

NEWSLETTER

September - December 2021

Schools
Ecoles **Plus**
NOVA SCOTIA / NOUVELLE-ÉCOSSE



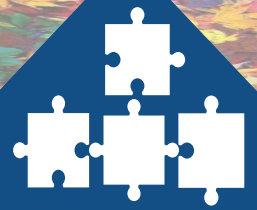
October is Mi'kmaq history month, honoring our Mi'kmaq heritage



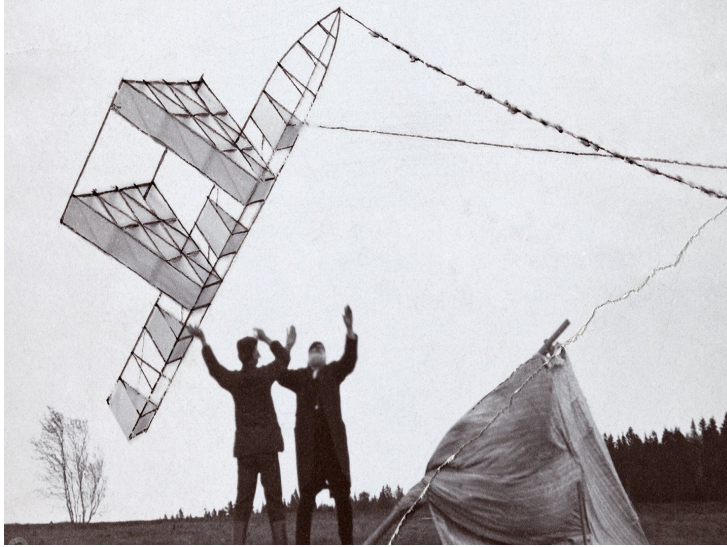
A Day of Remembrance

SchoolsPlus honours Transgender Day of Remembrance (TDOR) on November 20 dedicated to the memory of the transgender people whose lives were lost in acts of anti-transgender violence. Throughout our schools, many students, staff, and community partners participate in activities to raise awareness and visibility for the transgender community.

SchoolsPlus is all about partners and this Fall we are so proud to feature a few of the highlights of our partnership work.



OUR PARTNERS



Digby SchoolsPlus received a \$1,200 Wellness Grant from the Digby and Area Community Health Board to create a Free Store. It provides accessible clothing, and essential goods for students and families needing support. Digby SchoolsPlus has established Free Stores in ALL their Family of Schools.

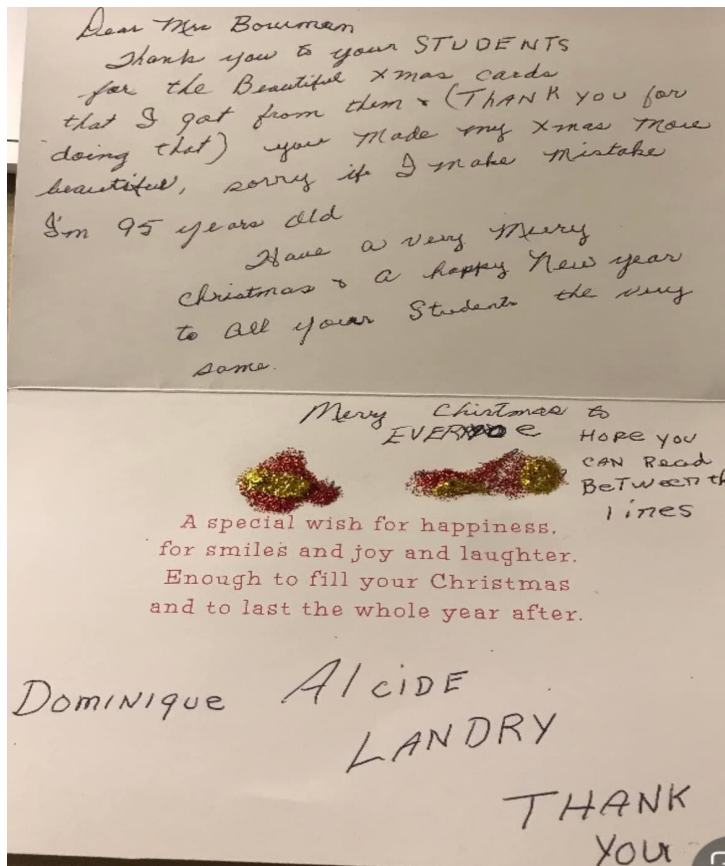
Kite Making with Parks Canada: SchoolsPlus partnered with the Alexander Graham Bell Museum to provide a kite making workshop for students at Robin Foote School (Cape Breton Victoria Regional Centre for Education) from 10:15-11:30 on October 13th and 14th

