

NEWSLETTER

MAY - AUGUST 2023

Schools
Ecoles **Plus**



See Sacred Gathering Story on
inside cover.

A Sacred Gathering : Truth and ReconciliationACTION

One hundred students from schools throughout CBVRCE , gathered at Sydney Academy , for a ceremony to unveil and honour a breathtakingly beautiful sculpture , created with more than 200 fish painted by 440 students from 15 CBVRCE and Maueltuey Kin'matno'kuom .

One side of each fish was painted by an Indigenous student and the other by a non-indigenous student. Throughout the year long project, students exchanged letters stating what reconciliation meant to them, and actions they can take to move towards it.

After lunch the group attended the SA Mawio'mi (Pow Wow). The sculpture is a visual representation of Etuaptmumk which is a Mi'kmaq word for two -eyed seeing.

Etuaptmumk is the guiding principle of learning to see from one eye with the strengths of Indigenous knowledges and ways of knowing, and from the other eye with the strengths of Western knowledge and ways of knowing, and learning to use both eyes together, for the benefit of all.



Message from SchoolsPlus Team

Welcome to the Spring/Summer 2023 edition!

We recall that it was a season of adverse weather conditions, impacting students and families throughout Nova Scotia, and we share in the sorrow of those most impacted by these events, while also saying thanks and honouring the many school staff that worked hard to offer support and services to all our families. Thank you!

Throughout these pages, we will see many exciting and rewarding initiatives. The incredible Fish Art installation was the culmination of engaging students in a Truth and Reconciliation journey. The numerous PRIDE events, the joy of outdoor hiking, water fun, mental health awareness activities, and fresh food services, to name just a few of the programs and events that we celebrate in this edition.

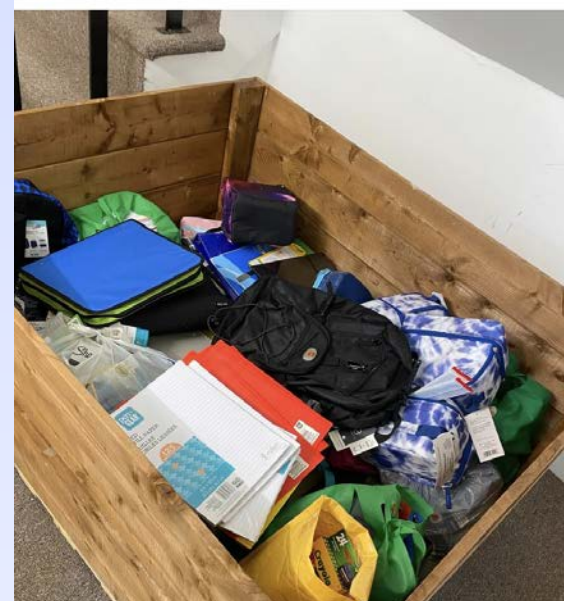
And who doesn't like a fresh haircut to begin the new school year.

For all of our partners, and staff, thank you for continuing with us in the SchoolsPlus journey.



BIG THANKS to Y95 - CJLS and their radio station listeners for being so generous! These items were divided between CSAP SchoolsPlus in the Par-en-Bas and Clare regions. We have already filled and delivered a lot of backpacks!

[Rate this translation](#)



SUMMER



Schools Écoles Plus
NOVA SCOTIA / NOUVELLE-ÉCOSSE

AUGUST PROGRAMS

AVAILABLE TO STUDENTS FROM:
COXHEATH ELEMENTARY MOUNTAINVIEW ELEMENTARY
MARION BRIDGE SCHOOL SYDNEY RIVER ELEMENTARY
RIVERSIDE SCHOOL ROBIN FOOTE ELEMENTARY

Family Birdhouse Painting
August 2, 2023 10:30am-12pm
Grades P-5
Held at Sydney River Elementary

ACAP & Parks Canada Nature Explorers
August 9, 2023 10am-12pm
Grades P-5 & their families
Held at Riverside Elementary

Family Cooking Class
August 10, 2023 10am-11:30am
Pancakes & Blueberry Chia Jam, Energy Balls
Grades P-5
Held at Coxheath Elementary

Movie Morning
August 16, 2023 10am-12pm
Grades P-5
Held at Robin Foote Elementary


Life is better with
PANCAKES

SCHOOLS PLUS
Pop Up Breakfast
Join Megan, Krista and
Community Partners for a
morning with games,
pancakes, fruits, drinks and
FUN!!

