



Welcome to our Fall Edition:



National Day for Truth & Reconciliation,
 Orange Shirt Day Sept 30th
 Remembrance Day Nov 11th
 Transgender Day of Remembrance Nov 20th
 World Children's Day Nov 20th
 Internation Day of Persons with Disabilities
 Dec 3rd



Digby Regional High School
Remembrance Day



Mi'kmaq History Month

You're Invited

Come celebrate Mi'kmaq History Month with SchoolsPlus and the Mi'kmaq Family Healing Centre!


Sign up and bring your lunch to participate in one (or all) of our Wednesday Workshops during the month of October.

Both Staff and Students are Welcome to attend!

How to Participate

Stop in Student Services to Sign up.

Limited space available.




Bring your Lunch & Learn

October 12
Medicine Wheel

October 19
Magit's Doll

October 26
7 Sacred Teachings



Feature: Kitchen Brigades

The Kitchen Brigades program provides basic culinary workshops for youth age 12-17 while promoting healthy eating habits. Young people enjoy the opportunity to learn to cook, while flourishing and developing culinary autonomy.

CSAP Kitchen
Brigades Participants



Kitchen Brigades occurs every Tuesday after school at Dr JH Gillis High School

“The Kitchen Brigades program has been running at Dr JH Gillis High School since September and it is the highlight of my week! I am thoroughly enjoying exposing the students to new foods and cooking techniques. It also gives me a chance to teach about nutrition and the importance of eating locally and seasonally. Students have said they love the program because it gives them an opportunity to try new foods. This program is amazing and I encourage other schools to sign up for it next year!”
Ana Akasha Kaur”

Students at Ellenvale Jr. High & Graham Creighton Jr. High participated in the Kitchen Brigades Program. The program was offered through La Tablee des Chefs, providing students with the opportunity to participate in culinary workshops led by a professional chef. The workshops teach students basic culinary skills and healthy eating while building relationships with their peers. Youth are divided into groups by skill level and compete weekly for points as they learn skills and complete food challenges. At the end of the program, Ellenvale and Graham Creighton will have an opportunity to compete for an exclusive paid trip to Montreal to compete in the final challenge.

Having Fun with Fruit & Chocolate!!



Chocolate fondue

Ingredients

- 4 cups (1 L) your choice of fruits
- $\frac{2}{3}$ cup (160 ml or 100 g) dark chocolate (Fair-trade, if possible)

Preparation

DOUBLE BOILER TECHNIQUE

- 1 In a small saucepan, pour about 10 cm of water and place a medium size metal bowl on top (water should not touch the bowl).
- 2 Heat over medium heat until simmering (water should not boil).
- 3 Place chocolate in the bowl over saucepan and stir until melted.
- 4 Remove bowl from saucepan. Set aside.

ASSEMBLING

- 5 Spread parchment paper about 60 cm long on work surface.
- 6 Arrange cut fruit on parchment paper.
- 7 Drizzle melted chocolate over fruit.

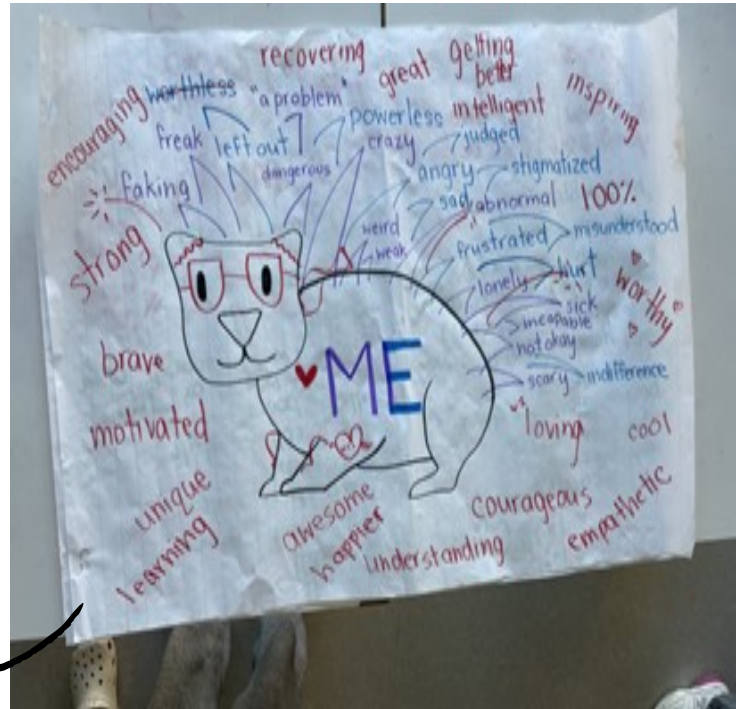
YOU WILL NEED:

