

May 3, 2026

Hello West Bedford High Families,

Great to see so many of you at parent teacher last week. Please see info below for the upcoming weeks.

Junior High Dance

There will be a junior high (grades 7 and 8) dance this Thursday May 7th. Come out and have great night of dancing and hanging with friends. Guests sign-ins from other schools (grade 7 or 8 only) must be submitted to office by end of day Tuesday.

Time: 7:00 to 8:30

Cost: \$10.00

Canteen – Cash only

WBH Athletics

Track and Field. Track and Field practices have started and are up and running. All athletes that signed up to take part in this year's track meet should be listening to announcements or checking with Ms. Bell for weekly practice times.

Important Track Dates:

Wednesday May 6th - Practice/tryouts where necessary from 4-5:30pm at the MET Track in Sackville.

Wednesday May 13th and Thursday May 14th - County Track Meet. This is an all-day event at Beazley Field in Dartmouth. Students are responsible for their transportation to and from the event on both days.

Wednesday May 20th and Thursday May 21st- Regional Track Meet, also at Beazley Field.

Girls Hockey 2026/2027

Any female students interested in playing girls hockey next year for WBH, please fill out the form below. We are hoping to have enough interest to get a girls program up and running (grades 7-12 next year). **Grade 7 and 8 students can play if able to make the team. If you are in grade 7 or 8** and interested in playing please fill out form below. Again this is just to determine if we have the numbers of student interest to get this up and going.

<https://docs.google.com/forms/d/e/1FAIpQLSeGCUYExQEmwtbcdnosLCiZ8OjIEDpBX5A2SpUNzahODKwdw/viewform?usp=publish-editor>

May 15 is Black Excellence Day

Black Excellence Day 2026 in Nova Scotia is an opportunity for schools to reflect on the learning and exploration of Black people and culture over the past year. It recognizes, celebrates, and supports learning from the achievements, contributions, and leadership of Black individuals and communities. More than a single-day celebration, Black Excellence is the recognition of meaningful steps toward strengthening inclusive learning environments where all students see themselves reflected in curriculum materials, through the stories we tell and the histories we honour.

The purpose of celebrating Black Excellence in our schools and classrooms is to affirm student's identities, build confidence, and inspire futures by highlighting role Black people have made in education, science, arts, leadership, and community advocacy. It reflects and celebrates thoughtful conversations in schools about equity, representation, and the ongoing work to remove systemic barriers.

This moment of reflection also invites educators and school communities to consider how Black Excellence is represented within their own classrooms and learning spaces. For some, this may affirm intentional work already underway; for others, it may serve as an opportunity to begin or deepen this practice. Black Excellence Day reminds us that this work is ongoing, and that there is always time to plan, reflect, and be deliberate in ensuring all students see themselves meaningfully reflected in our schools.

We welcome everyone to wear a black shirt, if you're able, on May 15 to show your support for Black Excellence Day!

Unplugged Webinar on Smartphones, Social Media and More

Unplugged Canada is hosting a LIVE webinar on May 6 every parent and caregiver needs to hear. We're talking smartphones, social media, the research — and most importantly, what we can do about it.

Hosted by Kirsten Sweet, educator and National Program Director with Unplugged Canada with Tania Johnson, Co-founder of the Institute of Child Psychology and Dr. Michele Locke, Clinical Psychologist, learn about the impact of smartphones and social media on youth and how the Unplugged Canada Pledge and our resources can spark meaningful conversations in your home, school, and community.

We'll also introduce two new initiatives: the National School Champion Program and Operation Landline — a summer campaign helping families delay smartphones and reconnect in simpler, more intentional ways.

Come ready to learn, connect, and be part of the movement. Register [here](#).

Scholarships/Bursaries/awards for WBH graduating students

We are still looking for any local businesses or individuals who would like to set up a scholarship/bursary/award for our current graduating class and future graduating classes. These can range anywhere from \$100 dollars and up to be given out annually. We can help set up the criteria for the award. We have only received a couple so far, largest was \$500.

Please reach out to Principal, Sean MacDonald, at macdonalds@hrce.ca if you are interested or know a business that would like to set one up. Let's create some exciting local awards for our students to strive for and help support them on the journey after high school.

Grad hoodies for sale!

Grade 12 students at West Bedford High will have the opportunity to order a Class of 2026 hoodie to commemorate our first graduating class. Interested students can [complete this Google Form](#) until May 1. Once we have numbers, we will place an order through our school e-store. The bigger the order, the lower the price. Once we have our cost fixed, students can pay by cash, cheque (made out to West Bedford High), or online via SchoolCash by May 8. The order form will also be posted in PBL Google Classrooms next week.

Graduation 2026 Update

The date of our first graduation will be June 29, 2026 at 11:00 at WBH. Grad Fees have all been collected and grad gown orders sent in. **Important:** Keep checking the grad google classroom for weekly updates.

Update: Each student will receive 5 tickets for guests.

CPA grade 10 orientation

Grade 9 students who intend to attend CPA next year are invited to attend our Grade 10 Orientation on Thursday, June 11th, from 4-4:45. Students will be welcomed into the building by our mascot starting at 4 PM. As groups of students arrive, they will be taken on guided tours of our building by students' council members. Students will have the opportunity to ask as many questions as they would like to our knowledgeable guides. Parent/guardians may remain on site to collect their children as they exit, but tours are limited to students.

Important Dates

- **May is Asian Heritage Month**
- **May is Canadian Jewish Heritage Month**
- **May is Polish Heritage Month**
- **May is Speech and Hearing Month**

May 5	Red Dress day
May 7	Junior High Dance -7:00 to 8:30
May 10-16	Education Week
May 13	Grade 6 Parent information session (students entering grade 7 Sept. 2026)
May 15	Black Excellence Day
May 17	International Day against Homophobia, Transphobia and Biphobia
May 18	Victoria Day (No classes - all schools)
May 31-Jun 6	Access Awareness Week

Sincerely,

WBH Admin team