

# NEWSLETTER

January-April 2025

Schools  
Écoles **Plus**





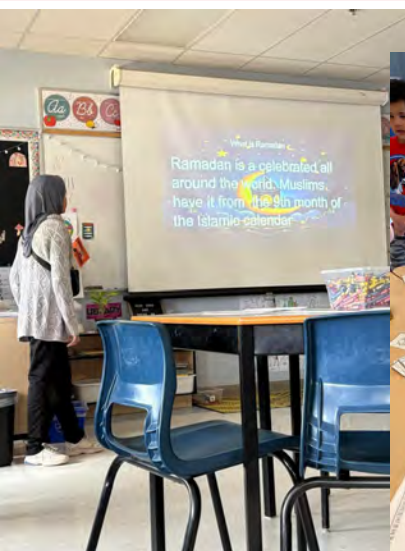
# HOLIDAYS & CELEBRATIONS



## Valentine's Day



SchoolsPlus staff in Pictou County and in Antigonish offered programming for students to make Valentine's Day Cards. With the help of Ms. Campbell's Grade 10 Options & Opportunities Class in Pictou County, and St. Andrew Junior School students in Antigonish, over 750 cards were delivered to residents at Maritime Oddfellows Home & Shiretown Nursing Home in Pictou, and RK MacDonald Nursing Home, The Maples, Shannex, and St. Martha's Regional Hospital in Antigonish. Thank you to all the students who contributed to these projects!



## Ramadan

Ramadan Mubarak from Spring Street Academy!

A huge thank you to Erin (our amazing CYCP), Roukia, her mom, and our entire team for making today such a meaningful and memorable experience for our students. We were joined by our CCRCE Newcomer Parent Facilitator and YMCA Immigrant Services - School Settlement Staff!

Students had the opportunity to learn about the significance of Ramadan, enjoy some delicious snacks, and even experience beautiful henna tattoos!

It was a wonderful celebration of culture, tradition, and community. We're so grateful for the care and effort that went into making this happen!



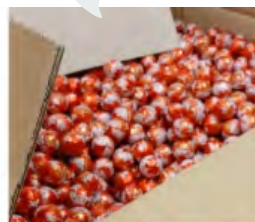
## Easter

Holidays can bring added financial pressure for many families, but thanks to a generous donation from Lindt—rescued by Second Harvest—198 lbs of chocolate were turned into Easter Treat Bags for 242 Eastern Passage & Cow Bay students!

Families signed up anonymously through a simple Google Form, sharing only their address and number of children. From there, the Eastern Passage SchoolsPlus team, alongside volunteers from the Eastern Passage Food Security Society, came together to package and deliver these sweet surprises right to doorsteps across the community.

This heartwarming effort brought joy to many homes, showing how a little kindness (and a lot of chocolate!) can go a long way.

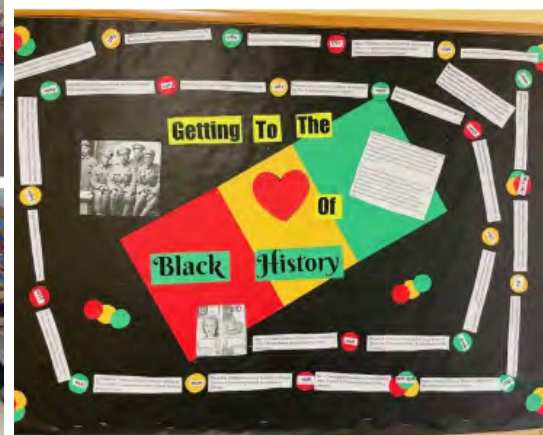
Want to see more? Check out [this CTV article highlighting the initiative.](#)



## African Heritage Month

February was African Heritage Month. This year's theme was "Legacy in Action: Celebrating Black Brilliance".

Grade 9 students at Musquodoboit Rural High School in HRCE helped CYCP Marcy Drover gather information to create a timeline of Black History in Nova Scotia.





