

Schools
Écoles **Plus**

NEWSLETTER

January - April 2024



MARCH BREAK



DIGBY SCHOOLS PLUS

FREE Painting Class
with Tiffany Barrett

Open to students ages 7 to 12 who attend Digby Family of Schools

When: March 11, 2021
Where: SMBA
Time: 1:00 pm – 2:30 pm

Spaces are limited. Students must be registered in order to attend. Please contact

Janice Cromwell
SchoolsPlus Community Outreach Worker
janice.cromwell@tcrc.ca
902-740-9221

Schools Écoles Plus
NOVA SCOTIA / NOUVELLE ÉCOSSE

MARCH BREAK!

MONDAY MARCH 11 8AM – 3:00PM EMERGENCY FIRST AID CPR & AED GRADE 8+ AT HERH	TUESDAY MARCH 12 8AM – 3:00PM HOME ALONE COURSE AGES 10+ AT HERH
WEDNESDAY MARCH 13 8AM – 3:00PM BABYSITTING COURSE GRADE 7+ AT HERH	THURSDAY MARCH 14 9AM – 11AM PAINT CLASS WITH YOUTH LINKS PRIMARY – GR. 12 AT MAPLE RIDGE

To register - Please follow link and it will take you to a google form to fill out.
Students must be registered to participate. All classes are **FREE!**
Email Keira - daceykl@ccrce.ca or Kim - bealsk@ccrce.ca for more information.

Babysitting Course

Where: Antigonish Education Centre
When: March 14th, 2024
9:00am-3:00pm
Open to Ages 11-15
Lunch and snacks will be provided.
Cost: \$40 Includes Manual and Certificate

To Register email: kim.cameron@srce.ca

SPACE IS LIMITED
(Funding Support can be provided)

St. John Ambulance

SchoolsPlus

ACAP
Cape Breton

Water Habitat Wonders: Kid Explorers

MARCH 14TH
1-3 PM

WHERE: Tompkins Elementary School

WHO: Gr. 3-5 Students Enrolled at any Elementary School in New Waterford or Glace Bay

WHAT: Learn and participate in activities around clean water access and treatment in Cape Breton, and why microbes matter for both nature and health.

****LIMITED SPACE AVAILABLE****
To register please contact Victoria at 902-574-5182 or v-macintyre@gnsps.ca

MARCH BREAK



PAINT DAY
At OVEC

March 11th
1:00-3:00 PM

*** LIMITED SPACE **
To register please contact
Jodi at jodimb@gnsps.ca or
217-5017



Cape Breton-Victoria
Regional Centre for Education

THURSDAY MARCH 14, 2024
11:00AM-3:00PM
HOSTED BY COMMUNITY CARES
55 KING STREET
SYDNEY MINES

OPEN TO P-5
STUDENTS AT
JUBILEE,
FERRISVIEW,
BRAS D'OR,
BOULARDERIE
AND TL
SULLIVAN

**KIDS
FUN DAY**
LUNCH INCLUDED

ACTIVITIES
BOARD GAMES, CRAFTS, SPORTS, AND MORE!
REGISTRATION IS NOW OPEN
CALL OR TEXT ASHLEY
902-577-0926

Schools
Écoles **Plus**
NOVA SCOTIA / NOUVELLE ÉCOTIE



**SchoolsPlus
ART
Show**

OPEN TO ALL STUDENTS GRADES
P-12

CATEGORIES
Drawing
Painting
Comic Strip
Handicrafts
Sculpting/model building

DEADLINE: SUBMIT ENTRIES TO YOUR OWN SCHOOL'S OFFICE NO LATER THAN
MONDAY 18TH MARCH

OPEN
VIEWING: **WEDNESDAY 27TH MARCH**
11:00 - 3:00
AT BERMICK 9-DISTRICT ELEMENTARY
SCHOOL

NSCAD UNIVERSITY for support and prize contributions



Cape Breton-Victoria
Regional Centre for Education

Schools
Écoles **Plus**

**St. Patrick's
Day Crafts**

WHEN: Thursday March 14th
10:00-12:00 PM

WHERE: Tompkins Elementary

WHO: Students in gr. P-3
enrolled at any Elementary
school in New Waterford or
Glace Bay

