

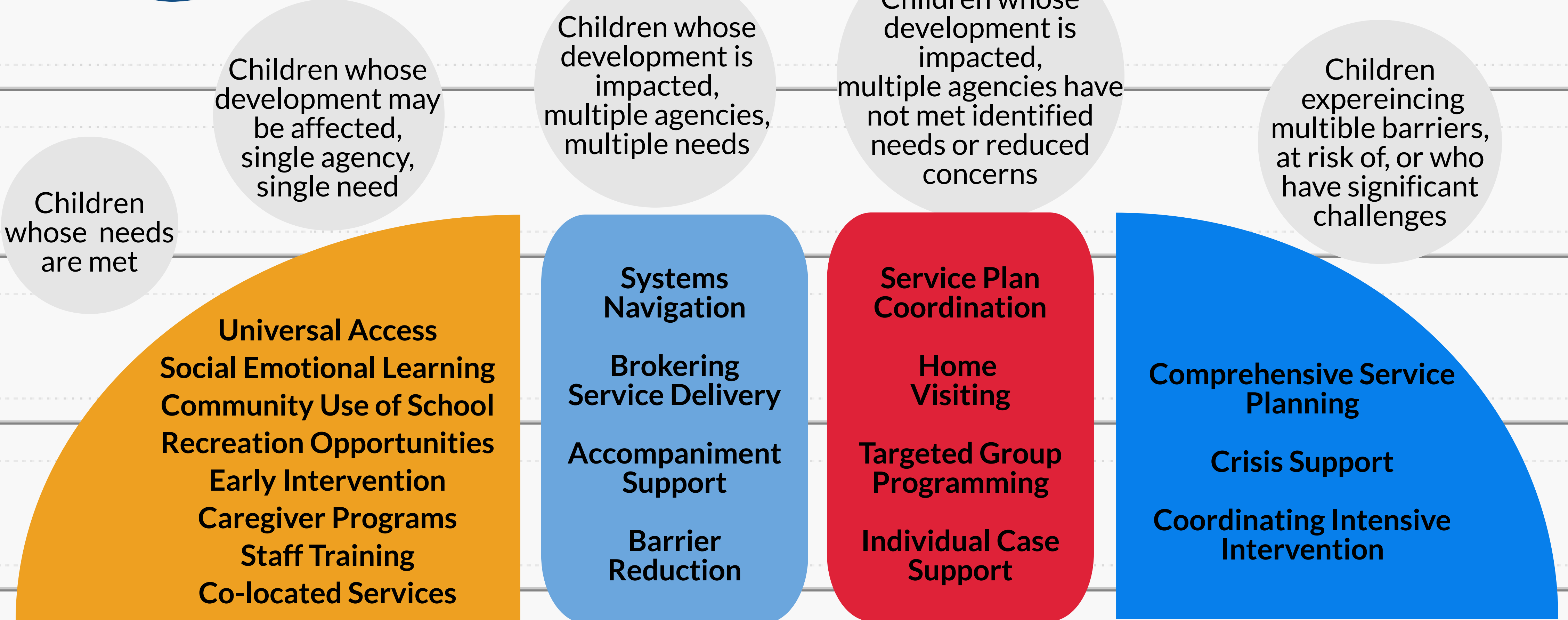
# QUARTERLY NEWSLETTER

[www.schoolsplus.ednet.ns.ca](http://www.schoolsplus.ednet.ns.ca)

## APRIL - JUNE 2019



### SchoolsPlus Integrated Service Delivery Continuum Service User Access



Multiple Entry Points for Students/Families Throughout Continuum

# FEATURE STORY

## Roots of Empathy International Symposium

May 16 and 17, 2019

Roots of Empathy held its annual International Research Symposium in Toronto. It was a major success, bringing together leading scientists and practitioners in the continuous building of an evidence-based approach to this Roots of Empathy approach and program.

The presenters were international neuroscientists and researchers who have studied the social/cognitive/emotional connection. Drawing on their expertise in neurobiology, they examined a range of topics including self-regulation, human altruism, empathy, epigenetics, efficacy of touch in promoting infant growth, and the role of sleep and emotion, just to name a few. This symposium provided opportunities to exchange knowledge on social and emotional learning, attachment, neuroscience, and neuroendocrinology of social behaviour, resulting in a powerful two days.