- bowl (medium)
- saucepan (small)
- spoons
- set of measuring cups
- spatula
- parchment paper

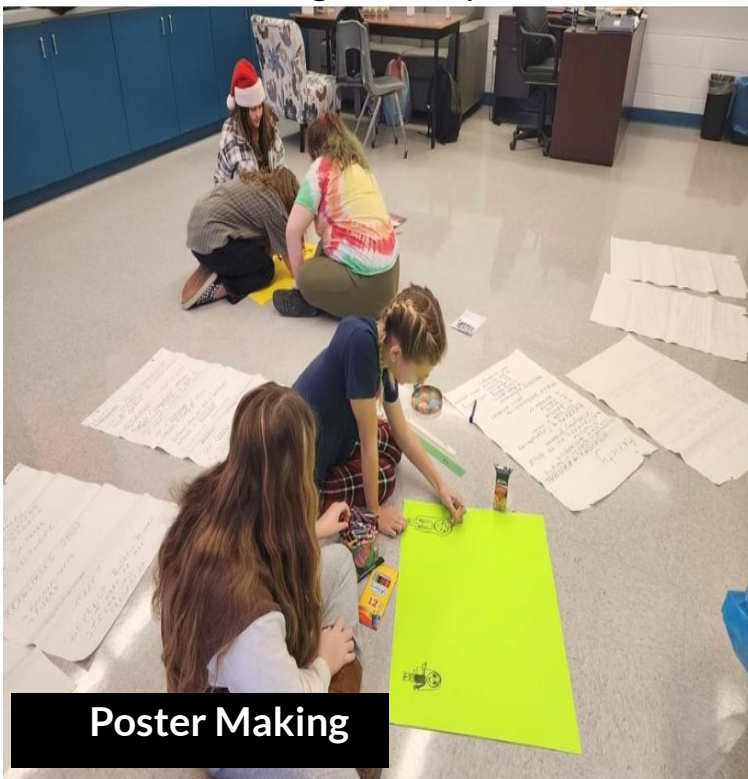
Headstrong is a leadership initiative to help youth become mental health & wellness champions in the schools and communities. SchoolsPlus and their partners work together to develop Headstrong Summits. We are please to highlight Headstrong Summits in Nova Scotia

Twenty-two students participated in the Headstrong Summit at Dartmouth South Academy. they continued the campaign with posters supporting mental heath and reducing stigma. They placed sticky notes on lockers with positive affirmations and words of kindness!

One of the student's favourite pieces of the summit was the Mental Health/Mental Illness Hedgehog they named Jorje Jerry, Mariah Carey. Jerry's strong arms depict their strength, love for family. Jerry has glasses for seeing people for their whole selves and not just a mental illness!



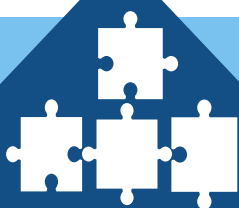
Cabot Education Center and Baddeck Academy partnered with Youth Health Center, to hold groups and plan activities thourout the year.



Poster Making

Dalbrae HeadStrong committee, students grade 9-12, held a Mental Health Scavenger Hunt at Dalbrae Academy in Mabou throughout the year, these activites helped to promote mental health awareness and to decrease stigma

The scavenger hunt was a fun filled activity. Participants were given clues to a location in or around the school that are places to "go to find someone to talk to", if they are struggling. After finding each station, they unscrambled words found with each clue to discover a mystery phrase and win the scavenger hunt! It was a close race, but we could only have one winner ! Not only were we able to help people learn about our school and the places where they can find support, but we made it fun and provided students with mental health awareness.