EDUCATION CIVIQUE 9 IMM_INT - [Français intégré 9e année \(Integrated French 9\)](#) Teacher partnered with SchoolsPlus, class had 4 crock pot cooking sessions. Meals were frozen and distributed at Christmas to families in need.



CHRISTMAS CARDS

SchoolsPlus: Strait-Richmond, together with the Child and Youth Care Practitioners (CYCP) at Tamarac Education Centre (TEC), partnered with legions and local care homes listed on the Veteran Affairs website for Cape Breton to create a Christmas card list. Working with students from primary to Grade Eight, Christmas cards were sent to veterans within Nova Scotia, and throughout Canada, and to members of the Canadian Armed Forces abroad. Students wanted to bring some joy to those who would not be home for Christmas, as well as honouring our veterans, completing 407 Cards. Following Christmas, it was discovered that one veteran, 95 years old had replied, noting it made his Christmas beautiful. Sadly, the veteran had just passed away, and his family was overjoyed to hear this story about the card. It really touched all the staff and students.



Students in SSRCE took part in an evening of reflection on justice issues, participating in a drive-in movie night watching *The Secret Path*, by Gord Downie, a story about the journey of a young Chanie Wenjack as he tried to find his way home from residential school.

DRIVE-IN
MOVIE NIGHT

Gord Downie's
SECRET PATH

Admittance is FREE, but a donation of \$5 is encouraged to support:

Gord Downie & Chanie Wenjack Fund

September 29th 2021
8:00PM (Dusk)

Sponsored By:
SSRCE SchoolsPlus

FREE POPCORN
FREE POP

WWW.DOWNIEWENJACK.CA

It's Your Choice!

Small Group

Healthy Relationships
Friendships

Teen Violence Prevention
Mental Health Awareness
Substance Education
Peer Support
Community Resources

Boundaries
Stress Management

I give Permission for my child to participate in this program

yes or no

Safe space to share

Snacks

Brought to you by Lunenburg County YMCA with Support from Schools Plus



It's your Choice- a partnership with Lunenburg County YMCA, a small group program to promote healthy choices in relationships, substance education and peer relationships

NPOWER

SchoolsPlus is partnering with NPOWER Canada to help participants over 17 become engaged in IT skills. NPower Canada "envision[s] a diverse technology workforce, where people from any cultural ethnicity, gender or socio-economic background can succeed in our digital economy."



npowercanada
NOVA SCOTIA | MI'KMA'KI
LAUNCHING TECH CAREERS.
TRANSFORMING LIVES.

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Junior IT Analyst
(No IT Experience Required)

Those ages 17+, begin your tech career by completing our online Junior IT Program in only 15 weeks, for free!

Learn the best and latest digital skills, programs and techniques. Earn industry approved certifications and train for today's fast-paced, solution focused tech environment. Graduates receive job placement support to launch your IT career!

IT all starts January 2022
Apply Now at npowercanada.ca/youth/

Monday to Friday - January - May 2022
Location: Online Classroom Environment
Call our Outreach Team: (902) 493-3698, Option #2
or connect by email: outreach@npowercanada.ca



Our Youth Centres are a vital link to helping students access health as well as a range of supportive services. Understandably, many staff were redeployed to the efforts on COVID, helping keep all of us safe. We missed you and welcomed you back to our schools as we begin 2021-22.

