

NEWSLETTER

January - April 2023

Schools
Écoles **Plus**



AFRICIAN HERITAGE MONTH

AFRICAN HERITAGE MONTH CONTEST

Prizes!
Two prizes per
Grade level:

- P-3
- 4-6
- 7-9
- 10-12

Each prize is a
\$25 gift card to
Wal-Mart

Rules:

- Must be a student in Grade P-12 in Cumberland County
- Must complete one of the contest options
- Submissions must be emailed to mollonak@ccree.ca or given to the SchoolsPlus worker at your school by February 28th

CONTEST DETAILS:

CREATE A PROJECT
ABOUT AN AFRICAN
NOVA SCOTIAN
INDIVIDUAL THAT
INSPIRES YOU OR AN



NUTRITION MONTH

EARTH DAY!!



AUTISM MONTH



March Break

Guysborough SchoolsPlus
Admin · 4h · 📷

Monday March Break Fun Day. Guysborough



Loisirs de Clare - Clare Recreation · Follow
Mar 20 · 🌐

Nous avons passé une semaine exceptionnelle, pleine d'activités passionnantes et amusantes, pour notre camp de jour du congé de mars ! N... See more
See translation



CAPE BRETON-VICTORIA
Regional Centre for Education

SchoolsPlus
LABS & LABOS

MARCH BREAK ROBOTICS PROGRAM

Join Brilliant Labs and SchoolsPlus for some hands-on activities, an intro to coding using microcontrollers, robotics and more!

Program is open to grade 5-8 Students at Donkin Complex. Please bring a lunch - snacks provided. Must have registration confirmed!

03/13/23 10:00am-3:00pm Donkin Complex

Registration required - Limited Space - contact: amandamorrisongnspes.ca

SYDNEY ACADEMY MARCH BREAK Skate



STUDENTS AND FAMILIES FROM SA, SPEC AND WPM ARE WELCOME TO COME SKATE!

WEAR SKATES & A HELMET. BRING YOUR FRIENDS & COME HAVE FUN! THERE WILL BE SNACKS!



WEDNESDAY MARCH 15TH 1:15-3:15 @ C200

TO REGISTER
TEXT YOUR NAMES TO
RYAN @ 902-574-2760



March Break MARCH 13TH, 2023

Rawdon District Elementary
9am-12pm

Join us in the gymnasium for a morning of games and mindfulness.

For more information - Sperryadecorce.ca



SchoolsPlus
Ecoles

MARCH 14/2023
[10AM-12PM]

Who: Grade 5-12
Where: Baddeck Academy

CRAFT WORKSHOP

Learn to make a beaded wrist lanyard!

SNACK PROVIDED

Taught by SchoolsPlus outreach worker/Mi'kmaw artist MaKailey McLeod

Call, text, or email to register
(902)574-3586
m_mcleod@gnspes.ca

March Break



Parent/ Guardian Quotes

"Everyone was so wonderful and very helpful with getting my son to and from camp."

"My daughter is usually not interested in these things and can be quite shy... she didn't want me to pick her up one minute early."

MARCH BREAK WITH SCHOOLSPLUS

FREE PROGRAMMING FOR STUDENTS.
ALL COURSES TAKE PLACE IN THE
SCHOOLSPLUS ROOM
@ RIVERSIDE EDUCATION CENTRE.

Contact Kim Beals @ BealsK@ccrce.ca with questions



Making Play Doh at Dartmouth High

Monday March 13
8:00am - 3:30pm

Emergency First Aid/CPR C & AED
(Appropriate for grades 7 and up)

Tuesday March 14
8:00am - 3:30pm

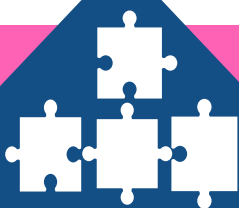
Babysitting Basics Course
For ages 11-15

Wednesday March 15
8:00am - 3:30pm

Home Alone Course
For ages 9-11

Thursday March 16
10:00am - 12:00pm

Painting Class with Danielle from YouthLinks



OUR PARTNERS

Our mentors spent a fun afternoon in the kitchen at [Tatamagouche Regional Academy](#) earlier this week connecting with youth!

Eight students learned how to cook a full chicken dinner and how to get the most out of leftovers by making chicken soup, chicken noodle casserole, bone broth, etc.

If you're interested in getting involved as a mentor, visit www.mentoringplus.ca.



SchoolsPlus (Windsor-East Hants) thanks the Mental Health Foundation of Nova Scotia transportation to recreational opportunities, recognizing recreation can be a key to improving and maintaining good mental health.