OUR PARTNERS

DIGBY SOCIAL

**October 3 from
6:00-7:00PM.
November**

Digby Regional High
School, Digby

In partnership with
SchoolsPlus, we are
offering a fun evening of
button making using a
Cricut. Instruction and
materials will be
provided.

This program is open to
all ages and to anyone
who identifies as autistic
or has a disability.
Families are welcome.



SOUTH WEST

UPCOMING FALL EVENTS 2022

Staff in the Citadel Family of Schools identified a barrier, to accessing Halal meat products in central Halifax, especially those who struggle with food security. The availability of Halal products is limited and expensive. Facilitators Sharon Steeves, Darine Elshahli, and Kim Gariepy were creative with their Market Bucks program this year. They used grant money received from the Farmer's Market Association and Halifax Brewery Farmer's Market to connect with local farmers directly to bring items to the local family resource centres where a market was created with cultural foods and fresh produce locally in their community. They also received a grant is for \$5000 for new and creative ideas to help address food security in Nova Scotia. The team had only 2 days to make a grant proposal to this program, but Kim was able to get it done!

The Lions After the Bell program is a partnership between the Wolfville Lions and Horton Family SchoolsPlus providing weekend food support to students experiencing food insecurity within the catchment/community. Each week the wonderful folks at Wolfville Lions Club assemble food packs for students to take home.



SchoolsPlus is built on partnerships! We work with a wide range of community partners to make our schools a place of caring, sharing, and fun. Check out these sample programs and gatherings.

Schools
Écoles

Plus

NOVA SCOTIA / NOUVELLE ÉCOTIE

SEXUAL HEALTH

BRING YOUR LUNCH AND LEARN

**MONDAY
OCTOBER 24TH
SENIOR LUNCH**

Dr. Bauld from the Truro Sexual Health Clinic will be at SCA to share information on contraceptives and answer any questions about sexual health.

Ask your question in person or submit your question anonymously in the envelope in Student Services

Students at Auburn Drive High School had a presenter from the Youth Cannabis Awareness program visit as part of 'Wellness Wednesdays' at the school!



**SCHOOLS PLUS PARTNERED WITH PARKS
CANADA PRESENTS...**

STORIES AND DORIES

**WHEN : OCTOBER 25TH @ 10 :00 AM
TO 1:45 PM**

WHO : PRIMARY TO GRADE 5

**WHERE: NORTH HIGHLANDS ELEMENTARY
SCHOOL**



Schools
Écoles

Plus

NOVA SCOTIA / NOUVELLE ÉCOTIE



THANKS TO OUR PARTNERS



OUR PARTNERS

“Break the Silence” Conference: The Cape Breton Victoria Regional Centre for Education’s SchoolsPlus Program and Family Service of Eastern Nova Scotia held a one-day conference called “Break the Silence” on November 9th, 2022 at the Horizon Achievements Center, bringing together over 70 students from over eleven High Schools within the region.

The goal of the conference is to prevent sexualized violence by raising awareness and education on consent, the identification of red flags and warning signs in an unhealthy relationship, and information on how to access services. Through first-voice accounts, students heard testimonials on sexual violence with a primary focus on how they navigated their journey toward hope and recovery. Students came together as a school team to brainstorm ways to take the information they learned from the conference and share it with their larger school student body.

Conference is funded by a \$5000.00 ‘Sexual Violence Strategy’ grant, Dept. of Community Services.



Lions supporting students, outside school

The Kingston Lions Club have recently launched a new program called Lions After the Bell to address food insecurity among young people in our community. Each week the club puts together small bags of non-perishable food to be delivered to the participating schools by SchoolsPlus. SchoolsPlus and other school staff identify students who could use the support.



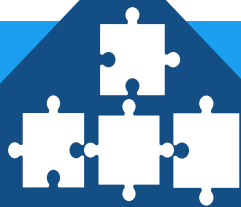
SchoolsPlus Victoria Family of Schools

Nov 29 · 🌐

Last week middle school and high school students at Baddeck Academy had the opportunity to have their voices heard about the Food Cupboard Project with the help of Engage Nova Scotia, who facilitated some ‘visioning sessions’ 🥰 So many wonderful thoughts and ideas shared, we will certainly be using your feedback to make this project the best it can be 🍎🥑🥦 Thank you Engage NS!