Guys' Work 7/8: Gendered Healthy Living Classes Nova Scotia, a partnership with the Department of Education and Early Childhood Education, Bridges Counselling, Family Services of Northeastern Nova Scotia, and five Regional Centres of Education. St.FX Education professor Dr. Chris Gilham receives a Standing Together grant to help us understand the services that could help disrupt cycles of domestic violence



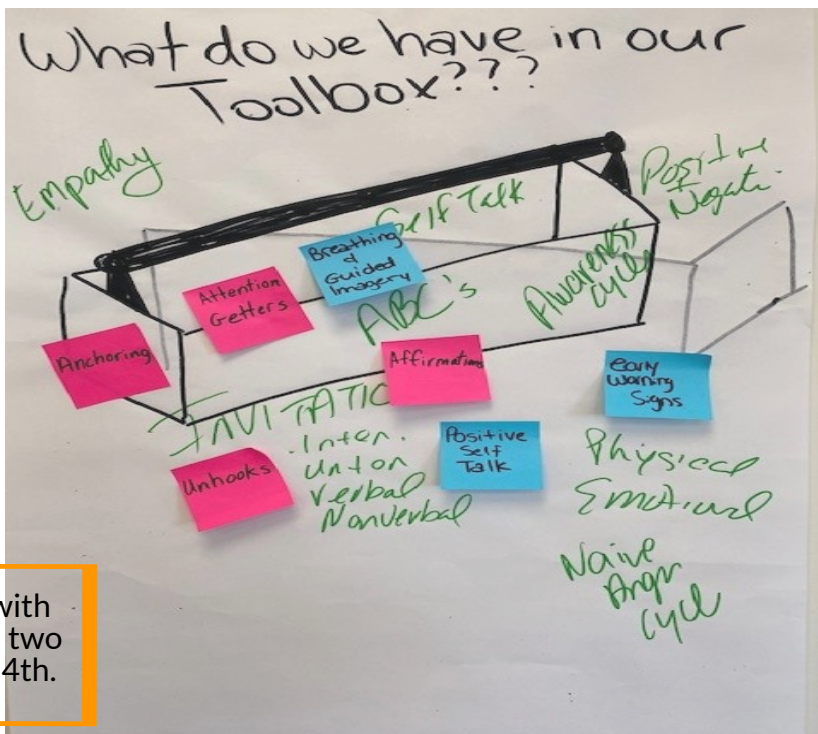
Nova Scotia
Advisory Council on
the Status of Women

Conseil consultatif sur la
condition féminine de la
Nouvelle-Écosse



standing together

a provincial action plan to
prevent domestic violence



Options 2Anger was offered in collaboration with our partners at the Dept of Justice. We offered two fall sessions on Oct 21-22nd, and Nov 3rd and 4th.

ABOUT OUR STAFF



Welcome to our new Staff

Our staff are the heart of SchoolsPlus, and this year we are pleased to welcome an additional 32 SchoolsPlus Facilitators, 56 SchoolsPlus Community Outreach Workers, bringing our current total to 77 Facilitators and 147 Community Outreach Workers in 57 hubs, joined by a complement of 54 SchoolsPlus Mental Health clinicians.

This significantly adds capacity to provide intensive wraparound services for learners and their families, and work with our many community partners, to make school an accessible community hub; enjoying a range of supports and activities.

We are also fortunate to have the addition of 4 regional/zonal coordinators. Three of the positions have already joined us, welcome to Danielle LeBlanc, Eastern {CSAP, CBVRCE, SRCE}, Tracey Shay, Northern {CSAP, CCRCE, SRCE} and Kristyn Anderson Western {CSAP, SSRCE, AVRCE, TCRCE}. (Central {CSAP, HRCE}, is currently in the hiring process. These positions support the staff region wide, working to develop community capacity, support the regional advisory tables, and facilitate ongoing communication and liaison with the SchoolsPlus staff in the Dept of Education and Early Childhood. Welcome Danielle, Tracey and Kristyn!!!

We connect school, families, and community!



