

NEWSLETTER

May - August 2020



JULY
13-20
VIRTUAL
SAND
CREATIONS
CONTEST!

Build a sand
creation for
a chance to
win prizes!

HOW TO ENTER:

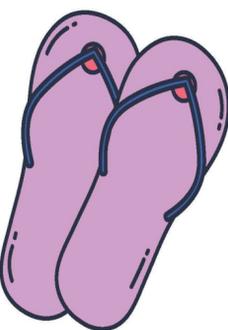
1. Go to a beach in your area



Halifax
Regional Centre for Education



Free
Summer
Camps!



FEATURE STORY

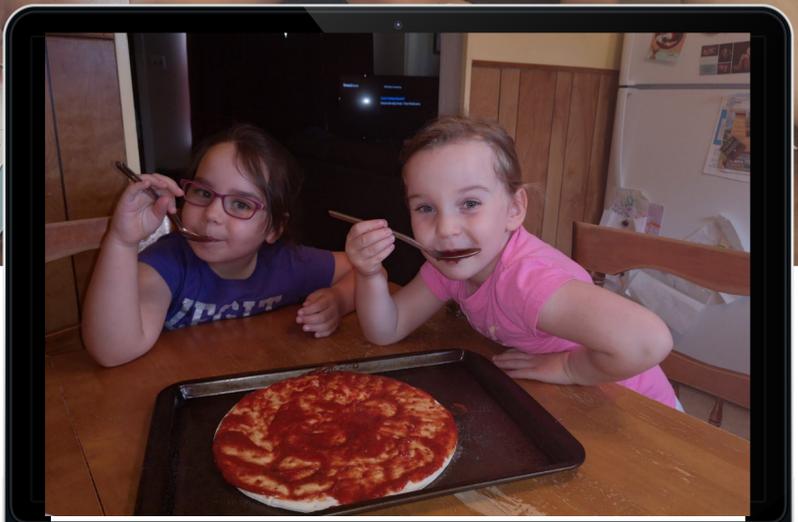
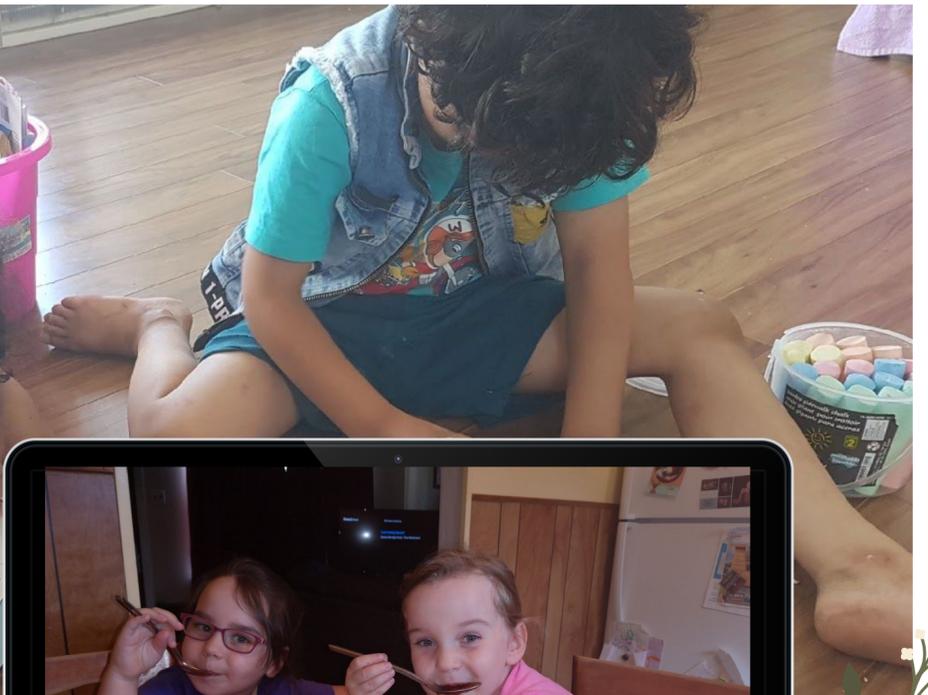
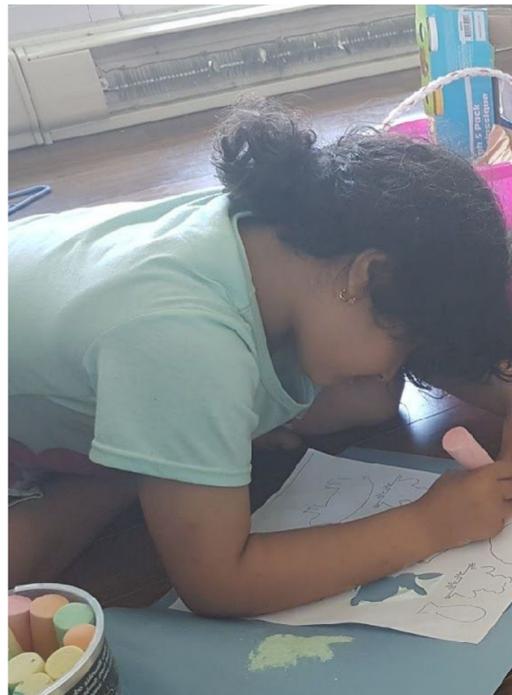
Summer Activities and Camps