+2



OUR PARTNERS

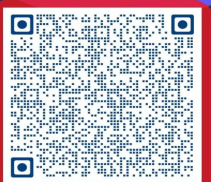
THANKS TO OUR PARTNERS

FREE ONLINE TUTORING & TECHNOLOGY LENDING

THE HALIFAX
HELPERS & HRCE
SCHOOLSPLUS

APPLICATION DETAILS:

The Halifax Helpers, with HRCE SchoolsPlus, will be **lending chromebooks and wifi sticks** to HRCE students, so they may access our **tutoring services**



Session d'information pour les familles nouvelles arrivantes

Venez apprendre davantage sur le fonctionnement de l'école, le système de communication, BusPlanner, Nutrition, des ressources aux familles et bien plus!

- Collations offertes
- Prix de participation
- Garde des enfants tout au long de la session.
- Billets pour l'autobus offert
- Interprètes d'Arabe et de Swahili.

Quand : le 9 novembre 2022
Heure : 17h30 début 18h
Où : École secondaire du Sommet
(500 Larry Uteck blvd, Halifax, NS B3M0E6)

besoin du transport?
inscris-toi



Questions? Besoin de Tickets de bus? Contactez Soumiya Amimi sur soumiya.amimi@csap.ca ou sur 902-233-0391.

Schools
Écoles
Plus

Cape Breton-Victoria
Regional Centre for Education

ols
les Plus

IMMIGRATION FRANCOPHONE
NOUVEAU BRÉSIL

Jessica Levangie
SLEEP CONSULTING

Parent Information Session: Healthy Sleep Habits

Please join us for a zoom information session hosted by Jessica Levangie Sleep Consulting.

Learn some information about healthy sleep habits and ways to make for positive bed time experiences for the entire family.

Who: Available to parents/caregivers of children/youth in grade P-8 in the CBVRCE.

When: Tuesday, December 6, 2022 at 6pm

Where: Zoom - Link will be sent the day prior to event

To register contact: Susan Hanrahan - SchoolsPlus Facilitator
Email: susanhanrahan@gnsps.ca



Join Digby SchoolsPlus in Partnership
with Digby Area Rec & Turning the Tide for:



Pride Youth Social

This event is open to 2SLGBTQAI+ youth ages 13- 18 & ALLIES
who attend school in the DIGBY FAMILY OF SCHOOLS

WHEN: September 28, 2022

WHERE: Digby Area Outdoor Recreation Facility
(1632 Ridge Road, North Range)

TIME: 4:00 pm - 8:00 pm

Activities include kayaking, paddleboards, BBQ, campfire and S'mores!

PLEASE NOTE: Due to water activities and adequate supplies,
registration and waiver forms must be completed in order to attend.

To register or more information please contact:



Janice Cromwell
Janice.cromwell@tcrc.ca
902-740-9221



Assistance with transportation can be provided please contact:
Morgan Dunn, Communities Building Youth's Future Coordinator
mdunn@inspiringcommunities.ca
902-247-1505



Please bring swimwear and a change of clothes.



Parenting Safe Children Workshop

Curriculum and training is created by
Feather Berkower, a parent educator and
sexual assault prevention expert.

Workshop topics include:

- how to talk to kids about healthy boundaries
- gaining confidence to talk to others and promote safety
- and much much more!

**Workshop is open to service providers
(Teachers, Schoolsplus staff, CYCPs, Teachers Assistants,
Early Childhood Educators, etc.)**

Workshop date:
October 25th- 10am until 4pm

Participants will receive a certificate of completion.
Workshop is FREE, and will be facilitated online .

Pre registration is required to secure your spot.
Please email:
parentingsafechildrenworkshop@gmail.com



Pictou SchoolsPlus
Had a great day delivering
Nourish Your Roots food boxes!
Thanks to the Northumberland
Regional High School for putting
on such an amazing fundraiser!

