NEWSLETTER

January - April 2026

Schools Plus
Écoles Plus
NOVA SCOTIA / NOUVELLE-ÉCOSSE



SchoolsPlus Creative Expressions

MARCH BREAK


MARCH BREAK
with SchoolsPlus
Grades 9-12
Come in and learn how to cook a homemade meal and enjoy some fun crafts and games!
MARCH 17TH & 19TH
Starts at 11:00AM
24 Seminary Street
(Alt High Enternce)
Ends at 2:00PM
TO REGISTER CALL or TEXT
Crystal Foster
(902) 740-3038


MARCH PROGRAMS
Baby Sitting Course
March 18th @ JBC
(15 Spots)
Grades 7 & 8
PAINTING
March 18th @ JBC
1pm to 3pm (20 Spots)
FOOD PROGRAM
March 19th @JBC with
Ann Marion
1pm -3pm
(30 Spots)
Contact Jodi Mac Kinnon
jodimb@gnspes.ca
902-217-5017


Schools Plus
Cape Breton-Victoria Regional Centre for Education
CRAFTERNOON!
A fun and creative afternoon for kids!
Who: Primary to Grade 5 (Students from Baddeck Academy and Middle River)
When:16th March 2026 (1:30 pm -2:30 pm)
Where: Baddeck Academy
• Enjoy a creative afternoon
• Includes all materials
• Create your own craft
• Explore fun materials
REGISTER NOW
Neethu Sam, Schoolsplus Facilitator, nsam@gnspes.ca or
Job Joseph, Schoolsplus Community Outreach Worker, jjoseph@gnspes.ca


BE KIND
Bracelet Making!
Thursday March 19th
11:00am-1:00pm
Tatamagouche Library
170 Main St, Tatamagouche, NS
Craft a Bracelet, Color Your March Break! Swing by the library for a crafty good time
All supplies provided
Schools Plus
TRURO PRIDE
Questions? Text or Call 782-370-2716




SchoolsPlus Presents:
MARCH BREAK BLACKLIGHT PAINT Event
March 18, 2026
1-3 pm
WHITNEY PIER MEMORIAL SCHOOLSPLUS COMMUNITY ROOM
THIS EVENT IS OPEN TO ALL MIDDLE SCHOOL STUDENTS IN THE SYDNEY FAMILY OF SCHOOLS
CONTACT LORETTA HURLEY SCHOOLSPLUS COMMUNITY OUTREACH WORKER TO REGISTER:
l-hurley@gnspes.ca
SPACE IS LIMITED REGISTRATION IS REQUIRED
REGISTRATION WILL CLOSE MARCH 5 AT 4 PM

Antigonish SchoolsPlus
SchoolsPlus Antigonish Hub · 1h ·

SACS March Break Fun Day was held today.

Students enjoyed gym activities, engineering protective containers for egg drop, made lunch which included Pizza Bagels, Rice Krispies Squares and Smoothies and ended the day with 5 out of 5 successful egg drops!

Thank you to all students who joined SchoolsPlus for a Fun Day together!

6 2









Antigonish SchoolsPlus
SchoolsPlus Antigonis... · 1h ·

On Tuesday March 17th, students from SAJS joined SchoolsPlus and Adolescent Outreach Worker for a March Break Wellness Day. Students created "Calming Glitter Jars" and "Gratitude Shamrocks". Students cooked lunch which included Pizza Bagels, Lucky Charm Cereal Bars and Fruit Smoothies. All students left with wellness bags to support their emotional and overall well-being.











OUR STAFF

Antigonish SchoolsPlus
SchoolsPlus Antigonis... · 4h ·

Congratulations to Grade 5 students at SACS on completing the Home Alone Program facilitated by SchoolsPlus Community Outreach Worker Marisa Murphy!