Scavenger Hunt!
Samarac Education Centre

This spring/summer period was an opportunity for renewal of social connectivity for students and families. SchoolsPlus staff and their partners used innovative ways to deliver summer activities, adapting some of the time-honored programs, and creating new ones. Throughout the Province, a blended model of virtual and in person activities were delivered. From SchoolsPlus quick tips sheets for students and families, summer activity kits, scavenger hunts, friendship bracelets, street art challenges, gardening groups, yoga in the park, SchoolsPlus staff helped keep students connected, and outdoors as much as possible.

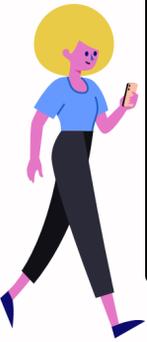


An excellent array of virtual programs, such as Pride celebrations, cooking and book clubs were also enjoyed by students. SchoolsPlus helped students to connect with other available camps and programs, for example, StFX Science camps, and the LINKS reading program. SchoolsPlus continued to offer programs to support transition to new grades and new schools. Our staff also participated in training opportunities, such as, Roots of Empathy Wellbeing, Grief and Loss, Relational Approaches and Awareness of the Commercial Sexual Exploitation of Children and Youth. And our staff continued to partner in food security programs for families. Thank you to SchoolsPlus staff and partners for a great summer in 2020!

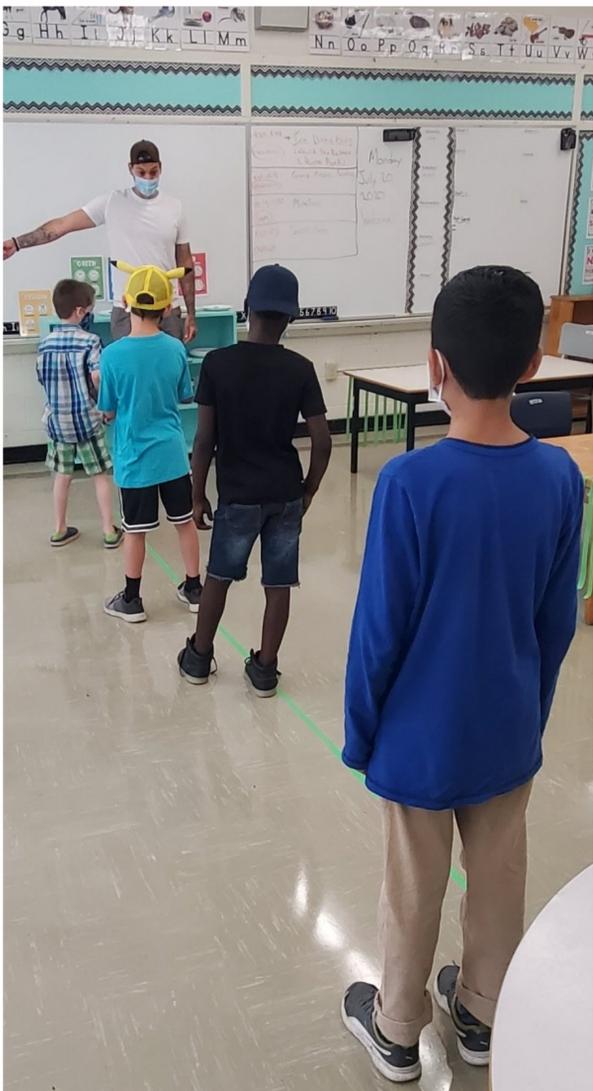




Summer Activities and Camps



I signed my daughter up for the virtual classroom level up for children grades 4-5 going to rocky lake. I'm not sure who's in charge of this but I wanted to say thank you!!! They're discussing stress and anxiety and how to deal with every day life during the pandemic and going to a new school. She's loving it. I told her she didn't have to take every session but she's adamant she doesn't want to miss it.



