

# NEWSLETTER



## January - April 2022



### AFRICAN HERITAGE MONTH CONTEST

#### Rules:

- Must be a student in Cumberland County, NS
- Must complete ONE of the contest options
- Submissions must include students information such as name, age, grade and school. Parents information such as name, email and/or phone number
- Submissions must be sent to Amanda Mollon at [mollonak@ccrce.ca](mailto:mollonak@ccrce.ca) or dropped off to your local SchoolsPlus Community Outreach Worker or CYCP By February 25th 2022
- Most importantly, be creative and have fun!

#### Prizes!

Two prizes per level:  
Grades: P-3, 4-6, 7-9, 10-12  
Each prize is a \$25.00 gift card for either Amazon, Cineplex or Subway



#### Contest Options



##### ANS COMMUNITY

Create a travel brochure for an African Nova Scotian community.

##### POSTER

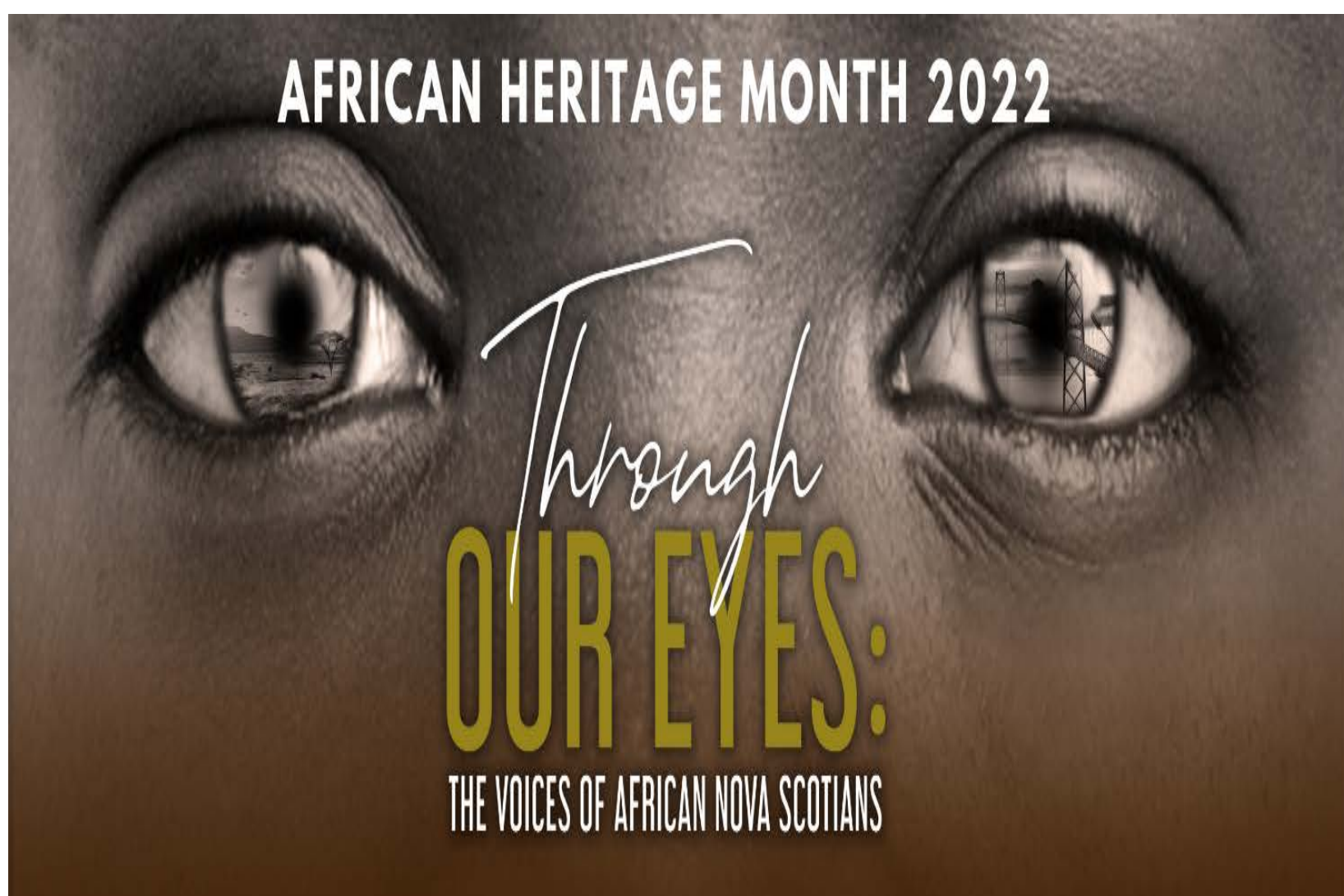
Create a poster of an ANS individual that inspires you the most! Don't forget to include why you chose this person.

##### VIDEO PROJECT

Create a video with a group or class about an important event that occurred in NS involving African Nova Scotian's.

##### ESSAY

Write an essay about an ANS individual and the impact that they had on the ANS Community.



February, we celebrate African Heritage Month.

This year's theme "Through our Eyes: The voices of African Nova Scotians" recognizes the legacies of people of African decent through their first voices, lived experiences and realities. Listening is the key to understanding in a meaningful way.

We honour Autism Awareness in April. Note the creative pop-up Art Shows, open to anyone with Autism or Disabilities.



