



Upcoming Events: April

April 1: Progress Conferences 5-7pm

April 2: World Autism Day

April 2: Teacher Professional Practice (am)/Progress Conferences (1-4pm)- **NO SCHOOL FOR STUDENTS**

April 3: NO SCHOOL-Good Friday

April 6: NO SCHOOL-Easter Monday

April 8: First Run Club Practice(grades 3-6)

April 10: Last day to order SJAM Gear

April 17: HSA/SJAM Social & Silent Auction

April 19-25: National Volunteer Week

April 22: Earth Day-Whole School Clean Up

April 29: Professional Development Day-NO SCHOOL FOR STUDENTS

Other Notable Dates:

April 1: Passover Begins

April 5: Easter Sunday

April 22: Administrative Assistants Professional Day

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

Website: <https://sje.hrce.ca/> **Email:** sjam@hrce.ca

Safe Arrival: 1-833-582-6940

Follow us on The SJAM Home & School Facebook Page.

Dear SJAM Families:

As we welcome the month of **April**, signs of spring are all around us, bringing renewed energy, growth, and continued opportunities for learning. We are enjoying settling more fully into our beautiful new building, and while we continue to fine-tune our routines, it already feels wonderful to be back home in our community—surrounded by familiar faces and the neighbourhood connections that make SJAM such a special place.

This month, we look forward to connecting with families during **Term 2 Progress Conferences on April 1st & 2nd**. These conversations are an important opportunity to reflect on student learning and growth, and we appreciate your partnership and engagement in this process.

As the weather warms, we are also excited about the many activities and events that April brings. Be sure to keep an eye on your inbox for information about our **Spring SJAM Clothing Order**, if you're interested in adding to your school spirit gear.

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



Autism Awareness Day

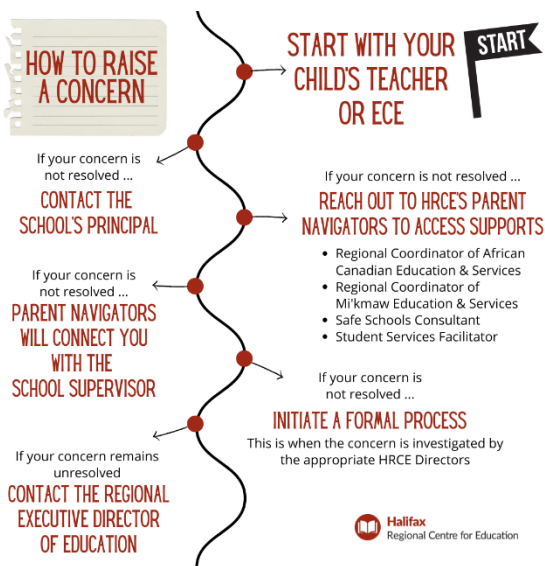


Autism Awareness Day is an opportunity to recognize and celebrate the many strengths and experiences of autistic children and youth in our school communities. For families, it's a moment to reflect on the importance of feeling seen, heard, and supported — not just today, but every day.

In our schools, awareness is only the beginning. True inclusion comes from acceptance, understanding, and a commitment to meeting each student where they are. When educators, students, and families work together to build empathy and reduce barriers, we create environments where every child can thrive.

Recognized globally on April 2, World Autism Awareness Day, led by the United Nations, highlights the importance of improving quality of life and upholding the rights of autistic individuals. This year's theme, "Autism and Humanity – Every Life Has Value," reminds us that every person deserves dignity, respect, and the opportunity to thrive, both in school and beyond.

Have a Concern?



Do you know how to raise a concern? We want families to feel comfortable reaching out when they have questions or concerns about their child's education or well-being. In most cases, concerns can be resolved quickly by connecting directly with school staff.

If you do have a concern, here are the steps to follow:

- **Start by speaking with your child's teacher or ECE.** They are often best positioned to address questions about your child's learning or classroom experience.
- **If the concern isn't resolved, contact the school principal** to continue the conversation and work toward a solution.
- **If you need additional support, HRCE's Family Navigators are here to help.** They can provide guidance and connect families with helpful resources and supports. They can be reached at connect@hrce.ca.
- **If the concern still isn't resolved,** a formal review process can be requested, and the matter will be looked into by the appropriate HRCE Director.

- **The final step** is for the concern to be reviewed by the Regional Executive Director.

You can learn more about the process [here](#) or by reviewing the [Parent/Guardian Concern Policy](#).