*"We need to be able to devise an environment and educational strategies whereby original thought, individual insight and above all empathy, may be able to emerge and flourish."*

*- Dr Susan Greenfield.*



Roots of Empathy  
Racines de l'empathie

*"We felt so honoured to attend the symposium and had an opportunity to hear from leading experts from across North America and the UK from the field of neuroscience and its contribution to our growing understanding of the wellbeing of young children. The presentations were informative and inspiring for our work with Roots of Empathy and SchoolsPlus."*

Three of our SchoolsPlus Community Outreach Workers, who serve as Roots of Empathy Instructors had an opportunity to attend this exciting event, Tara Hassin (SRCE), Kim Siler (AVRCE) and Pat Weber-Gibson (AVRCE). In 2018-19, SchoolsPlus staff partnered in the delivery of 72 Roots of Empathy programs facilitated by 68 instructors in 70 schools across Nova Scotia.

For more information and a complete list of symposium presenters go to:

<https://rootsofempathy.org/2019symposium/>



# STAFF FEATURE

## Award Recipients

### CHILDREN'S AID FOUNDATION RECOGNITION

On June 4, SchoolsPlus staff from CSAP, HRCE and EECDC were invited to Province House for the Lieutenant Governor's ceremony and reception for the Halifax Region Children's Aid Foundation, Celebrate With Us. SchoolsPlus was recognized for navigating families to and supporting applications for 9 out of their 10 grants to assist students and families with tutoring, summer camps, recreational activities, eye glasses, dental work, transportation, art and music lessons, school supplies and other things to strengthen wellbeing by bridging opportunity gaps.



### SNAP CHAMPION AWARDS

On April 11 the SNAP Champion award was presented to Kim Siler, SchoolsPlus Community Outreach Worker, AVRCE and Tara Moore, Provincial Coordinator of SchoolsPlus. Both Kim and Tara, through their involvement with SNAP have helped ensure more students gain critical skills and knowledge to support student wellbeing.

*"Thank you for your generous contributions to the Center for Building Resilience through Anti-Violence Education and your continued support of SNAP in our region"*

- Dr. Jennifer Bernie,  
PHD, Founder and Executive Director



### EDUCATION WEEK AWARD RECIPIENT

A Ceremony was held April 15, 2019 to recognize the work of teachers, PSAANS members, early childhood educators and student school support staff, who have gone above and beyond in providing inclusive supports to students, make them feel welcomed, appropriately challenged, and supported in their efforts.

Gina Delorey, Community Outreach Worker, CSAP was recognized at this event for the incredible impact and partnerships that she has been able to bring about in her role supporting student learning and wellbeing in her school communities.

*"Ms. Gina Delorey, SchoolPlus Facilitator is without question an indispensable asset to our school community, always smiling and welcoming, her support for her clientele and all students and teachers goes beyond what is required."*



# ANNAPOLIS VALLEY REGIONAL CENTRE FOR EDUCATION

## FSTRA Engage



**Partners:** Free Spirit Therapeutic Riding Association. Clannad Counselling Services

**Who:** Students between the ages of 8-12 and their caregivers

**What:** Free 12-week therapeutic riding lessons and caregiving program. The caregiving program includes family engagement and a shared meal, after which children participate in structured recreational activities.

**When:** Spring Sessions

**Where:** Rohan Wood Stables- Aylesford

**Why:** Reducing barriers to recreation and building child and family engagement by promoting healthy lifestyles and positive parenting

# CAPE BRETON-VICTORIA REGIONAL CENTRE FOR EDUCATION

## After School Drama - Wizard of Oz



**Who:** Sherwood Park Education Center's Drama Group (Grade 6, 7 & 8)

**What:** 'Wizard Of Oz' Performance

**When:** Sunday June 16th (Community Production) and Monday June 17th (Brookland Elementary Production)

**Where:** SPEC Cafeteria

**Why:** : Students experience a school engagement opportunity that supports community connection and home to school partnerships.