Nictaux Playground
Thursday August 17
10AM- 12 PM
(weather permitting)
Everyone welcome!
Children/youth/families

Questions? Contact
Krista - 824-4057 Megan- 824-5255

Summer VIBES


ART in the PARK

SchoolsPlus is hosting a summer art group in the Baile Ard Trails on
Tues July 11th, Wed July 12th & Fri July 14th from 11-2pm. This group is for students from WPM, SPEC, MB2 & SA

We are looking for high school students to share their art skills with middle school students!

Spaces are limited
To register text Ryan @ 902-574-2760



SUMMER



Schools Plus Victoria Fos

Jun 20 • 🌞

Wow! We had an amazing time last week for Baddeck Academy's first ever Pride Walk. The students worked very hard making beautiful posters and had a blast walking around town, loud and proud celebrating the LGBTQ+ community. This takes a great deal of courage and bravery, and we couldn't be more proud of these kids 🏳️‍🌈👏🏳️‍🌈



Diverse Directions



BADDECK

Come celebrate Pride with CaperBase in a safe & supportive environment.

crafts, creative expression & conversations!

WHO?

Youth ages 11-18 who are in the Baddeck area

WHEN?

Wednesdays beginning July 12th

1:00pm-2:30pm

Sessions go until August 16th

WHERE?

Baddeck Academy

To register, call or text Chantelle at (902)574-4121!

Registration is required, as space is limited.





KICK OFF TO SUMMER FUN FAIR

Thursday, June 29, 2023

11:30am to 3pm!

Dickey Park, 132 E. Pleasant Street, Amherst

FAMILY FUN RUN 11:30AM-12:30PM
FREE BBQ 12:30PM-1:30PM
FOAM PARTY 2PM-3PM
FUN & GAMES 11:30AM-3PM

MEET YOUR COMMUNITY PARTNERS AND LEARN MORE ABOUT AVAILABLE SUMMER PROGRAMMING!

FREE EVENT! ALL WELCOME!





Another great day with our little pals at our summer STEM program! Today we built clothespin airplanes 🛩️ and our own fruit kabobs! 🍷





AUTISM NOVA SCOTIA AND SCHOOLS PLUS SUMMER POP-UP CAMP

11am-2pm
Ages 5+
no fee

Splash Pad/Playground, Port Hawkesbury July 12 and Aug 16
Colombus Field, Antigonish July 26
Chedabucto Education Centre, Guysborough August 2nd

Contact Natalie SA_RC@autismns.ca or 902-777-1513 to register



SUMMER

SCHOOLSPLUS PLAYGROUND POP-UP

Join Krista, Megan and Community Partners for a FREE
BBQ, snacks, games & fun
We miss not seeing you at school!

Wednesday July 26, 2023*
10am-12pm

Nictaux Park & Playground - 13 Old Runway Drive
(weather permitting)

Everyone welcome! children/youth/families

Questions?
Megan.Saunders@avrce.ca
902.824.5255



SchoolsPlus Annapolis

2h · 🌐

At [Nictaux, Nova Scotia](#) — Our first SchoolsPlus Playground Pop-Up in Nictaux was a huge success! Over thirty students from pre-primary to recent graduates & many parents.

Thanks to our community partners from Justice and Education who stopped by and our special guest Potato! Thanks to our partner, [Town Of Middleton](#) for loaning us a great tent!

So happy to see so many students faces - we miss you during the summer! We will be popping up again in Nictaux in August, as well as in Middleton.



Guysborough,
Canso, &
Monastery host
free X-Chem
Science Camps
from July 4th
-18th



HRCE Summer Program



SCHOOLS PLUS PRESENTS

Outdoor MOVIE NIGHT

JULY 14 AND/OR JULY 28

TIME: 5PM TO 7:30PM

LOCATION: WHITNEY PIER MEMORIAL

THIS EVENT IS OPEN TO SYDNEY
FAMILY OF SCHOOLS GRADES 6-8

REFRESHMENTS WILL BE PROVIDED

****IF THE WEATHER DOESN'T COOPERATE,
THE EVENT WILL BE MOVED INDOORS

PLEASE CONTACT ANGIE TO
REGISTER (902) 574-2045

Tata!!! What a blast! Thanks to [Nova Foam Parties](#) for 100+ kids not needing a bath last night! 🤪 We at SchoolsPlus absolutely loved seeing our TRA families just enjoying their kids being kids 🥰❤️ thanks to all for coming out to party with us!!