SchoolsPlus Community Outreach Worker working with a fellow student

Meet the

SchoolsPlus Team

at WEC, BEC, & SAERC



Janelle MacDonnell, Facilitator



Kim Chiavari, Community Outreach Worker

SchoolsPlus is a collaborative interagency approach supporting the whole child and family. SchoolsPlus sites are supported by a facilitator and community outreach worker. They act as liaisons between the school and community and advocate, coordinate, and expand services for students and families. They help families navigate the system and get the services they need.



HRCE-SchoolsPlus
@HRCESchoolsPlus

"Making Tracks" teaches students how to be a safe and savvy cyclist. Teachers, talk to your SchoolsPlus Community Outreach Worker or Assistant Lead about Making Tracks at your school! Thx @EcologyAction for looking out for our students.



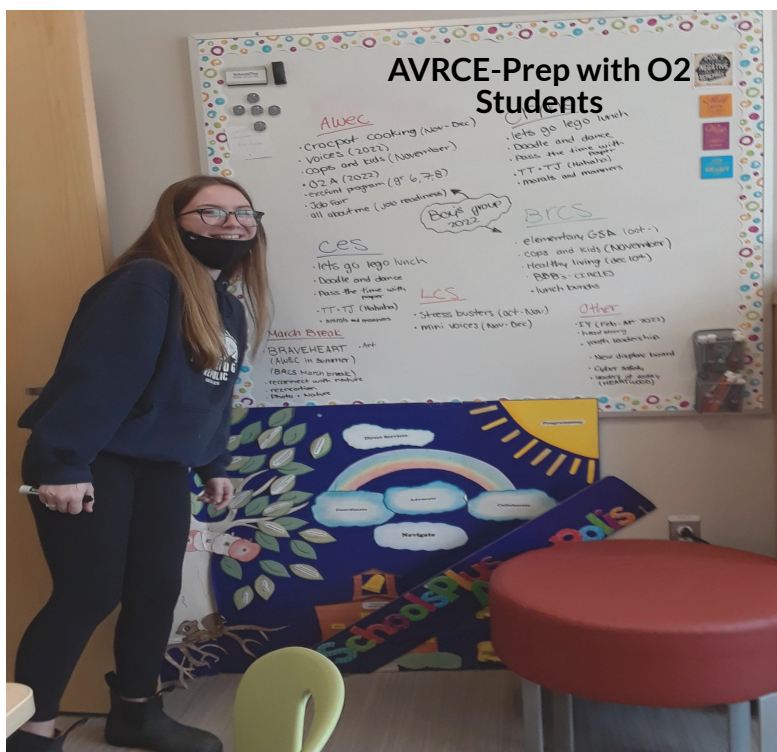
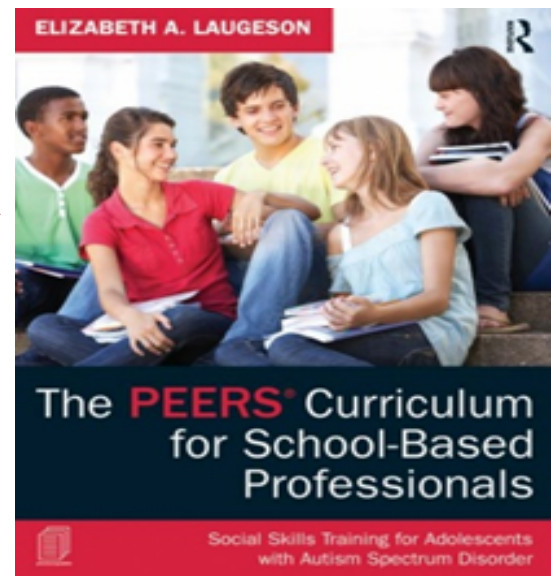
The SSRCE Team