# MARCH BREAK

## SEUL À LA MAISON

Votre enfant a plus de 10 ans?  
Votre enfant veut rester seul à la maison?  
Vous voulez assurer leur sécurité  
lorsqu'il/elle reste seul(e) à la maison?

Nous vous invitons à nous laisser savoir s'il y a certains thèmes  
qui vous sont très importants, car nous sommes conscients  
que chaque famille vit des réalités différentes.

### DÉTAILS

**Date et temps :** 10 h 30 à 15 h 30,  
le jeudi 13 mars, 2025

**Lieu :** École secondaire de Clare  
80, chemin Placide Corneau  
La Butte

**Âges :** 10 à 12 ans

**Coût :** Gratuit!

Maximum 15 participants

### INFORMATION ET INSCRIPTION

Inscription par formulaire google

ou

Ayla Latter-Melanson,  
Intervenante des ÉcolesPlus, région Clare  
902-769-8858  
lmayla@sepne.ca

Schools  
ÉcolesPlus



SchoolsPlus sites across the province delivered daily camps, programming for students or caregivers, and events for families during March Break 2025.

**LEGO March Break Lego Day!**

**When:** Tuesday March 11

**Where:** Harbourside Elementary Cafeteria

**Time:** 9-11 am

Contact Loretta  
SchoolsPlus Community Outreach Worker  
to register:  
l-hurley@gmsps.ca

Space is limited. Registration is required.  
Registration will close March 6 at 4 pm

Open to elementary students in the  
Sydney Family of Schools!

No supplies  
necessary! A snack  
will be provided.  
We have Lego, games  
and activities for  
everyone to enjoy!

Schools  
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## MARCH BREAK

**BABYSITTER COURSE**  
Ages 11-15 (lunch provided)  
Students are asked to bring a doll  
\*SPACE IS LIMITED\*

**Where:** OVEC  
**When:** Saturday, March 15  
9-3 pm

Call or Text to Register  
902-217-5017

**March Break Fun with SchoolsPlus\***

Grade Primary - Six  
Your children will all receive registration forms at school. If your child doesn't get one and would like to attend, please reach out to Amanda -902-631-4699, amanda.millar@srce.ca or private message on FB

**This is a Free event**  
**Monday March 10 - CECGA**  
**Tuesday March 11 - FECCA**  
**Wednesday March 12 - EAEGA**  
**9:00am - 2:00pm**

SchoolsPlus

## COME JOIN SCHOOLSPLUS FOR FUN & FREE ACTIVITIES OVER MARCH BREAK

### TUESDAY (MARCH 11)

Painting with  
Tiffany Barrett  
10 to 12  
at Digby Alt High School  
(Grades 7 to 12)

Call Penny to register  
at 902-247-4119

### WEDNESDAY (MARCH 12)

Digby Bowling Alley  
10 to 12  
&  
Little Brook  
Bowling Alley  
1 to 3  
(Open to all ages)

Call Morgan to register  
at 902-250-0632

### THURSDAY (MARCH 13)

Movie:  
"Harold and the  
Purple Crayon"  
from 11 to 1  
at DRHS  
(Open to all ages)

Call Penny to register at  
902-247-4119

\*Please Note: Any children under 12 must be accompanied by an adult  
Transportation can be provided to any of the programming. Please let us know if you  
require support with transportation when registering.





# FAMILY FUN



**MAKE YOUR MOVE**  
Antigonish

**FREE FAMILY ICE SKATING**

12 MARCH, 2025

Antigonish Arena

11am-12noon

Helmets Mandatory, Snacks and Hot Chocolate provided.

To Register email: [marisa.murphy@srce.ca](mailto:marisa.murphy@srce.ca)

Antigonish County Recreation

SchoolsPlus

THE TOWN OF ANTIGONISH

If you require skates or helmet please let us know when registering and we will do our best to get the equipment from our partners at county recreation.