### DIGBY POP-UP ART NIGHT

in partnership with SchoolsPlus

**Date:** April 20th  
**Time:** 6:30-7:30pm  
**Where:** 107 King Street, Digby Regional High School

Get creative in an art class led by artist Jay Leblanc! This program is free and light refreshments are provided.

Open to all ages and to anyone who identifies as having autism or a disability.

To register, email Jessica at [southwestnova@autismns.ca](mailto:southwestnova@autismns.ca) or call/text 902-410-3796



# MARCH BREAK

Quote from a parent: "I just would like to express my gratitude and appreciation to you and all the staff that ran the camp.... was very happy to attend it and he says he found new friends".



**Cape Breton-Victoria**  
Regional Centre for Education

Schools Plus Presents...

**LEGO PARTY**

@CAPE SMOKEY ELEMENTARY

When: Mar. 16, @ 8:30-10:00 am

Where: Cape Smokey Elementary

Who : Grade P-3

How : Must be registered to attend .Please Email Schools Plus Facilitator, Neethu Sam at [nsam@gnspe.ca](mailto:nsam@gnspe.ca)

Hurry Up!

**Schools Plus**  
**Guitar Group at WPM**

MARCH 16,17,18TH  
FROM 9:30-10:30  
CONTACT 902-574-4151 GRADES 6-8

FOR ALL LEVELS OF SKILL ;  
GUITARS CAN BE PROVIDED IF  
NEEDED

**Schools Plus**  
A COMMUNITY OF LEARNING AND SUPPORT  
FOR ALL STUDENTS AND FAMILIES





SchoolsPlus engages with partners to build bridges between communities & schools and to support learners & families. We value the partners joining us on the journey to student & family well-being



Partners work with us to help with food security in ways that also build skills and promote well being. Check out the "student fridge" in Hants East Rural High, where students have access at no-cost to healthy meals. We work with partners to engage in everything from music skills to robotics, and lots in between.




**Hants East Rural High School**  
6h · 🌐

👍

Hants East Rural High students now have access to no-cost healthy meals as needed. These are located in our SchoolsPlus room! Goulash, Shepard's Pie, and Chicken with Rice and Veggies currently on the menu!


SchoolsPlus and HERH CEP class present:

**The Student Fridge!**



No- cost healthy individual lunches & family-sized dinners available every school day! Just heat & eat!

Available in the SchoolsPlus Room by Purple Corner



**AYO!**  
Antigonish Youth Outreach  
In Partnership with SchoolsPlus  
Presents  
Just Talking :  
Harm Reduction Strategies and Youth  
Virtual Presentation  
Tuesday March 1st @ 7pm

This presentation aims to provide parents, teachers and adults allies of youth with Harm Reduction and Substance Use information


Learn About:  
What is Harm Reduction?  
What is substance use?  
How to talk to youth about Substances  
Learn about alcohol, vaping and marijuana

This is a virtual event, please email or call  
Liz MacIntosh to Register  
liz.macintosh@srce.ca (902) 631-2414

We learn how students and families face challenges with many harms from substance use to cyberbullying. SchoolsPlus and partners offer programs that reduce harm, exchange knowledge in a respectful environment!

THANK YOU TO OUR PARTNERS!


Brilliant LABS



LABOS Créatifs

PRESENTS

**MARCH BREAK ROBOTICS**



FOR STUDENTS OF CUSACK, BROOKLAND, SHIPYARD, AND SHERWOOD PARK

TUESDAY, MARCH 15TH

@

SHERWOOD PARK


PLEASE DROP OFF AND PICK UP AT MAIN DOORS


9:00 AM - 10:30 AM - GR. P-2  
11:00 AM - 12:30 PM - GR. 3-5  
1:30 PM - 3:00 PM - GR. 6-8

MUST BE REGISTERED TO ATTEND TO DO SO PLEASE EMAIL LLATHAM@GNSPES.CA

\*LIMITED SPACE AVAILABLE\*

Schools Écoles Plus





Cape Breton-Victoria  
Regional Centre for Education



Talking with Youth About Cannabis

Designed for parents, teachers and professionals involved in the lives of youth

SchoolsPlus Teams in CCRCE have been partnering with the YMCA's Youth Cannabis Awareness Program (YCAP). YCAP provided several educational presentations for students in classrooms as well as virtual presentations for parents, guardians, and staff who support youth. YCAP is a harm reduction-based, cannabis education and prevention program funded by Health Canada. We serve youth 12-24, parents, caregivers, and adult service providers who work with youth.





# SchoolsPlus Middleton Family of Schools partnership with School Psychologists to offer the Friends for Life Program



## PET PANTRY



"I was working as foodbank supervisor of the Rainbow Foodbank for about 6 months when Robyn had come to talk to me about the partnership between SchoolsPlus the SPCA. I had noticed that food insecurity among our clients wasn't just a problem for them, but for their pets as well. Now a few months into this partnership, it makes a difference to our clients knowing that they have food or beds or toys to give their pets, freeing up money for bills, or a treat for the family. It really makes a difference." - James Hedges, Operations and Foodbank, Gerald Hardy Memorial Society



We welcome working with Independent Living Nova Scotian, as a valued partner, in support of persons with disabilities.



## FAMILY CONNECT

A partnership between CaperBase and Schools Plus. This program is a safe space where caregivers can come to receive beneficial information on a variety of topics to help support the young person in their lives.

