École John W. MacLeod Fleming Tower School

November 2026 News

HAVE YOU HEARD …

Thank you for supporting our Terry Fox Run in October. Our school set a fundraising goal of $500, which we surpassed. We are happy to announce that we raised $845 in donations this year. This year marked our 41st year of participation. In total, JWMFT has approximately raised a remarkable $155,700 in total. Wow! What an incredible accomplishment!

Warm Clothing:

It is hard to believe that November is already here! As the weather will increasingly get colder, we ask that you please talk with your child about the importance of wearing those wonderful warm sweaters and jackets you send with them on a daily basis. Staff work hard to encourage them to wear the proper clothing but your encouragement would certainly help our efforts. Thank you for your support.

Reminder: Life Threatening Allergies:

As you are aware, we have several students who have life-threatening allergies to peanuts/nuts and associated products. We are a peanut aware school and ask that parents avoid sending things containing nuts and nut products. The weeks following Halloween can sometimes be tricky as some students put items into their lunch bags without thoroughly checking labels. Additionally, some of our students have medical conditions which can be worsened by scented products. We are also a scent smart school and encourage visitors to avoid wearing strong scents when at school.

School Operations and Student Safety:

It is really important that all students and visitors to the school follow the safety precautions and protocols we have in place. Student Supervision starts at 8:05 am. **No vehicles should be driving onto school property during arrival and dismissal time to drop off/pick up students (8:05-9:00; 2:30-3:15).** This is in the interest of keeping all students safe. Students arriving late should come to the office to get checked in by office staff, so we can accurately report attendance. All visitors to the building need to enter through the front door and check with office staff before



Remember to check the website at https://jwm.hrce.ca/ for this newsletter and the most up-to-date information

Reminders:

November 10
Remembrance Day Assembly for students @ 1:00 p.m.

November 11
Remembrance Day Holiday

November 13
Picture Retake Day

November 23-30
Report cards go home

November 20
Assessment and Evaluation Day

December 3 & 4
Parent/Teacher Interviews; no school for students on Dec 4

Principal –
Tracy Marchand

Acting Vice Principal: Christine Richey

Administrative Assistant – Kim Ritcey

1511 Purcell's Cove Road
Halifax, NS B3P 1B7

Phone : 479-4437
Safe Arrival: 1-833-582-6940
Fax: 479-4442

Website: https://jwm.hrce.ca/

Email: **jwm@hrce.ca**

November 2026 News

proceeding to other areas of the school, including classrooms. We thank you for your cooperation.

Scholastic Book Fair
The Scholastic Book Fair is coming our way! Choosing books can help inspire kids to become lifelong readers, and every Book Fair purchase benefits our school.

The Book Fair will take place November 30 to December 4 in the John W. MacLeod Library. Students can make Book Fair purchases during their regular library period. Families can attend the Book Fair on Thursday, December 3, between 12 noon and 7 p.m.

Learn more about our Book Fair at:
https://bookfairs.scholastic.ca/bf/johnwmacleodschool4.

Do you have a few hours to spare? If you are able to volunteer to help set up the Book Fair (November 27) or anytime during the Book Fair (November 30 to December 4) please contact cindy.hirtle@hrce.ca

Inclement Weather Plan:
Winter is close at hand and along with it come concerns of ice/snowstorms and possible early dismissals. On rare occasions, schools may also be cancelled because of some type of mechanical/electrical failure. When this happens, we need to be sure that someone is home or that the students have a plan in place if a parent/guardian is not at home. In the event of a mid-day closure, the school will reach out to the names designated as contacts for your child to inform them of the early closure. **No student will be released without a parent, emergency contact or designate being contacted by phone.** In case of early morning inclement weather, HRCE will decide whether or not to cancel school and will announce on the local radio stations, the HRCE website (www.hrce.ca) and through the school cancellation number (464-4636) usually by 6:00 a.m. As well, you can be notified by email and/or text. Click the notification button on the HRCE website to register (www.hrce.ca) We belong to the J.L. Ilsley Family of Schools. If school is cancelled for the J.L



Remember to check the website at https://jwm.hrce.ca/ for this newsletter and the most up-to-date information

Reminders:

November 10
Remembrance Day Assembly for students @ 1:00 p.m.