LIMITED SPACE
To register contact Lauren at
lnpley@gnsps.ca or
902-574-3586



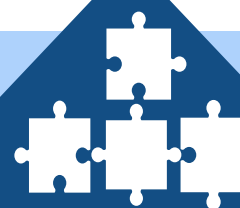
**CRAFT
DAY AT JBC**

March 14th
10:00-12:00

** LIMITED SPACE **
To register contact Jodi at
jodimb@gnsps.ca or 217-5017

SEWING CLASS
We had a fabulous Sewing class yesterday @ Cabot Education Centre and we learned how to sew a pillow case. Thanks to all our students who joined us
Jacqueline Elizabeth Morrissey Denise Hawley





OUR PARTNERS



Tideview Terrace · Follow

Feb 13 · 🌐

Thank you very much to Morgan & the kids (Digby Neck) at School Plus for making and bringing the residents in Valentines Day cards! ❤️💖💗



Part 2:

Harm Reductions and Safer Substance Use Presentation

With Dayna Overmars,
Adolescent Outreach, NSH

This Zoom presentation is Part 2 and a continuation of information from a Harm Reduction Presentation. Topics: Overdose Awareness, Prevention, Substance Use Disorders and how to support others.

To register contact Amanda 902-631-4699, on our Guysborough/canso/ Monastery SchoolsPlus FB or by email amanda.millar@srce.ca March 07, 2024 -5:30 - 6:30. A zoom link will be sent to you.



MARCH 23 MARS

RENDEZ-VOUS DE LA BAIE
11:00 - 15:00

Take a tour of Clare and discover what life in our community looks like in 2024 and beyond.

Faites le tour de Clare et découvrez à quoi ressemble la vie dans notre communauté en 2024 et au-delà.



Thanks to the incredible donation from Hubtown Street Hockey, we were able to stock our school pantry for 7 months and provide and provide student and families with supplemental grocery items on an as-needed basis. The pantry is open to all students to take groceries, no questions asked.





SCHOOLSPLUS IN PARTNERSHIP WITH WPM PRESENT:

"A COMFORT CLOSET DROP IN FOR FAMILIES"

Are you or your family members in need of some new clothing to add to your wardrobe? Are you looking to refresh your style on a budget? There are clothing & footwear options available for all sizes & ages! We have lots of good quality gently used items & brand names.

OTHER ITEMS AVAILABLE IN THE COMFORT CLOSET INCLUDE:

- Feminine hygiene products
- Shampoo & conditioners
- Body wash & soap
- Lotions & deodorants
- Toothpaste & toothbrushes
- Winter hats & gloves
- Purses, bags, & backpacks
- Socks

If you are interested in attending please contact Loretta Hurley - SchoolsPlus Community Outreach Worker - via phone or text at **902-574-2045**.

COME SHOP 'TIL YOU DROP! THE BEST PART IS EVERYTHING IS FREE!

SchoolsPlus
NOVA SCOTIA / NOUVELLE ÉCOSSE

JAYS CARE FOUNDATION
AFFILIATE SCHOOL

SchoolsPlus
Écoles Écoles Plus

GIRLS AT BAT

WHO?
ALL Female-identifying and Non-binary Youth grades 9-12 in the Truro area (CEC, CCJHS, BHJH)
ALL Skill levels - no experience necessary and equipment is provided! Players will receive a Jays Hat and T-shirt for their participation

WHAT?
Girls at Bat is a **FREE** 8-week softball skills program for youth to be introduced to, or further develop their softball skills in a safe and supportive environment.

