

Amherst SchoolsPlus Monthly Newsletter

COMMUNITY ROOM DROP-IN

The Community Room is located in room 107 at Amherst Regional High (190 Willow Street).

The Community Room is open to all ARHS students during lunch hour Tuesdays and Wednesdays unless otherwise noted on the Community Room door.

The Community Room is also open each Wednesday after school until 7pm to all E.B. Chandler Junior High and Amherst Regional High School students.

After School Activity Schedule

January 3 – First day back to school
NO GROUP

January 10 – Welcome back! Board games and catching up.

January 17 – YOGA with Kim (relax your mind and body)

January 24 – Outdoor Skating with Hot Chocolate afterwards. Bring skates and a helmet if you have them. If not talk to Chris and he should be able to find you some.

January 31 – Snowshoeing location TBA. Weather Permitting



Figure 1: Getting busy on the one's and two's for the Community Room Christmas Party December 20, 2017

What is SchoolsPlus?

SchoolsPlus is a comprehensive and collaborative interagency approach to educating and providing service to the whole child and family, with the school as the center of service.

The focus of Amherst SchoolsPlus is to support referred students and families by helping them attain timely and effective services that meet their identified needs.

Additionally, SchoolsPlus provides a variety of different programs and activities to students and families within the 8 schools it serves (Spring Street Academy, Cumberland North Academy, West Highlands School, Northport Consolidated Elementary, E.B. Chandler Junior High, Amherst Regional High, Springhill Junior/Senior High, and Oxford Regional Education Centre).

Parenting Your Anxious Child

Amherst Schools Plus mental health clinician Robin Cann will be hosting 4 sessions to support parents of children with anxiety. These will be held at Spring Street Academy but are open to any parents in Cumberland County.

Begins January 15 2018 (3:00 – 4:30pm)

If interested call Robin at 902 694-9820



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