November 11
Remembrance Day Holiday

November 13
Picture Retake Day

November 23-30
Report cards go home

November 20
Assessment and Evaluation Day

December 3 & 4
Parent/Teacher Interviews; no school for students on Dec 4

Principal –
Tracy Marchand

Acting Vice Principal: Christine Richey

Administrative Assistant – Kim Ritcey

1511 Purcell's Cove Road
Halifax, NS B3P 1B7

Phone : 479-4437
Safe Arrival: 1-833-582-6940
Fax: 479-4442

Website: https://jwm.hrce.ca/

Email: **jwm@hrce.ca**

November 2026 News

family, then JWMFT is closed. If busses are not running but schools are open in the J.L. family, then we are open for walkers and students being driven to school. There is also a possibility that we could have a delayed opening on inclement weather days – with schools starting 2 hours later than normal start time. If this occurs, it will be clearly communicated as well. If a 2 hour delay is announced, the earliest school arrival time would be 10:05 a.m. (teachers on duty), bell to enter would be 10:20, classes would begin at 10:25.

Occasionally, the school may be cancelled during the school day. In such cases, the HRCE will inform the schools by 11:00 a.m. Radio stations will also announce school closures. If you see that weather conditions are becoming more severe, then please listen to your radio for a possible announcement of a mid-day closure.

Changes to Dismissal Plan:
As we are sure you can appreciate, the office receives frequent calls to deliver messages to students about changes to afternoon dismissal plans. Due to the busy nature of the office, we cannot guarantee that messages will get delivered by dismissal time, especially if they are left on voicemail later in the day. We understand that there are times when emergencies arise and a phone call is necessary, however, we like to ask that, *when possible*, arrangements for after school plans be communicated via the classroom teacher in the form of a note. The teacher can then highlight the message as part of the dismissal plan to ensure students arrive safely to their destination. As a reminder, students are only permitted to ride on the school bus if they are registered to be on that bus. If your child is not yet registered, we would be happy to help you with that process. Bus drivers will be doing manifest checks during the month of November.

Hot Lunch Program:
Please continue to send your feedback concerning the lunch program to nslunch.ca.

Reminders:

November 10
Remembrance Day Assembly for students @ 1:00 p.m.

November 11
Remembrance Day Holiday

November 13
Picture Retake Day

November 23-30
Report cards go home

November 20
Assessment and Evaluation Day

December 3 & 4
Parent/Teacher Interviews; no school for students on Dec 4

Principal –
Tracy Marchand

Acting Vice Principal: Christine Richey

Administrative Assistant – Kim Ritcey

1511 Purcell's Cove Road
Halifax, NS B3P 1B7

Phone : 479-4437
Safe Arrival: 1-833-582-6940
Fax: 479-4442

Website: https://jwm.hrce.ca/

Email: **jwm@hrce.ca**

École John W. MacLeod Fleming Tower School

November 2026 News

Remembrance Day, Assessment and Evaluation Day and Parent/Teacher:
There is no school for students on Wednesday, November 11th (Holiday), Friday, November 20th (Assessment & Eval) and Friday, December 4th (Parent/Teacher).

Report Cards:
Report cards will be distributed to families via email between November 23 – November 30th.

Parent Teacher Interviews and PD:
Parent Teacher interviews will be taking place on Thursday, December 3rd in the evening (5-7:30 pm) and again on Friday, December 4th in the afternoon (1:00-3:30 pm). There is no school for students on Friday, December 4th as the morning is a teacher professional practice day with interviews occurring in the afternoon. You will be contacted by your child's teacher to confirm an appointment time.

Picture Retakes:
Parent/guardians should have received and returned picture proofs. Picture retake day is happening on Friday, November 13th.

Remembrance Day Assembly:
Remembrance Day is on November 11, a perfect time of year to remember not only those who have served and continue to serve in our military, but all the important people in our lives. When we think of Remembrance Day, we often think of the older soldiers who fought in WW1, WW2, and Korea, but there are thousands of men and women of all ages serving in our country's military today. Despite Canada's international role as peacekeepers, our soldiers are often deployed overseas into areas of armed conflict, and the long-term fallout impacts not only our soldiers when they return home to Canada, but also their immediate family, extended family and friends. As such, November is a good time to reflect on the importance of all the relationships we have in our lives and to value those we often overlook.

Reminders:

November 10
Remembrance Day Assembly for students @ 1:00 p.m.

November 11
Remembrance Day Holiday

November 13
Picture Retake Day

November 23-30
Report cards go home

November 20
Assessment and Evaluation Day

December 3 & 4
Parent/Teacher Interviews; no school for students on Dec 4

Principal –
Tracy Marchand

Acting Vice Principal: Christine Richey

Administrative Assistant – Kim Ritcey

1511 Purcell's Cove Road
Halifax, NS B3P 1B7

Phone : 479-4437
Safe Arrival: 1-833-582-6940
Fax: 479-4442

Website: https://jwm.hrce.ca/

Email: **jwm@hrce.ca**



Remember to check the website at https://jwm.hrce.ca/ for this newsletter and the most up-to-date information

École John W. MacLeod Fleming Tower School

November 2026 News

Asking questions, sharing memories and telling stories are some simple ways to begin learning from the people around us. Each generation thinks they invented the wheel, but the truth is, we have so much to learn from those who have gone before us. And in the case of our soldiers of all generations, we have much to be grateful for.