DURING THE FALL OUR STAFF ATTENDED THESE TRAINING Sessions

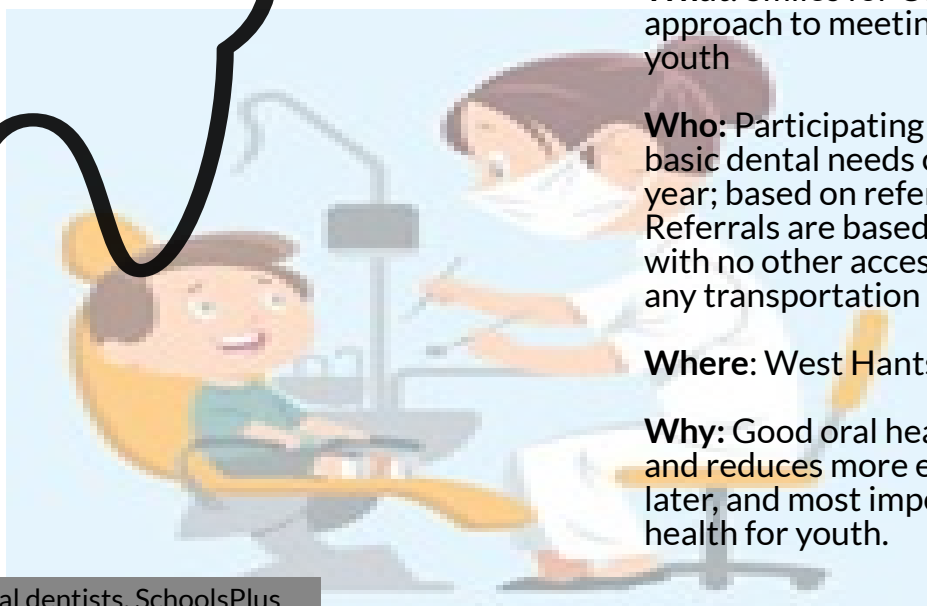
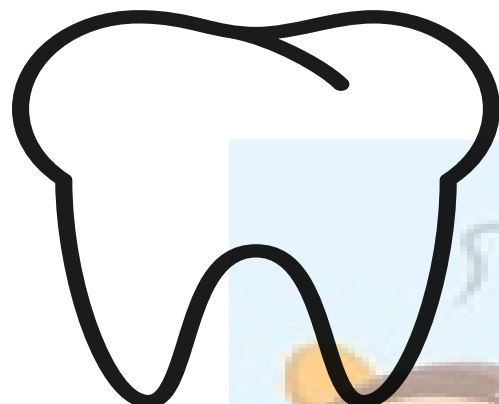
SchoolsPlus staff participated in the Program for the Education and Enrichment of Relational Skills (**PEERS**) training held October 5-7th, 2021, along with participants from school boards/districts/regional centres for education in three Atlantic Provinces. **PEERS** is an evidence based program to teach adolescents with Autism Spectrum Disorder (ASD) the skills to make friends and engage in social interactions with peers.

This training was led by Elizabeth Laugeson, and offered through the APSEA Autism Partnership.



ANNAPOLIS VALLEY REGIONAL CENTRE FOR EDUCATION

SMILES FOR COMMUNITY



What: Smiles for Community: a collaborative approach to meeting the dental needs of youth

Who: Participating dental offices sponsor the basic dental needs of two youth per calendar year; based on referrals from SchoolsPlus. Referrals are based on student needs, with no other access to coverage, as well as any transportation barrier

Where: West Hants schools

Why: Good oral health care is preventative and reduces more expensive remedial cost later, and most importantly, better overall health for youth.

Partners: Local dentists, SchoolsPlus West Hants area



CAPE BRETON-VICTORIA REGIONAL CENTRE FOR EDUCATION

HEADSTRONG

What: Headstrong Summit, focused on education about mental health and the impacts of stigma. Through first voice stories the students were able to learn of firsthand experiences of people living with mental illness and addictions and their journey to hope and recovery. Students were involved in action planning and how to become champions of change by bringing what they learned on this day about mental health to their peers in their middle-schools!

Who: Cape Breton Middle Schools

When: November 9th, 2021, SchoolsPlus hosted its 8th annual Headstrong Anti-Stigma Summit

Where: Cape Breton University

Why: The summit focused on education about mental health and the impacts of stigma; to increase knowledge of mental illness and addictions, decrease stigma, and change current attitudes about mental health.