WHEN?
Tuesdays 3:30 - 4:30
November 21, 28, December 5, 12, 19, January 9, 16, 23

WHERE?
CEC Cougar Dome
72 North St., Truro, NS B2N 6M6

Register at the link below:
https://docs.google.com/forms/d/e/1FAIpQLSevmFekPyGGp_2TSADdz-b4tLzurUE6VvRaUjzOpHkha7i4Q/vi-wform?usp=sf_link

Or by scanning here!!

More information? Visit <https://www.mlb.com/bluejays/community/jays-care/girls-at-bat> or contact Alyson Smith, SchoolsPlus Facilitator / CEC Girls' Softball Coach 902-893-0990 / smithal@ccrcw.ca

***If transportation is needed, please contact Alyson with SchoolsPlus**

Hope everyone had a great week!

We started it off with a FUN DAY on Monday at Chelsea Laine Salon and Colour Bar. Chelsea, Zoe and Gabz from Gabz Esthetics volunteered their time to offer some students free haircuts and nail services.

While students waited with anticipation for their name to be called to get a haircut SchoolsPlus staff also offered crafting and treats:

- ♥ Bracelet (bead and leather) making
- ♥ Colouring
- ♥ Button making
- ♥ Fortune tellers
- ♥ Paper folding

We are so thankful to small business like Chelsea's and Gabz for offering such great opportunities for these kids!



SURF SMART
SOCIAL MEDIA LITERACY
FOR KIDS & YOUTH

Parents and Caregivers are invited to attend an info session!

Date: Thursday, February 15

Time: 6:00pm-7:30pm

Location: New Glasgow Academy
Childcare provided!

Light refreshments will be provided. Door prizes to be won!

SchoolsPlus **PICTOU WEST** **PICTOU**

This poster was created thanks to the collaboration of the above Pictou County Organizations

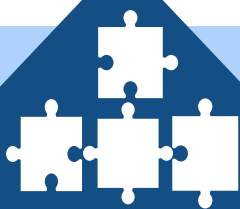
Scan Here For Handbook

WHAT'S FOR DINNER?
at Baddeck Academy

USE YOUR DETECTIVE SKILLS TO FIGURE OUT WHAT THE ANIMALS IN THE CAPE BRETON HIGHLANDS NATIONAL PARK LIKE TO EAT! LEARN HOW YOU CAN HELP KEEP ANIMALS AND YOURSELF SAFE WHEN YOU'RE OUT ENJOYING NATURE, AND TEST YOUR KNOWLEDGE ABOUT FOOD CHAINS AND WILDLIFE SAFETY WITH A ROUND OF TRIVIA!

INTERESTED IN ATTENDING? HERE'S WHAT YOU NEED TO KNOW!
THIS EVENT IS IN THE SCHOOLSPLUS ROOM ON MARCH 12TH FROM 11AM - 12PM
TO REGISTER PLEASE CONTACT DANIELLE KOREM, SP COMMUNITY OUTREACH WORKER AT (902) 574 1428 OR BY EMAIL AT DKOREM@GNSPES.CA

SchoolsPlus
Écoles Écoles Plus



OUR PARTNERS





OUR STORIES

Annapolis Valley Regional Center for Education

Looking to meet some new people or make new friends?
Seeking something fun to do over lunch?

Come check out the SchoolsPlus

Drop-In Lounge!

Happening over lunch (1:15pm - 2pm)
in the Green Wing Pod every Friday in April:

Friday, April 5
Friday, April 12
Friday, April 19
and Friday, April 26!



We will have **games, snacks, art supplies, and activities** to enjoy casually with other students, **PLUS a special "weekly challenge" activity** with possible prizes on the line!

All SchoolsPlus (SP) sites in AVRCE received a donation to go towards the purchase and distribution of period products, including use for students over the summer and/or when school is not in session. Following the distribution of products to all students with the SP programs, we partnered with Amanda, from our Horton Youth Health Centre to distribute remaining supplies. With the partnership, we hosted a school-wide event at Horton High School before March Break to offer this support schoolwide to as many students as possible.

Period Party!

Friday March 8th
during Horton Lunch (1:15pm - 2pm)
at Multiple HHS Locations,
starting at the Old Service Desk.