During our Remembrance Day Assembly on November 10th, we would like to take a moment to remember. We invite you to send in a picture of a past or current service member to be included in our assembly. If you sent a picture to us in previous years, we have it included already, so no need to resend – Please make sure the name of the individual is clearly marked – along with any description you think is applicable. Please send photos to: tmarchand@hrce.ca (electronically) or in hard copy (to be returned to you). Our intent is to keep adding to our photo gallery, year after year. Pictures will be displayed in a slide show format. Please have pictures sent in by Monday, Nov. 9th. Thanks in advance! Due to gym capacity restrictions, we are unfortunately unable to invite everyone to our assembly. If you are a past or active service member and want to join us, please do so. Students who are members of Girl Guides, Cubs, Scouts, or Cadets are warmly invited to wear their official youth organization uniforms to school for the upcoming Remembrance Day assembly.

Wearing your uniform is a proud tradition and a visible way to show respect for veterans and those who have served

The Salvation Army
The Salvation Army - Halifax Community and Family Services
2026 Christmas Assistance Registration
Provides households and families in need with Christmas gifts and food.

- Opens Monday October 26
- Deadline to apply is Friday December 6th
- Visit Website for Online Application

https://ns.211.ca/services/91876061/the-salvation-army-halifax-community-and-family-services-christmas-assistance/?searchLocation=spryfield&topicPath=1021

Remember to check the website at https://jwm.hrce.ca/ for this newsletter and the most up-to-date information

Reminders:

November 10
Remembrance Day Assembly for students @ 1:00 p.m.

November 11
Remembrance Day Holiday

November 13
Picture Retake Day

November 23-30
Report cards go home

November 20
Assessment and Evaluation Day

December 3 & 4
Parent/Teacher Interviews; no school for students on Dec 4

Principal –
Tracy Marchand

Acting Vice Principal: Christine Richey

Administrative Assistant – Kim Ritcey

1511 Purcell's Cove Road
Halifax, NS B3P 1B7

Phone : 479-4437
Safe Arrival: 1-833-582-6940
Fax: 479-4442

Website: https://jwm.hrce.ca/

Email: **jwm@hrce.ca**

École John W. MacLeod Fleming Tower School

November 2026 News

Holiday Concert:
Our holiday concert will be held on Thursday, December 10th. As our school population has increased by 3 classes, we have not yet finalized a performance schedule. In the past, we have offered an afternoon and evening performance. Families received two tickets each for both performances in compliance with fire regulations and seating capacity. We are currently exploring other venue options before making final plans.

November Mindfulness Memo
Mindful breathing exercises are probably one of the most common mindfulness activities you'll encounter. We breathe all of the time, but rarely ever stop to think about our inhales and exhales. Mindful breathing can be very powerful. It is scientifically proven to reduce our stress and help us combat life challenges as they come along. There are many different breathing exercises, here are some to try:

- **Deep belly breaths** - also called diaphragmatic breathing. This exercise helps you become more aware of filling your belly with air, improving your deep breathing capability.
- **Counting breaths** - pick a number you can easily count to when inhaling and focus on exhaling for the same number of counts. Over time, that number will increase, and in turn, help you feel less stressed and overwhelmed.
- **2-4 breathing** - another breathing exercise that involves counting breaths, but this time, increasing your exhales to further activate your parasympathetic nervous system.
- **4-7-8 breathing** - usually used to help you fall asleep, the 4-7-8 method calms your system and helps improve your sleep quality. You're meant to inhale for four counts, hold your breath for seven, and exhale for eight.

Taking steps to manage stress can help you enjoy all that the fall season has to offer. Give some of these mindfulness activities a try and feel your stress decline one breath at a time.

Reminders:

November 10
Remembrance Day Assembly for students @ 1:00 p.m.

November 11
Remembrance Day Holiday

November 13
Picture Retake Day

November 23-30
Report cards go home

November 20
Assessment and Evaluation Day

December 3 & 4
Parent/Teacher Interviews; no school for students on Dec 4

Principal –
Tracy Marchand

Acting Vice Principal: Christine Richey

Administrative Assistant – Kim Ritcey

1511 Purcell's Cove Road
Halifax, NS B3P 1B7

Phone : 479-4437
Safe Arrival: 1-833-582-6940
Fax: 479-4442

Website: https://jwm.hrce.ca/

Email: **jwm@hrce.ca**