What a day, We had an absolute blast and lots of students left with period products!


Thank you to Emily Heighton for helping put out lovely boards together while she was on placement with SchoolsPlus

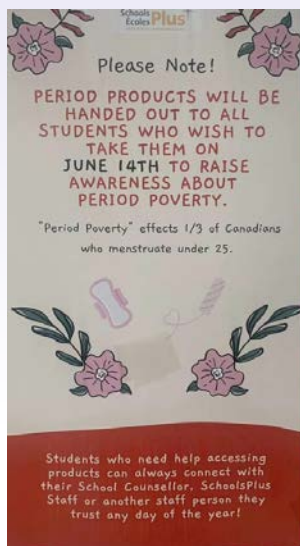
Thank you to WearWell Garments for donating out awesome red shirts we wore today

Thank you to everyone who participated and supported this event today across schools in Pictou County!!

[WearWell Garments Factory Outlet](#)



 **Oxford Regional Education Centre** · Follow
May 18 · 🌐
1H planting seeds with Mr. Hudson from SchoolsPlus and helpers! 🌱🌿



 **United Way of Pictou County** · Follow
1d · 🌐
Another backpack delivery...this time, Admin Coordinator, Danielle Tobin hands off some filled backpacks to Tracey Austin of Schools Plus. Our Monday keeps getting better and better!



"Removing the Mask" Adolescent Grief Group

For over a decade, this unique program has been available to youth (grade 5-12) in Cape Breton Regional Municipality. The program is designed to work with the reality and uniqueness of one's grief story and begin to "unmask" the complicated processes that youth find themselves in after they have lost a loved one by death.

This program has been made possible through the strong partnership between Bereaved Families of Cape Breton (BFCB) and SchoolsPlus, CBVRCE. Facilitated by two Master of Social Workers we are able to promote, connect and register youth as well as prepare and execute the program over 6 weeks within a safe space.

"Removing the Mask" has had a tremendous impact for many adolescents over the past ten years. Our experience shows the participants' path becomes clearer as they try to reinvent their world without the person/people they have lost. This group provides the space for the teens to share personal stories with peers. They are breaking down the walls and barricades of avoidance and building relationships that foster acceptance, courage, reinvention, and healing.

We take pride in the narrative that is reflected, an enormous validity of the value of the program.

Since the beginning, a lot of youth have been brave enough to face their grief and we are extremely pleased that, with the collaboration of BFOCB, we can offer "Removing the Mask " to help them through this emotionally difficult time.



Roots of Empathy

Fifteen SchoolsPlus staff joined their community partners in a three-day training on August 30-Sept 1st, to bring Roots of Empathy to classrooms throughout NS.

Roots of Empathy is an evidence-based classroom program for Primary to Grade Eight school students, promoting children's social and emotional competence. Students in Roots of Empathy classrooms are coached to connect with the vulnerability and humanity of an infant who visits throughout the school year with their parent/guardians, along with a Roots of Empathy Instructor, using a continuously updated curriculum.

A volunteer Mom and her baby joined the session to help demonstrate the power of the baby as a "tiny teacher". During this session, we were delighted to be joined by Chris Boulter, Executive Director, Education Innovation, Programs and Services and Ava Deputy Minister, Labour Skills and Immigration



Michelle Garcia, SPCOW (HRCE) and her husband ran the Bluenose 10K and raised almost \$600 in support of Nourish NS



May Professional Development Day

SchoolsPlus gathered for their Annual Professional Development Day on May 5, 2023, at Mount St. Vincent University. We were joined by keynote speakers, Lana MacLean, Social Worker, presenting on Intergenerational Trauma, through an African Nova Scotia lens; and Dr. Robert J. McInerney, Neuropsychologist in Halifax, speaking on Fetal Alcohol Syndrome /Fetal Alcohol Spectrum Disorder. We were very fortunate to have both of these experts share their knowledge with the SchoolsPlus staff.