CELEBRATING OUR STAFF

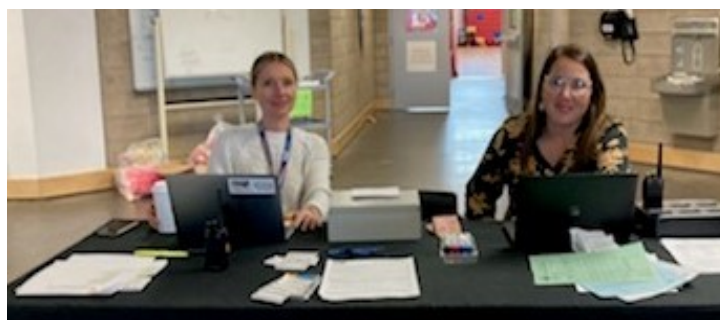


OUR STAFF

Training at EECD for Roots of Empathy, (ROE) Training October 12 - 14

SchoolsPlus Community Outreach Worker, AVRCE
RofE Instructor Pat Gibson attended mentor training.
Mom is Emma SP FAC from HRCE
Pat is in Blue and Emma and baby in the middle

Babysitting Day organized by the Leadership Committee and SchoolsPlus at CSAP to raise funds for vulnerable families in our school community. It was also an opportunity to bring donations of presents for people in need. Maryline Zabdyr, SchoolsPlus Outreach worker & Annick Belley SchoolsPlus Facilitator.



October 27, 2022 . We will have Baby Everly and her Mom Terrin visit the grade 4 class once a month with Amanda (ROE Instructor) who goes into the class before and after each visit. Everyone was super excited!!



Tara Moore, SchoolsPlus Provincial Co-ordinator, joins her colleagues, Reconnecting with Wskitqamu workshop for Educators. November 15-16, 2022

Pictou SchoolsPlus had a fantastic day networking and learning





Alicia Nolan, SchoolsPlus Consultant was pleased to be chosen to partner with Dolly Mosher, to co-facilitate the session for Northern Region. SchoolsPlus Facilitators participated as part of the community roundtables dedicated to these issues.

Our Department of Justice partners led a Domestic Violence Training Webinar throughout the Province. The webinar (two days) detailed a case example, and challenged participants on taking a human-centered approach to their work. The goal was to provide an opportunity for local services to learn from each other and collaborate.



Pictou County SchoolsPlus

Oct 20 · 🌐

A group of Kiddo's and SchoolsPlus Outreach worker Megan Moore transform the front garden at Scotsburn Elementary School!

Thank you Raina McDonald for her guidance and donation of supplies!

@scotsburncommunityfoodforest



SchoolsPlus Professional Learning Reflecting on Group Co-Facilitation Skills



October 18, 2022 – Lindsay Ivey, Paula Boutilier, SchoolsPlus Facilitators CBVRC; Danielle LeBlanc, SchoolsPlus-Integrated Services Regional Coordinator, Eastern



SchoolsPlus East Kings (Horton Family of Schools)

Ally SP Horton Schools · 4d · 🌐

Our SchoolsPlus Community Outreach Workers have been busy offering group programming in some of our local schools!

Students at LESES, GVES, WS, and PWES have been engaging in a variety of group programming, including exploration with emotions in Worry Woos and friendship, social skills, and teamwork in Art Club and Lego club groups. See below for some photos of some Lego creations from our participants at LE Shaw and Gaspereau Valley! Thanks to [Christine](#) for providing these photos.

#aboutus

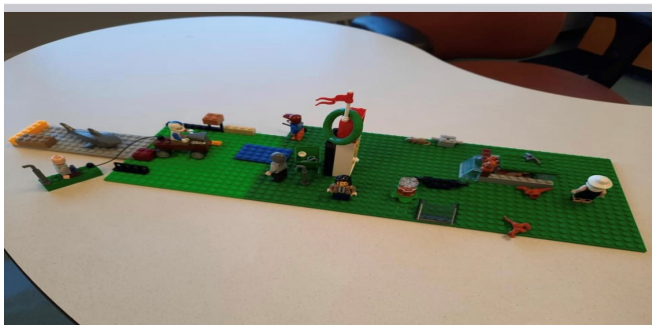
👍 2

1 share

👍 Like

💬 Comment

➦ Share



Wrap Around Services- and “Unwrapping”

Alicia Nolan, Tracey Shay, Kaylin Comeau-Leil

November 16, 2022

- SchoolsPlus held several Professional Development sessions this Fall, virtually, providing an opportunity for skill enhancement, and a knowledge exchange amongst staff.
- On October 18, 2022 – Lindsay Ivey, Paula Boutilier, SchoolsPlus Facilitators CBVRC; and Danielle LeBlanc, SchoolsPlus-Integrated Services Regional Coordinator, Eastern led a session on Reflecting on Group Cofacilitation Skills, integrating theories with practice and observations.
- On Nov .16th - Alicia Nolan, SchoolsPlus (EECED) Tracey Shay, SchoolsPlus-Integrated Services Regional Coordinator , Northern and Kaylin Comeau-Leil , Facilitator Pictou East- New Glasgow led a session on Wraparound Services and “Unwrapping”, exploring the principles of wraparound services, and the art of good closure.