*“By a unanimous vote, our Drama Group wanted to perform this production to expand their skills and horizons in the theatre world. With copyrights purchased and retrieved from New York in January, this group pulled off a very hard task in a short amount of time. With this being their very first official performance on stage in this way, it was done so with a tenacious effort, a range of undeniable and irrefutable quirky personalities and a mountain of motivation and determination. After this experience, it is clear that theatre builds not only character on stage, but indeed pulls out esteemed characters off-stage.”*

- Lindsay Latham, SchoolsPlus Facilitator



# CHIGNECTO-CENTRAL REGIONAL CENTRE FOR EDUCATION

## Supporting Your Child with ADHD at Home



**Who:** Caregivers of children with a diagnosis of ADHD

**What:** A free evening discussion session for caregivers to build strategies for supporting their child at home.

**When:** April-June

**Where:** Elmsdale District School and other locations including Trenton Middle School, New Glasgow Academy, Thorburn School

**Why:** An opportunity for parents caring for a child with a diagnosis of ADHD to come together with Mental Health professionals to discuss ways of supporting their children at home.

**Partner:**  nova scotia health authority

# CONSEIL SCOLAIRE ACADIEN PROVINCIAL

## Program for the Education and Enrichment of Relational Skills



**Who:** Elementary school students

**What:** PEERS is a social emotional program. Offers a chance to learn about life skills, social interaction, while being engaged in various activities such as playing board games, cooking and physical activity.

**When:** On Wednesdays after school (transportation support provided)

**Where:** At Ecole Secondaire de Par-en-Bas

**Why:** Students get an opportunity to talk about challenges they are facing and get support to resolve these challenges.





# HALIFAX REGIONAL CENTRE FOR EDUCATION

## CyberScan Information Sessions



“feedback from school administrators and parents/caregivers was overwhelmingly positive with everyone commenting on what an important topic it is and how critical it is to have this discussion across all sectors”