SchoolsPlus Pictou County
7h ·

Today SchoolsPlus launched the Steeltown Stash, Trenton Middle Schools new pantry. This will be a one stop shop including food, personal hygiene products, and clothing. This space will be all about inclusion and connection!
The Steeltown Stash was able to be supported through a grant written by CYCP Megan Bond through the Dave Gunning Foundation. Pictured below are some pictures of the Steeltown Stash pantry including TMS's Pantry Committee!





Annual Provincial PD Day
April 24th, 2026





SchoolsPlus arranged for this gentle giant from St. John Ambulance's therapy dog program to offer some fluffy calming vibes to Auburn students prior to exam week!



OUR PARTNERS

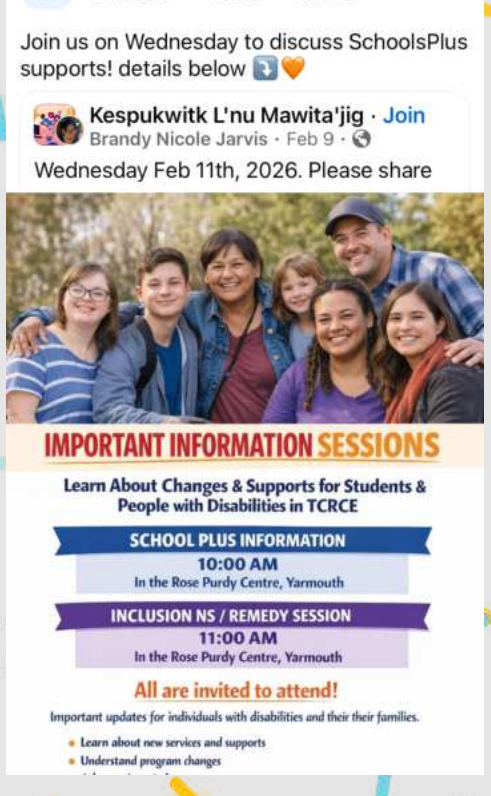






SchoolsPlus partnered with Naomi Society to bring awareness to students and staff about Family Violence Prevention Week at SAJS/DRJ and SACS with the creation of bulletin boards at all three schools.







OUR PARTNERS







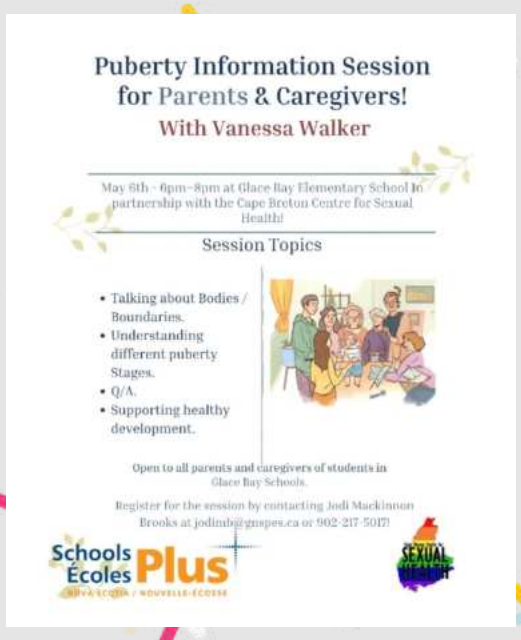








FAMILY FUN!









Family fun, connection and learning together!









ANNAPOLIS VALLEY REGIONAL CENTRE FOR EDUCATION

OUR STORIES

Schools Plus Écoles

INCREDIBLE YEARS



Who: Kings County Family Resource Centre partners with SchoolsPlus to deliver both *parenting (Incredible Years)* and *grandparenting* support groups (Grandparent Care Club)

WHAT: All families, with children or youth of any age or stage welcome opportunities to share information, acquire new skills, and network!

Incredible Years: An eight-week program that gives parents/caregivers with children 8-12 years old strategies to help manage the day-to-day ups and downs of caring for children, helping both parent/caregiver and regulate their emotions, to find the joy in the "incredible years".

