



Upcoming Events:

March

March 9-13 – Sprit Week at ISE!

March 13 - Assessment & Evaluation Day (no classes)

March 16-20 – Spring Break (no classes)

March 21 – World Down Syndrome Day

March 30 – Reports go home

Other Notable Dates:

- **March 8** – International Women’s Day
- **March 21** – World Down Syndrome Day
- **March 21** – International Day for the Elimination of Racial Discrimination
- **March 31**- International Transgender Day of Visibility
- **April 2** – Professional Learning Day (am) & Parent-teacher Conferences (pm) (no classes)
- **April 3** – Good Friday (no classes)
- **April 6** – Easter Monday (no classes)

INGLIS STREET ELEMENTARY SCHOOL

Principal: Gabe Rose **Vice Principal:** Ian MacRae
Admin. Assistant: Wendy Jegede

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Reach the Inglis SAC at hrce-sac-ise@gnsps.ca

A Message from the Principal

February was a great month at Inglis Street. Highlights included our sledding party, the African Heritage Month displays in the hallways, and the buzz each morning as students worked to answer our African Nova Scotian quiz questions during announcements. We also wrapped up the month with a wonderful African Heritage Month assembly.

To close out February, the school took part in a Winter Olympics Day on Friday, and students showed plenty of Olympic spirit. A big thank you to Ms. Jardine who organized and led the day for our students, and to all teachers for helping out.

March is now underway, and there’s lots happening around us. Construction has begun on our modular classrooms, and you’ll see steady progress outside in the weeks ahead.

As we move through the month and close out Term 2, our team is focused on helping students lock in their learning and making *every minute count*. March is an important time to set our learners up for success as we head into the final term of the year.

I’m also resending information in this newsletter about our Community Potluck on March 12. We hope to see you there!

Gabe Rose
Principal

Inglis Street School Potluck: Thursday, March 12th

We are a beautifully diverse community, and we believe sharing a meal is one of the best ways to connect and celebrate our different cultures. We are thrilled to invite you to our **Community Potluck Supper!**

When: March 12, 6:00–7:00 PM (doors open at 5:45)

Where: Inglis Street School Gym

What to Bring:

- One **family-sized dish to share** (serves 6–8)
- **Serving utensil** for your dish
- **Plates, cutlery, cups, and drinks** for your own family



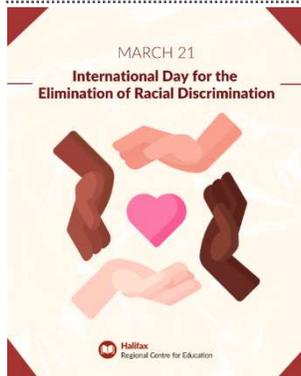
Reminder: Inglis Street is a **nut-aware school** (no peanuts or tree nuts)

Volunteers needed: 4 for **set-up (5:30 PM)** and 4 for **clean-up (7:00 PM)**

To volunteer: Contact PTO Chair **Miranda Chin** at thechinfamily@gmail.com

We hope to see many of you there as we come together to share a meal and celebrate our community.

March 21 is International Day for the Elimination of Racial Discrimination



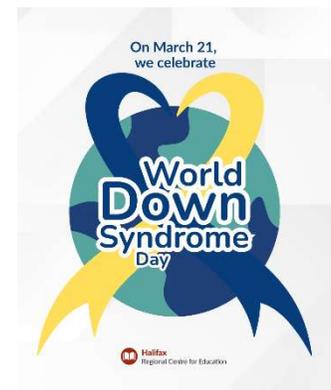
Today we recognize International Day for the Elimination of Racial Discrimination to build awareness, empathy, and respect among students of all backgrounds. The United Nations established this day in 1966 to call for a global commitment to ending racial discrimination in all its forms.

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.

March 21 is World Down Syndrome Day

World Down Syndrome Day, celebrated each year on March 21, gives us the chance to recognize those with Down syndrome and the awesome contributions they make to our school communities. It's an opportunity for families, students, and staff to strengthen inclusion, acceptance, and belonging. By celebrating differences and promoting understanding, our schools help create welcoming environments where every child feels valued and supported.

On this day, many schools encourage students and staff to wear mismatched socks as a colourful symbol of diversity and solidarity. Activities such as assemblies, classroom discussions, and creative projects highlight



the abilities of individuals with Down syndrome, fostering empathy and friendship throughout the school. These efforts ensure that everyone has a voice and a place in our communities, reinforcing the importance of respect and kindness.

March 21 is Nutrition Month: Make the Most of the Nova Scotia 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.