ANNAPOLIS VALLEY REGIONAL CENTRE FOR EDUCATION

Uplift Student Action Grant



OUR STORIES

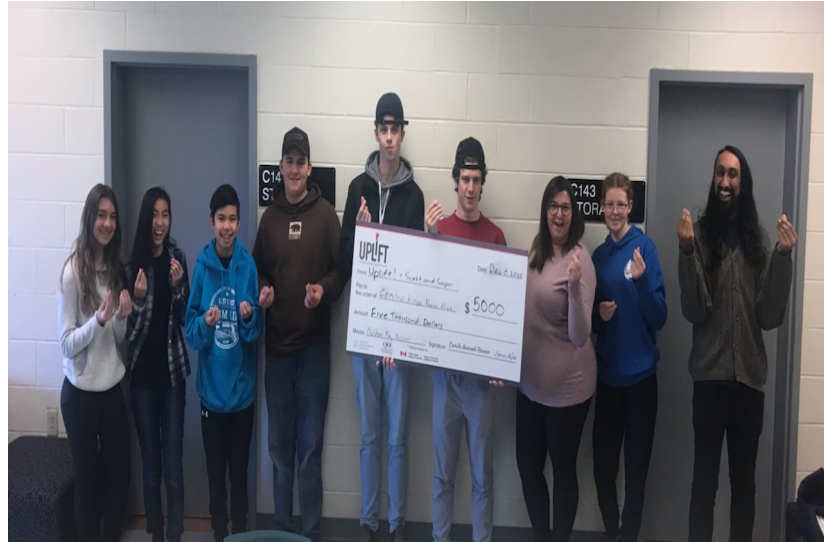
WHO: Central Kings SchoolsPlus Outreach Worker, Kristie Thorne and a committee of students grade 8-12 and with the support of Administration in partnership with Healthy Schools Communities.

WHAT: SchoolsPlus partnered with a group of students at Central Kings Rural High School to complete the Uplift Student Action Grant. Supported by the Youth Engagement Coordinators, the students completed the grant application and chose to spend their \$5000 on improving their outdoor space by purchasing two picnic tables, a bench, and some outdoor games.

WHEN: 8 meetings from April-December 2022

WHERE: Central Kings Rural High School

WHY: To empower students to become leaders in their school communities and provide the opportunity to improve their school environment.



PARTNERS: Thanks to Healthy Schools Communities



OUR STORIES

CAPE BRETON-VICTORIA REGIONAL CENTRE FOR EDUCATION

Parks Canada



WHO: Students from Schools North of Smokey / Victoria Family of Schools

WHAT: SchoolsPlus partnered with Parks Canada to provide students with a series of exciting and fun -filled learning opportunities; including :

- Introduction to archeology, and an opportunity to handle real artifacts from the Fortress of Louisburg National Historic Site;
- A Learn to Camp Program, students had the opportunity to learn the 7 principles of Leave No Trace, what types of animals they could come across on Cape Breton Island, how to identify animal skulls as carnivores, herbivores, and omnivores, as well as what different animal tracks look like, and keeping themselves safe, while respecting fragile ecosystem
- Young students participated in a Kite Building Workshop, learning how to assemble , decorate and fly a kite while learning about Alexander Graham Bell's Experiments with flight.

WHEN : Throughout November 2022

PARTNERS: Thanks to the Staff of Parks Canada for providing this experiential learning opportunity , we see future archaeologists, naturalists, park rangers, conservationists from CBVRCE SCHOOLS !!!



WHO: SchoolsPlus in partnership with COAT

WHAT: Opportunity to swap gently used or new to you winter clothing, hats, mittens, coats. Early drop off was arranged throughout several schools

WHEN: Oct 22nd was the big community swap day, all invited.