Parents: .... You are invited to an evening of Relaxation, Paper Quilling and Refreshments At FECCA school (Cafeteria), Hazel Hill on Thursday March 20 from 6:00 - 7:30

Pre-registration is required to ensure enough supplies.

Contact Amanda at 902-631-4699

[amanda.millar@srce.ca](mailto:amanda.millar@srce.ca) or here on FB



**Schools Plus** **Fun Family Game Night**

For families with students at Harbourside, Cusack, Shipyard, or Brookland!

Activities Include:

CARD & BOARD GAMES, BEAN BAG TOSS, CHESS, JENGA, AND MORE!

**WEDNESDAY MARCH 12TH, 2025**

5:30 PM - 7:00PM

AT SHERWOOD PARK EDUCATION CENTER

To register contact Laura at [LDELANEY@GNSPES.CA](mailto:LDELANEY@GNSPES.CA)

Registration closes on March 5th at 5:00PM.

Space is limited

Families will be selected by lottery



## Sunshine Circles

Sunshine Circles, a play-focused group focused on strengthening relationships, was offered in Mrs. Tiffany MacNeil's grade 2 class at Antigonish Education Centre for approximately 14 weeks. The program has three fundamental rules:

1. No Hurts
2. Stick Together
3. Have Fun!

Students from Mrs. MacNeil's class were able to share with their families the skills and activities they learned through Sunshine Circles!







# PROVINCIAL LEARNING DAY

On April 25, approximately 300 SchoolsPlus staff from across the province gathered at Mount Saint Vincent University for our annual Provincial Learning Day. Staff enjoyed a wide variety of guest speakers, role-specific sessions, and a full day opportunity to connect with their colleagues.

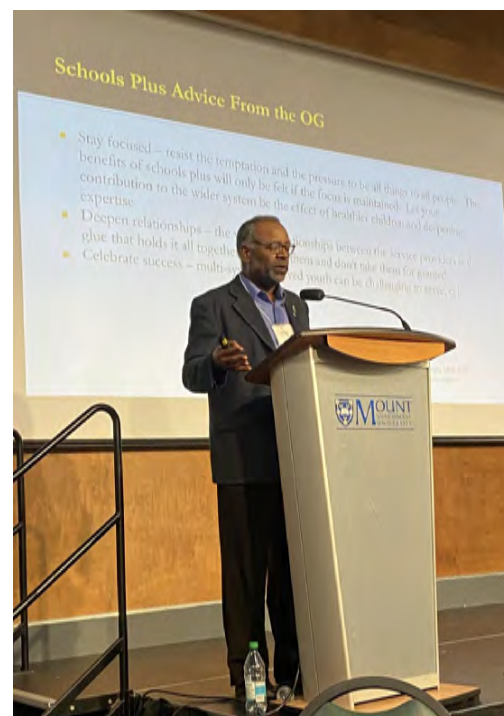


In their role-specific session, Community Outreach Workers created tree to creatively reflect their work



Phoenix is a St. John's Ambulance trained therapy dog. We were thrilled that he joined his mom, SRCE SchoolsPlus Community Outreach Worker Allison Brennan, at our Provincial Learning Day.

Phoenix was greeted with a tremendous amount of love and affection by SchoolsPlus staff across the province. Thank you for joining us Phoenix!



Robert Wright delivered an excellent keynote address on the history and roots of SchoolsPlus

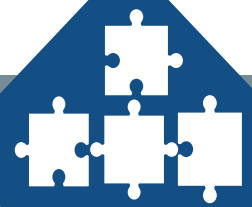


Julien Davis, Advanced Practice Lead on Gender Affirming Care with the NSHA Mental Health & Addictions program, delivered a presentation on navigating supports for trans and gender diverse youth during one of the breakout sessions. Thank you Julien!



Krystal Lowe, Education & Prevention Lead with THANS and Brooke Paul, Program Supervisor with Mi'kmaw Family Healing Centre, delivered a breakout session presentation on supporting students and families impacted by intimate partner violence. Thank you Krystal and Brooke!





