

February 8, 2026

Good evening, West Bedford High families:

Below you will find information related to the week(s) ahead.

1. On Wednesday, February 11, WBH will host Curriculum Night for parents/guardians of students in grades 10-12 from 6:30 to 7:30 pm. This an opportunity for you to meet teachers who are new to your student and to get a brief overview of second semester course curriculum and classroom expectations.
2. A message from the WBHS Counselling Team
 - **Ms. Jenn Oldford -Students with last names A-Go**
 - **Ms. Lisa Banks- Students with last names Gr-N**
 - **Ms. Jen Williams- Students with last names O-Z**

Upcoming Dates related to school choice and course selection:

We ask that you begin having conversations about programs and school choice before the dates outlined below.

Feb 11-13: Counsellors will be visiting grade 9 classrooms with copies of course selection sheets for both schools (includes pre-IB and Immersion). Once completed, students will bring these forms home to be signed by their parent/guardian.

Feb 18: Students are to return their signed course selection sheets to their HOMEROOM Teacher. Do not bring them to student services or another classroom teacher. This will ensure they do not get misplaced. Before signing, please ensure students have 8 credits in total and 3 alternates listed.

Feb 19-25: Counsellors will be reviewing the course selection sheets and if there is an error or missing information, we will contact you and indicate any changes that need to be made. We will send the updated version back with your student to get your signature again.

Feb 27-Mar 6: Counselors will be bringing grade 9 classes to the computer lab to input their courses from their signed paper course selections (if a student does not have their PowerSchool set up, they will not be able to do this).

Important Reminders:

If you know your student will be away during any of these dates - please have them reach out to their counsellor. The school will continue to keep you informed through this weekly email home.

This is a busy time of year because it is the start of a new semester and the course selection process takes a lot of time. Rest assured, your students are in good hands. Our team is here to guide them through the course selection process and carefully review their selections before entering them in Power School. Thank you in advance for your patience, as we may not be able to guarantee quick responses to emails due to the high volume of course selection inquiries.

We recognize that some students may find it challenging to decide which high school to attend. All information shared with students is also available on the WBHS and CPA websites, including course booklets and slide decks. Our consistent message to students has been to make the decision that best supports their individual needs, programming options, available supports, and personal interests.

WBH Website: <https://sites.google.com/gnspes.ca/wbhs-school-counsellor-website>

CPA Website: <https://sites.google.com/gnspes.ca/cpaschoolcounselling/0/course-selection?authuser=0>

Course Changes Grade 10-12

Due to space and scheduling constraints, not all requested changes can be made. These requests must be approved by student's counselor and vice principal. Changes may be considered in the following circumstances.

- Student has an incomplete schedule
- Student already obtained a credit in this course
- Student wants to change academic levels (i.e. Math 11 to Math at Work 11)
- Student is missing a required course to graduate and/or for post-secondary plans
- Student has selected an extra course and would like to drop it

3. February is Registration Month

Do you have or know a child who will be starting Pre Primary or Primary this fall? Registration for the 2026-27 has already begun. To ensure HRCE has the right staff and supports in place for September, it's important that we gather enrollment numbers now. Visit the [HRCE website](#) for more information and to enroll your child today through PowerSchool Enrollment!

4. February is African Heritage Month

African Heritage Month in Nova Scotia is a time to recognize and celebrate the rich history, vibrant culture, and lasting contributions of people of African descent in our province. This year's theme, "Strength in Unity – Moving Forward with Purpose, Prosperity, Power and Progress," reminds us of the importance of coming together as a community, learning from one another, and moving forward with shared purpose. Encourage your child to listen to announcements to learn more about learning experiences and events planned around the school.

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

- Tuesday, February 24, 2026, at 6:30 p.m.
- St. Margaret's Bay Elementary - 24 Ridgewood Dr, Head of St Margaret's Bay, NS

6. Nova Scotia School Lunch Program

If you are interested in signing your child up for the school lunch program, please do so [here](#): New Updated School Lunches Are Coming: The school lunch menu is getting a tasty refresh! Expect more fresh fruit, better side pairings, and some exciting new favourites like chicken fingers, quesadillas, egg roll bowls, and meatloaf! New items vary slightly by menu. Give the new menu a try! The next ordering window is now open.

Important dates to remember in February

- February 11 Grades 10-12 2nd Semester Curriculum Night (6:30-7:30)
- February 12 SAC Meeting
- February 12 High School Dance (7:30-9:30)
- February 16: Heritage Day 2026 (no classes - all schools) - we recognize Joseph William Comeau, an important Acadian poet, writer, and cultural leader.
- February 17: Lunar New Year

Wishing you a warm and positive week ahead,

West Bedford High Admin Team