- WHERE?**  
Memorial High School
- WHEN?**  
Thursday, April 28th, 2022  
5:30pm-7:30pm
- WHAT?**  
"How to talk with youth about Cannabis"  
with Sam Kreuger of Health Canada
- HOW?**  
Contact Angela at AngelaM.Hill@nshealth.ca / (902)574-5352 to register!

All public health protocols will be in place!  
Refreshments will be included!







Keltie Butler and Michael Coolican, owners of Small Holdings Farm, a small-scale mixed vegetable and cut flower farm located in Pictou County, Nova Scotia. SchoolsPlus is a very proud partner, helping families access fresh food. Here is a link  
<https://youtu.be/pCr23cQTsg4>



## Yarmouth Hospital Foundation Tri- Counties Health and Well Being Fund

### Fund Description:

The Yarmouth Hospital Foundation Tri-Counties Health & Well-Being Fund is designed to assist the various health needs of children and youth residing in Digby, Yarmouth and Shelburne counties who otherwise could not access these services. This fund fills the gap between basic government funded health care and the necessary preventative and specialized supports that many high-risk children, youth and families desperately need. This fund is made possible through a partnership between the Yarmouth Hospital Foundation and the Children's Aid Foundation of Nova Scotia.

Quote: "Thank you. There was a workshop put on about "calming strategies for teens" and "mindfulness at bedtime.".... was very much helpful for myself and many people I know who attended."



**SCHOOLSPLUS**  
IN PARTNERSHIP WITH:  
HEALTH PROMOTING SCHOOLS & ATLANTIC SUPERSTORE  
PRESENT:

## COOKING (AFTER) CLASS!

A series of 4 FREE virtual cooking classes

Over 4 virtual sessions led by Dietician Jenelle Macisaac, families will explore ways to cook healthy, budget-friendly, delicious meals together!  
 All required ingredients are delivered to your door each week by a SchoolsPlus Team Member!

Sessions take place on Thursdays @ 5pm Feb.10th - March 3rd:

FEB. 10TH - NUTRITION BASICS & COOKING SKILLS  
 FEB. 17TH - FAMILY MEAL PLANNING  
 FEB. 24TH - BUDGET SAVVY EATING  
 MAR. 3RD - NAVIGATING THE AISLE AND MEALS MADE EASY

Register using the Google Forms Link  
 Contact HobsonKE@ccrce.ca with questions

**SCHOOLSPLUS PRESENTS**  
 WORKSHOP WEDNESDAY  
 FOR PARENTS AND CAREGIVERS  
 IN COLLABORATION WITH COMMUNITY PARTNERS

February 2nd, 2022  
 1 pm Via Zoom

mindfulness & mental health practices for Children  
 With Isabel from Parents Place

February 9th, 2022  
 1 pm Via Zoom

Gender Identity Info Session  
 Adam Dolliver from SHYFT youth services

To Register or for more information  
 Contact Angela

SchoolsPlus Parent Navigator  
 902-247-4300  
 Angela.Goudey@TCRCE.ca

Family Matters Resource Centre, Lawrencetown

## Incredible Years

A 10 week program for couples parenting children aged 6 to 11

Interested in free:

- Family Time
- Parent Support
- Dinner
- Childcare
- Weekly Take Home Activities
- Prizes

Every **Thursday** Evening  
 beginning **March 24, 2022**  
**5:30 — 8:00 pm**

SPACE IS LIMITED TO 10 PARTICIPANTS  
 Register by Friday, March 11, 2022



For questions or information contact:

Jennifer Lawrence, Family Matters - phone: 902-584-2210 email: [jencfamilymatters@gmail.com](mailto:jencfamilymatters@gmail.com)  
 Patty Cornwall, SchoolsPlus - phone/text: 902-526-3919 email: [Patricia.Cornwall@avrce.ca](mailto:Patricia.Cornwall@avrce.ca)





# Here are just a few highlights:



## OUR STAFF

Alicia Nolan and Joline Comeau, SchoolsPlus team from the Dept of Education and Early Childhood, participated in a Youth Sexual Exploitation Training led by our Dept of Community Services partners; this was an excellent opportunity to gain valuable knowledge, and develop an integrated approach to this very important work.

SchoolsPlus staff have been busy, involved in training both as participants and training leads. Check out our resident T-Rex !!!