Partners: SchoolsPlus, Nova Scotia Health, Cape Breton Victoria Regional Centre for Education; Eastern Family Services of Nova Scotia. The summit is part of a national initiative of the Mental Health Commission of Canada

CHIGNECTO-CENTRAL REGIONAL CENTRE FOR EDUCATION PANTRY & COOKING GROUPS



Who: Truro Middle School, Pantry and Cooking groups, including a clothing section and fresh fruit for students during the day

What: SchoolsPlus created a pantry in our space where students are able to come during lunch or afterschool to get what they need for home. Additionally, there are cooking groups with our SP Community Outreach Worker and a retired kitchen staff member to provide skills for students they can transfer to home. Recipe ideas are coordinated with the pantry items, so students have access to what they need to cook at home.

Where: Truro Middle School

When: Throughout this Fall, and ongoing

Why: Increase food security, build skills and community capacity

Partners: Various community partners and grants from health partnerships.



CONSEIL SCOLAIRE ACADIEN PROVINCIAL HAPPY HOUR

Who: CSAP Students and Families (North Eastern region) , rotates between all four schools with multiple partnerships

What : "cinq à sept en famille" or Happy Hour! This is a family activity once a month from 5-7 PM where we serve food and have a family styled activity all in French.

When: October, this event was hosted in Cheticamp . The theme was Halloween and the local dollar store donated 20 pumpkins for families to take home, a barbecue enabled folks to remain outside and more easily socially distanced.

Why: Events promote social networking, engagement, fun and community building

Partners: Université Ste Anne, and Economic Development collaborating with the school for the event. Thank you to our wonderful community outreach worker Céline Poirier.



HALIFAX REGIONAL CENTRE FOR EDUCATION FOOD BUCKS



Partners: The Prospect Road Community Centre (Hatchet Lake) and the Farmer's Market Association. The Farmer's Market Association also provided brand new slow cookers to the families who registered for this program.



Who: SchoolsPlus (Halifax West and Charles P. Allen Families of Schools)

What: "Food Bucks", created with a grant from the Farmer's Market, supported 33 families.

When: Sept- December 2021

Where: A virtual Farmer's Market that ran every other Sunday, providing greater and easier access to ordering food for our families across our school communities. Families could order perishable food online with a coupon, including fresh fruit and veggies, to meat (Halal included), spices, and baked goods. An extra market was provided for the week of Christmas; vendors helped with a cookie making kit, eggs and a pancake mix for the holidays. SP staff organized and delivered, and helped manage barriers. SchoolsPlus enlisted the support of the YMCA settlement workers to provide English language and IT support for several newcomer families, enabling them to receive the nutritious food biweekly.

Why: Connecting families with fresh food, gave choices, increasing food security



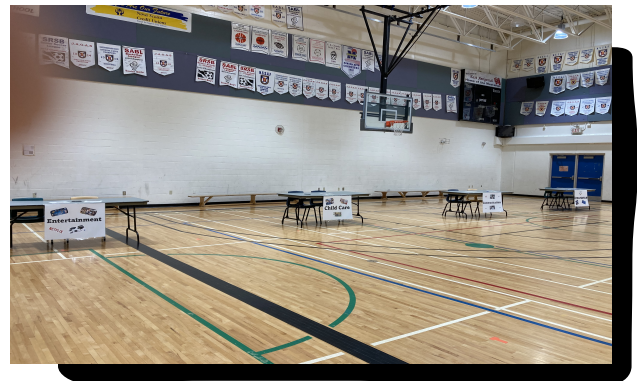
STRAIT REGIONAL CENTRE FOR EDUCATION REALITY CHECK DAY!

Who :Students Grade 10-12, East Antigonish Education Centre/Academy and East Antigonish Education Centre/Academy

What : Reality Check Days ! Students were assigned a monthly salary, and a family composition – perhaps a partner and some children. Using their monthly salary, they had to develop a budget for food, clothing, child care and other expenses by visiting booths to make their purchases. Other categories included communications, housing/utilities, insurance, and personal. Students visited each booth and chose the option that they felt best suited them. Students tallied up the expenditures and subtracted from their income to see how they fared. A guest speaker talk about financial literacy, and debriefed with students, and had prizes ! . Students were super engaged and very surprised by the cost of food and child care!!