PROGRAMME DU 13.07 - 19.07

Lundi: 9h conte-yoga: petit trésor, sous les mers de Tahiti
9h30 Rassemblement francophone
10h30 Bocal de plage

Mardi: 11h Bouge ton flash avec Sébastien
13h mission crocodile sur la plage!

Mercredi: 9h30 rassemblement francophone
10h post-it des messages d'inspirations
10h30 message à la mer
13h comment faire un fort dehors

Jeu: 11h à la recherche de verre de mer
20h coeur d'artiste: Danny Boudreau

Vendredi: 9h30 rassemblement francophone

Dimanche: 19h spectacle virtuel
Lien du site:
<https://sites.google.com/view/100activites/accueil>

CSAP Schools Plus
Conseil scolaire Écoles Plus

YOU SPOKE!
WE LISTENED!

SCREEN TIME & ROUTINES
August 10-14

FIND THE CACHE, WIN THE PRIZE

CSP Back to School Giveaway

- Oxford** - August 26th - 9-11 - Oxford Skate Park (Prize Skateboard)
- Pugwash** - August 28th- 12-3 - Eaton Park - (Prize Sports Kit)
- Springhill** - August 31 - 9:00-11:30 - Pit Pond Trail (Prize Skateboard)
- River Hebert** - August 31 - 1-4 - River Hebert Tidal Bore Park (Prize Skateboard)
- Parrsboro** - September 1- 9:30 - 11:30 -

FREE Taking Control of Your Money—Basic Budgeting for Youth



SCHOOLS PLUS QUICK TIPS

Pride Edition: Part One

What does LGBTQ2S+ mean?
2S+ is an acronym that stands for Lesbian, Gay, Bisexual, Transgender, Queer, Two-Spirit. It may subscribe to labels under the LGBTQ2S+ umbrella while some may not. An important thing is that the individual has the right to define their own identity.
*folx is a variation of "folks" intended to acknowledge queer identities.

What does sexual orientation mean?
Sexual orientation refers to who you are physically or emotionally attracted to. You may be attracted to the same gender, opposite gender, more than one gender, or all genders. Your gender identity does not play a role in who you are attracted to. You may feel physically or emotionally attracted to any gender. However you feel and identify, that's okay.

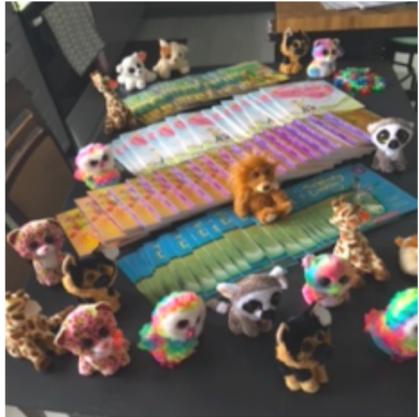
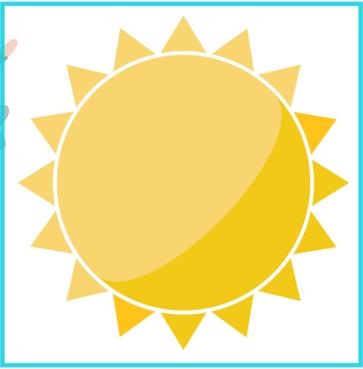
What does gender identity mean?
Gender identity is different from someone's sexual orientation. Gender identity refers to how you understand and feels about their gender. This could refer to their feelings as well as their body. Some people may identify as male, female, both, or neither. Some may identify somewhere along the spectrum of gender.

Is it normal to wonder about these things?
Absolutely. As we grow, we learn about ourselves and figure out who we are, what we value, our beliefs, and what is important to us. Understanding our own sexual orientation and gender identity is a part of that process because it's a part of who we are.

What if other people don't understand?
Some people may be misinformed about the LGBTQ2S+ community. Sometimes people may be hurtful, or exclude others because they do not understand. This is not a reflection of LGBTQ2S+ people. Being yourself is beautiful and no one else gets to define who you are. There are lots of people who appreciate the beauty and celebrate diversity.

Who can I talk to?

Summer Activities and Camps



SCHOOLSPLUS
QUICK TIPS

Transitioning Back to School
Part 1: Coping With Stress

As we prepare to transition back to school, stress is a normal response for our body to have. In this Quick Tip, we'll suggest some ways to support your child through stressful feelings.