SchoolsPlus created a simple, barrier free application process for students and families to access these funds.

Thank you to the **Mental Health Foundation of Nova Scotia**

SchoolsPlus partnering with Lori Pittman from Family Place to offer a

BABYSITTING COURSE

Open to students ages 11-14 / Grade 6-9 from: SPEC & SA

Friday, March 17th
9:30am-3:00pm at SPEC

Space is limited.
To register email SJ at sjcann@gnspecs.ca

****Students will receive a Certificate upon completion****

Parent Information Session:

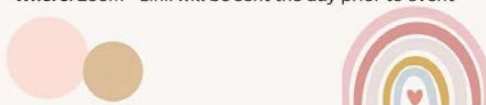
Please join us for a zoom information session hosted by SchoolsPlus, in partnership with Child & Adolescent Services on

Childhood Anxiety: How to Help

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

When: Wednesday, April 26, 2023 at 6pm.

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



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

A huge thanks to the [Oxford Church of the Nazarene](#) for allowing us to partner with them to help add an additional day to their already successful Community Kitchen in Oxford. It would not have been possible today without the help of Pastor Tyler Hobbs!

Another big thanks to some OREC students from Mrs. Rushton's Food Studies class. Jacob, Tessa, Jerry and Kayden each helped prepare and serve a great meal to students and community members.

This program helps ensure that [Oxford Regional Education Centre](#) Junior and Senior High students and other community members have access to lunch two days a week!



CANDLE MAKING WORKSHOPS

Open to students ages 12 - 18 who attend schools in Digby County

Session 1

Where: DRHS Family Studies Room

When: March 13, 2023

Time: 1:00 pm - 3:00PM

Session 2

Where: DRHS Family Studies Room

When: March 15, 2023

Time: 1:00 pm - 3:00PM

To register or more information, please contact:
Penny Foster, Schoolsplus Community Outreach Worker
penny.foster@tcre.ca
902-247-4119

This workshop is **FREE!**

Students must be registered to attend!
Please register by March 9, 2023





Jeff Mayhew

21h · 🌐

Schools Plus Partner [Sportwheels Community](#) - Helping Families Stay Active has a NEW PROGRAM !!!

Introduction to Bicycle Mechanics - This is the ideal course for bicycle owners who want to begin learning repairs and maintenance, or anyone looking to start a career in bicycle mechanics. Space is limite... See more

BICYCLE REPAIR PROGRAM

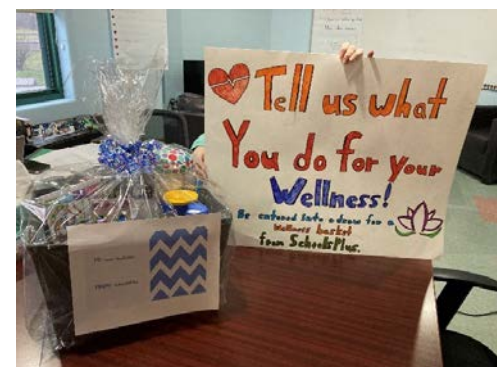


- Registration Now Open -



BELL LET'S TALK DAY

Students at St. Andrew Junior School (SAJS) had the opportunity to share what they do for their overall health and wellness during the 2023 Bell Let's Talk Day on January 17th, 2023. Students who participated in the activity were eligible to win a Wellness Basket. The winner of the basket was Grade 5 student Sadie MacPherson.





Headstrong Group- Cabot



Thank you to Rachel our [@HRCESchoolsPlus](#) support at Westmount for organizing an [@eastersealsns](#) visit to our school. Fun accessible sport participation at its best! [#WMTproud](#)



Bracelet making with the Mi'kmaw Native Friendship Centre





OUR STAFF

Gabrielle Lambert- Community Outreach Worker for CSAP SchoolsPlus



Congratulations Gabrielle !!!

Gabrielle Lambert works to provide a wide range of supports for students and families at École Bois-Joli and École du Carrefour, and loves her the many roles of a SP Community Outreach Worker! Recently, Gabrielle Lambert, was featured in a news article "Conseil scolaire acadien provincial's SchoolsPlus program provides support for students and families", Feb 2023. <https://www.saltwire.com/atlantic-canada/more/custom-content/conseil-scolaire-acadien-provincials-schoolsplus-program-provides-support-for-students-and-families-100826754/>

THE PROVINCIAL EDUCATION WEEK COMMITTEE CONGRATULATES ALL RECIPIENTS OF THIS YEAR'S **EDUCATION WEEK 2023 AWARDS**

"Kudos to all of our staff who were nominated for Education Week awards, including:
Alexandria Acton-Bond, Sue MacDonald, Rebekah van den Hoogen, Kim Selig-Webber, and any others we may have missed!"