Grandfamily Care Club is for grandparents raising their grandchildren. Program included guest speakers from Mental Health and Addictions, Big Brothers Big Sisters, Valley Waste, and more - and part supportive, allowing folks a space to share challenges and success and to feel part of a community by engaging with folks experiencing similar events.

WHEN/WHERE: Both groups

CAPE BRETON-VICTORIA REGIONAL CENTRE FOR EDUCATION

OUR STORIES

Zentangle Art Workshop
Who: Grade 6-12 Students
When & Where : March 16th @ Baddeck Academy
March 18th @ Cabot Education Center
What: Zentangle Art Workshop was Led by the artist Nicoline Kerkhoven-Dewitt. Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. We call these patterns, tangles! This simple drawing method transforms repetitive patterns into beautiful designs. All the participants enjoyed exploring the calming and creative practice of Zentangle art; it encouraged mindfulness, focus, and self-expression while providing a relaxing and enjoyable experience.

Why: The Zentangle Method to create beautiful images, is known to increase focus, creativity, self-confidence and a sense well-being . N o prior artistic experience was needed, making it an accessible and rewarding activity for everyone who attended
Partner : Thanks to our partner, artist Nicole Kerkhoven-Dewitt!







CHIGNECTO-CENTRAL REGIONAL CENTRE FOR EDUCATION

OUR STORIES

Grief Support and HUGS Partnership

Where: Grief support at Tatamagouche Regional Academy (TRA)

What: SchoolsPlus Staff ran a grief support group for TRA students. In partnership with Shanda White, Hospice Outreach Support, she offered a HUGS activity, providing a space for students to open up, talk about grief, while making HUGS ornaments from wood or sometimes clay.

Why: This provides an opportunity for students to learn more about the work of Hospice in their community. Shanda often works to co-facilitate grief groups throughout the region and can be available for individual support.

Partners: Thanks to the Hospice Society for their ongoing collaboration with SchoolsPlus







CONSEIL SCOLAIRE ACADIEN PROVINCIAL

OUR STORIES

April is the Month of the Military Child

What: Students received a visit once a month from Ms. Andrée Jacques (Military Family Navigator) from the Halifax & Region Military Family Resource Centre. The visits give children the opportunity to share their common experiences as children from military families and enjoy time together through creative activities.

The flower that represents military children is ***the dandelion, "because they take root and thrive wherever the wind carries them."*** To honor the Month of the Military Child (April), the students created a collaborative poster centered on the dandelion and the qualities it represents. During another session, they made bracelets highlighting their strength and resilience.

When: This is the third consecutive year for the sessions.

Why: The activities help create a sense of belonging and fostering a sense of support amongst their peers. The program also helps raise awareness among the broader school community about the strengths and unique challenges of military family life, fostering empathy, inclusion, and support for all students.

Partners: The students thanks to like to thank Ms. Andrée for her wonderful visits. Thanks to the Military Family Support centres for partnering, and to SP Community Outreach Worker!



HALIFAX REGIONAL CENTRE FOR EDUCATION

OUR STORIES

Headstrong Summit

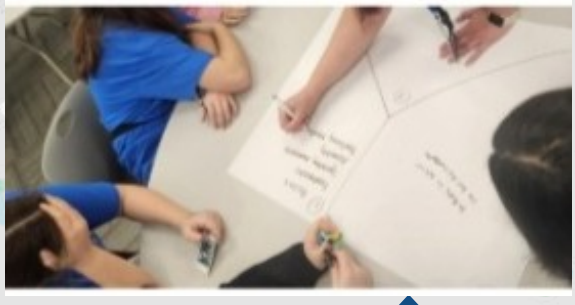
Who: HRCE Junior and Middle Schools.

What: 10 junior/middle schools across Halifax Regional Centre for Education participated in a day long Headstrong Summit. Headstrong summits bring youth together to participate in learning about mental health, destigmatizes mental health and wellbeing, and encourages reaching for supports. Summit participants learn from guest speakers with lived experiences, engage in activities and design plans for anti-stigma initiatives and mental health awareness back to their schools.