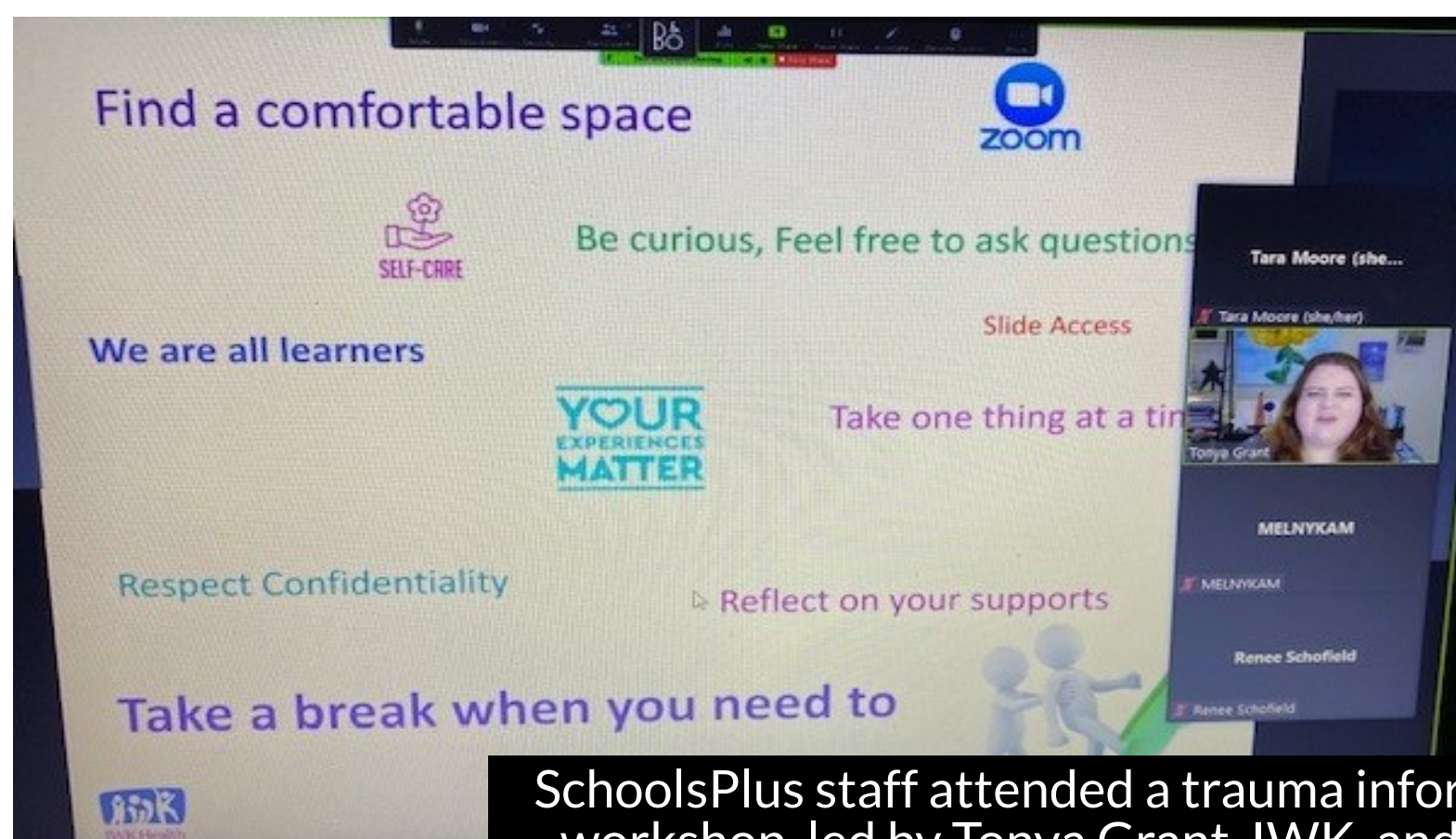
**SHS - Springhill Junior-Senior High School** - Follow  
22h · 🌐

**Congrats** to Jhon Pazmino-Congolino on winning SchoolsPlus's Easter egg hunt at SHS this week. He is seen pictured below with our resident T-Rex (Katie O'Neill - SchoolsPlus facilitator)!

We can't wait to see what activities come from Spring fling week (April 25-29)!