## OUR PARTNERS

### Nova Scotia Works

**RESUME WRITING WITH NOVA SCOTIA WORKS**

Schools Ecolles Plus + SCOTIA WORKS Cape Breton-Victoria Regional Centre for Education

Tuesday, March 11th 1:00PM-3:00PM Breton Education Center Grade 9-12 students @ BEC

Please Register by text or email (limited space available)  
k-reid@gnsps.ca (902) 574-3586

NOVA SCOTIA WORKS NOUVELLE-ÉCOSSE AU TRAVAIL Schools Ecolles Plus +

**Financial Literacy Workshop**

1:00 PM to 2:30PM Get started on your financial journey

13 March 2025

At Cabot Education Centre Who: Grade 8-12

To Register: Please email Mat Noble, School Liaison  
matnoble@gnsps.ca

'Intro to Financial Literacy workshop' (receive a 'certificate of completion' to put on your resume)

"How to access labour market information through myBlueprint (bring your chromebooks!)"

'Job related Jenga' (with prizes!)

**FOOD FUN WITH AMD NUTRITION**

WHEN: March 12, 2025

WHERE: Tompkins Elementary

TIME: 11am-1pm

WHO: Tompkins and Greenfield students grades P-5

WHAT: Have fun making yogurt parfaits, fruit salsa, and more!

REGISTRATION

Please email or text Kaitlyn to register. Space is limited.  
902 574 3586 k-reid@gnsps.ca

Schools Ecolles Plus + Cape Breton-Victoria Regional Centre for Education

### Parks Canada

Schools Ecolles Plus + Parks Canada

**Introduction to Archaeology**

Learn about Archaeology and handle real artifacts from the Fortress of Louisbourg National Historic Site

Who: Grade 3-12 of Baddeck Academy and Grade 3-5 of Middle River Consolidated school

When: 14 March 2025 @ 10 -11 am

Where: Baddeck Academy

To Register, please contact Neethu Sam, SchoolsPlus Facilitator  
nsam@gnsps.ca

**FORTRESS OF LOUISBOURG LEGO PROGRAM**

A Miniature Version of the Fortress of Louisbourg, built entirely out of LEGO'S

Students will build Some of the Fortress's Most Iconic Buildings and the miniature models

Must be registered to Participate

Who: Grade 6-12

Where: Cabot Education Centre

When: March 12 2025 @ 11 AM-1 PM

To Register: Contact Neethu Sam, SchoolsPlus Facilitator:  
nsam@gnsps.ca or call/msg: 9022175418

### St John Ambulance

**Babysitting Course**

Where: St.Andrew Junior School (SAJS)

When: March 10th 9am-3pm

Open to ages 11-15

Lunch and snacks provided.

Cost: \$40 includes manual and certificate

TO REGISTER EMAIL: MARISA.MURPHY@SRCE.CA

Space is limited, funding support can be provided.

St. John Ambulance SchoolsPlus +



At Millwood High, 18 students came in on a PD Day for their Emergency Workplace First Aid CPRC & AED with St. John Ambulance





## OUR PARTNERS

...and so many more!

Roberts Wellness Services  
in partnership with Digby SchoolsPlus

### PRESENTS:

AFROCENTRIC MENTAL WELLNESS  
SESSION WITH A CONCENTRATION  
ON GENDER BASED VIOLENCE

**WHEN**  
**Saturday, March 29, 2025**  
**12pm-3pm**

**WHERE:**  
**Southville Fire Department**  
**717 Langford Road, NS**

• Please Email or Call Barbara Roberts with questions

• (902) 812-0285  
• [roberts.wellness@outlook.com](mailto:roberts.wellness@outlook.com)

To register please contact:

Janice Cromwell,  
• 902-740-9221  
• [Janice.cromwell@terce.ca](mailto:Janice.cromwell@terce.ca)

**WHAT HAPPENING:**  
**A PRESENTATION ON A AFROCENTRIC UNDER-  
STANDING OF MENTAL WELLNESS AND A DIS-  
CUSS ON GENDER BASED VIOLENCE AND HOW  
IT EFFECTS THE BLACK COMMUNITY IN NOVA  
SCOTIA**

### FOR BLACK WOMEN AND GIRLS, AGED 16+

This event is free and we  
have room for 20 people  
and each person gets a  
\$15 gas card.