When: January 2025



Students from 10 different junior high & middle schools across HRCE participated in the Headstrong Summit in January. They learned about mental health & stigma reduction, and started planning for how to bring anti-stigma initiatives back to their schools!



STRAIT REGIONAL CENTRE FOR EDUCATION

OUR STORIES







Homework Club at Chedabucto Education Centre/Guysborough Academy (CECGA)

What/Where: Students from Gr.4 and up can join Homework Club every Wednesday, from 2:30-3:30 and when students entering High School wish to continue, there is a second option run every Monday. Homework club provides extra support to help students with homework but has also evolved to a social emotional peer support group, promoting friendship, learning how to be a good friend, working together, and the importance of being kind. Fun with crafts and having a snack are also enjoyed. SchoolsPlus in CECGA have hosted 14 ***years*** of Homework Club.

Why: Providing homework support, and place to gather, develop friendships promote student well being and achievement

QUOTE: "At CECGA we just had our longest standing member graduate (she was an exception to the grade 4 limit and attended from grade 2 to grade 12 " SchoolsPlus salutes and celebrates this graduate !

OUR STORIES

SOUTH SHORE REGIONAL CENTRE FOR EDUCATION

Nova Scotia Community College (NSCC), Employment Works and SchoolsPlus

What: SchoolsPlus and Employment Works collaborated with an NSCC recruiter to facilitate free college applications for students requiring support. This is a community partnership based on student need. This semester this initiative assisted approximately 30 students; successfully complete their applications. Additionally, these sessions served as a vital connection point for broader community resources—including YMCA referrals to programs, connections to 211 Nova Scotia, and local Mental Health Services.

Where: ParkView Education Centre.

Why: This initiative helps reduce barriers to applications, helps students navigate programs, and find extra community supports.

TRI-COUNTY REGIONAL CENTRE FOR EDUCATION

OUR STORIES





Who: Digby community and partners.

What: Working with the RCMP, Sobeys, Atlantic Superstore, Digby SchoolPlus & SchoolsPlus Regional Advisory Committee members, helped organize the 2nd Annual Cram-A-Cruiser food drive, gathering as much non-perishable food that could fill an RCMP cruiser! All donations - big and small were welcome and appreciated!

When: Saturday, February 7th, 2026.

Where: Located in both the Sobeys and Atlantic Superstore parking lots in Digby, with community participation.

Why: All efforts to support food access, food security, help support the well-being of students, families, bringing communities together in supportive endeavours.

Partners: Thanks to the RCMP, Sobeys, Atlantic Superstore, Digby SchoolPlus & SchoolsPlus Regional Advisory Committee members, and community.

What's happening in the SchoolsPlus Room?



We're headed to SHS - Springhill Junior-Senior High School on March 4, Parrsboro Regional High School on March 6, and River Hebert District School - Home of the Raiders on March 12!

If you're in grades 10-12 at any of the above schools and looking to borrow a prom dress, please check in with the office or your SchoolsPlus staff to add your name to the list!

Stay tuned for information on our upcoming prom dress storefront in Amherst!

We're also accepting donations of prom dresses and formal wear - message the page if you have a dress to donate!

#PROM2026



WEDNESDAYS IN MARCH

Grade 7-8 Lunch Drop In **in the Schools Plus Room**

MARCH 4	Yogurt Parfaits	
	Journaling with Prompts	MARCH 11
MARCH 18	MARCH BREAK	
	Spring Bingo	MARCH 25

with Nova Scotia Health Adolescent Outreach Breanna

Schools Plus presents

Perk Up AND Paint

Comon out and paint a lighthouse with us, complete with morning treats, warm coffee, good conversation and home-made iced cappuccinos.