When: Chedabucto Education Centre (Nov. 12) and East Antigonish Education Centre/Academy EAECA (Dec. 7)

Why : Promote knowledge of finance and budgeting skills



Partners: School Counsellors and Teachers

SOUTH SHORE REGIONAL CENTRE FOR EDUCATION

CULTURAL COOKING



What: Cultural Cooking program: A partnership to deliver food to families, inclusive of their Indigenous or African Canadian heritage.

Who: 40 families of African Canadian or Indigenous heritage were selected by Student Support Workers to participate. Each family received a crock pot and cookbook (5 Indigenous, 5 African Canadian) and 5 crock pot recipes, plus pantry supplies required to cook the meals. Each family received weekly drop offs of food for 5 weeks to cook 3 meals per week, and were emailed weekly links to watch how to prepare the 3 meals. Food to prepare 600 meals delivered in total.

When: Fall 2021

Where: Throughout South Shore Region

Why: Rising costs of food, Covid and isolation have increased food insecurity. This is a great opportunity to help boost families with food ideas, and build connections



Partners: This was a collaboration between SSRCE SchoolsPlus, SSRCE Student Support Workers and Coordinators, the United Way, the Toronto Dominion Bank, the Bridgewater Food Bank, and the Atlantic Superstore



TRI-COUNTY REGIONAL CENTRE FOR EDUCATION

Peer Leaders

What: Peer Leaders Program

When: Begins in October, and is ongoing throughout the year

Where: Weymouth Consolidated School

Who: Grades 5 & 6's

Why: Youth learn about qualities of a great leader - integrity, conflict resolution, respectful, teamwork, communication skills. Once their training is complete, the students assist with tasks and activities throughout the school. Examples: Leading lunchtime activities in the gym or on the playground, assisting lower elementary students with getting in their winter gear to go outside.



SCHOOLSPLUS EVENTS

Service de garde - Journée pédagogique

Conference Day Babysitting Service

Quand : 8 h à 16 h, vendredi 22 octobre 2021.

Où : École secondaire de Clare
80, chemin Placide Comeau, La Butte, NÉ

Âges : 5 à 12 ans.

Prix : 30 \$ chaque enfant (collations et dîner inclus).

Inscription obligatoire avant le jeudi 21 octobre.
Maximum 30 enfants au total.

When: 8 a.m. to 4 p.m., Friday, October 22nd, 2021.
Where: École secondaire de Clare
80 Placide Comeau Rd., Meteghan River, NS

Ages: 5 to 12 years.
Price: \$30 per child (snacks and lunch included).

Registration required before Thursday, October 21st.
Maximum 30 kids total.

Information et inscription:
Information and registration:

Elise Comeau, Intervenante
des ÉcolesPlus, région Clare
902-778-0928
elise.comeau@sepne.ca

Prélèvement de fonds
pour nos fonds d'urgences.

**Schools
ÉcolesPlus**
NOVA SCOTIA / NOUVELLE-ÉCOSSE
Fundraiser for our
emergency funds.

GBHS HEADSTRONG PRESENTS...

NOVEMBER COFFEE HOUSE

FEATURING GUEST SPEAKER
KEELY WADDEN

SHOWCASING THE SCHOOL'S MUSICAL AND
CREATIVE TALENT, THIS EVENING WILL BE FILLED
WITH GREAT MUSIC, LIGHT REFRESHMENTS, AND
IMPORTANT DISCUSSIONS.

November 18th, 2021 7PM
GLACE BAY HIGH CAFETERIA

Admission by donation. Seating is limited.

Please note that proof of vaccination will be required as



Strait
Regional Centre for Education

HOLIDAY GIFT MAKING

Arts * Crafts * Cookie Decorating

Wednesday, Dec. 15th from 2:30-3:30
(Make-up day will be Friday, Dec. 17th)

To Register, call 902-631-6671 or
Email kim.chiavari@srce.ca

Consent forms will be sent home with registered
students.

Students must be vaccinated

**REGISTRATION IS
LIMITED!**

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