We will also have light  
refreshments and snacks

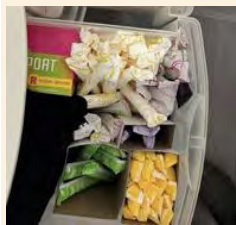
You will also have the  
opportunity to make an  
African fabric button craft.



### SPONSORS



**Roberts  
Wellness  
Services**



For 11 years, United Way has been an incredible partner to SchoolsPlus in Pictou County. Thanks to their Giving Campaign, SchoolsPlus was able to launch the Head to Toe initiative - through the most recent initiative, SchoolsPlus supported over 500 individuals in addressing critical needs such as food security, health and hygiene, information and navigation, and mental health and wellness!

Join the Naomi Society, SchoolsPlus and CNOY for TWO exciting events! **The Coldest Night of the Year** is a winterrific family-friendly fundraising walk in support of local charities. Let's change the tune for people experiencing hurt, hunger, and homelessness... because it's cold out there.

**SAJS Morning Walk**  
**Friday, February 21st**  
**7:30 AM**  
**the farmers market**

**CNOY Antigonish**  
**saturday, february 22nd**  
**4:00 PM**  
**antigonish market square mall**

Join us on this walk for the chance to win a prize!  
**REGISTRATION REQUIRED**  
[allison.brennan@srce.ca](mailto:allison.brennan@srce.ca)

Naomi Society is hosting the CNOY, a 2 & 5 km winter walk held in 190+ cities across Canada. Funds raised will support our affordable housing project, offering safety, stability, and hope to women and children fleeing violence in our community.

<https://cnoy.org/location/antigonish>  
for more information



## Schools Plus Information Session Try a Para Sport!

PARA SPORTS INVOLVED: ATHLETICS, BOCCIA, SLEDGE HOCKEY & GOALBALL



**Easter Seals™**  
Nova Scotia

More  
than Able



### Event Details

Date: Tuesday, January 28, 2025 Time: 13:30 Place: Teams

### Facilitators

Sharon Martin, Boccia Nova Scotia:  
[boccianovascotia@gmail.com](mailto:boccianovascotia@gmail.com)  
Jodi Langley/ Heather Beaton, Athletics Nova Scotia:  
[athleticsprograms@sportnovascotia.ca](mailto:athleticsprograms@sportnovascotia.ca)  
Peter Parsons/Linda MacRae Triff, BlindSport Nova Scotia:  
[parsons.pete@gmail.com](mailto:parsons.pete@gmail.com)  
Annette Hill, Easter Seals Nova Scotia:  
[takepart@easterseals.ns.ca](mailto:takepart@easterseals.ns.ca)

## WHAT IS PARA SPORT?

Para Sports are adapted sports that provide opportunities for individuals with disabilities to participate in physical activities. These sports are designed to be inclusive and accessible, ensuring everyone can experience the fun and benefits of sport and recreation.

## KEY TOPICS COVERED

Introduction to Athletics, Boccia, Sledge Hockey and Goalball

- Overview of each organization.
- Overview of various Para Sports and recreational activities.
- Equipment & space requirements
- Resources and Support available
- Try Para Sport session for staff

Implementing Para Sport in Schools

- Strategies for incorporating adaptive sports into the curriculum.
- Equipment and resources needed for successful implementation.

## BENEFITS OF ATTENDING

- Gain a deeper understanding of Para Sport and its impact on student well-being.
- Learn practical strategies for implementing inclusive sports programs.
- Connect with the organizations that deliver para sport and recreation in Nova Scotia.