Wednesday, February 25 10am -12pm
School Plus hub - 53 Parade Street, Yarmouth

To register, and for directions please call or text (902) 247-4300



MakerSpace Mondays

Drop-in Craft Club
Mondays at Lunch in the SchoolsPlus room
Trenton Middle School

Supplies provided!
Bring your own creativity!



The SchoolsPlus Hub Site at Admiral Westphal has some new residents...
2 frogs named Bob and Bobbi!



SchoolsPlus Pictou County
2h

Hey A. G. Baillie Memorial School New Page, calling all AG Baillie Bears

Here is a schedule of lunch time activities with CYCP Baillie throughout the month of March for AG Baillie Memorial Students!

Feel free to pop by to have some fun!

Can't wait to see all of you

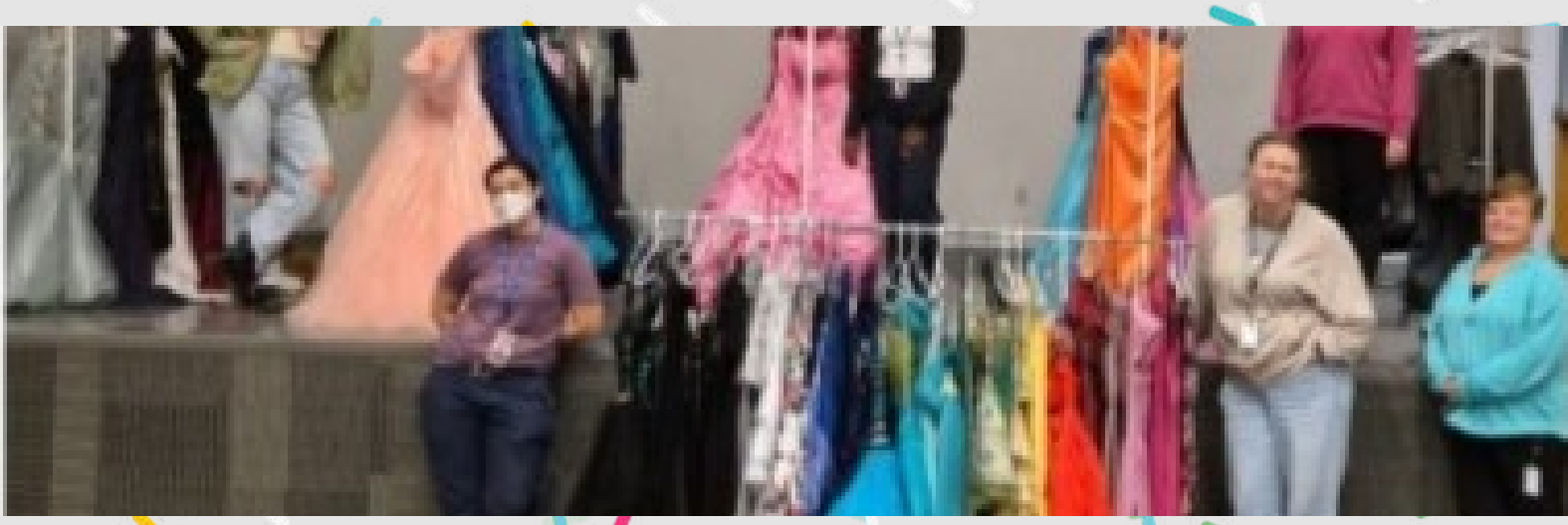
AG Baillie with Baillie!

LUNCH ACTIVITIES

MARCH 2	Just Dance!	Grades 2 - 6 Music Room
MARCH 9	Bracelet Making!	Grades 4 - 6 Mrs. Weatherby's Room - Room 224
MARCH 16	MARCH BREAK!	
MARCH 23	Board Games!	Grades 3 - 6 - During outside time Mrs. Weatherby's Room - Room 224
MARCH 30	Karaoke!	Grades 3 - 6 Music Room







Schools Écoles Plus