Normalize Stress

- Discuss stress as being a helpful mechanism of the body (i.e. it helps our heart pump, delivering oxygen to our brains).
- Help your child identify how they recognize stress in their bodies (physically, mentally, emotionally, etc.) You can do this through activities like colouring the outline of a body and identifying where they experience stress most.

Reframe Stress

- Rather than framing stress in a negative way, try asking "What is my body trying to tell me right now?"
- Taking the time to reframe stress from a negative experience to a learning experience allows us to build coping mechanisms to give our body what it needs at this time.

Develop a "Toolbox"

- Discuss some ways we can cope with stress and build a mental "toolbox" that includes various different tools or coping mechanisms.
- Not all stressful situations will be the same or cause us to have the same reaction, so it's important to have different ways of coping for different experiences and feelings.
- You can refer back to our "Coping" Quick Tip to explore different tools!

Cape Breton-Victoria Regional Centre for Education
SCHOOLSPLUS
SERVING THE WHOLE SCHOOL AND FAMILY

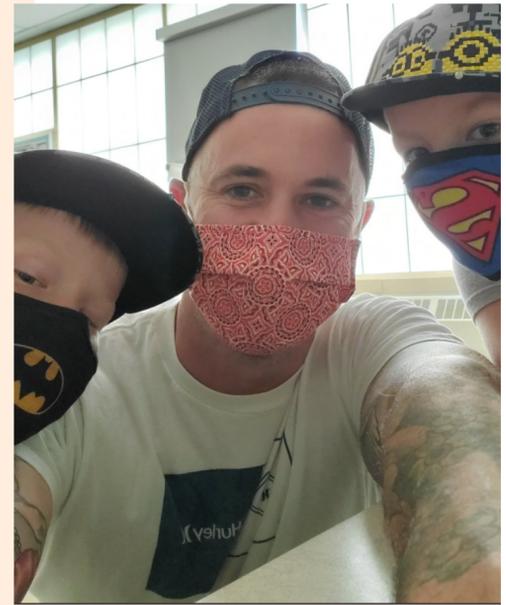
**EXCITING NEWS!!
X-CHEM SCIENCE
CAMP IS HAPPENING
IN AUGUST!!!**

XCHEM

Guysborough August 6
Sherbrooke August 7
Monastery August 17
Canso August 19
Grades 3 to 8 for all camps

Email faye.fraser@srce.ca to register. There will be a cap of 7 spots available, first come first serve.

Camps will be held from 9am to 2pm. COVID-19 protocols will be observed.



SCHOOLSPLUS QUICK TIPS

STAYING ACTIVE FROM HOME

It can be difficult during this time to find ways to incorporate physical activity into our day. Here are some fun examples of games/activities that you can try at home.

BALLOON VOLLEYBALL

Using tape or chalk, depending on where you are playing, create a line on the ground. This will represent the net. Blow up a balloon which will be used as the volleyball. Players will use their hands to

PUZZLE RELAY

Place puzzle pieces on one side of the room and have a table or floor space on the other side of the room where the puzzle can be assembled. You can choose how many pieces a person can gather during each trip. Players run back and fourth in order to complete the puzzle. If there are multiple participants you can time it and

CUMBERLAND SCHOOLSPLUS PRESENTS:

TRIVIA CHALLENGE **FB LIVE**

Wednesday May 6th at 2pm with RikkiRene
(Topic: Frozen)



ANNAPOLIS VALLEY REGIONAL CENTRE FOR EDUCATION

Tap Root Farms

Who: Nourish NS and TapRoot Farms - Provincial and local resources supported efforts to feed AVRCE students and their families who were financially impacted by Covid 19. Nourish is a registered non-profit supporting healthy food environments for children and youth in Nova Scotia. TapRoot Farms is tucked in the heartland of the Annapolis Valley's farming belt. The Farms merge deeply-held family farming traditions with the most established organic heritage in Nova Scotia. The land on which TapRoot Farms operates is in Mi'kma'ki, the unceded traditional ancestral territory of the Mi'kmaq people.



What: In partnership with AVRCE Child and Youth Care Practitioner, TapRoot Farms has been donating produce boxes **weekly** to 15 - 25 AVRCE students and their families to alleviate food insecurity during the pandemic. Bringing farm to table, the boxes were full of fresh vegetables and topped up with eggs and dessert and delivered by the SchoolsPlus Outreach Worker and Child and Youth Care Practitioner. Nourish NS provided Sobeys Gift Cards to supplement emergency food efforts. Gift cards were distributed by SchoolsPlus across the region supporting many students and their families with basic food needs.