Dave Bowlby, Annapolis MLA, is pictured here dropping off much needed supplies for the Annapolis SchoolsPlus School Pantry Program. Each pantry is overseen by a staff member from within the school, and is supported by the local communities and evolving partnerships. For example, the Bridgetown Pantry has a wonderful partnership with the Bridgetown and Area Foodbank however with the increasing needs in our local communities, the Foodbank is stretched to capacity. Thank you to our communities and our partners for their generous donations to help keep our pantries stocked.



THE NEED

GET LOCAL HELP

PROGRAMS & SERVICES

ABOUT

CONTACT

## PARTNERS



Schools Plus



YMCA of Lunenburg  
County



Community Health Board  
of Lunenburg County



United Way of Lunenburg  
County

SchoolsPlus is one of many partners of the South Shore Open Doors Association - [www.ssoda.org](http://www.ssoda.org)





# ANNAPOLIS VALLEY REGIONAL CENTRE FOR EDUCATION

## Circle of Security

**WHO:** 10 caregivers in the AVRCE area

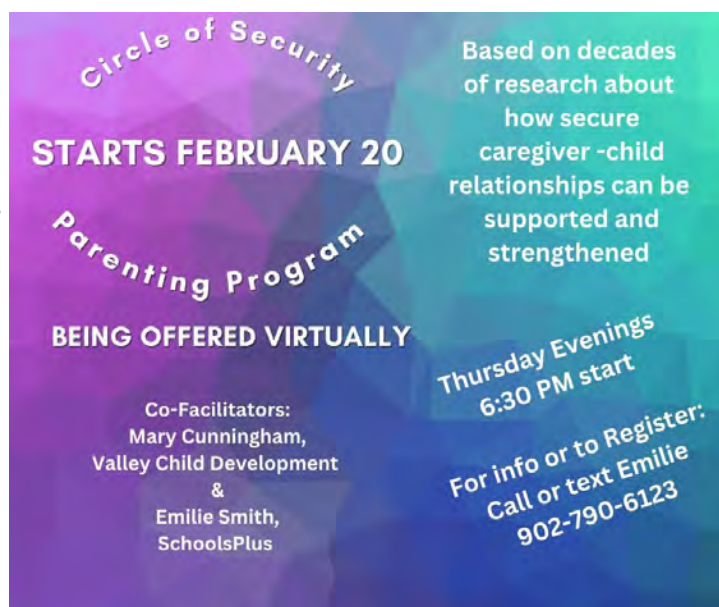
**WHAT:** SchoolsPlus Facilitator Emilie Smith co-facilitated the Circle of Security program to local caregivers recently, which was the first time this team had delivered the program virtually. There was great participation and engagement from all who completed the program. One of the favourite pieces of Circle of Security is when "Shark Music" is discussed. Shark Music is a term developed by the creators of Circle of Security to describe the uncomfortable or even fearful feelings, thoughts, and sensations that arise when we perceive a threat or challenge in our relationships that is actually safe. Shark Music can affect our behaviour and emotions and interfere with our ability to respond in ways that promote security in our relationships. This is typically an "aha" moment for folks in the course and always generates great discussion and reflection.