Come join us for:

- Trivia, games, and activities!
- Free period product giveaway
- The chance to win re-usable menstrual products
- Free snacks
- And more!



All students are welcome!

Have questions or want to learn more about this event?

Drop in and visit either
Amanda in the Youth Health Centre (Room 261) in the Yellow Wing)
or Ally in the SchoolsPlus Room (Room 2005 in the Green Wing)

We hope to see you there!

The YHCC approached health and other community health groups to gather information/pamphlets re: menstrual health to be provided to students at the event and also volunteered the use of the YHC as a physical space. The Red Door in Kentville also donated some menstrual cups that were given away at the event to students wishing to try one. Our SP Mental Health Clinician also joined us on the day to help students participate in three activities/games – Trivia in the HHS lobby, a 'Price is Right' style game guessing the prices of various menstrual products in the SP space, and a stigma-reduction brainstorm exercise around period slang in the YHCC.



OUR STORIES

Cape Breton Victoria Regional Center for Education



On April 15th, the Cabot Education Centre hosted a Health Summit titled "Cabot Cares Beary Much" featuring a variety of programs such as Musical Theatre, Step Dance, Tai Chi Meditation, Mural Art Presentations related to Mental Health, Canvas Art Exhibition by our talented Students of Cabot, Acupuncture, Healthy living presentation by our Dietitian of CBVRCE, Recreation and Physical activity sessions, Sewing, Yoga, Hip-Hop and Reiki. Students were divided into several groups and each group got an opportunity to participate in all the programs.

This helped build our school family spirit, practicing safety, respect, self care, inclusion. Moreover, to make the school a better place for everyone.

Partners: Youth Health Centre, Cabot Education Centre and SchoolsPlus Collaborated in this partnership!



OUR STORIES

Chignecto Central Regional Center for Education

- SchoolsPlus partners with Mentoring Plus- bringing students and seniors together.
- Mentoring Plus Strategy is an organization where retirees in our community volunteer their time to share their knowledge and experience to better prepare young adults for their future careers. SchoolsPlus had established our school pantry at Tatamagouche Regional Academy, with a goal of teaching students food skills with cost effective ingredients, and this created a great partnership opportunity.
- SchoolsPlus, partnered with the retirees from Mentoring Plus Strategy and joined 10-15 high school students once a month to cook and create together. They worked together to create meals, gifts, crafts, and self-care activities including a chicken dinner, homemade salsa, Christmas wreaths, sugar scrubs, etc.
- "Youth and seniors built beautiful relationships and learned from each other through sharing common interests and stories." SP Facilitator Alyson Smith
- Partners : Thanks to the Community Health Board for the food security grant ! Tanks to SPCOW Amanda Heitkemper for her leadership !



OUR STORIES

Conseil Scolaire Acadien Provincial

Clare Community Expo

SchoolsPlus participated in a Community Expo bringing together various exercise groups, art activities, scientific research opportunities, volunteer opportunities, as well as services of all kinds.

For SchoolsPlus, this was a very helpful networking event for us, enabling us to catch up with local organizations that donate to our community or care for young people and their families, as well as identify potential future collaborations for social activities with our students.

SchoolsPlus were able to put a friendly face to our program, and help families learn about our services, as well as our ability to help navigate to other services as required.

This event was held on March 23rd, 2024 at The Rendez-Vous de la Baie (Church-Point).

Why: Clare is a small community where we often hear "there's nothing to do". Clare Recreation brought together all types of local services and clubs in one place to show us this is simply not true! Whether it be to get your brain, body or social life more engaged, opportunities were sure to present themselves at the Community Expo!