When: Throughout this Spring/Summer period

Why: Many students rely on breakfast and lunch programs at school to eat. In this absence, initiatives such as TapRoot Farms and Nourish NS ensured students access to healthy and nutritious food.



CAPE BRETON-VICTORIA REGIONAL CENTRE FOR EDUCATION

Summer Street Art Challenge



Who: CBVRCE; 40 students from all 4 sites (Sydney, Riverview, Glace Bay/New Waterford and North Side/North of Smokey)

What: Students learned about street artists from around the world who are creating positive social change by making public art that challenges inequalities, celebrates diversity and responds to the unique needs in each community. Students created their own art that they shared with the group.

Where: Virtually, art kits were delivered to students homes

When : July - August 2020

Why: This project focused on the relationship between public art and social advocacy.



CHIGNECTO-CENTRAL REGIONAL CENTRE FOR EDUCATION

Yoga in the Park

Who: Cumberland SchoolsPlus partnered with Maggie's Place Family Resource Centre, Cumberland YMCA, Town of Amherst

What: Yoga in the Park

When: July and August

Where: Rotary Park across from Maggie's Place Family Resource Centre Amherst

Why: To provide a safe and active space for children/youth, or adults, while enjoying a recreational experience. Snacks were provided by Maggie's Place! Yoga is an excellent mind and body fitness regime. It provided a safe and fun-filled fitness experience outside during COVID-19



JOIN US FOR:
YOGA IN THE PARK

A yoga class will be offered followed by a picnic. Conditions are weather permitting. Contact Maggie's Place (514-667-7250) or Cumberland SchoolsPlus for more information or questions.

Standard safety measures will be adhered to.



FREE YOGA
AT THE
ROTARY PARK
11 ELMWOOD DRIVE
AMHERST

July 7, 9, 14, 16 and
August 11, 13, 18, 20
(10-11 am)
(Tuesdays and
Thursdays)

FOR ALL AGES AND
FITNESS LEVELS
(UNDER 12 YEARS TO
BE ACCOMPANIED BY
AN ADULT)

NO CHILD CARE
PROVIDED BUT
CHILDREN ARE
WELCOME TO JOIN IN

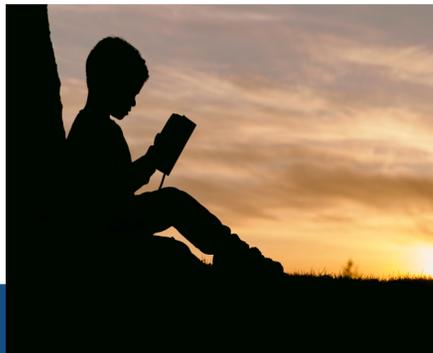
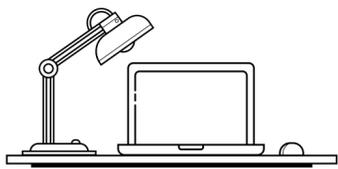
OFFERED IN
PARTNERSHIP

MAGGIE'S PLACE
SCHOOLSPLUS
TOWN OF AMHERST
CUMBERLAND YMCA



CONSEIL SCOLAIRE ACADIEN PROVINCIAL

Club de Lecture



Who: Le Club de Lecture was originally comprised of students from École Acadienne de Pomquet. Due to its popularity, interest increased throughout the North Eastern region, to five CSAP schools.

What: A Virtual Book Club. Staff members including SchoolsPlus Community Outreach Workers, students and teachers volunteered their time recording audio chapters and attending the weekly meetings.

When: Initially began in April 2020, but became a popular online activity throughout the summer of 2020

Where: Throughout the summer meetings were increased to twice a week and covered two books. A Google classroom was created, and meetings were held every Tuesday and Friday.

Why : Initially designed to create fun and help ease some of the stress and anxiety of COVID 19. The club was so popular that students and staff were even logging on when they were on vacation because they did not want to miss it!



HALIFAX REGIONAL CENTRE FOR EDUCATION

Summer Camps

Who: SchoolsPlus Assistant Leaders, Child and Youth Care Practitioners, Psychologists, Speech Language Pathologists, and School Social Workers collaborated, ensuring summer workshops had rich content and a highly skilled leadership team.

What: Virtual and in-person programming provided opportunities for students in HRCE throughout the summer. Four weeks of in-person workshops were held at 8 schools across HRM, for children in grades 2-7, providing a variety of games, crafts, social-emotional learning activities, recreation and lots of fun!

