



COMMUNICATION BULLETIN

CHARLES P. ALLEN HIGH SCHOOL

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COMMUNICATION #6 September 27th, 2026

Good evening C.P. Allen Students and Families:

Friday, Sept 25th: Lunch ordering opens

Tuesday, Sept 29: Orange Shirt Day (in recognition of Truth and Reconciliation Day)

Wednesday, Sept 30: Truth and Reconciliation Day (no classes)

Wednesday, Sept 30: Lunch ordering window closes for October 5-16 lunches.

Thursday, Oct 1: [Treaty Day](#) (observed)

Thursday, Oct 1: St. FX at CPA during lunch for interested students

Thursday, Oct 8: Grade 12 Post Secondary Expo (afternoon in the gym)

Thursday, Oct 8: Grade 12 Parent Post Secondary Information Evening 6-8pm

Monday, Oct 12: Thanksgiving Day (no classes)

Truth and Reconciliation Day and Orange Shirt Day

On Tuesday, all CPA students and staff are to wear an orange shirt to honour the children of residential schools in Canada from 1870 to 1996 and to recognize the Truth and Reconciliation Report. Residential schools were created to remove Indigenous children from their parents, their homes, their language and their culture in the hopes that they become assimilated into European values. Unfortunately, they also became places where children experienced physical, emotional, spiritual and /or sexual abuse. Sadly, too many children never returned home. Not only did parents grieve the loss of their children but also lost the opportunity to pass along their traditional knowledge and values.

Teachers will provide opportunities to learn about Truth and Reconciliation and residential schools in their classes. Again, we are asking all students and staff to wear **orange** on Friday.

There will be no school on Wednesday, September 30th. It is Truth and Reconciliation Day. It honours the experiences of Indigenous Peoples, recognizes their resilience and affirms a commitment that every child matters. Please, take the time to reflect and to take action using the 94 Calls to Action document.

ORDERING LUNCHES

It is important for students (families) to place their orders during the ordering window, so we don't run out of food.

The ordering window opens on: **Friday, September 25th, 2026**

The ordering window closes on: **Wednesday, September 30th at noon**

Need help with how to order school lunches? [Click here.](#)

PHOTO RETAKES

The photographer will return to CPA on October 8 for picture re-takes or for students who did not have their picture taken. More details to follow.

VISITORS TO CHARLES P ALLEN HIGH SCHOOL

Any visitors coming into Charles P. Allen High School must first report to the main office. This includes parents and family members.

Also, students from other schools are not permitted to enter CPA to visit friends during the school day.

TERRY FOX RUN/WALK

Fundraising for the Terry Fox Run/Walk has begun! Any class that raises a minimum of \$100 will be eligible to win a pizza party donated by Kenny's Pizza. The Terry Fox Run will be on Thursday, October 1st before lunch (which will be a C block).

GOOD CITIZENS

As mentioned in the previous communication, we are very impressed with how our students clean up after eating their lunch. Unfortunately, we have had a few complaints from members of our school community on Innovation Drive. They are concerned that our students are trespassing across their properties and littering. If you walk to the Circle K at lunch, please use the sidewalk and bring any garbage with you back to the school. We need to be good citizens in all places.

GRADE 12 COUNSELLOR CLASS VISITS

School Counsellors will begin visiting Grade 12 classes from **September 22 to October 2** to provide important information and guidance as students prepare for life after high school.

During these visits, counsellors will review **university, college, and private post-secondary options**, including admission requirements, application procedures and deadlines, transcripts, and how admission averages are calculated. Students will also learn about **NSCC programs and applications, scholarships and awards, student loans, U.S. university applications**, and resources for exploring post-secondary and career options.

Students are encouraged to begin researching programs and their specific admission requirements early, as deadlines and criteria vary between institutions. Students who have questions or need individual guidance are encouraged to **book an appointment with their School Counsellor**.

STUDENT CAREER EXPLORATION AND JOB SEARCH SKILL SUPPORT

Nova School Works provides a School Liaison to each high school campus with the mission to support youth and their families by creating opportunities for career exploration and job search skill development. Our CPA School Liaison, Eleana Vavasour, will offer the following services on

Wednesdays (8:30-4:30) and Friday mornings (8:30-12), in the Student Support Centre. Eleana can help with:

- Resume Building
- Interview Skills
- Job Search
- Career Exploration
- Workplace Expectations
- And Much More!

You can email Eleana at Eleana.Vavasour@gnsps.ca to book an appointment.

RETURNING STUDENT REGISTRATION FORM

The Returning Student Registration Form (formerly Demographic Updates Form) is available to families from

September 9 to October 5. This form is accessed via the Parent Portal and is an opportunity each year to review and update student information and also includes our yearly permissions and consents.

CPA ATHLETICS

You can find the schedule of games and practices on the [Athletics Calendar](#).

GRADE 12 MEASUREMENTS FOR GRAD GOWN ORDER

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**

Have a great week!

Stephanie Bird, Principal

A promotional graphic for the Nova Scotia School Lunch Program. It features a blue background with the program name in large white text. Below the name is the tagline 'Nutritious. Delicious. Easy.' in yellow. A QR code is positioned to the left of the text 'Sign up and place your order NSLunch.ca'. In the bottom right corner, there is a photograph of a yellow school tray containing a white plate with a variety of food items: rice, shredded cheese, lettuce, tomatoes, black beans, corn, and red bell peppers, along with two small containers of sauce. The Nova Scotia logo is in the bottom left corner.

Nova Scotia School Lunch Program

Nutritious. Delicious. Easy.

 Sign up and
place your order
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