To our SchoolsPlus partners; our deep appreciation for your unwavering commitment to our schools.



Hiking with Parks Canada

The Wilderness team from Parks Canada partnered with SchoolsPlus to offer 24 weekly camping spots to students from & St. Joseph's-A. MacKay, St Agnes, Chebucto Heights Elementary, Highland Park Jr. High and Cunard Jr. High.

- Together we had many amazing adventures, here are some highlights:
- Hiked York Redoubt and Hemlock Ravine Park
- Hiked Point Pleasant Park and the Dingle.
- We visited many beaches and lakes to swim, BBQ and play including Kearny lake, Long lake, the Dingle, Lawrencetown beach, Rainbow haven, the Commons pool, Birch cove and Kidston lake.
- We paddled the north west arm and through Shubenacadie Canal
- We had an amazing evening bonfire with kids and families in collaboration with Parks Canada with smores and fun and games!



INSTANT POT COOKING

BARRINGTON LIBRARY
10AM -1PM
JULY 17-JULY 21

SHYFT Youth Services together with the School's Plus Parent Navigator are offering the basics of Instant Pot cooking. Youth come for all 5 sessions, learn the basics of Instant Pot cooking, eat lunch and take some of what they cooked home to their families. They get to keep the Instant Pot at the end of the week. A great tool for just starting out on your own.

This group is open to youth age 16-24 (but we are flexible)
Registration is required
Limit of 5 participants
To register call or text Robin at 902-874-1805

Funding for this project was provided by the Community Health Board.

Kids Clothing Giveaway

August 30th
10 am - 2 pm

Everyone welcome, no cost
Sizes 4T and up available
Location: Kids Action Program - Hants office
6235 Glooscap Trail, Kennetcook, NS B0N 1P0
For more information, please contact
Keira - daceyki@ccrce.ca
Mandy - wilsonmc2@ccrce.ca



Thank you for supporting our students and families!



OUR PARTNERS

ANS Sexual Violence Prevention Workshop



Partnered with:
Turning the Tide, Association of Black
Social Workers & East Preston Day Care

Safeguarding 101: An educational session for parents and caregivers on Child and Youth Trafficking & Exploitation.

**JULY 25TH, 2023 | 2 PM
CABOT EDUCATION CENTRE**

Who : Parents and caregivers of Students from the North of Smokey schools

Discuss and learn what you can do about this.

FREE OF COST

Must be registered to participate : Contact: Neethu Sam, SchoolsPlus Facilitator, nsam@gnsps.ca

Schools Plus **Cape Breton-Victoria Regional Centre for Education** **GATE**

What is an entrepreneur?

Camp d'entrepreneuriat

Âges : 8 à 12 ans

Dates : Camp - le mercredi 12 juillet au vendredi 14 juillet 2023
Vente - le samedi 15 juillet 2023

Temps : 9 h à 16 h (temps de la vente à déterminer)

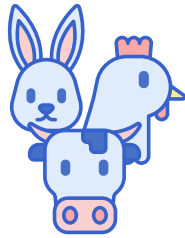
Lieux : Camp - 80, chemin Placide Comeau, La Butte
Vente - 3239, route 1, Anse-des-Belliveau

Coût : 20 \$ par enfant

(Si le coût est une barrière, S.V.P. laisser savoir à Ayla ou Elise.)

Inscription par formulaire Google
Espaces limités!





WHY: SchoolsPlus and School Counsellors recognized that middle and high school youth in Rural NS often face isolation and boredom during the summer months. This program allows SchoolsPlus and other community partners to stay connected with youth by providing summer activities. Students advised they had enjoyed the food, the time with other students, and the chance to make friends while trying new activities.

PARTNERS: In the spirit of Mental Health week, SchoolsPlus, Leaders in Headstrong and whitby Pier Memorial administrators collaborated in this partnership!



OUR STORIES

CHIGNECTO-CENTRAL REGIONAL CENTRE FOR EDUCATION



PARTNERS: SchoolsPlus and Way to Grow Gardens. Way to Grow is run by local farmers, developing a sustainable market garden, using ecologically sound practices, to grow beautiful, healthy food, while respecting the ecology of the surrounding community !