Partners involved: Clare Recreation (organizer) with multiple community agencies





OUR STORIES

Halifax Regional Center for Education

- HRCE Schools Celebrating Valentines Day
- Student Council at Fairview Junior High School organized a visit at Carista Retirement Community for Valentine's Day ! Students spent time chatting with seniors, had lunch and distributed Valentines day cards!
- This was a great intergenerational opportunity, and also led to ongoing volunteerism for some students
- Partners : Thanks to SchoolsPlus Community Outreach Worker, Melissa Caines and Megan Fitzpatrick, Resource Teacher
-



OUR STORIES

Strait Regional Centre for Education

The Home Alone program was delivered throughout the Guysborough County/Monastery Family of schools in all three schools (Fanning Chedabucto Education Centre, Guysborough Academy) by Amanda Millar, SP Community Outreach Worker

This program helps students gain the confidence and skills to be "home alone ", through practice of 911 calling, understanding the recovery position, and some basic first aid. Students learn how to manage when scared at home alone, and what to do in fires and emergencies Program is geared to the Grade Five classes, with seven hours of class time . Students take a book home and are encouraged to share with parents/caregivers Partners : Thanks to Guysborough Recreation for supplying the student reference books





OUR STORIES

South Shore Regional Center for Education

- Ahrthyh Arumugam, Coordinator, Newcomer 2SLGBTQIA+ Youth Program, YMCA Greater Halifax/Dartmouth partnered with SchoolsPlus and Equity Consultant with SSRCE to provide an excellent workshop !
- This interactive workshop explored intersectional, and anti-racist knowledge and strategies that can create QTBIPOC friendly spaces in schools and GSAs with a focus on immigrant and newcomer youth.
- Youth were engaged in action-oriented hands-on activity to build analytical skills that recognizes and works towards navigating personal and collective systemic barriers.
- This workshop provided skills, knowledge for promoting awareness and building positive relationships between newcomers, 2SLGBT+ and allied communities !!!!



OUR STORIES

Tri-County Regional Center for Education

- Teen Talk was a lunch hour program held for students in Yarmouth Consolidated Memorial High School
- Partnered with Youth Health Center and brought in community partners like Restorative Justice, Yarmouth recreation, Split Rock, and others
- Lunch was provided, enjoyed by students
- Subjects were chosen by youth (suggestion box)- nothing was off limits
- Topics covered included : healthy relationships, coping skills, setting boundaries, study skills, active/healthy living, time management, communication, community resources, mental wellness in general.
- SchoolsPlus in Tri-County Region thank all our partners for making this time both fun and informative for our students





OUR STAFF

SchoolsPlus CYCP Morgan along with teacher Ms. MacDonald are supporting a student in creating a Dungeon and Dragons Group at Northumberland Regional Highschool. This group will be happening at lunch on Thursdays in the SchoolsPlus Room!

If you are interested in learning more or if you are a DM stop by the SchoolsPlus room and chat with Morgan.



Headstrong group [Cabot Education Centre](#)

Yesterday we had a wonderful time together in our Headstrong meeting. We made appreciation cards for the teachers and other staff members in our school. Students went around and distributed it to their teachers and staff members. They also appreciated th... See more



Lindsay & Susan were trivia hosts extrodrenares! Lots of fun had the evening of the SPMH in April





The second group of Grade 6 students at St Andrew's Consolidated School finished Snack Group today. The group was facilitated by SchoolsPlus Community Outreach Worker Marisa Murphy in partnership with School Counselor Mrs Hayne. Students learned how to make and try healthy snacks including fruit salad, energy balls, snack mix, muffins, Naan bread pizza's, Tacos and smoothies. Students all received a recipe book with the recipes to share with their family members and friends.



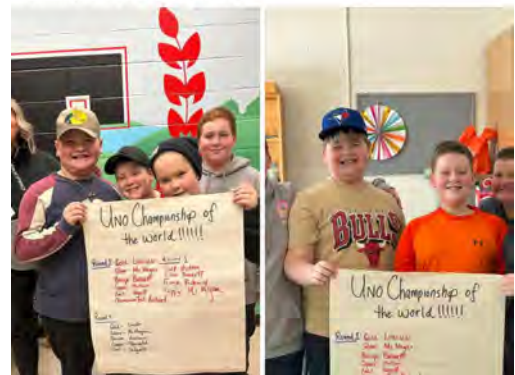
Who are you? Megan Bond, Child & Youth Care Practitioner at Trenton Elementary and Trenton Middle School.

