

# Caldwell Chronicles

## JANUARY



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December was full of joy at Caldwell. Our holiday concert was a big success, and students enjoyed both our Pancake Breakfast with Santa and the Holiday Shop, where they were able to choose gifts for their families free of charge thanks to generous community donations.

January will be a quieter month with a strong focus on learning. We are excited to begin our monthly Caldwell Community Culture (CCC) assemblies at the end of each month, starting with an Indigenous focus on Netukulimk (**Neh**-doo-goo-limk). Later in the month, students will also enjoy a fun and engaging History of Motown presentation with Julia Tynes.

### UPCOMING DATES

- 21 – Julia Tynes: History of Motown presentation
- 27 – International Holocaust Remembrance Day
- 27 – Family Literacy Day
- 29 – Caldwell Community Culture (CCC) Assembly

### RAFFLEBOX WINNER

Congratulations to  
**Ticket #: C-1540. They got to walk away with \$412.50!**



**Our next Rafflebox 50/50 will be Feb 1st!**

### CONTACT INFO

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Netukulimk

**THUMBS UP**  
THURSDAY

## NETUKULIMK “NEH-DOO-GOO-LIMK”

Netukulimk is at the heart of Mi'kmaw beliefs. It shows the Mi'kmaw way of life; that we are all responsible to look out for all of creation, respect all of creation, and that we don't take more than what we need from anyone or anything. This includes the land, water, air, & all of nature. This relationship with Mother Earth is one of great respect, responsibility, & the energy we give to Mother Earth is the energy she will give back to us. Mother Earth & all her gifts will continue to be there for us & the generations ahead – as long as we learn and live by the teachings & practices of Netukulimk.

✦ BE A STUDENT WHO HAS SHOWN RESPECT FOR ALL OF ✦  
CREATION – PEERS & ENVIRONMENT.



# What happens when a school loses power?

Learn more at [hrce.ca/families/cancellations](https://hrce.ca/families/cancellations) under *Power Outage Information for Families*



**Halifax**  
Regional Centre for Education

# APPS EVERY PARENT SHOULD BE AWARE OF



## SNAPCHAT

- Disappearing messages
- Snap Map location sharing
- Addictive features (streaks)
- Sexting & adult contact



## INSTAGRAM

- Body-image pressure
- Hidden DM requests
- Teens use secret "Finstas"
- Exposure to adult content



## ROBLOX

- Inappropriate games
- Unmoderated private servers
- Chat with strangers
- Pressure to buy Robux



## TIKTOK

- Highly addictive feed
- Harmful viral trends
- Attention fragmentation
- Frequent adult content



## DISCORD

- High grooming risk
- Adult/NSFW content
- Harassment & cyberbullying
- Unmoderated servers



## YOUTUBE

- Inappropriate content
- High risk of grooming
- Addictive short form content
- Attention fragmentation



## CHARACTER AI

- Sexualized roleplay bots
- High grooming-style risk
- Fake "AI relationships" with kids
- Encourages secrecy from parents



## TELEGRAM

- Encrypted hidden content
- Large, risky group chats
- Minimal moderation
- Hard for parents to monitor



## REDDIT

- Unfiltered communities
- Adult/disturbing content
- Harmful topics easily found
- Anonymous users & predators



## CHATGPT

- Kids may overshare personal info
- Mature themes can appear
- Emotional dependence on AI
- Hard for parents to monitor use

**Before you let your child use a platform, create an account using their age and explore it yourself to see the content and interactions they'll be exposed to.**

# Learn about the Influenza vaccine

### FAST FACTS ABOUT THE FLU VACCINE

- Influenza (the flu) is virus that peaks in transmission in the fall and winter months
- Most people are mildly ill when they contract the flu but sometimes the flu can be serious and require admission to the hospital
- Children under 6 years are at the highest risk of serious complications from the flu
- The flu and RSV can occur at the same time making children more at risk of needing hospitalization
- The flu vaccine is recommended yearly for children 6 months and older to protect against serious complications of the flu

Scan to book



### FLU VACCINE SAFETY

- The flu vaccine cannot cause the flu
- Serious side effects are rare, affecting less than 1 in 1000 people
- Common side effects include pain and swelling at the insertion site



### HOW TO BOOK YOUR VACCINE

- In Nova Scotia, flu vaccines can be booked online and are free of cost
- You can also call to book at 1-833-797-7772. If you or your child does not have a health card, please call rather than booking online



**DALHOUSIE  
UNIVERSITY**  
FACULTY OF MEDICINE