Today was one of our initial sessions for our Classroom Cuts initiative and we are over the moon with how well it was received by students!

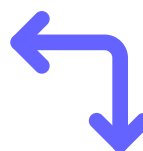
Our stylist Shanice and barber Matt were able to give 21 students fresh hair cuts at SHS - Springhill Junior-Senior High School! ✂️

We are so fortunate to have witnessed the magic happen, the growth in confidence, and all the happy smiles when the cuts were done!

Thank you Matt, Shanice, and our local Community Health Boards for the funding to provide FREE haircuts to high school students in Cumberland County! ❤️

Next up, River Hebert District School - Home of the Raiders! 🦖

Wallace, Wentworth, Pugwash & Area Community Health Board
SPAR Community Health Board
SOAR Community Health Board
Boundary Barbershop



Headstrong Summit 2023 @ Horizon Achievement Center .

Over 83 High schoolers (12 from CBVRCE, 1 from CSAP and 1 from MK) came together to enrich their knowledge about mental illness, and to learn about what is Stigma and how to reduce stigma in our schools. We also got an opportunity to hear from 3 first voice speakers who shared a message of hope, recovery, and the impact of stigma.

The goal of HEADSTRONG is to increase knowledge of mental health, mental illness and addictions, decrease stigma, and change current attitudes about mental health.



OUR STAFF

The Central Kings Kitchen Brigades team, in Partnership with CK SchoolsPlus, created and donated 46 casseroles to Open Arms! That's the equivalent of 369 portions of food! Well Done Gators!



SchoolsPlus Community Outreach and Mi'kmaq Student Support Worker supporting Mental Health Wellness

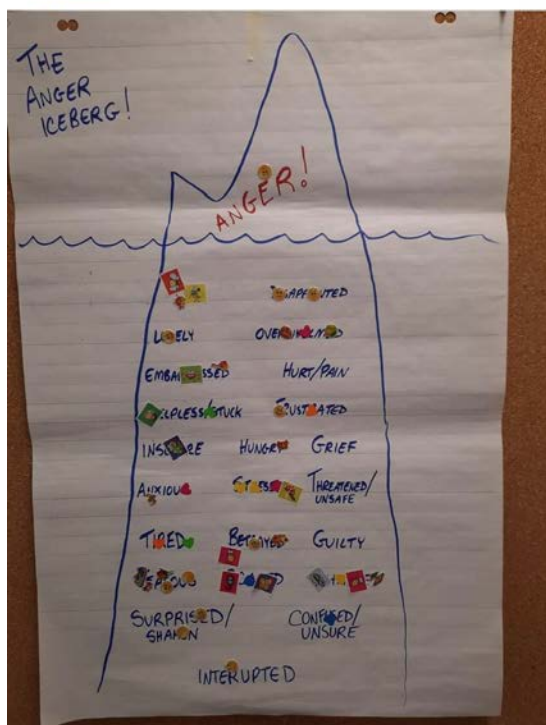
Terri Pennell, Mi'kmaq student support worker and Muriel Thomas, SchoolsPlus Community Outreach Worker co-lead a mental Health Journal program throughout the school year, for young girls.

A mental health bullet journal is a place you can record your thoughts and feelings and support your mental well-being. Some ways include organizing your day, wellness trackers or a mood tracker, expressing your feelings through a brain storm or morning pages, self-care, wellness, triggers or practicing gratitude.

Staff worked with the girls to map out their bullet journals, insert self-care/wellness into their routine and give them skills to work through their triggers as well as build self-esteem and healthy habits/outlets.

The participants in our Options group at Hantsport School did an awesome job today exploring emotions on the "anger iceberg"! Great job, students!

#aboutus



CHILLED GROUP - Grades 6 & 7

Learn to conquer your anxiety

DETAILS

- WHEN: Fridays, 9:30am (1 hour) starting January 9th (10 weeks)
- WHERE: SchoolsPlus Room
- Confidential Space
- Limit to 15 youth
- Snacks provided

WHAT IT'S ALL ABOUT

Do you find it challenging to manage your anxiety? CHILLED 10 week group will help you learn strategies to conquer your anxiety. There will also be 3 virtual parent sessions in the evening.