There were 24 virtual workshops each week, facilitated via Google Meet. Workshop topics included Learn to Chill, Follow Your Heart with Art, We are all Super Heroes, Let's Be Friends, Summer Fun, transitioning back to school after 6 months, and transitioning to a new school (junior high or middle school).

Why: Using a new platform (Google Meet) for programming gave students a safe, structured learning experience with their peers, during the extended closure period. Virtual programming extended our summer reach to a wider range of families covering a large geographical area. Some students who attended the in-person workshops had not been with other children in four months! Parents surveyed gave consistently positive feedback on their children's experiences.



STRAIT REGIONAL CENTRE FOR EDUCATION

Pizza Kits



Who: SchoolsPlus Strait Richmond in Partnership with the SRCE and the Corner Bridge Store and Bakery and Macbouch's

When: Pizza kits were delivered weekly from May 28th-July 30th



Where: Pizzas were delivered to family homes by SchoolsPlus staff.

Why: We were able to support 20 families in our most distant rural communities. The goal of this program was to provide food security to families and to give children and care givers an opportunity to make the pizza kits together. Completing this activity as a family was a great way to boost morale and also act as a learning opportunity for students. The feedback from this program was extremely positive in a difficult time.





SOUTH SHORE REGIONAL CENTRE FOR EDUCATION

Youth Cooking Package Program

What: Youth Cooking Package Program: Cook, Learn and Share! This targeted community initiative is for youth ages 11+ and their families. We provided enough groceries for 3 meals a week (Breakfast, Lunch and Dinner) per household, a pantry staples box (flour, spices, oil, etc.), and a cookbook with recipes high-lighted for the week. This program supported 40 youth and their families for a 6-week period. The best way to teach youth about healthy eating is to get them into the kitchen to prepare nutritious meals together. Cooking is a valuable life skill that teaches young people about nutrition and food safety; social skills like cooperation, working together, problem solving, sharing; as well as building math, science, literacy, and fine motor skills.

When: May to July (6-week program starting May 25th)

Why: The early closure of schools and the Youth Centre left a gap and concern for the affected youth; from children in elementary through to grade 12. Many of these youth are responsible for cooking meals for their younger siblings at home. All of this “change” adds greatly to the health and wellbeing of youth and the loss of connections to safe supports can be overwhelming and increase the feelings of isolation. Cooking together can be a fun way to teach valuable skills, promote good nutrition and make long-lasting memories in the process.

Who: Based on a grant from United Way: Schools Plus and the YMCA of Southwest Nova Scotia, involving support from our interagency partners. Superstore was also a major partner.



TRI-COUNTY REGIONAL CENTRE FOR EDUCATION

Coping Face to Face



Who: Shelburne County SchoolsPlus

What: Coping Face to Face : An orientation day for grade 6 students who are coming to BMHS in the fall. There were 8 students in at a time with two staff. This took place over several weeks during the month of July to accommodate everyone who wanted to participate. This summer our special day looked a little different, but attendance was great and the students had a lot of fun! The students had a tour of the school, did a scavenger hunt, and placed kindness rocks around their school.

When: July – over a period of several weeks

Why: Orientation day for grade 6 students who are excited, may be a bit anxious or unsure about what a new school will bring. This opportunity provides a head start to meet new friends, becoming familiar with the location and answers to any questions about their new school



