



## Upcoming Events: March

### March is Nutrition Month!

**March 8:** International Women's Day

**March 9-12:** SJAM Spirit Week

**March 10:** SAC (6-7pm) & HAS (7-8pm)

**March 12:** French Immersion Primary Information Night (6-7pm)

**March 13:** Assessment & Evaluation Day (**No School for Students**)

**March 13:** School Lunch Order Opens

**March 16-20:** March Break (**No School**)

**March 21:** World Down Syndrome Day

**March 21:** International Day for the Elimination of Racism

**March 27:** School Lunch Order Opens

**March 31:** Term 2 Report Cards/IPP Reports Distributed

**March 31:** International Transgender Day of Visibility

### Other Notable Dates:

**April 2:** Teacher Professional Practice/Progress Conference (No School for Students)

**April 3:** Good Friday (No School)

**April 6:** Easter Monday (No School)

## école ST. JOSEPH'S A. MCKAY SCHOOL

**Principal:** Cheyanne Gorman-Tolliver **Vice Principal:** Katie Mott/**Admin. Assistant:** Sandy Harrison

**Phone:** 902- 493-5180

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Follow us on The SJAM Home & School Facebook Page.

### Dear SJAM Families:

As we welcome the month of March, we can feel the anticipation of spring in the air once again! This season brings fresh energy, new growth, and renewed opportunities for learning—something we are excited to share with our students and families as we continue settling into our beautiful new building. While we are still finding our rhythm in the space, it already feels wonderful to be back home in our community, surrounded by the familiar faces and neighbourhood connections that make SJAM such a special place.

Throughout March, teachers will be synthesizing assessment data and finalizing Term 2 report cards ahead of March Break. Near the end of the month, Classroom Teachers will reach out directly to parents and guardians to schedule Term 2 Progress Conferences taking place on **April 2nd**. We look forward to connecting with you then.

After March Break, watch your inbox for details about our **Spring SJAM Clothing Order** if you'd like another chance to purchase school gear.

As always, we are grateful for your continued support—together, we make SJAM a warm, welcoming, and inclusive place for every child.

Please know we are working on plans for you to see the new space as we continue to adjust to new routines and processes.

## March 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.

## International Women's Day

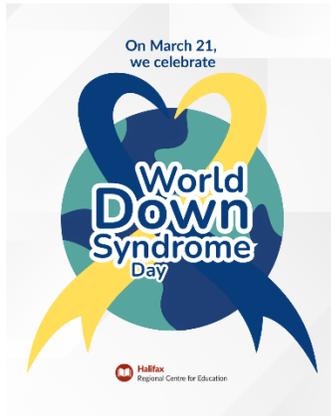


March 8 marks International Women's Day (IWD), a time to recognize and celebrate the social, economic, cultural, and political achievements of women and girls. For the Defence Team, IWD is also an opportunity to reflect on our progress and reaffirm our

commitment to addressing persistent gaps across the organization.

This year's theme, **Give to Gain**, highlights the importance of taking meaningful steps to advance gender equality.

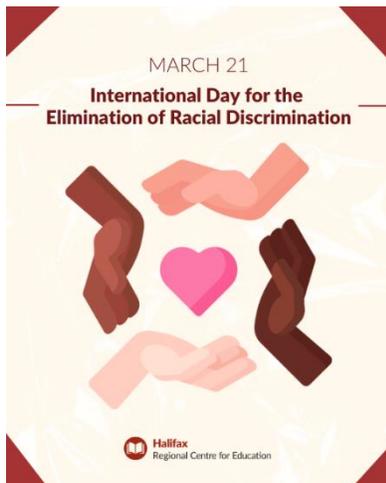
## World Down Syndrome Day



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.

## International Day for the Elimination of Racism



On March 21<sup>st</sup>, 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.

## International Transgender Day of Visibility



Each year on March 31, the world observes Transgender Day of Visibility to raise awareness about transgender and gender nonconforming people. It is a day to celebrate the lives and contributions of the accomplishments of transgender people while raising awareness of the work that still needs to be done to achieve transgender justice.