**WHEN:** Thursday evenings at 6:30pm

**WHERE:** Virtual

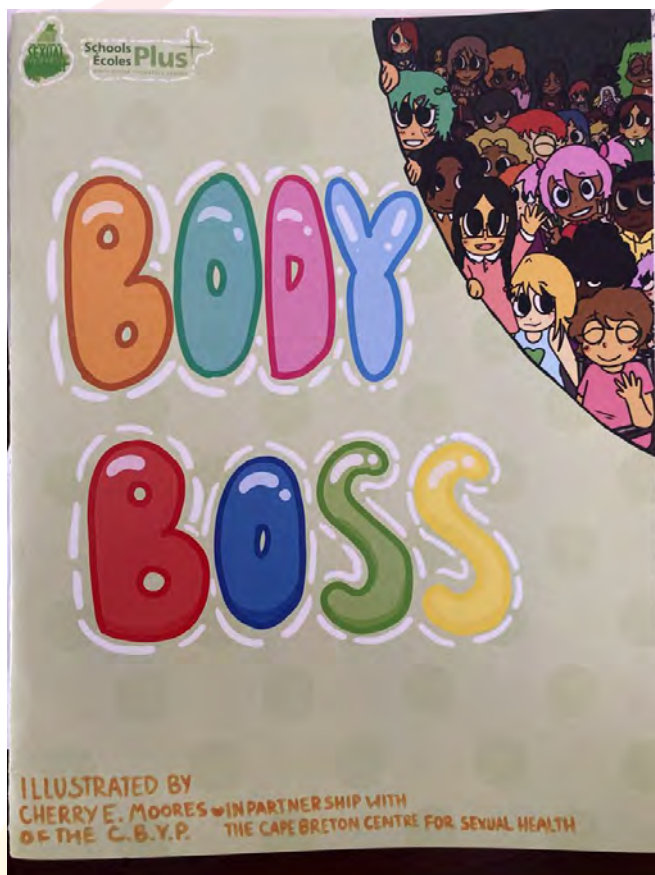
**WHY:** To provide information on how secure relationships between caregivers and children can be supported and strengthened.

**PARTNERS:** Valley Child Development



# CAPE BRETON-VICTORIA REGIONAL CENTRE FOR EDUCATION

## Body Boss



**WHO:** Grade 5 students

**WHAT:** Body Boss covers four major topics - consent and boundaries, health relationships, introduction to puberty, and internet safety - through conversations, games, art, videos, and movement exercises. Body Boss has been met with curiosity and an openness to have meaningful conversations. The students showed courage in their discussions and a willingness to create a safe learning environment for themselves and their peers - students and teachers both shared positive feedback about the program, and Body Boss will be delivered to a 3rd and 4th Grade 5 class before the end of the school year!

**WHEN:** Four sessions offered over several weeks

**WHERE:** Greenfield Elementary School

**WHY:** To talk about these age-appropriate, at times uncomfortable, topics in a safe space in order to keep students informed on safe and healthy practices

**PARTNERS:** Cape Breton Centre for Sexual Health & the Cape Breton Youth Project





# CHIGNECTO-CENTRAL REGIONAL CENTRE FOR EDUCATION

## Chef's Plus



**WHO:** Up to 25 families per week!

**WHAT:** Each week, SchoolsPlus staff would look through grocery flyers and put together a meal based on sales. Every Friday, SP staff would shop the ingredients and deliver them to participating families throughout the county. Staff filmed a weekly "how to" video to create the meals - these videos were then posted on their Facebook page for participants and followers to watch and recreate on their own. Watch for some guest stars from Trenton Middle School and the Alternative School doing some taste tests and critiques!

**WHEN:** ChefsPlus winter session ran for 5 weeks - the summer session is set to begin at the end of June, with a goal to deliver 6 weeks of fun in the kitchen!

**WHERE:** Pictou County

**WHY:** To offer fun, affordable suggestions for the kitchens.

**PARTNERS:** Nourish Nova Scotia & Trenton Recreation Program

# CONSEIL SCOLAIRE ACADIEN PROVINCIAL

## Leadership Committee



**WHO:** Students in grades 10-12 who are committed to making a positive different in their school and community

**WHAT:** The Leadership Committee meets once a week over lunch to discuss ideas for possible projects in the community. These young leaders are committed, creative, and motivated by the desire to build an inclusive, respectful, and inspiring environment.

Recently, the students collected non-perishable food, clothing, and monetary donations by going door-to-door in their communities. These items were then donated to the women of the Marguerite Centre in Timberlea, which is a long-term shelter that provides a safe, supportive, and non-judgmental environment for women recovering from addiction, violence, and other forms of trauma. The Centre provides women not only with shelter, but also with resources and programs designed to foster recovery, autonomy, and reintegration into the community. As you can see from this photo, the Centre's workers were truly moved by the support. Great job Leaders!