Cathy Kasper, SchoolsPlus Assistant Leader,  
HRCE



**Who:** 80 Parents and Caregivers of Middle High School/Upper Elementary Students

**What:** Information Sessions to Support Cyber-safety

**When:** April 9, 2019 & May 7, 2019

**Where:** Sir John A. Macdonald High and Sackville High

**Why:** Cyber safety is an important shared role between home and school to support student wellbeing

*Partners: Provincial CyberScan Unit, RCMP, TWK SchoolsPlus MH Clinicians*

# STRAIT REGIONAL CENTRE FOR EDUCATION

## Out of School Time Learning Grants



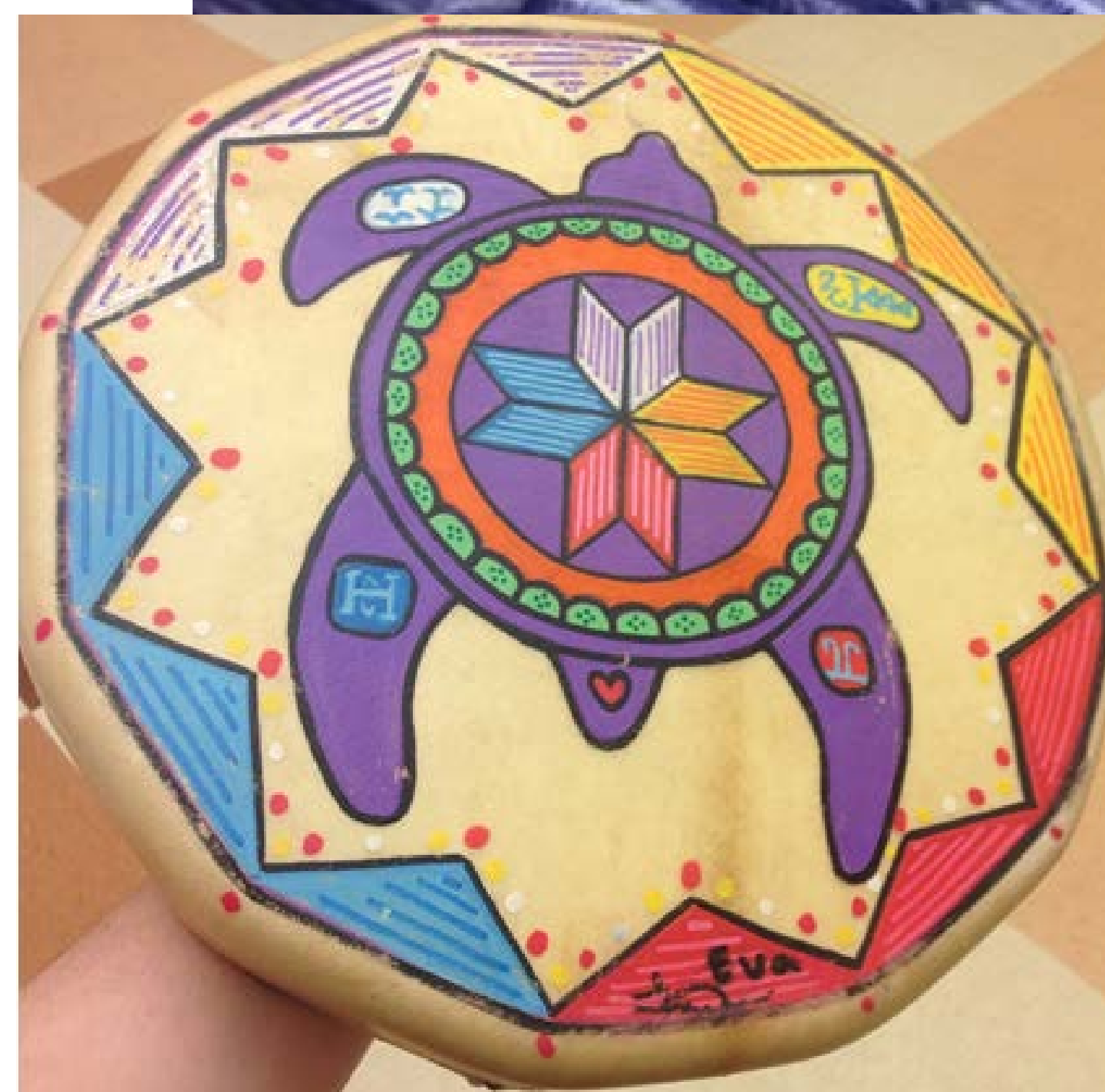
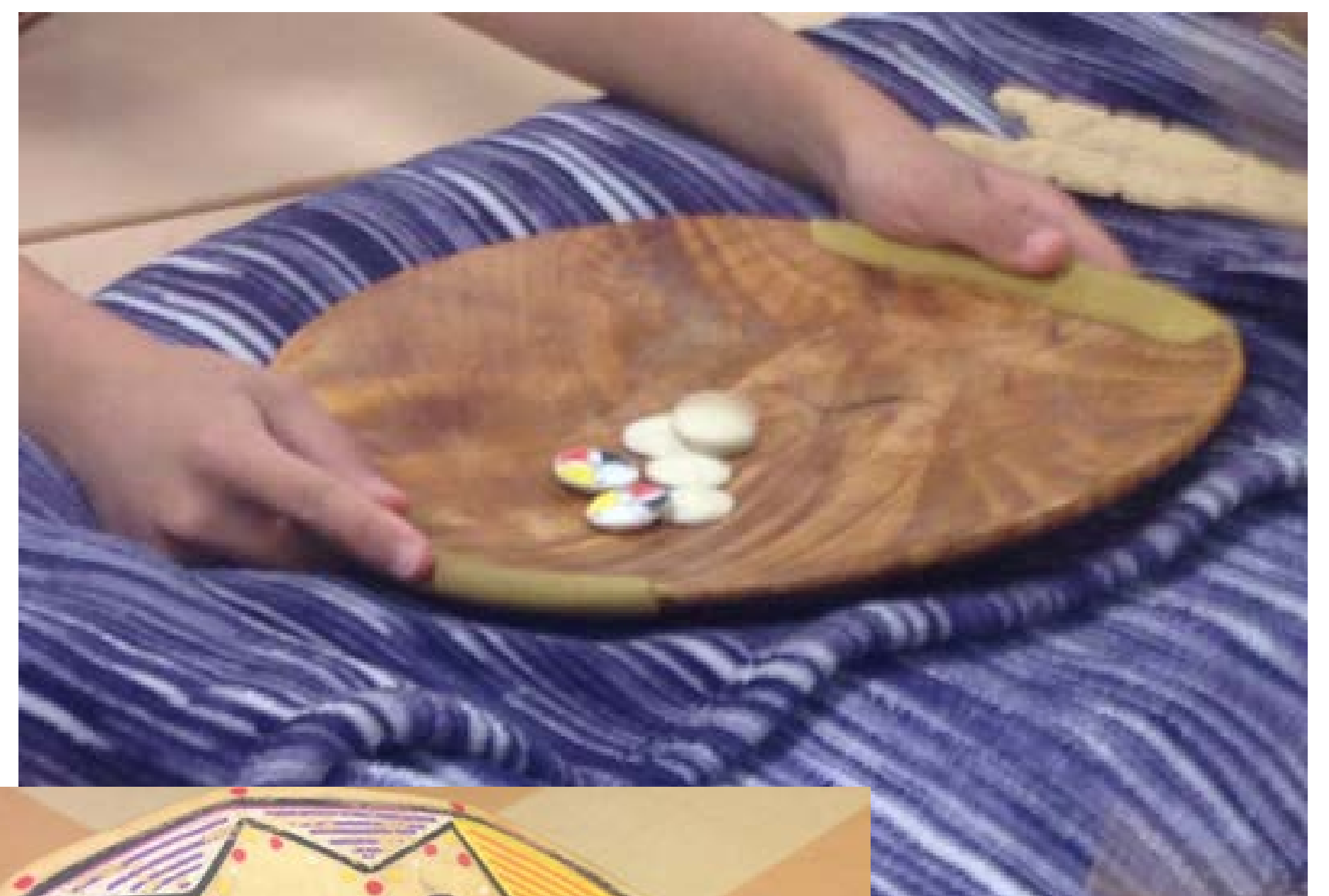
**Who:** Open to all Mi'kmaw Learners and Non Indigenous Learners