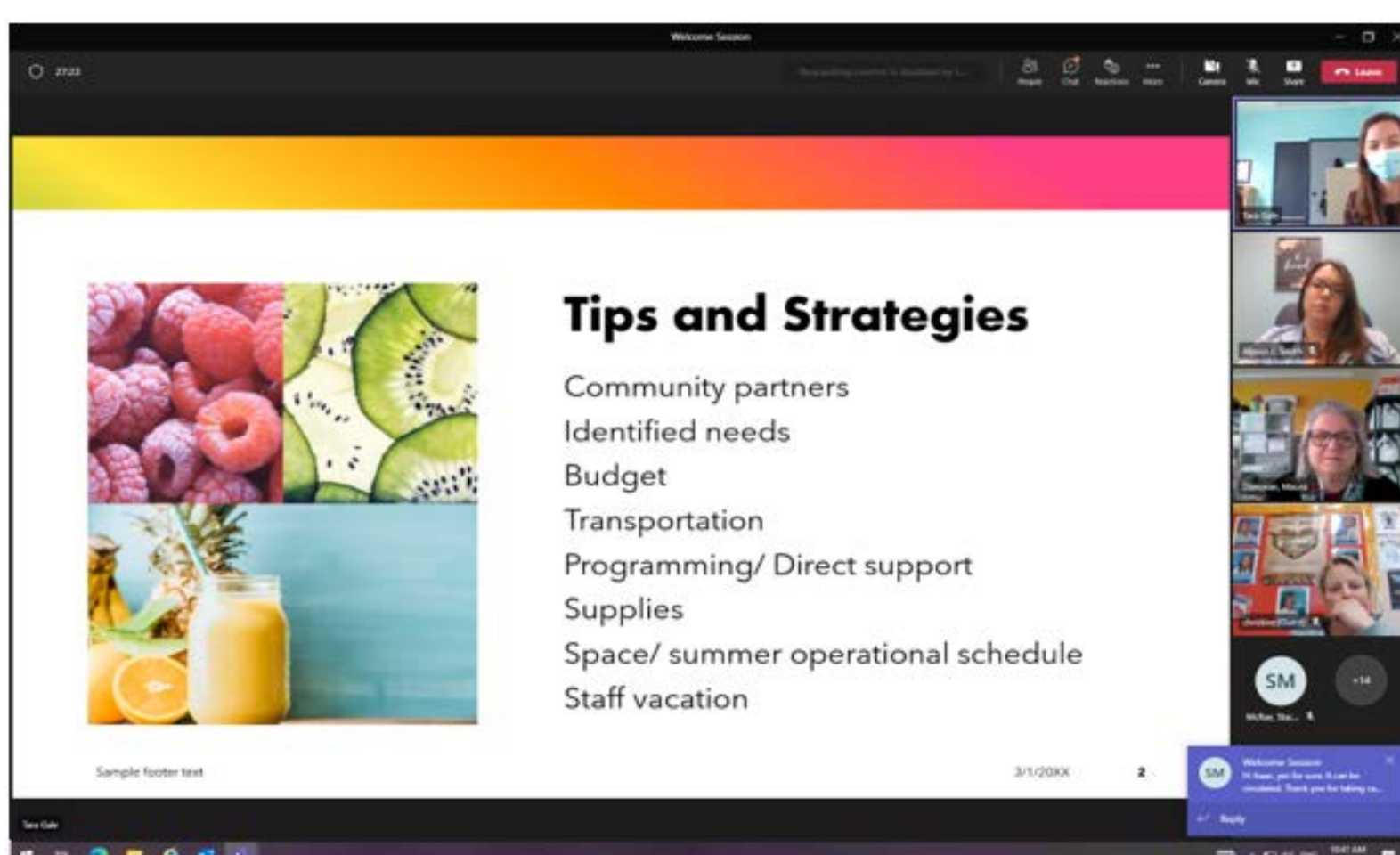


We had virtual PD led by some of our experienced staff



SchoolsPlus staff attended a trauma informed workshop, led by Tonya Grant, IWK, and NS Health.

Welcome session series for all incoming staff.  
Sessions included: strategies for building collaborative relationships and schools-based teams, SSRCE (Jan); comprehensive service planning, CCRCE (Feb) SRCE best practices, in summer planning, tips and strategies.



**HRCE-SchoolsPlus** · 2022-01-06

Here's Augy Jones from @nseducation challenging and inspiring our team to nurture #CollectiveEfficacy in our @HRCE schools, so all students can learn & thrive. An amazing #InclusiveEducation and #MTSS PD! @empathizeothers