At SJAM, we celebrate Transgender Day of Visibility by fostering an inclusive and supportive environment where all who enter our space feel safe, respected, and valued. We encourage kindness, understanding, and acceptance by educating our students about diversity and the importance of being allies to one another. Through age-appropriate discussions, books, and activities, we affirm that every person deserves to be seen and celebrated for who they are.

## Responding to Technology-Facilitated Harms Among Young People



Unplugged Canada is hosting a free community event at the Canada Games Centre on Thursday March 5 at 7 p.m., available both in person and virtually. Join to learn from Dr. Alexa Dodge, Assistant Professor of Criminology at Saint Mary's University and a leading Canadian researcher on technology-facilitated sexual violence.

**This session will explore cyberbullying, the sharing of intimate images, and other online harms youth face**, along with research on the support and responses young people need when problems arise online. This presentation will be valuable for any caregiver or adult supporting young people as they navigate the challenges of their digital social lives.

**Thursday, March 5, 2026, at 7 p.m.**

**Canada Games Centre Boardroom - 26 Thomas Raddall Drive, Halifax**

**Please register for in-person or virtual [here](#).**

## [Safer Internet Day 2026: Navigating the Internet Safely](#)



As our kids and teens spend more time exploring, creating, and learning online, it's natural to wonder how we can best support them — especially with emerging technologies like artificial intelligence becoming part of their digital world. On Safer Internet Day 2026, Google shared helpful updates and tools designed to make it easier for families to guide, protect, and empower young people as they navigate the Internet safely. Learn more

[here.](#)

## [SJAM Basketball Team](#)



So awesome that we can now hold practices and games in our own school! Practices continue to take place during lunch. Students are asked to come prepared with their basketball gear.

**Practices for Players Schedule:**  
Every Thursday @ Lunch

**Game Schedule: All games begin at 3:30-3:45pm**

**Next two home games:**

**March 3** vs Rockingham Elementary

**March 11** vs Crichton Park Elementary

Come show your support!!

**SJAM Spirit Week: March 9-12<sup>th</sup>**

<p><b>Monday:</b> <u>PJs/Comfy Clothes Day</u></p> <p>*Wear your favorite comfy clothes or pajamas.</p> 	<p><b>Tuesday:</b> <u>Hats &amp; Socks Day</u></p> <p>*Show off your favorite hat or silly socks or both!</p>  	<p><b>Wednesday:</b> <u>Color Day</u></p> <p>*Dress head to toe in your favorite color.</p> 	<p><b>Thursday:</b> <u>Decades Day</u></p> <p>*50s/60s/70s/80s/90s/2000s -Dress up in your favorite fashion decade!</p> 
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**SJAM School Advisory Council (SAC)/Home & School Association (HSA)**

Both our School Advisory Council and Home & School Association are completely organized by wonderful staff, family, and community volunteers who continually give of their time and expertise each month to improve and maintain a safe, fun, and inclusive learning environment for all SJAM students.



**The next SAC meeting will be Tuesday, March 10<sup>th</sup>** from 6-7pm.  
**The next meeting for HSA will be Tuesday, March 10<sup>th</sup>** -7-8pm.

If you'd like to become a member please reach out to either the Principal, Cheyanne Gorman-Tolliver (Ms. T) at [cgorman-tolliver@hrce.ca](mailto:cgorman-tolliver@hrce.ca) or our council and committee chairs, Jamesie Coolican (SAC) at [hrce-sac-sjam@gnspe.ca](mailto:hrce-sac-sjam@gnspe.ca) and Erin Galliot (Home & School Association) at [sjamhomeandschool@hotmail.com](mailto:sjamhomeandschool@hotmail.com)

**Life @ SJAM2**

The only thing we can remember is the move! We are so happy to be home 😊!

Your SJAM Admin Team