



# CHARLES P. ALLEN HIGH SCHOOL

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## February is African Heritage Month

### **COMMUNICATION #23**

February 23-27

Hello C.P. Allen Students and Families:

Here is what is happening this week and the month ahead.

### **Students, Here's What to Expect for Gr 11 & 12 Course Selection**

School counsellors will be visiting semester 2 math classes beginning Monday, February 23rd. This will take several days to complete. During this time, counsellors will share a course selection presentation to students, hand out course selection books and a course selection worksheet. Students are encouraged to bring this information home to their parent/guardian to discuss choices. If a student has any questions, they are welcome to book an appointment with their school counsellor.

If there are any students who do not have a math class, they are asked to come to the school counselling office.

Beginning on March 11<sup>th</sup>, counsellors will again be visiting math classes to help students input their course selections for next year into PowerSchool. Students should ensure that they can log into PowerSchool prior to this week. If they are having issues with their login, they should see Ms. Lowe in the school counselling office (room 242). Students will be able to make changes to their selections by logging into PowerSchool until after March Break. At that time, course selection will be closed.

The course selection book and sheet can also be found on the main page of our website.

Students are encouraged to think carefully about their course selection as class changes are difficult once the schedule is built. Understanding post-secondary requirements and choosing courses based on your interests will be key to a successful school year.

### **NEW DATE: Parent Gr 10 & 11 Course Selection Information Evening**

The CPA School Counselling Team is now focusing on 2026/2027 course selection. On **February 26<sup>th</sup>** at 6:00pm,

CPA will host a course selection presentation for parents of grade 10 and 11 students. This is a great opportunity for parents/guardians to learn more about courses offered in 2026/2027, the course selection process, graduation requirements, and academic planning.

## Student Success at CPA

With the start of a new semester, we want to remind students of expected behaviours that leads to a successful semester.

- Be in class and on time every day
- Listen to your teachers
- Stay in class unless you have permission from your teacher.
- Respect your classmates, staff, and yourselves
- Cell phones are to be turned off and put away during instructional class time
- Washrooms are not places to hang out. Please respect students who require the use of the washrooms throughout the day
- No smoking or vaping on school property
- Drive safely in the parking lot and on Innovation Drive.
- Complete your schoolwork using your own mind. It's the only way you will learn.
- Practise what you are learning
- Assignments have deadlines. These are expected to be met unless you have requested an extension from your teacher
- If you have a study block, you can be in the library or cafeteria.
- Students are not permitted to go to the cafeteria during their class time.
- Bring your textbooks, binders, supplies and Chromebooks to class every day.

If you are struggling, please reach out to your teacher, school counsellor or administration for support.

## Student Visitors

Students from other schools are Not Permitted at CPA during the school day.

Student safety is a priority. Lately we have had some students from other schools loitering in our building. CPA

students are not to invite students from other schools to our school without a valid reason and approved by the

administration. We expect that if students are aware about non-CPA students/persons in our building, they will

report that information to the administration or staff immediately.

## Important Yearbook Information

### **Graduation Photos for Yearbook**

Any grade 12 students who have had their graduation photo taken outside of the school should upload their photo

to be included in the yearbook here -> <https://linktr.ee/cpayearbook26>

## Graduation Photo Sessions

Due to weather conditions and the rescheduling of exams, grad photo retakes have been moved to March 9th,

10th, and 11th. **If you have already booked a retake appointment, please note that you will need to visit the**

**website and rebook your time.**

[Book or rebook your session here.](#)

Alternatively, you may contact the studio directly to book a session at their location. If you choose to book directly with the studio, please ensure your appointment is scheduled before March 9th in order for your photo to be included in the yearbook.

*Calnen of Canada Ltd.  
Nova Scotia School Pictures  
studio@calnenphotography.com  
5495 Spring Garden Road, Halifax Phone: 902-423-8840  
Fax: 902-423-6846*

## **Co-op Program at CPA**

Students who are interested in taking the Co-op Program at CPA in 2026/2027, application forms are available in the school counselling office (room 242). Interested in learning more about co-op? [Check out our website for more information.](#)

## **Thriving Offline: How Delaying Smartphones Can Help Kids Flourish**

Thriving Offline: How Delaying Smartphones Can Help Kids Flourish, a free community event hosted by Unplugged Canada at St. Margaret's Bay Elementary, is available both in person and virtually.

Designed for caregivers and educators, this session will explore how early smartphone and social media use impacts children's development and the latest research, practical strategies, safer alternatives, and age-appropriate boundaries to support healthy childhoods.

### **Join us! Thriving Offline: How Delaying Smartphones Can Help Kids Flourish**

- Tuesday, February 24, 2026, at 6:30 p.m.
- St. Margaret's Bay Elementary - 24 Ridgewood Dr, Head of St Margaret's Bay, NS
- Please register for in-person or virtual [here](#).

## **CPA Athletics:**

JV Boys Basketball- narrowly missed out on qualifying for Provincials with a tough loss to Bayview in the Regional Playoffs. Congratulations on a great season.

JV Girls Basketball -came 2<sup>nd</sup> in the Regional Playoffs and will be competing in the Provincial Championships at Amherst Regional High School on Feb.27- March.1

Varsity Girls Basketball- Won the Regular season Metro Championship and had some hard fought Regional Playoffs games and came 4th. They will be travelling to Parkview on Feb.27 for a Provincial Qualifying game with the hopes of competing in Provincials here in Halifax on March 6,7,8.

Varsity Boys Basketball- Finished in 4<sup>th</sup> place in the Regional playoffs. Will be playing a Provincial Qualifying game with Yarmouth High this week with the hopes of Qualifying for the Provincial Championships at North Nova High School in New Glasgow on March.6,7,8.

Girls Hockey Team- Lost a very close Regional playoff game to Bayview this past week. Congratulations on a great season.

Boys Hockey- Won their 1<sup>st</sup> round Regional playoff series vs Millwood and will be looking forward to competing in the next Round.

Curling- Our Curling Team will be competing in the Regional playoffs on Feb.24,25,26

Wrestling Team – has won every tournament this year. Provincials are in Antigonish next weekend.

Wishing all our teams the best of luck at Regionals and Provincials. Go Cheetahs!

## **CPA Arts:**

CPA's Music Program will be holding a Band Concert on Sunday, March 1<sup>st</sup> at 2pm. Come listen to our students perform. Admission is free, but donations are accepted.

## **CPA Student Council**

- Trivia Night – Students, are you ready for amazing trivia and the chance to win prizes? Student Council is organizing a student Trivia Night for March 12<sup>th</sup>. Come out and have some fun. Registration is free!
- A 44-year CPA tradition, Rootbeer Fest, will be taking place on March 26<sup>th</sup>. Come out and see some amazing talent in our students. Admission is free, and so are the root-beer floats.

## **Important Dates:**

**February is Registration Month at HRCE Schools** [visit the HRCE website for more details](#)

**February 26:** Gr 10 & 11 Parent Course Selection Information Session 6pm

**March 1:** CPA Band Concert 2pm

**March 12<sup>th</sup>:** Trivia Night

**March 16-20:** March Break

*Have a wonderful week!*  
*Stephanie Bird, Principal*