**What:** Culturally Responsive Engagement for Mi'kmaw Learners and Non Indigenous Learners. Mi'kmaw Support Worker led, experiential opportunity to learn about Mi'kmaw cultural teachings including drum making, 4 medicines, smudging, etc.

**When:** Six Week Series

**Where:** Whycocogmagh School

**Why:** Validating and affirming Mi'kmaw teachings within the school context. Students were highly engaged and have asked for ongoing opportunities.



*Partners: Mi'kmaw Support Worker*



# SOUTH SHORE REGIONAL CENTRE FOR EDUCATION

## Mindfulness/Super Heroes Unite

### MINDFULNESS FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS



**Who:** Caregivers of children who are neuro-diverse learners with a diagnosis of Autism

**What:** Skill building opportunities for caregivers led by School Psychologist supporting stress reduction in a relaxed and judgement-free environment while children experience a unique play opportunity to support social emotional learning coordinated by all the partners.

**When:** Thursday evenings

**Where:** Through the Years Day Care and Community Centre

**Why:** Supporting positive parenting and home/school partnerships for student wellbeing

**Partners:** Municipality of Chester recreation and parks department, Through the Years Day Care and Community Centre, Autism Nova Scotia (South Shore Chapter).

# TRI-COUNTY REGIONAL CENTRE FOR EDUCATION

## Consent Fest



**Who:** Grades 7 to 12 students from Maple Grove Education Centre (MGEC) and Yarmouth Consolidated Memorial High School (YCMHS)

**What:** A film festival showcasing short films and videos related to consent that were created, shot, and edited by students

**When:** April 4th, 2019

**Where:** Students from MGEC and YCMHS were bussed to Yarmouth Cineplex

**Why:** For students to learn and share what consent means to them to ultimately increase understanding about consent and to promote respectful and healthy relationships



**Partners:** SchoolsPlus Regional Advisory Committee (Consent Fest Subcommittee), Yarmouth Cineplex, Mental Health and Addictions, Juniper House, Restorative Justice, Laing House, TCRCE, Yarmouth Subway, Public Health, TCWC, SHYFT Youth Services, and the Community Health Board

# Professional Development Day



Each year the SchoolsPlus Professional Development Day is a knowledge mobilization opportunity to support our team of Facilitators and Community Outreach Workers. We were also joined this year by Child and Youth Care Practitioners, Attendance Support Workers and Parent Navigators. This opportunity is made possible through the contribution of partner agencies and their staff who make their time and expertise available to our team. Through knowledge exchange integrated service delivery is supported, allowing for networking about initiatives and collectively responding to the needs of Nova Scotia's students and their families.

