore and learn about food. An important part of this is food literacy, which includes having the knowledge and skills to grow, choose, prepare, and talk about food.



March Break

Reminder that March Break is March 16-20 and schools will be closed. For Elementary and Junior high: Friday March 13th is an Assessment & Evaluation Day so there are no classes for students on that day. Classes will resume on March 23rd.

Are you looking for some March Break fun?

There are all kinds of wonderful things to do if you happen to be staying here for March Break.

Here is a website that has lots of ideas for families who want to keep busy.

<https://www.familyfuncanada.com/halifax/march-break-events/>

March is Nutrition Month: Make the Most of the 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.



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](#).

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](#).

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.

