

# Caldwell Chronicles

## MAY




### MAY

Our PTO were busy creating joy last month with Popcorn Day and our school BINGO!

Popcorn Day was a hit and the whole school smelled SO good!

BINGO was so packed that we had to get extra tables and chairs! A good time was had by all.

We have our Spring Fling coming up on Friday June 5<sup>th</sup> from 6-8pm. In order to run this we will need lots and lots of volunteers.

Are you interested in being part of the PTO or volunteering for an event? Contact PTO via email at  [caldwellroadpto1@gmail.com](mailto:caldwellroadpto1@gmail.com)

### DATES TO NOTE

- May 5- Red Dress Day
- May 11 - Mi'kmaw Language Day
- May is Asian Heritage Month
- May is Canadian Jewish Heritage Month
- May is Polish Heritage Month
- May is Speech and Hearing Month
- May 15 - Black Excellence Day
- May 18- Victoria Day ( no school)
- MAY 26 - Track meet

### RAFFLEBOX MAY

CONGRATULATIONS TO April winner Ticket #: C-1035. They have won \$102.50. Our next Rafflebox has begun! When you support this fundraiser you are supporting our school with the costs of guest speakers, trips, and activities.

**Click [here](#) to purchase tickets.**



### CONTACT INFO

Email: [cres@hrce.ca](mailto:cres@hrce.ca)

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## BLACK EXCELLENCE DAY MAY 15TH

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!



## Raising Healthy, Balanced Kids

### Try Carpool Conversations with your Kids

Looking for an easy way to talk with your child about their digital world? Carpool Conversations from Common Sense Media offers short, engaging prompts and mini podcasts designed to spark family discussions about technology, media use, and online behaviour. Many episodes are only a couple of minutes long, perfect for a car ride or while waiting for practice to start. Explore the conversation starters [here](#).



### The “Amazing” Adventure Guide

**Unplugged Canada** encourages families to reclaim childhood by creating more opportunities for outdoor adventure, independence, and real-world responsibility. Research shows children thrive when they spend time exploring their neighbourhoods, solving problems with friends, and contributing meaningfully at home and in their communities.

**Simple experiences** like walking to a neighbour’s house, biking to the park, helping plan meals, or running small errands **build confidence, resilience, and practical life skills.**

Families can support this by creating space for free play, gradually increasing responsibility, and encouraging safe independence. This may look like setting up “no-adult” play zones, encouraging group play, or assigning meaningful household roles such as helping with groceries, cooking, or pet care. While stepping back can feel challenging, children build independence by practicing it. Families can also work together with neighbours to create shared expectations for safe roaming and outdoor play. For more ideas, check out [The “Amazing” Adventure Guide](#) from **Unplugged Canada.**

**P T O**

# Upcoming events

MAY 1-29, 2026

RAFFLEBOX!

SPRING FLING

FRIDAY JUNE 5<sup>TH</sup> 6-8 PM

VOLUNTEERS NEEDED.

CONTACT

[caldwellroadpto1@gmail.com](mailto:caldwellroadpto1@gmail.com)