WHERE: Elmsdale School from 10:00 to 4:00, called the BIG GIVE

WHY: Event was held to provide a sense of community, and help families in a reciprocal exchange of clothing, no requirements on any individual or family

PARTNERS: Community Offering Assistance Together Association (COAT)



CONSEIL SCOLAIRE ACADIEN PROVINCIAL

Parent Information Session

WHO : Students attending École secondaire du Sommet

WHAT : 2SLGTBQ+ Inclusion ,facilitated by speakers Ms. Colleen, school counselor and Ms. Kaila, teacher

WHERE: At the Library (École secondaire du Sommet)

WHEN: October 17th 6pm-8pm

WHY Presentation to build awareness, understanding of the 2SLGTBQ+ community and promote the school's priority to provide a positive and safe environment for members (students, staff, parents) ,and inclusion for all.

Soirée pour les parents: conférence, réseautage et rencontres.



Une session d'information sur l'inclusion 2SLGBTQIA+ par Mesdames Colleen et Kaila.



Lundi 17 octobre à 18h00 à la bibliothèque de l'École secondaire du Sommet.



Venez en famille, les petits peuvent être encadrés par nos élèves de 11^e et 12^e année.



HALIFAX REGIONAL CENTRE FOR EDUCATION



Food Fiesta

OUR STORIES

WHO: newcomers Students who may be experiencing food insecurity

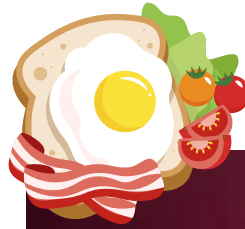
WHAT: Food Fiesta, held a number of cooking classes, over the lunch hour that would focus will be how to focus on easy, health meals from a variety of cultures; learning to prepare the food that is are easy and healthy, and which students can “grab and go” in the morning to have fuel for learning for the day. Plans include invite participating students to share healthy recipes from their cultures, taking turns to teach each other, and celebrate our cultures.

So far we have made yogurt parfaits, smoothies, hummus and had a multicultural pot luck and Dabke *party where there was traditional syrian food, music and dancing! One of our teachers even joined in and danced! *Dabke is a Levantine folk dance, popular in Palestine, Jordan, Lebanon and Syria. Dabke combines circle dance and line dancing and is widely performed at weddings and other joyous occasions.

WHEN: Fall 2022 and continues throughout school year

WHERE: Halifax West High

WHY : This collaboration helps create community, provides skills and access to food. Students share with other students who drop by the YMCA Settlement room.



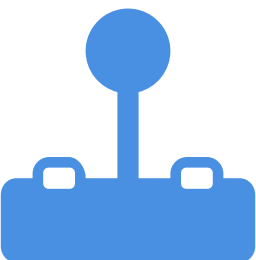
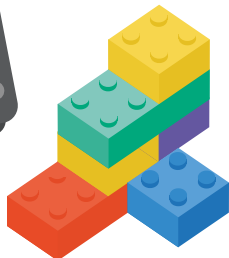
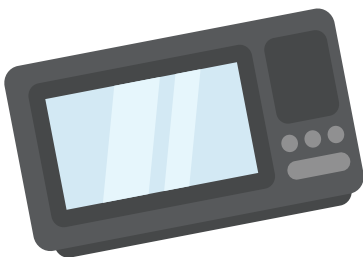
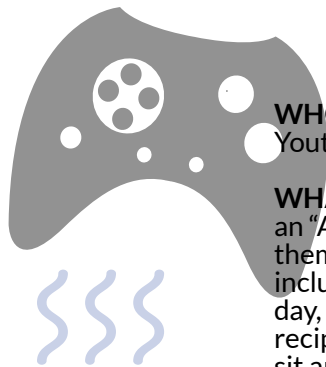
PARTNERS: Thanks to our partners, YMCA Centre for Immigrant Programs and HRCE Healthy School Communities @HRCEHealthPromo.



OUR STORIES

STRAIT REGIONAL CENTRE FOR EDUCATION

Hangout Clubs



WHO: Club Facilitated by SchoolsPlus and Child And Youth Care Practitioner (CYCP)

WHAT: Hangout Club for Students, students created an “Agreement of Expected Behaviours” amongst themselves”, and identified a variety of activities including, playing board games, having a video game day, learning new, inexpensive, and easy to make recipes, a place to come and do homework, or to just sit and chat. There are snacks and beverages for students including microwaving popcorn and creating their own flavors, making hot chocolate, microwave mug cakes, and their own sub sandwiches.