Roots of Empathy

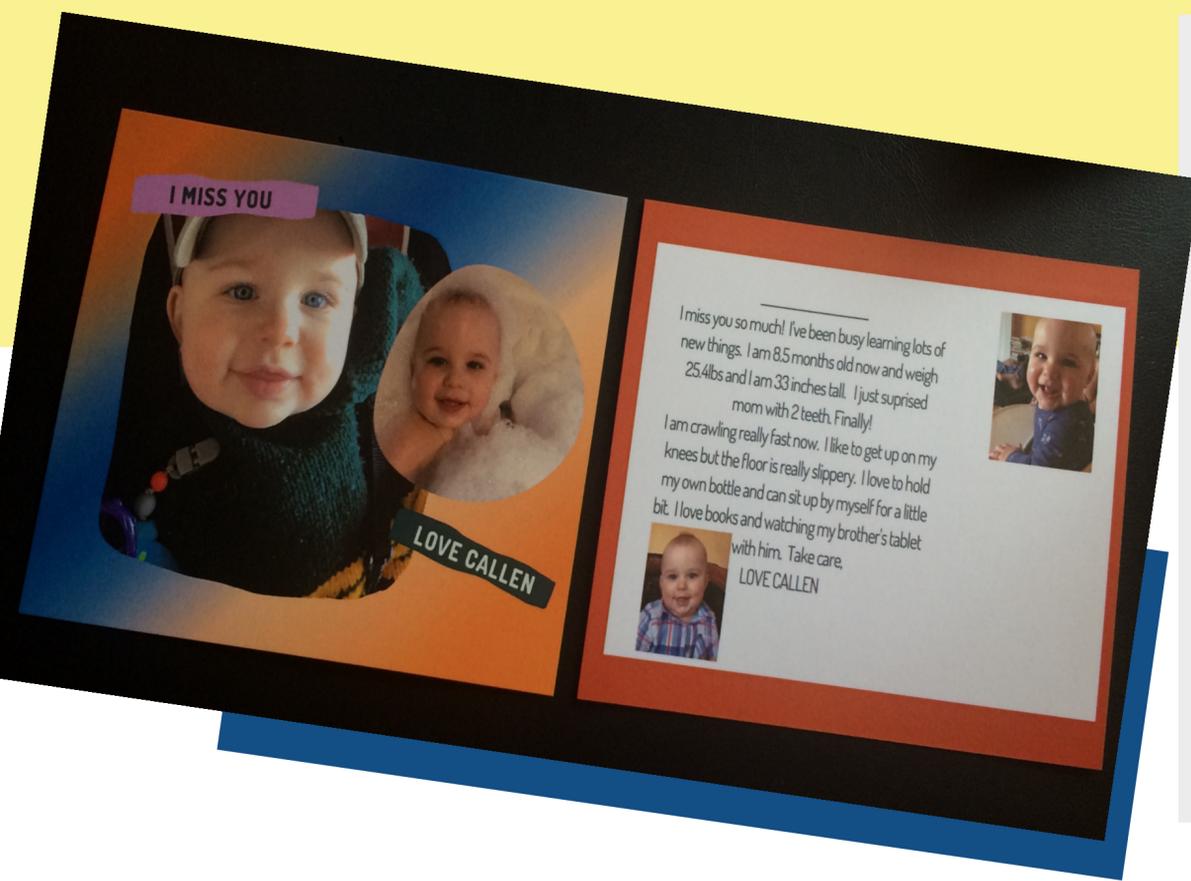


SchoolsPlus have been collaborators and close partners in the delivery of Roots of Empathy throughout our schools. Roots of Empathy is an evidence-based program that supports learning and the building of empathy in students. Guided by a well-designed curriculum and training process, a Roots of Empathy instructor invites a parent and their baby to the classroom, enabling students to observe early attachment and parent child bond, the seeds of empathy.

This year, Roots of Empathy experienced some disruption due to COVID 19, and school closures, but SchoolsPlus staff and their partners found exciting and creative ways to bring the program to a strong finish for 2019-20. Roots of Empathy Instructors kept in contact with their classes and the participating families even after schools closed, through photos, videos and sometimes a short virtual hello. Students were reassured in these uncertain times to learn about the progress of their “tiny teacher” and to catch up and ask questions about them.

Some instructors sent postcards. Baby Callen shared news on his growth and new milestones, sending his best wishes to the young students. Baby Bela’s Mom from the South Shore shared her newfound skills as she moved from crawling to running. Baby Wren, in addition to two new teeth, “sweeps away her food like a windshield wiper!” when she finishes eating. SchoolsPlus Facilitator, Paula Boutilier in Cape Breton, arranged for all the students to send their wishes for Baby Liam in a “wishing tree” that accompanied their family album including pictures from the previous in class visits. This was given to the family as a gift, in appreciation of their time.





For Baby Julia in HRM, students' wishes included "My Wish for Julia is to grow up happy and healthy. I hope she has lots of friends. I hope she is brave, kind and can follow all her dreams" from Matthew. "I wish for Julia that when she's older she'll have great friends, grades and will always be the person she wants to be. I wish that all her biggest dreams will come true and that she'll achieve her biggest goals" from Charlotte.

Many other families shared pictures and gave generously of their time. Thanks to all the Roots of Empathy Instructors, classroom teachers, and most especially the families and babies who made this a special year for the students.



