



CHARLES P. ALLEN HIGH SCHOOL

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COMMUNICATION #6

October 6-10

Good evening C.P. Allen Students and Families:

October is a busy month at CPA! Please review the information below for the upcoming week ahead and be sure to stay up to date by following us on Instagram **@cpahighschool** and by downloading the free CPA App by visiting the app store and searching for **CPA High School Nova Scotia**. The app is a great way to get reminder notifications on your phone about weekly and daily happenings.

School Advisory Council Student Rep Election

We have a number of students who put forward their name to sit on the School Advisory Council for CPA. As a result, an SAC Student Election will take place on **Monday, October 6 from 9:30am-3:30pm** in the graduating year Google Classroom. Grade 10s will have the opportunity to vote for their grade 10 candidate, grade 11s will have the opportunity to vote for their grade 11s candidate, and grade 12s will have the opportunity to vote their grade 12 candidate. Only one vote per student is accepted via their GNSPES account.

Prior to Monday's election, we have posted the student bios in the graduating year Google Classroom to help students decide who to vote for.

Grade 12 Measurements for Grad Gown Sizes

Although we are just starting the school year, planning for June graduation starts early. We have to order grade 12 graduation gowns by early November for the June ceremony. Students should log into their GNSPS and fill out the Graduation Gown Size Form here. **Due October 31 at 3:30pm**

Grade 12 Post Secondary Fair

The grade 12 student Post-Secondary Fair will take place on Thursday, October 9 in the gym during the afternoon. This is an exciting event for grade 12s where they can meet university and college representatives from Atlantic Canada to learn more about what each institution has to offer. There will also be breakout sessions that grade 12s can sign up for after the expo portion.

Grade 12 Parent Post Secondary Information Evening

Join CPA Guidance Counsellors on Thursday, October 9 at 6:00pm in the cafetorium for an information session on all things post-secondary. After the presentation, guests will be invited to the gym to meet representatives from various universities, colleges and institutions from across the Maritimes.

Terry Fox Walk

The Terry Fox Walk will be on **Monday, October. 6th** during **B block** class.

- Classes will be called down by floor starting at 11:10am.
- The walk is approx. 30 minutes long.
- Students must dress for the weather - unless there is a downpour, the walk will go ahead.
- All students are expected to participate unless they have a medical condition that prevents them from doing so. Students with medical conditions should come down to the office and will wait in the Student Exchange/Caf.
- Students must stay on the sidewalks and NOT walk on the lawns of our neighbors.
- The walk is to honor Terry's Marathon of Hope that inspires people worldwide to donate money in the fight against cancer.
- There will be free freezies at the end of the walk!

School Picture Re-Take Day

Picture retakes are scheduled for October 10th, 2025. If a student missed picture day or they would like a retake, they may have your photo taken on this day.

Free Session for Parents and Caregivers

On Tuesday October 7, SchoolsPlus will be hosting a session with the IWK Community Health Team called **My Child Is Anxious Should I Worry?**

This is for parents and caregivers of children 12 and up. This is a free event focused on identifying the early signs of anxious feelings in children and skills for helping them manage everyday anxiety.

When: October 7, 2025

Location: Charles P. Allen High School

Email jasmine.lavhey@hrce.ca to register

Please bring your child's health card to the program.

October is Mi'kmaq History Month

October is Mi'kmaq History Month, a time to celebrate and recognize the rich culture, history, and contributions of the Mi'kmaq people. In our schools, we can honour this month by incorporating Mi'kmaq stories, traditions and teachings into our curriculum. Activities such as guest speakers, art projects and cultural events can help students appreciate and understand the significance of Mi'kmaq heritage. Please join us in offering our respect, awareness and appreciation for the Mi'kmaq community and their enduring legacy. Learn more [here](#).

O Canada in Schools

In September, the Nova Scotia Department of Education and Early Childhood Development shared a new provincial policy about the playing of our national anthem in schools. You can read it [here](#).

In keeping with this policy, we play O Canada at the beginning of each school day in our school.

If you have any questions, please reach out to the school office.

October is Canadian Library Month

October is Canadian Library Month, a time to celebrate our wonderful libraries and the Library Support Specialists who support our students. The third Friday of the month is Canadian Library Workers Day and the fourth Monday is Canadian School Library Day. Please join us in thanking our school library workers for all they do every day in creating safe and welcoming spaces, encouraging a love of reading and helping students succeed in school and beyond. Learn more [here](#).

We are grateful to our wonderful Library Support Specialist, Linda Maurice.

Important Dates:

- **October 6** – Terry Fox Student Walk
- **October 8** – Queen's University will be at CPA at noon for interested grade 12s
- **October 9** – Grade 12 Post Secondary Fair in the gym during the afternoon
- **October 9** – Grade 12 Parent Post Secondary Information Evening at 6pm
- **October 10** – Student Picture Re-takes

Have a great week!

Andrea Doucette, (Acting) Principal