



CHARLES P. ALLEN HIGH SCHOOL

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COMMUNICATION #15

December 8-12

Hello C.P. Allen Students and Families:

Please take some time to review updates and events happening this coming week.

Sock it to Poverty

We will be collecting new or gently used winter items like socks, gloves, mitts and scarves to be distributed to those in need across the province this winter. From now until December 19th, 2025 there will be a donation box in Student Exchange (outside of the main office) for collection of these items.

IWK Toy Drive

CPA Cheetahs for Change students are hosting an IWK Toy Drive. The toy drive runs from November 12th to December 12th. Boxes are set up in the student exchange area for new and gently used toys.

Resources for Parents from Unplugged Canada

If you're concerned about your kids' screen time, smartphone use, or social media pressure, there are some wonderful resources below to help parents and caregivers navigate the challenges of raising kids in a digital world.

For parents: The Anxious Generation by Jonathan Haidt highlights the research and evidence behind how early smartphone and social media exposure have shaped a generation over the last 10–15 years. **Ten Rules for Raising Kids in a High-Tech World by Jean Twenge** offers practical, actionable guidance to help parents set healthy boundaries and support their kids' digital wellbeing.

For kids: The Amazing Generation, written for pre-teens and teens and co-authored by Jonathan Haidt, will be released on December 30. It explains the impact of today's digital environment in an engaging, age-appropriate way.

All of these books are available at your local library or bookstore.

Unplugged Canada is a parent-led, national movement advocating for healthier childhoods by delaying smartphones and social media until kids are more developmentally ready. Join thousands of Canadian families choosing to delay by taking the Unplugged Canada Pledge at unpluggedcanada.com/sign-pledge.

Planning for Inclement Weather

Did you know? HRCE takes great care when making the decision to alter the regular operations of schools and school buses in the event of severe or inclement weather.

It is HRCE's goal to communicate any changes to the regular operations of schools and/or buses **as close to 6:00 a.m. as possible**. A 6:00 a.m. announcement could be:

- All schools are delayed in opening by two hours and bus pickups are delayed by two hours; or
- All schools are open, but some or all busses are not operating for the day; or
- Some schools (either individually or by family) are closed for the day; or
- All schools are closed for the day.

If weather deteriorates, or is forecasted to worsen throughout the morning, **an 11:00 a.m. announcement** could be:

- Bussed students will be picked up two hours earlier than their regular dismissal time; and
- Walking students will be dismissed at their regularly scheduled lunch hour.

How will I find out?

- By email to the addresses in PowerSchool
- By text message, if you have opted-in. If you aren't sure if you have opted-in, text Y to the following number: 978338
- [On the HRCE website](#)
- [On Instagram](#)

It's important to always have a plan in place for childcare in the event of any cancellation. Please remember: As a parent or guardian you always have the choice of whether or not to send your child to school.

For more information on how HRCE manages during inclement weather, visit hrce.ca/families/cancellations.

New educational technology resource for families

We're excited to share a new online resource designed to help families understand how technology supports student learning in HRCE. This page provides an overview of how tools like Chromebooks and Google for Education are used in classrooms, what provincially approved online platforms students may access, and how student privacy is protected. You'll also find information about Nova Scotia's guidance on the provincial cell phone expectations, tips for supporting online safety and digital citizenship at home, and an introduction to how students are learning about artificial intelligence in a thoughtful and responsible way. It also includes answers to common questions about screen time, passwords, communication during the school day, and more.

You can find the webpage [here](#).

Important Dates:

December 10: International Human Rights Day

December 11: School Semi-Formal Dance

December 14: First day of Hanukkah

December 19: Last day of school for students before holiday break

Have a great week!

Andrea Doucette, (Acting) Principal