The planning committee and participants benefited from the following presenters:

## *Cpl. David Lane, Human Trafficking Coordinator RCMP*

He provided an intro and advanced session to help better understand the trends and community impact related to human trafficking, as well as strategies for supporting youth and families impacted by human trafficking. These sessions were extremely timely as families are seeking support through referrals for wrap around services within the SchoolsPlus model.

***Families and their children are deeply harmed by exposure to human trafficking and responsiveness is critical.***

The SchoolsPlus model also supports numerous programs and activities outside of curriculum time to help students to be engaged and connected in their community as a preventative approach to this challenging issue. Cpl. Lane has committed to provide ongoing training and future events are being developed.



## *Intergenerational Trauma: Mi'kmaw Framework*

**Jacob Gale Director of Mi'kmaw Services, EECD and Semise'l Sa'n, Mi'kmaw Social (Justice) Worker, Eskasoni,** led participants on a transformative journey into exploring the concept of Intergenerational Trauma. The session began by examining how Mi'kmaq people lived before contact with the outside world and then talking about what happened after there was contact. The concept of Reconciliation and how we are all Treaty People was discussed.

***10% of all wrap around intensive supports offered by SchoolsPlus in 2018/19 school year were provided to students and families who identify as having indigenous ancestry.***

Many more students and caregivers who identify as being Mi'kmaw participate in a wide range of programming and initiatives offered through SchoolsPlus partnerships. The participants in this session were incredibly grateful for the opportunity to engage in this culturally responsive experience and will be continuing this learning journey as our Provincial Steering Committee explores recommendations from the Truth and Reconciliation Report that most resonate with our work.







## *The Why, How & What of: Taking a Restorative Approach in Schools*

Amy Hunt, Restorative Approaches in Schools Coordinator, Department of Justice SchoolsPlus Facilitators and Community Outreach workers regularly engage with young people and their families where there have been challenging experiences that sometimes result in relational harm.

***Restorative Approaches have been a model used within the wrap around framework of SchoolsPlus to help navigate these situations to ensure resolutions that both scaffold the young person's development and bolster engagement within the school community.***

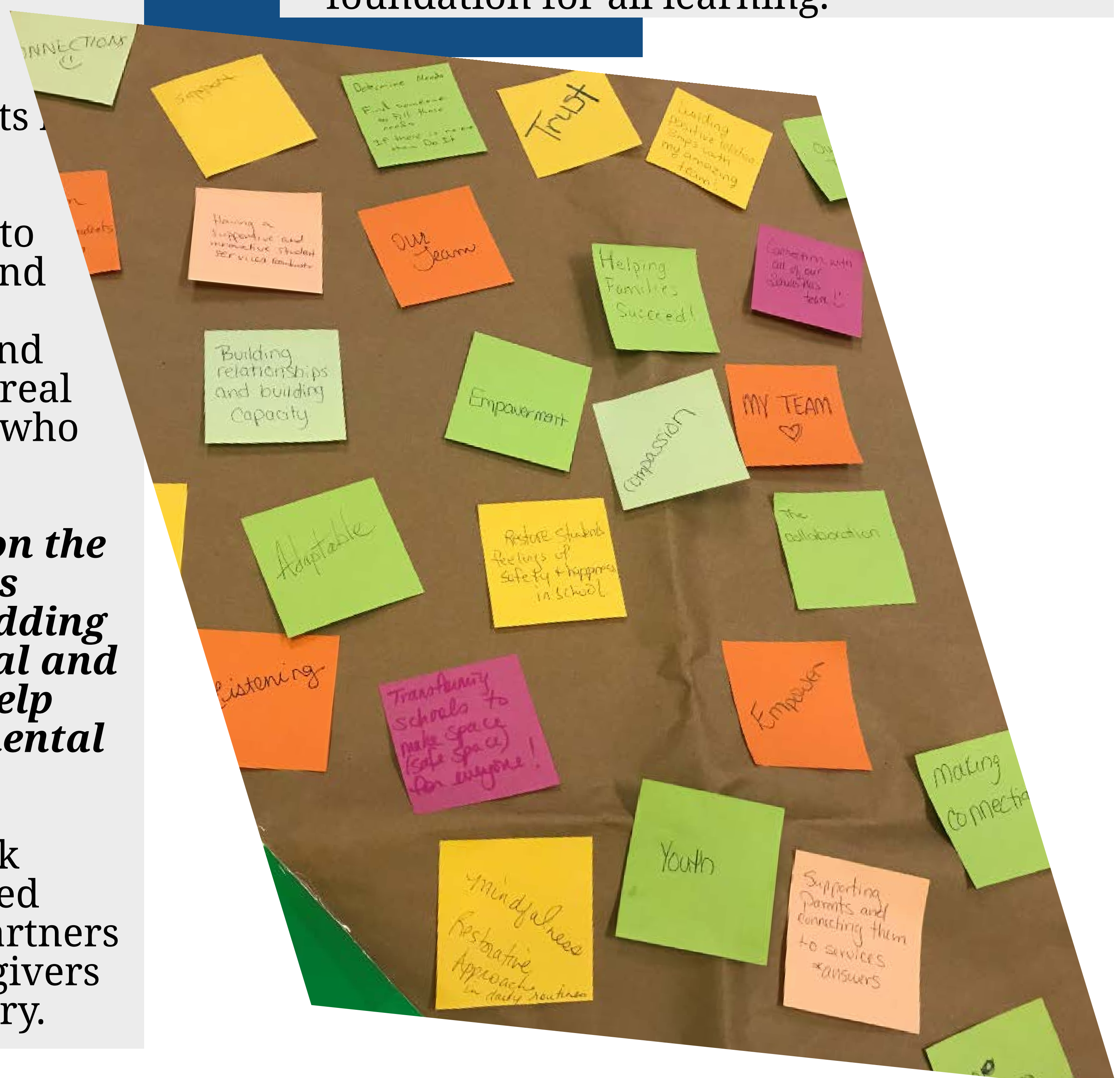
In the Restorative Approaches(RA)s in Schools session participants had a chance to learn about the difference RA makes in school communities when we take a restorative approach when working with students, families and caregivers, staff, and community members. Group discussions and activities focused on practical applications in school settings and how we support each other in this important work. Relationships are not always easy to cultivate and maintain, however we know through evidence and cultural knowledge that they are the foundation for all learning.