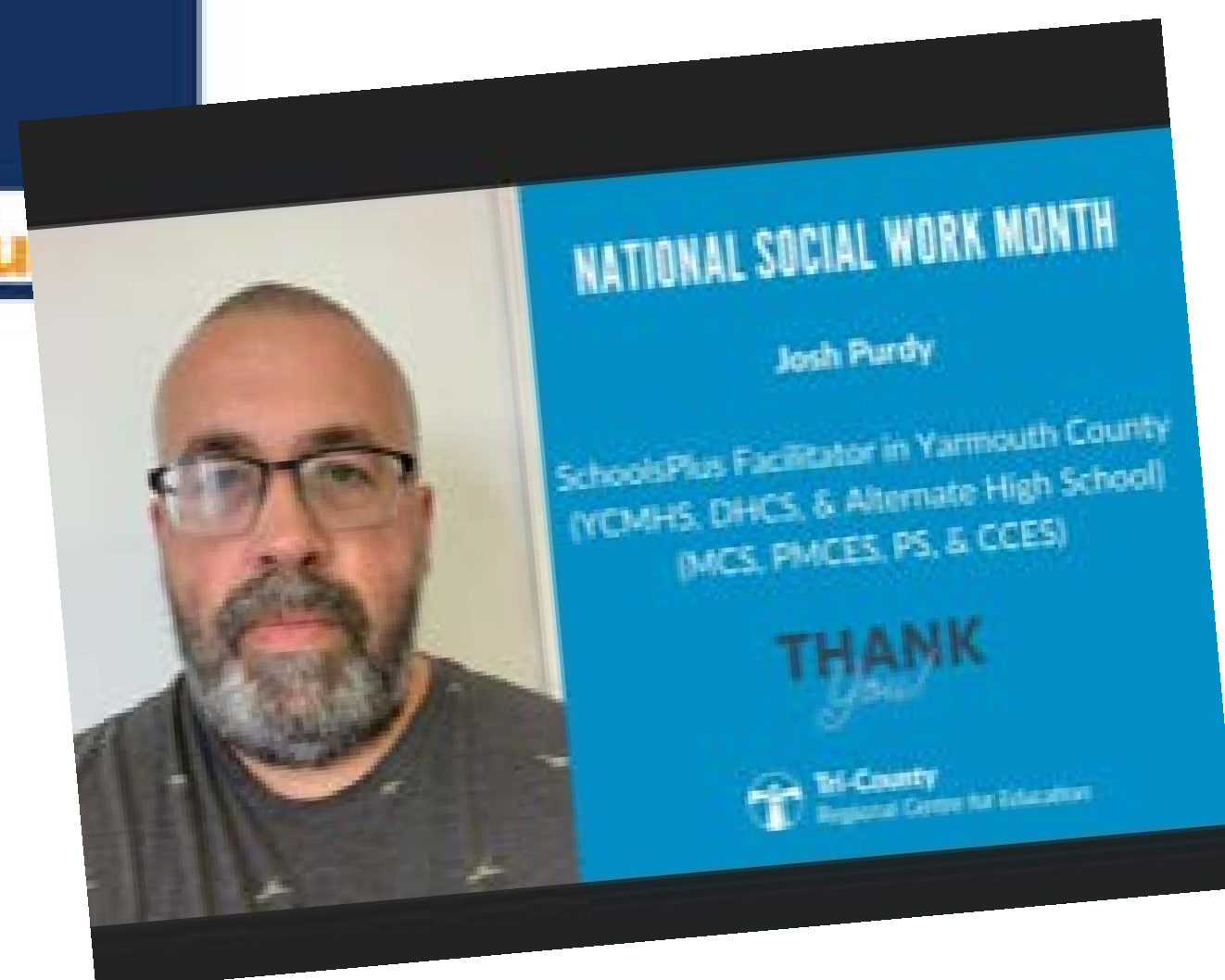
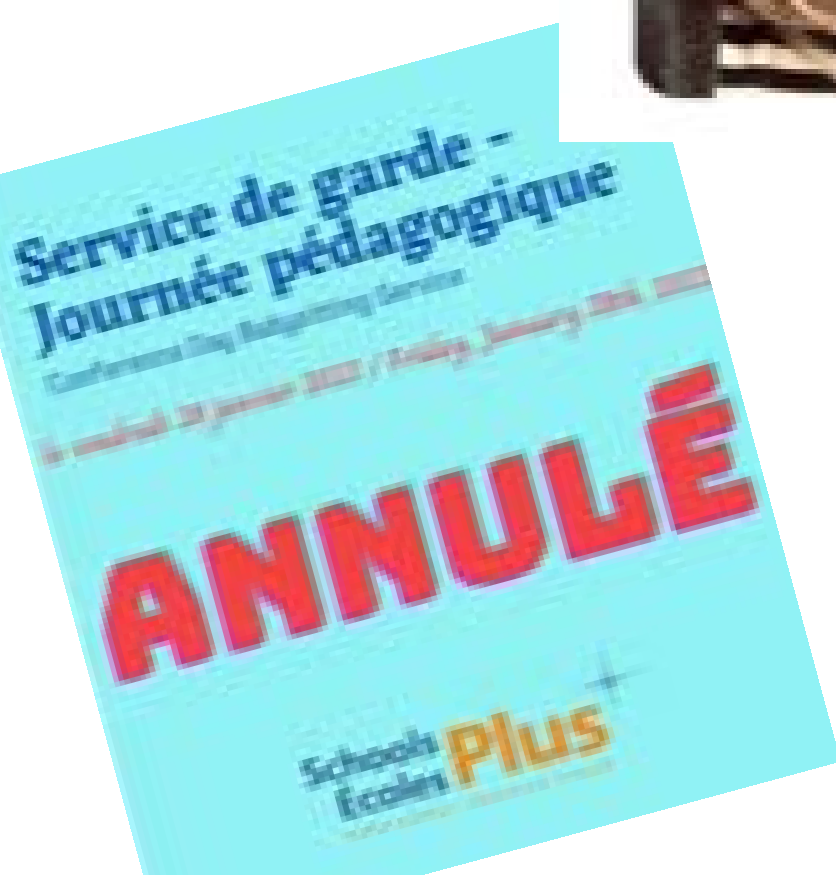


SP staff were delighted to hear an inspirational address from Augy Jones, from his perspective reminding us of the spirit of full inclusion.





Many of our staff were honored throughout Social Work Month in March – a great time to thank them for all they do to support students and families



# LA BOOK CLUB

Espace ouvert pour parler de la sexualité!

**Quand :** Tous les lundi midi sénior, 11h30-12h13

**Où :** Salle informatique, traversé la biblio!

**GSA**  
"alliance genre et sexualité"

**Quand :** Dernier lundi de tous les mois - midi sénior, 11h30-12h13!

**Séniors seulement (10 à 12)**

**Ouvert à tout le monde!!**

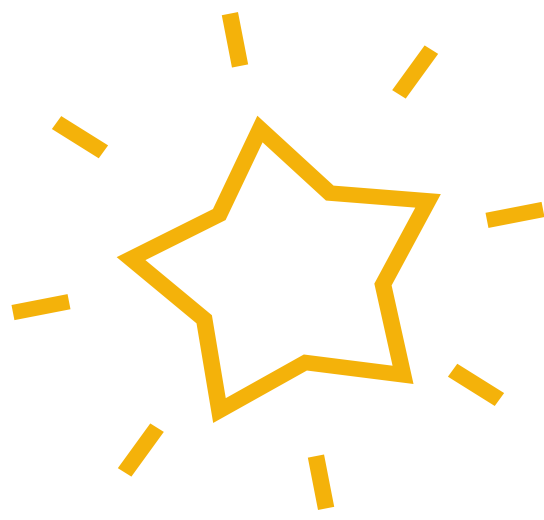
Darcey Maillet leading students in mindfulness exercises





# ANNAPOLIS VALLEY REGIONAL CENTRE FOR EDUCATION

## GO! Program



**Who:** Twenty Grade 6 students in 2 cohorts

**What:** GO (Get Organized) Program created and lead by the SchoolsPlus Community Outreach Worker in partnership with a Grade 6 Teacher.