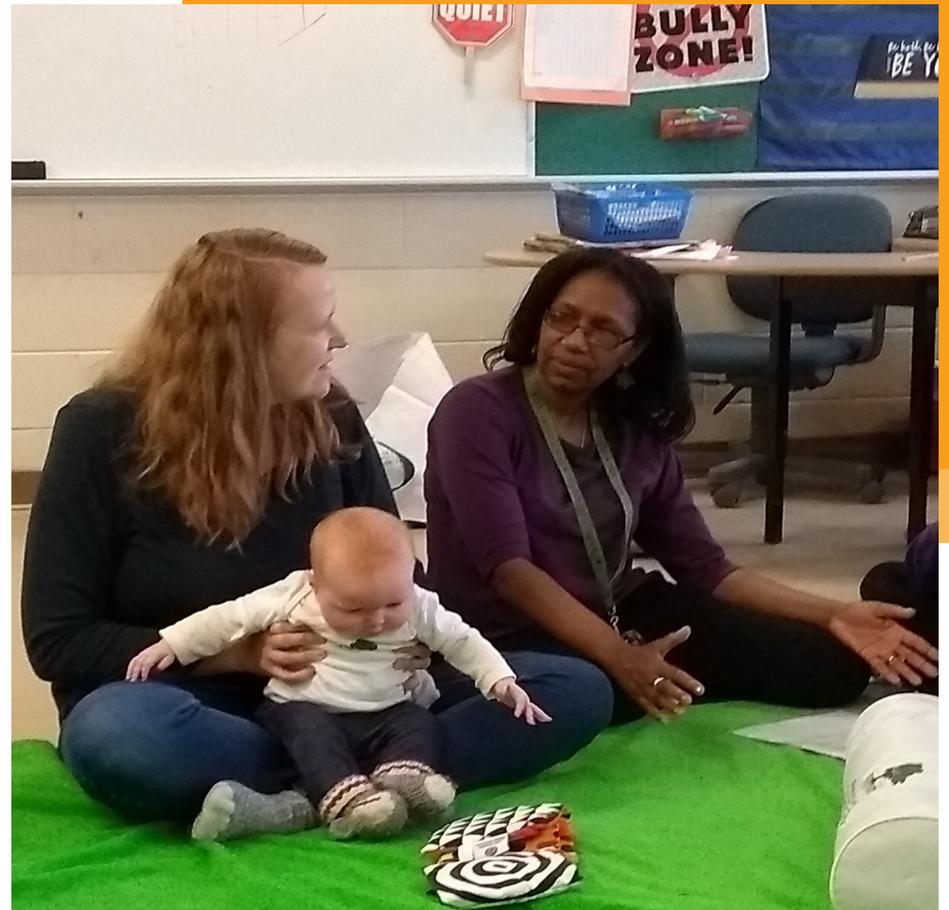
Cindy Parsons

Roots of Empathy requires coordination in our communities, usually headed by a designated Key Point Person (KPP), who takes on coordination and distribution of the program curriculum, the books, toys, t-shirts and other great materials that complete a Roots of Empathy program.

A Key Point Person takes responsibility for maintaining the inventory and giving support to the instructors as required. We salute our SchoolsPlus staff, Cindy Parsons, for stepping up to take on this important role within HRCE. Cindy is a SchoolsPlus Outreach Worker, working in the SchoolsPlus model since 2013. Cindy joins other SchoolsPlus staff, Tara Hassian (SRCE), and Liz McIntosh (SRCE) in this role

Cindy has been a long-time champion of the Roots of Empathy program and has led the implementation of numerous programs. Cindy notes, "Empathy grows in each one differently with the understanding that we should understand how another person feels able to express themselves. Roots of Empathy builds a positive and safe community with children and adults which is very rewarding."

On behalf of SchoolsPlus, we thank Cindy for her leadership.



STATISTICS

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



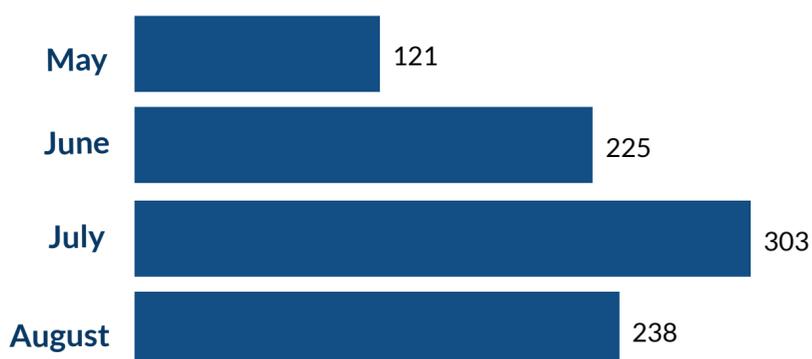
374 **NEW REFERRALS**

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

887

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.



GROUP PROGRAMMING

The total number of spaces offered to children and parents to attend in group programming.

■ Parents (22.62%)
■ Children (77.38%)