**WHEN:** Once a week at lunchtime

**WHERE:** École Secondaire du Sommet

**WHY:** To foster community involvement, organize awareness campaign, fundraisers, charity events, & volunteer activities.





# HALIFAX REGIONAL CENTRE FOR EDUCATION

## Gender Creative Kids



**WHO:** Children age 5-11 from across HRCE

**WHAT:** Gender Creative Kids is a program that supports gender creatives and/or 2SLGBTQIA+ children and their parents/caregivers. During each session, snacks are provided, activity stations are set up for the kids (favourites include colouring, bracelets, and button making), staff offer a guided craft activity, and the program finishes up with story time. Staff aim to let the kids set the tone of each session, so while it is often a laid-back environment, spontaneous dance parties have been known to occur!!

**WHEN:** Once a month from 4:30-6pm

**WHERE:** The program is delivered out of St. Agnes Jr. High in Halifax

**WHY:** To offer a space for children and families to build community, share resources, and have fun!

**PARTNER:** This program is delivered by Cole Harbour SP staff in partnership with the Youth Project!



# STRAIT REGIONAL CENTRE FOR EDUCATION

## Teddy Bear Picnic



**WHO:** Students in grade Primary to grade 4

**WHAT:** Antigonish SchoolsPlus teamed up with the CYCP in their local Hub Site to host a Teddy Bear Picnic. During our picnic we played Bingo, did bear themed crafts, watched "The Teddy Bear Picnic" movie, and had bear themed snacks. Each student wrote "All About bear", telling their stuffed friend's name, where they came from, how long they've known each other, etc.

**WHEN:** March Break

**WHERE:** Antigonish Education Centre

**WHY:** To offer a fun activity during March Break

**PARTNERS:** Partnered with the Antigonish Education Centre CYCP







# SOUTH SHORE REGIONAL CENTRE FOR EDUCATION

## Kids in the Know

**WHO:** Grade Primary, 1, and 3/4 classes

**WHAT:** This safety program teaches students 7 root safety strategies. The program has curriculum that follows student through their school years, with each year building on what the students learned the year before. The students practice simple ways to get attention if they need help and what to do if they are lost. Students learn about safe secrets and secrets that they need to tell a safe adult, and they learn how a safe adult behaves. The students will often take home things to work on with their parents to facilitate conversations about safety at home. Students expressed how much they enjoyed the program, and that they are practicing the skills at home and at school. Teachers have reported that the program benefitted their students and led to deeper conversations around the topics covered in the lessons.

**WHEN:** Throughout the 2024/25 school year

**WHERE:** Bridgewater Elementary School

**WHY:** To teach kids important strategies to keep themselves and their peers safe

**PARTNERS:** SchoolsPlus partnered with classroom teachers to deliver this program, which was developed by the Canadian Centre for Child Protection.



# TRI-COUNTY REGIONAL CENTRE FOR EDUCATION

## Biz Kidz



**WHO:** 20 students from grades 4-6

**WHAT:** During this camp, participants created their own business and eventually sold their products. They created a business plan, got a real loan (with real money!), ordered supplies, created their product or service, created a logo with support from a graphic designer, and figured out their break even point. The students made commercials and posters advertising their products and sale date - a local entrepreneur even came to speak to the students about being a business owner. On the final day, the group held a Farmers Market style sale from 11am-1pm. Following the sale the students had to repay their loans and were able to keep the profits, which ranged from \$17 to \$101!

**WHEN:** 4 days from 10am-3pm during March Break

**WHERE:** Yarmouth Elementary School

**WHY:** For participants to develop an skills on how to run a business and manage money

**PARTNERS:** Delivered in partnership with Nova Scotia Works. A local business also provided a donation to cover the free lunches and snacks that were provided (Health Promoting Schools in partnership with Restorative Justice)