**When:** This 6-week program was delivered to cohort 1 in February/March and cohort 2 in March/April over the student lunch break.

**Where:** Annapolis West Education Centre

**Why:** The transition to Grade 6 requires new and additional organizational skills. Students have to balance academics, extracurricular activities, chores at home, while leaving time for fun and friends. It can be a challenge to keep everything organized! The Get Organized program provided additional support and tools to students to help them plan, organize, initiate, and follow through with tasks, assignments, and responsibilities inside and outside of school.

# CAPE BRETON-VICTORIA REGIONAL CENTRE FOR EDUCATION

## March Break Programs



**Who:** Grades 4-6, 180 students

**What:** March Break Programing provided the opportunity for peers to interact with each other and participate in various programs. Some programs included Movie Day, Talent Hunt, Babysitting Courses, Lego, Paint and Resume Building Workshop.

**When:** Week of March Break 2022

**Where:** Baddeck Academy & Cabot Education Centre

**Why:** March Break camps provide excellent opportunities for fun, skill building, creating friendship and building rapport with SchoolsPlus staff. Families appreciate the supportive opportunities for their children. Students loved the treats and items such as new paint supplies.







## OUR STORIES

# CHIGNECTO-CENTRAL REGIONAL CENTRE FOR EDUCATION

## Burger Week



Cumberland SchoolsPlus Presents...

### Burger of the Week Program



#### Menu

February 2nd

Eggers Can't Be Cheesers



Baby Can You Chive My Car

February 9th

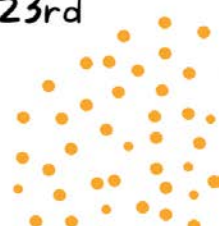
February 16th

Poutine On The Ritz



Hit Me With Your Best Shallot

February 23rd



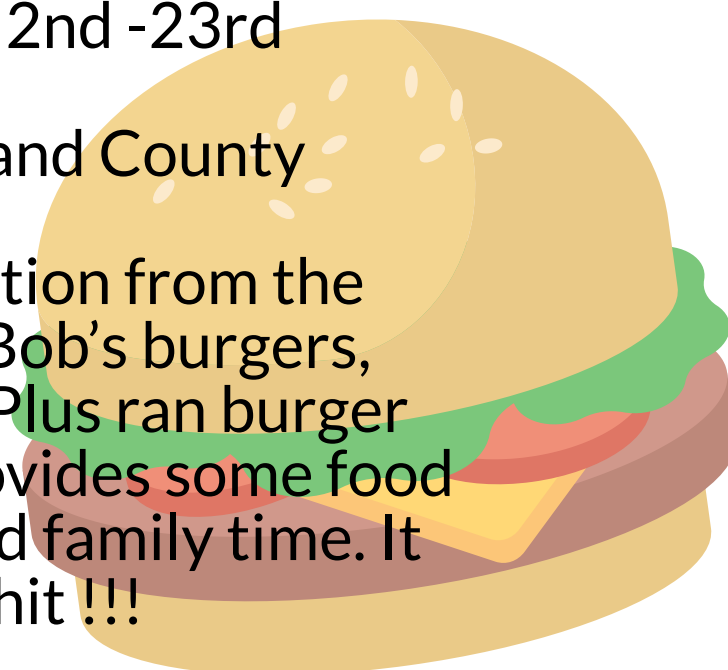
**Who:** 25 families in Cumberland County

**What:** Burger of the Week Program! Burger kits were delivered, including a recipe and all the ingredients families need to create a tasty burger. Students from Northport provided a video demonstration on how to make the burger.

**When:** February 2nd -23rd

**Where:** Cumberland County

**Why:** Taking inspiration from the popular TV show – Bob's burgers, Cumberland SchoolsPlus ran burger week. The program provides some food security, fun, skills, and family time. It was a huge hit !!!



# CONSEIL SCOLAIRE ACADIEN PROVINCIAL

## Cyber Addiction



## OUR STORIES

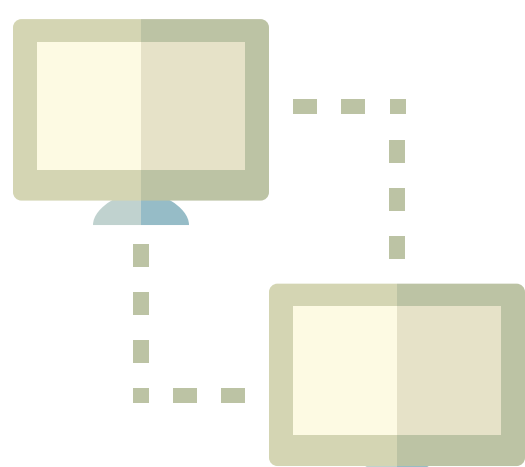
**Who:** Families of students 10 years of age and throughout the 3 CSAP regions (south region, metro region & northern region)

**What:** Cyber Addiction

**When:** Jan 31st, Feb 7th & 15th

**Where:** via Zoom with Marco Mailhot, Psychology-Educator

**Why:** Providing families with (children 10+) information on impacts of overuse of screens, the signs of cyberdependence, and strategies to manage solutions, including the *Sandwich Effect*.