Program Name: Peer Friendship Group

School: Trenton Middle School

What are you doing: Meeting every Thursday to chat about peer relationships, being great role models and all things middle school!

What is it's purpose? Building self confidence, peer relationships and obviously competing to be the Uno Champion of the WORLD!!



Award: Leah Marshall
AVRCE



SP staff attending RofE training @ EECD

FAMILY TIME



Liz and I had such a great time at EAECA last evening. SchoolsPlus hosted Family Night that was attended by 60 people. We are so grateful to all who came out. We hope you enjoyed an evening with your family. We had snacks, crafts, games and the scavenger hunt was so much fun!! THANK YOU!!!!!!



How to Reduce your Food Budget

A FEW PRACTICAL GROCERY SHOPPING TIPS WILL HELP YOU STAY WITHIN YOUR BUDGET AND STRETCH YOUR MONEY FURTHER.

Class will be held at Barrington Municipal High School

Transportation can be provided locally

Text 902-247-4300 to reserve spot or email k.stewart-reynolds@tcrc.ca
Thursday April 18th 6pm-8pm

DALA
DALA AREA LEARNING ASSOCIATION

LAZY BEAR PUBLISHING

The Family Literacy Program is hosting an evening of fun activities and readings from Lazy Bear Publishing's books!

Free Event!

Riley the Runt

ABC Digby

Adventures Dad

Each family chooses one of the books to take home! Provided by DALA Family Literacy Program

When: Wednesday, May 8th -5:30-7:00pm
Where: Champlain Elementary School- Schools Plus Room

For more information please contact:
chelseam@digbydala.com

Are you a Super-Grandparent that is raising your Super-Grandchildren?

We think you are all SUPER-HEROS! We also recognize it is hard to feel like super-heros sometimes. We would like to help you get your cape on, by teaching you some skills that could help your family. This is a 4 week series that will focus on computer skills and how to navigate social media, positive communication skills, discipline and more.



If this sounds like something you would like to take part in please call or text Angela 902-247-4300

April 17th, 24th
 May 1st, May 8th
 Community Centre
 Shelburne
 Rm A
 1PM-3PM

SURF SMART

A session for Parents and Caregivers to support their children/youth in social media literacy.

MARK YOUR CALENDARS!
 Sessions are 6-7:30PM

Feb 1st- Trenton Middle School
 TBA- GR Saunders Elementary
 Feb 15th- New Glasgow Academy
 Feb 28th- Thorburn Consolidated
 Mar 20th- West Pictou Consolidated
 Apr 10th- McCulloch Education Centre

Light refreshments will be provided.
Door prizes to be won!

Schools Plus, Pictou County, Pictou West, Pictou East, Pictou South, Pictou North, Pictou Central, Pictou West, Pictou East, Pictou South, Pictou North, Pictou Central

This poster was created thanks to the collaboration of the above Pictou County Organizations

Scan Here For Handbook

February Family Night is Science Night

We happily announce That students from ST. FX University will be joining us for A fun filled night of Science for families for all three of our schools.

This event will be held at CECGA February 20 6:00-7:30

Please Pre-Register
 By private message on FB, 902-631-4699 or amanda.millar@srce.ca

This is necessary to ensure enough Supplies are brought for everyone.

ART TIME

Creative Expression Supports our Well-Being

Check out this wonderful art in progress at Robin Foote in Westmount. SchoolsPlus connected the grade 5s with Ryan Robson, a community artist and art therapist (Cape Breton Art Therapy) to work with the students. Positive, vibrant changes to physical settings like this can make a difference in how we feel in a space :) Good work!



SchoolsPlus Antigonish Hub is spreading a little kindness around SAJS with a new bulletin board!



In honor of Mental Health Awareness Month, our students at Cabot decorated a bulletin board with quotes promoting mental health, self-care, and relaxation techniques to foster healthy coping strategies.