

**March 1, 2026**

**Good Evening Families,**

**Please take a few minutes to review our messages for the week of March 1. Please pay close attention to messages regarding course and program selections for the 2026-27 school year.**

### **March is Nutrition Month**

**March is celebrated across Canada as Nutrition Month, a perfect opportunity for families to focus on building healthy eating habits together. 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.**

### **School Safety**

**With snowbanks throughout the community, driver visibility is impacted. Please remind your child to use any provided crosswalk signals as they leave school property and enter roundabouts and other intersections.**

### **Families of graduating students**

**Did you know? The scholarship page of our school website is updated regularly. Here is a the link : <https://sites.google.com/gnspes.ca/wbhs-school-counsellor-website/scholarship-information> Conversations about post secondary planning are part of o the Project Based Learning 12 course work students participate in each Tuesday morning.**

### **Grad Picture Retakes**

**Grade 12 retakes will take place March 12. Students are to come and sign up in the office for a timeslot.**

### **Grad Fees**

**The Grad Fee portal on SchoolCash has now been re-opened. The graduation fee is \$70 per student. We are currently preparing to place the order for graduation gowns, and gowns will only be ordered for students whose fees have been paid. The portal will remain open until March 13, 2026. Gown orders will be submitted that same day. Please ensure payment is completed by this date to avoid any concerns. Thank you for your attention to this matter. If you need support paying these fees, please reach out to your student's VP.**

- **Allyson MacKay-Surnames A-K**
- **Alison Walker-Surnames L-Z**

### **Project Based Learning ( PBL)**

**Did you know? The Grades 10-12 Project Based Learning ( PBL) courses are unique to West Bedford High and work to support our high school's mission to graduate students who have the skills of self direction that post secondary and workplace communities are seeking. This week:**

- The East Coast Credit Union will be presenting to Grade 11 students about Building a Healthy Credit History during PBL 11 on Tuesday.
- You should be asking your student to share their agenda with you as the end of month check-ins are happening. Please sign once reviewed.
- TAs ( teacher advisors) will be reaching out by email in the next week to share any concerns raised by course teachers.

### Grades 10 and 11 Course Selection

**Grade 10 and 11 PBL course selection sheets were due last Monday. We have a large number of forms that have not been returned. Students who have not yet submitted their form need to bring them directly to their School Counsellor in Student Services. These forms need to be reviewed by School Counsellors before students can enter their selections into the PowerSchool Portal. Students are responsible for making sure that they have all of their required courses for graduation and post-secondary plans. The PowerSchool Portal will be open for students to enter their selections on Tuesday, March 10th during PBL. Any student who knows that they will be absent on that day should see their school counsellor to make alternate arrangements.**

**On Friday, Grade 9s started to enter their selections into the PowerSchool Portal. School Counsellors have created a schedule for all classes to receive assistance with this process. This process will be completed by March 6th. Any students who are absent during their assigned class period should see their school counsellor to make alternate arrangements.**

**Please note that the timing of entering courses does not impact a student not getting into a particular course as *it is NOT a first come first serve basis*. Thank you for your support and patience with this very important process.**

### Band / French Immersion

**This message applies to the following:**

- all students who are enrolled in Band in grades 7 and 8 and;
- all students enrolled in French Immersion in grades 7 and 8.

**We are already making plans for the 2026-27 school year. On Friday we sent the following link to a google form that we are asking you to fill out and submit by Wednesday, March 4. We need to know whether students are continuing with their current programming. If you have already submitted the form, there is no need to do it again.**

**[https://docs.google.com/forms/d/e/1FAIpQLScLUCsR21YNk4I9WSZ0\\_4zsOmZ1Hqs4Smk7wb8XMHuk88E9g/viewform?usp=header](https://docs.google.com/forms/d/e/1FAIpQLScLUCsR21YNk4I9WSZ0_4zsOmZ1Hqs4Smk7wb8XMHuk88E9g/viewform?usp=header) If you have any questions, please don't hesitate to reach out to us.**

### Grade 7 Skating

**Our grade 7 oval skating trip was cancelled on Friday due to poor ice conditions. We are rescheduled for Friday, March 13th. If your child was registered to go on**

the trip and cannot attend that day, can you send Ms. Hubbard an email at [thubbard@hrce.ca](mailto:thubbard@hrce.ca). If your child was not attending and would like to attend on the new date, please also send an email. If some people are unable to make it, we can substitute. Otherwise, the attendance will stay the same. Of course, this will be pending good ice conditions.

### **African Heritage Month Assembly**

Our school assembly in celebration of African Heritage Month had to be postponed. We have rescheduled the assembly for Thursday, March 12 during periods two and three.

### **Responding to Technology-Facilitated Harms Among Young People**

Unplugged Canada is hosting a free community event in the Boardroom 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. Please register for in-person or virtual [here](#).

### **Open your Home to an International Student!**

Have you considered opening your home to an international student? HRCE's International Services welcomes students from all over the world who would like to attend schools in our region. Hosting a student in your home can be an enriching and rewarding experience. We're looking for warm and caring families like yours to provide them with a home away from home. Hosting an international student is a once-in-a-lifetime experience that gives your family the opportunity to bring the world home. For students, it's a way to learn about the Canadian way of life. As a host, your family would be matched with a student who will attend your neighbourhood school and participate in your daily routines.

What you can expect:

- Host families receive a tax-free monthly stipend to help cover hosting expenses (\$875)
- Students stay for periods of three to 10 months
- Ongoing support is provided by an experienced Homestay Coordinator
- You will learn about and communicate with your student before their arrival

Learn more [here](#).

**WBH Administration Team**