INFORMATION WE NEED

- NAME
- GRADE & AGE
- CONTACT NUMBER
- BIRTHDATE / HEALTH CARD
- ADDRESS

PLEASE REGISTER VIA EMAIL TO NICOLE.BLANCHARD@NSHEALTH.CA

For more information:

Nicole Blanchard MSW
SchoolsPlus Clinician
Nicole.blanchard@nshealth.ca
Spaces First come first serve

HRCE-SchoolsPlus Retweeted



Taylor Walker @MrsTaylorCYCP · 18m

You know you're all about the spirit wear when many of your coworkers said "I wouldn't expect anything less" this morning when you arrived to work 🍀

#GreenAndGoldDay #LifeOfACYCP
@BrookhouseElem @HRCESchoolsPlus



ANNAPOLIS VALLEY REGIONAL CENTRE FOR EDUCATION



WHO: Eleven youth , Grades Seven -Ten, Windsor and West Hants

WHAT: TRACKS program (TEENS REACH ABILITIES, Capacity, Knowledge & Success), a program to support youth employability skills. Created a TRACKS portfolio, looking at concepts, success, challenges and dreams . Modules will include topics like communication, problem solving, responsible digital citizenship, and more.

WHEN: Launched first module March Break 2023, to continue throughout the year.

WHERE: Windsor and West Hants

WHY: This program provides excellent career support; the plan is to link participants with hands on employability mentorship activities, offer excursions to increase experiential learning and provide supports for employment related activities and certifications. Youth ON TRACK to success !



PARTNERS: SchoolsPlus in Windsor & West Hants wish to thanks the Youth Development Initiative (YDI) , ESIA program from the Department of Community Services ESIA Program for funds to create TRACKS



CAPE BRETON-VICTORIA REGIONAL CENTRE FOR EDUCATION



WHO: Grade 4 & 5 students,

WHAT: A **book club**, as requested by students, and facilitated by SchoolsPlus Community Outreach Workers. Students had the opportunity to pick their own book of interest and then would apply it to whatever theme they were working on in the book club (example: adventure, mystery, friendship, and comedy). Students made bookmarks and a poster outlining their book, created their own comic and played games related to the topic (collaborative story telling as a group and book charades)

WHEN: Weekly, over lunch period November 2022 - April 2023

WHERE: Mountainview Elementary

WHY: Developing a love of books, fun, and friendships



WHO: SchoolsPlus Pictou County East & West: elementary and middle schools

WHAT: The **Great Clothing Swap!** Clothing items remain unclaimed following a Lost and Claim period; so clothing is laundered and swapped with another school. During breaks, lunch time, and even parent teacher meetings - items were put out for students to 'shop'. All items were free of charge, and anything left over was donated. The Swap was advertised through school newsletter, and Facebook pages.

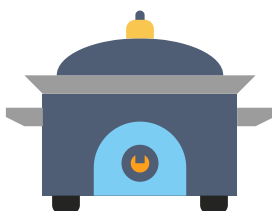
WHEN: The Great Clothing Swap happened over a few weeks, happening in each school when it best fits the school schedule.

WHY: This is a fun experience for all young students. Items are free, and students are not limited to a number of items. It is universal, but helps those in need, while teaching all students, reduce, reuse, recycle!



OUR STORIES

CONSEIL SCOLAIRE ACADIEN PROVINCIAL



WHO: Six families with SchoolsPlus and La Pirouette

WHAT: Slow Cooker Classes were held for three evenings. Ingredients for 3 recipes, per session, for 9 meals! Together we prepped and packaged the ingredients, enabling families to freeze them for future use. Families also got a slow cooker to take home.

WHEN: Winter 2022

WHERE: Ecole Secondaire de Par-en-bas

WHY: This provided opportunity for connectedness between families in the community and helped with the challenges of food security in the region

PARTNERS: Thanks to La Pirouette for providing all the funding for meals and the slow cooker!

HALIFAX REGIONAL CENTRE FOR EDUCATION



OUR STORIES

WHO: Student at Lockview High School

WHAT: Student led, and student named, the **Neurodiversity Club** was formed by students with an interest in sharing time and space, at lunchtime. Additionally, doing an amazing job advocating for Autism Awareness month, helping other schools, and sells pins called Brainy buttons to help raise money and awareness for neurodiversity.

WHEN & WHERE: The SchoolsPlus Hub site every Wednesday

WHY: The goal was to provide a safe and welcoming space for individuals with autism to socialize and connect with others who share similar experiences, or may feel excluded from peer groups. This time provides opportunities to develop new skills, explore interests, build self-esteem and confidence. The Neurodiversity Club has already engaged with advocacy in feeder schools, making autism acceptance month bulletins in AshLee Jefferson, Holland Elementary, George P Vanier, and other surrounding schools.



OUR STORIES

STRAIT REGIONAL CENTRE FOR EDUCATION

WHO: Students at St. Andrew Junior school

WHAT: Wheels for Health, a project initiated by students to fix our current fleet of bicycles with assistance from an experienced repair person. Additionally, we purchased skateboards, and mountain bikes for our more experienced riders. The project supports students of all abilities from beginners to advanced.