WHEN: Tuesdays after school from 2:45-4:00 p.m.

WHERE: Strait Area Education - Recreation Centre, Port Hawkesbury

WHY: Principal of school noticed some students could use an after school program; some students are have not been involved with SchoolsPlus, and some students are joined with SchoolsPlus. Together the students are building a great community, while having fun and creating a respectful environment. SchoolsPlus thanks Brittany Williams (CYCP) and Principal Rob Allen for supporting this partnership.

SOUTH SHORE REGIONAL CENTRE FOR EDUCATION

Wellness Day



OUR STORIES

WHO : Grade 4 and 5 students from Bayview Community School, and New Germany Elementary school

WHAT : A wellness day, with choices available to the students, including a guided walk in nature, mindfulness yoga, physical activity, mandala making, and canoeing. The collective art activity allowed students to express their creativity and imagination in a group setting, and the end result was a beautiful representation of their collective efforts, with a mandala.

WHEN: Fall 2022

WHERE: Camp Mush Mush- it was a beautiful setting for an outdoor event.

WHY: These activities aimed to promote physical and mental well-being and help children develop teamwork, communication skills, creativity, and imagination. The day was an opportunity for students to learn important life skills related to stress management, body coordination, and awareness, risk evaluation, and more. It empowered students to connect with their surroundings, slow down, and focus on the smaller parts of life that are often overlooked!



PARTNERS: Thanks to the Community Health Board, Bayview and New Germany school staff lending the expertise, and Administration of Bayview , and SchoolsPlus !!!



OUR STORIES

TRI-COUNTY REGIONAL CENTRE FOR EDUCATION

Season Gear



WHO: SchoolsPlus throughout Yarmouth schools.

WHAT: Student clothing ranging from Elementary to Highschool, covering all seasons.

WHEN: Made available when a student or family has a need; clothing is also located in our program room so when parents and students participate it is easily accessible including access for students from the Alternative Highschool. Access also through the summer months and vacation times .

WHERE: Located at the SchoolsPlus Hubsite at the former Yarmouth Central School, which also houses the Alternative Highschool that has students attending from both Y.C.M.H.S. and Drumlin Heights Consolidated School

WHY: To provide students with clothing when they are in need, as an accessible and confidential service.

PARTNERS: Community donors donate new and gently used items . Knights of Columbus have donated Winter jacket donations for the last two winters. Thanks to KoC and other community partners !

HOLIDAY FESTIVE FUN

The Horton SchoolsPlus

Holiday Duck Hunt!

Hidden in various spots around Horton High School are **eight rubber ducks**.

From Monday December 12th until Friday December 16th, if you find one of these holiday ducks, **bring it to room 2005 over a recess or lunch hour** to win a prize!

(Only **one duck per student** so we can spread the holiday spirit, please!)

Good luck, Griffins, and happy duck hunting!



Schools
Ecoles **Plus**



The We Will Change group in Guysborough is hosting a hat/ mitten tree campaign. If anyone is interested in donating to our tree, that would so appreciated. They collections will be divided between the food bank and Naomi Society. Thank you for your support!!

Halloween Paint Night

WEDNESDAY, OCTOBER 26TH
6:00PM-7:30PM

What? FREE GUIDED HALLOWEEN ACRYLIC PAINTING WITH ARTIST LAURA

Who? STUDENTS IN GR. 6-8 WHO ATTEND MALCOLM MUNROE OR RIVERSIDE

Where? MALCOLM MUNROE

TO REGISTER PLEASE CONTACT LAUREN RIPLEY
BY TEXT OR CALL AT 574-1428
OR EMAIL AT LRIPLEY@GNPES.CA
MUST BE REGISTERED TO ATTEND
LIMITED SPACE AVAILABLE



Yesterday at Hants East Rural High School in the SchoolsPlus room, students were able to get into the Halloween spirit by carving pumpkins!

A huge thank you to [The Patch Pumpkin Farm](#) for your generous donation of beautiful pumpkins!!