Partners: ÉcolesPlus in collaboration with the FPANE (Fédération des parents acadiens de la Nouvelle-Écosse)



LA FÉDÉRATION DES PARENTS ACADIENS DE LA N-É ET ÉCOLESPLUS INVITENT LES FAMILLES À UNE

## CONFÉRENCE virtuelle sur la CYBERDÉPENDANCE

➤ GRATUIT POUR TOUS LES PARENTS ET LES JEUNES DE 10 ANS ET +

3 DATES DISPONIBLES:

31 JANVIER 2022 – Regroupement Métro  
7 FÉVRIER 2022 – Regroupement Sud  
15 FÉVRIER 2022 – Regroupement Nord

DE 18H30 À 20H30

COMPLÉTEZ LE FORMULAIRE D'INSCRIPTION CI-JOINT POUR RECEVOIR LE LIEN ZOOM!

Les écrans sont là pour rester; contournons les pièges de la cyberdépendance!



CyberAddik

CSAP  
Conseil scolaire acadien provincial





# HALIFAX REGIONAL CENTRE FOR EDUCATION

## HeArt!



**Who:** Twelve Students in grades grade 8-11 participated

**What:** HeART is a mental wellness art program for youth; by youth. Students are led through a mindfulness activity, awareness of mindfulness techniques and participate in an art activity. Program is run by older youth mentors who volunteer.

**When:** Weekly, every Wednesday since mid- March

**Where:** Musquodoboit Rural High School

**Why:** Youth are introduced to mindfulness and how to express themselves in a healthy way through their art. Students are enthusiastic and want to enroll next year!!!

# STRAIT REGIONAL CENTRE FOR EDUCATION

## March Break Camps



### MARCH BREAK CAMPS

@ WEC

**Gr.3-6:** Mon. March 14th from 9am-2pm  
\*lunch and snacks will be provided

**Gr.7-8:** Tues. March 15th from 9am-2pm  
\*Lunch and snacks will be provided

Call or email to preregister @ 902-631-6671 or [kim.chiavari@srce.ca](mailto:kim.chiavari@srce.ca)

### MARCH BREAK CAMPS

@ BEC

**Gr.3-6:** Wed. March 16th from 9am-2pm  
\*lunch and snacks will be provided

**Gr.7-8:** Thurs. March 17th from 9am-2pm  
\*Lunch and snacks will be provided

Call or email to preregister @ 902-631-6671 or [kim.chiavari@srce.ca](mailto:kim.chiavari@srce.ca)

**Who:** Gr 3-6 (Mornings) and Gr7-8 (Afternoons)

**What:** March Break Camps for students in Whycocomagh Education Centre(WEC) and Bayview Education Centre(BEC) . Activities included baking chocolate chip cookies, integrating math skills, process skills and teambuilding. Kids could choose cricut activities throughout the day –t-shirts, plates, glasses. Camps included gym time, games popcorn and movies.

**When:** March 14th &15th (WEC) March 16th &17Th (BEC)

**Where:** At schools in Strait region, WEC and BEC

**Partner:** Heartwood and SchoolsPlus

**Why:** March break camps support the whole family, while giving students opportunity for skill building, friendships, and fun.





# SOUTH SHORE REGIONAL CENTRE FOR EDUCATION

## Make It Take It

**Who:** Students from Grade 6-8, Queens Family of Schools

**What:** "Make It and Take It" Grant helps students with food security, and life skills while creating a sense of belonging and accomplishment. Students prepared food and were able to bring home meals to their families for supper. Used healthy, budget friendly recipes.

**When:** Ongoing, next sessions at North Queens

**Where:** South Queens Middle School

**Why:** Great opportunity to build food skills, while promoting food security and nutritious meals at home

**Partners:** Queens County Health Board Grant, Superstore (gift cards), and their dietitian, Hayley Ewing, YMCA



**Quote:**

"I loved being a partner for this program, walking them through the layout of the grocery store while they shopped for their ingredients and assisting with their recipe preparation. This is such a good age to be developing basic cooking skills and seeing that food can be fun!"

Hayley Ewing, Registered Dietitian

# TRI-COUNTY REGIONAL CENTRE FOR EDUCATION

## Literally Nutritious 2.0



**SHOW US  
YOUR HEALTHY  
SHEET PAN MEALS!**

Share a photo for a  
chance to win!

Tag us and use  
#LiterallyNutritious



**Who:** TCRCE Alternate High School students, and 60 families throughout Yarmouth, Digby, and Shelburne Counties

**What:** A program that offers food literacy supports and addresses food insecurity, by combining healthy sheet pan meals with skilled-based learning at TCRCE Alternate High School and for students and families across the tri-counties. In their media class, students tested and reviewed sheet pan recipes, took photographs, and created instructional videos, which were then made accessible to students and families to help prepare these easy and nutritious meals. Identified families received their fresh, non-perishable foods, spices, cooking supplies, and step-by-step recipe books necessary to prepare the meals. All TCRCE families also had the opportunity to win a cooking gift bag by creating, photographing, and sharing their meal and tagging #literallynutritious.

**When:** March & April 2022

**Where:** TCRCE Alternate High School in Yarmouth, and deliveries to families across Yarmouth, Digby, and Shelburne Counties

**Why:** To help address food security needs and food literacy skills for students and families

**Collaborations:** Nourish Nova Scotia, TCRCE's Active Healthy Living Consultant, TCRCE Alternate High School staff and students, TCRCE SchoolsPlus & Technology teams, and Prime's Marshalltown Market