WHEN: Throughout the Fall/Winter season

WHERE: Antigonish

WHY: The goals of the project are to educate youth about healthy living and the benefits of an active lifestyle, give students experiential learning on the maintenance and upkeep of their bicycle equipment and provide students with new opportunities with local recreational facilities.

PARTNERS: Thanks to our partners at the Department of Communities, Culture and Heritage, for the Recreation Community Development Grant! Their goal is to develop and promote our cultural resources for all Nova Scotians."



SOUTH SHORE REGIONAL CENTRE FOR EDUCATION



OUR STORIES

WHO: The United Way of Lunenburg County/ SchoolsPlus partnership

WHAT: Enhanced Programs Supports- in 2023/24 \$39,500 was provided to help operate five programs. These programs included money to purchase internet plans, gas cards, new rural school recreation and cultural opportunities, hygiene & health, family counselling services. Since 2021 the United Way of Lunenburg County has invested \$88,650 in SchoolsPlus designed programming. SchoolsPlus staff can also access FREE refurbished bikes, gently used smartphones, swim/skate passes, free skates and helmets to borrow, warm gently used winterware, Bridgewater Transit passes, and gently used soccer equipment. SchoolsPlus families have access to over a dozen other youth programs including YMCA Youth programs, afterschool programs, rural transportation programs, Snoezelen room subsidies, sport, recreation, and cultural activity subsidies and 211.



United Way
Lunenburg County
Improving Lives Locally

WHERE: Lunenburg and Queen's County

WHY: United Way coordinator Michael Graves says that "SchoolsPlus is a great community partner. Staff know the families and communities that struggle and the resources they need to move forward. SchoolsPlus staff can act quickly in a very close-decive manner. The United Way of Lunenburg County sees SchoolsPlus as being a great investment. Keep up the great work".

The United Way of Lunenburg County has also made a 5-year \$70,000 commitment to help support the RootED School Food Program.



OUR STORIES

TRI-COUNTY REGIONAL CENTRE FOR EDUCATION

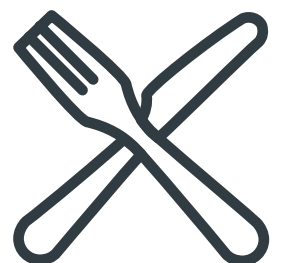
WHO: Students Grade 6-8

WHAT: *Mijisinej* (me-gee-sin-edge) which means Let's Eat ! Sharing and trying healthy and sometimes new foods, including traditional Mi'kmaq foods amongst our Indigenous and SchoolsPlus students in the spirit of peace and friendship. Simple Mi'kmaq language was taught during this time depending on the foods we were trying at the time.

WHEN: Bi-monthly, usually Wednesday or Thursdays

WHERE: Maple Grove Education Centre

WHY: This activity is key to our response to the calls of Truth and Reconciliation, the promotion and exchange of knowledge, the basis upon which to build lasting friendships



PARTNERS: Terri Pennell - The Mi'kmaq student support worker and Muriel Thomas, SP Community Outreach Worker ran the program throughout the school year



Beading workshop - Baddeck Academy (poster & photos) Beading Club Baddeck Academy / Grade 5-12 students had an opportunity to try out some new skills with Mi'kmaw beading technique.



Community Outreach Worker Renee Poitras is impressed with how well the grade 2/3 class at Sir Charles Tupper Elementary is doing with their Options to Anger program. Check out all the tools they have in their toolbox!



👩🍳👩🍳 There were a few chefs in the kitchen today cooking up some amazing things!!!! Don't you just love the new chefs wardrobe we have!! Bon Appetite!! 🍴



Students from the GSA at O'Connell Drive Elementary decorated cupcakes together!

GRIEF SUPPORT

GROUP

Cumberland Schools Plus is offering an 8-week grief support group for any student dealing with the loss of a significant person in their life.

THIS GROUP WILL PROVIDE A SAFE PLACE TO SHARE, LEARN, AND GROW WHILE COPING WITH YOUR LOSS

WEDNESDAYS FROM 3:10PM - 4:10PM

SCHOOLSPLUS COMMUNITY ROOM AT AMHERST HIGH SCHOOL

RUNNING FROM FEBRUARY 22ND UNTIL APRIL 19TH

FOOD WILL BE PROVIDED

To Register, please call or text
SchoolsPlus Facilitator Chelsea Feltmate: 902-397-3750
or
Community Outreach Worker Mike Hudson: 902-397-2719