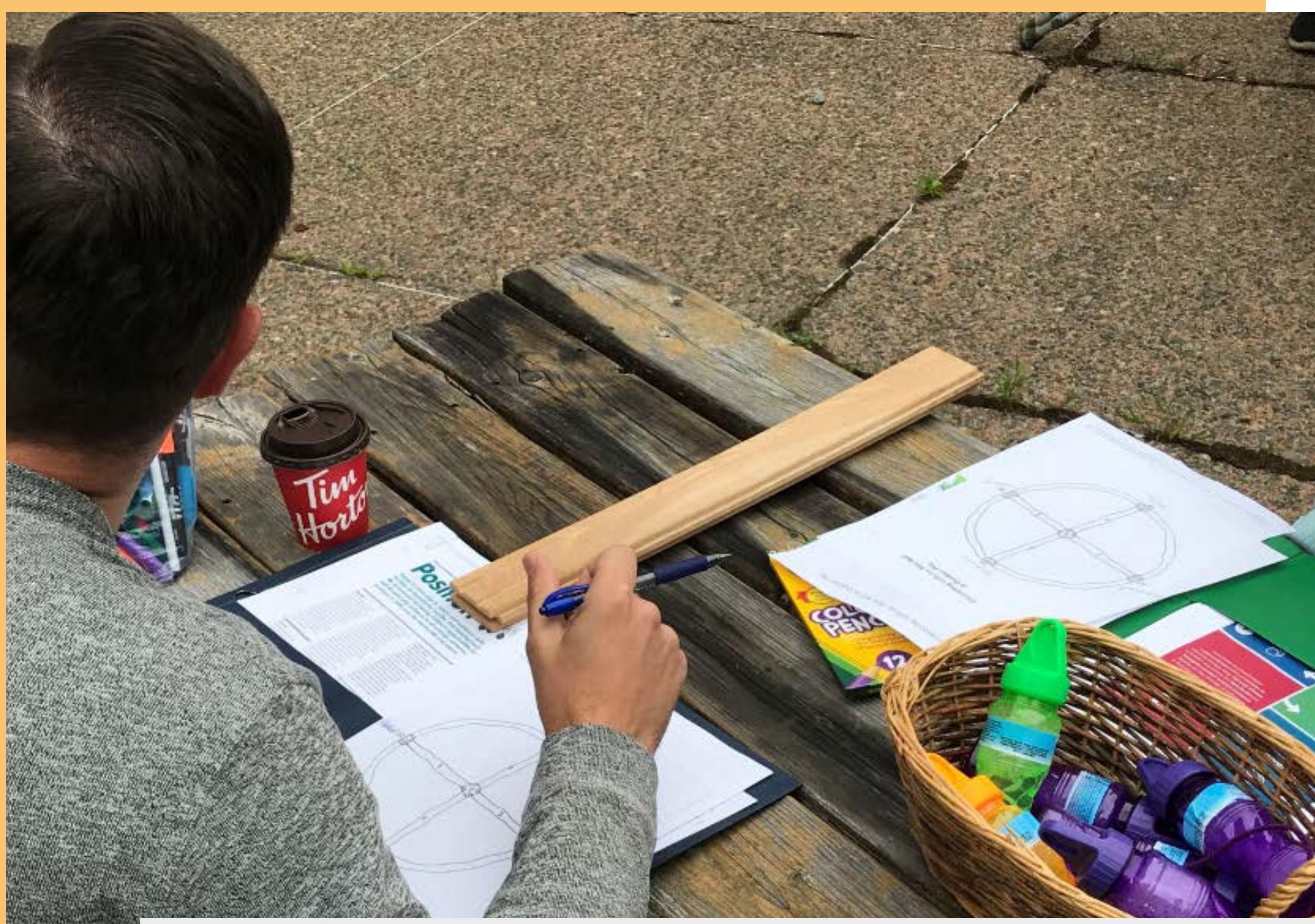
## *Reducing Anxiety*

Peyton Harris, Psychologist, IWK  
**Description:** Anxiety Disorders are some of the most common mental health concerns in children and teens. Anxiety disorders and worry can create big problems for many youth, interfering with their sense of overall well-being, distracting them from their school work, and in some cases, even preventing them from coming to school altogether. Participants had a chance to learn about central features of any anxiety disorder, a general framework to help structure how to understand anxiety, and evidenced based strategies to support a youth (and their team of adults) to make a real difference in the lives of youth who have anxiety problems.

***This session further built upon the knowledge shared at previous professional learning days adding to the compliment of universal and focused responses that can help reduce negative impacts of mental health concerns.***

SchoolsPlus staff regularly work collaboratively with school based staff and inter-departmental partners to help students and their caregivers who deal with anxiety and worry.





## *Loose Parts Play*

### **Jillian Griffen & Laura Beth MacPherson, Communities Culture and Heritage**

Through the universal and focused supports offered in the SchoolsPlus Model, staff have relied on the growing body of evidence that indicates play (and specifically outdoor ) play is a significant component needed for optimal child and youth development.

***Our partners within multiple government departments/Branches including Mental Health and Addictions, Public Health, Early Childhood Development and others indicate the importance of access to play and outdoor play across the span of child and youth development.***

Jillian and Laura Beth provided a summary of research which indicates that executive function is strengthened by regular exposure to the outdoors and loose parts promotes curiosity and engaged learning, and so is particularly important for learners. They encouraged us to consider how to support school-based teams to engage youth in many non-traditional recreational activities to support school engagement and to build relational connections. Further to this, participants were also offered a model to engage parents in supporting Loose Parts play within family and community settings. A portion of this session even took place outdoors. Jillian and Laura Beth agreed on a plan to offer a full day session in the summer so that we could unpack this information further and talk about a SchoolsPlus Play Philosophy to guide our work, recognizing that some students and families face barriers to outdoor play.



# QUARTERLY STATS

This quarter, the stats below are based on approximately **83 per cent response rate** of all monthly reports provided by the SchoolsPlus Facilitators and Leaders.

*April - June 2019*



**231** **NEW REFERRALS**

**166** **NEW SERVICES**  
**REALLOCATED/CO-LOCATED**

**837**

## EXTENDED HOURS

the amount of time SchoolsPlus supported children, youth, and families outside of regular school hours which includes non-instructional time such as summer, evenings, before school, and holidays.



As of the 2018-2019 school year, 327 of 378 schools in Nova Scotia have SchoolsPlus support.

## GROUP PROGRAMMING

The total number of children and parent attendances in group programming this quarter.

- Parents (6.17%)
- Children (93.83%)