[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, April 14 from 6-7pm.
The next meeting for HSA will be Wednesday April 22 -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 or our council and committee chairs, Jamesie Coolican (SAC) at hrce-sac-sjam@gnsps.ca and Erin Galliot (Home & School Association) at sjamhomeandschool@hotmail.com

[The 'Amazing' Adventure Guide](#)



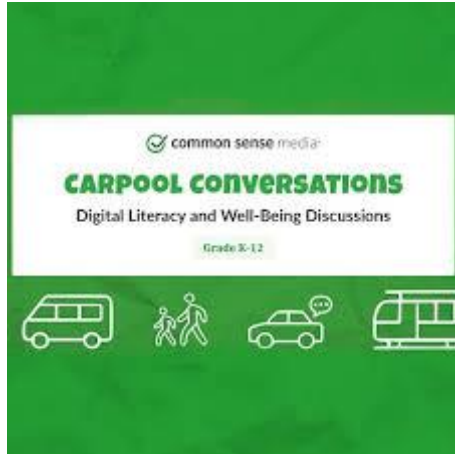
[Unplugged Canada](#) encourages families to reclaim childhood by creating more opportunities for outdoor adventure, independence, and real-world responsibility. Research shows that children thrive when they spend more time exploring their neighbourhoods, solving problems with friends, and contributing meaningfully at home and in their

communities. Simple steps like walking to a neighbour's house, biking to a local park, helping plan a family meal or running small errands help kids build confidence, resilience and practical life skills.

Families can support this shift by intentionally creating space for free, unsupervised play and increasing responsibility over time. That might mean designating "no-adult" play zones, encouraging kids to gather in groups of three or more for creative play, or giving them meaningful household roles such as helping with groceries, cooking or caring for pets.

It can feel challenging to step back, but children build independence by practicing it. Families can make it easier by teaming up with other parents in their neighbourhood to create shared boundaries for safe roaming and outdoor play. For more ideas and practical steps, see the full guide: [The “Amazing” Adventure Guide](#) from Unplugged Canada.

[Carpool Conversations](#)



Try Carpool Conversations with your kids. Looking for an easy way to talk with your child about their digital world? Carpool Conversations from Common Sense Media offers short, engaging prompts and mini podcasts designed to spark family discussions about technology, media use, and online behaviour. Many episodes are only a couple of minutes long, perfect for a car ride or while waiting for practice to start. Explore the conversation starters [here](#).

[SJAM Basketball Team](#)



We are proud to celebrate a fantastic season for the SJAM Basketball Team! With an impressive record of **7 wins and 1 loss**, our players demonstrated not only skill and determination, but exceptional teamwork and sportsmanship—earning many compliments from opposing teams along the way. A heartfelt thank you goes to our dedicated volunteer teacher coaches, **Ms. Lucas, Ms. Young, Mme. Swinamer, and Mme. Thakkar**, our EPA/Referee **Mr. Johnny (Johnny Blue)**, our African Nova Scotian Student Support Worker/Referee, **Mr. Walter**, and all the student referees, whose time, energy, and commitment made this season such a success. Way to go, SJAM! 🏀

SJAM Run Club (grades 3-6)



SJAM Run Club is beginning for students in Grades 3 to Grades 6! All students and abilities welcome! Students do not need prior running experience or anything special to participate but should have a pair of sneakers and a water bottle. Crocs, slippers, or sandals cannot be worn for Run Club. Interested students can pick up permission forms during Teacher Conferences at the school, or at **our first meeting at Lunch next Wednesday, April 8th**. Further information about practices, commitment, and races will be included in permission packets. In order for our Run Club to be successful, we will be looking for parent volunteers during the listed practice times. Stay tuned for a volunteer callout! For more information reach out to Mme. North at amy.north@gnspes.ca

RUN CLUB PRACTICES

Mondays - Lunch run (12:10pm - 12:40pm)

Wednesdays - Morning run (8:00am - 8:40am) @ Fort Needham Park

Fridays - Lunch Run (12:10pm - 12:40pm)

Sunday SJAM Community Fun Run



Starting Sunday, April 12th, join us every Sunday at 10am at Fort Needham Memorial Park for an all ages, all abilities Walk/Run/Roll. Bring your families and friends and move your bodies together! Weather dependent - will not run on rainy days. Come one, come all! For more information reach out to Mme. North at amy.north@gnspes.ca

A free, unsupervised opportunity for SJAM families to get together and move their bodies!

Youth Running Series

All SJAM students are able to register for several kids' runs locally through the Youth Running Series. Each race is 5\$, or you can register now for the entire series (6 races) for \$20.

The first race of the spring season will be on Saturday, May 2nd at Shubie Park in Dartmouth. Races are divided by age group and the full schedule is available on their site below.

Please see the link below for more information:
<https://www.youthrunningseries.ca/>

Life @ SJAM2

Little Jammers Glee Club ended with a performance for classmates and teachers. Our swimming program ended with Mr. Walter. DND (Dungeons & Dragons), Chess, Pokemon, and Craft Clubs, all are still happening. We also had our first whole school assembly inside! Many of our students had never been so this was an introduction to the expectations of an assembly and the reasons we would come together for an assembly. We are looking forward to assemblies where we can also invite families, stay tuned!

Also, shout out to the members of DND for their feature story on CBC! Click here for the video <https://www.cbc.ca/player/play/video/9.7132227>



See you next month!

Your SJAM Admin Team