WHO: Families in the SchoolsPlus Pictou East County area

WHAT: Market card provided to families/ service users for market shopping from the Way To Grow Gardens at either the New Glasgow Farmers Market, or at the Way to Grow Gardens farm stand.

WHEN: June through October 2023, Friday and Saturday evenings once a week

WHERE: New Glasgow/ Merigomish

WHY: Access to fresh veggies and new experiences with food in the community

CONSEIL SCOLAIRE ACADIEN PROVINCIAL



OUR STORIES

WHO: Students from École secondaire de Clare and École Rose-des-Vents

WHAT: Clare Pride activities ! Pride activities to celebrate Pride month included, drag make-up from Rea LaClare (a Drag Queen originating from Clare), participation in a Pride parade and watching the film "Y'a une étoile" along with the creators, artists and actors from the film.

WHEN: June 27th 2023

WHERE: Clare

WHY: It was a day full of love, laughter, learning and expressing themselves as a part of the Acadian 2SLGBTQIA+ community and their allies.



PARTNERS: Planned by ÉcolesPlus Clare/Greenwood, La Société Acadienne de Clare (Fierté Clare Pride) and Clare Recreation



HALIFAX REGIONAL CENTRE FOR EDUCATION



PARTNERS: YWCA Halifax and SchoolsPlus as a pilot program, with hopes of offering it to more junior high schools. Funding for this program was provided through the YWCA Thank you Karen Furneaux !!!

WHO: A group of Grade 9 and 10 female (female-identifying) students at J.L. Ilsley High School

WHAT: A lunch time program to promote and build self-confidence in sport and everyday life for female-identifying youth. "This Body Can Empow(her) Confidence" was created by Karen Furneaux, who facilitated the program. Karen works for the YWCA as the Sport and Inclusion Lead and has competed in the Summer Olympics three times for kayaking !!

WHEN: This program took place at lunch time over three sessions in the Spring.

WHERE: The fitness room at J.L. Ilsley

WHY: SchoolsPlus at J.L. heard about many barriers for females participating in Phys Education, including sports bras. SP Facilitator, Rozz Curran reached out to YWCA for support accessing sport bras for students who needed them and Karen suggested introducing her program at J.L. !!! Equally important, the participation focused on building confidence and self esteem through sports. All participants were given a free sports bra for completing the program and students were given lunch during each session.

STRAIT REGIONAL CENTRE FOR EDUCATION



WHO: Students from Dr. John Hugh Gillis Regional High School, Antigonish

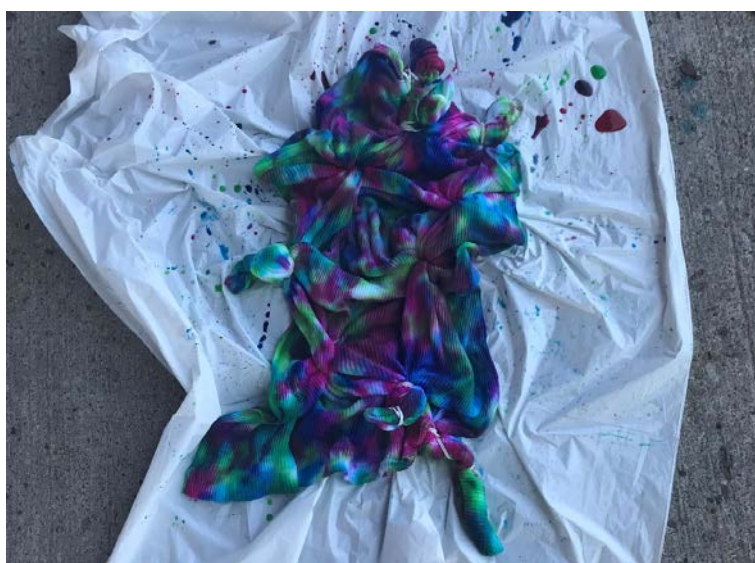
WHAT: Back to the Future!! Tie-dying t-shirts. Bright, bold, and wonderfully unpredictable, this is a great way to turn a plain old t-shirt into a fashionable, groovy new shirt. An expression of YOU!

WHERE: School site

WHEN: July 25th 2023

WHY: A back to basic activity, drawing upon a very old technique made popular in the "groovy '1960's" and currently enjoying a renaissance. It is a great craft, providing students with a day of fun, food, and friendship in the summer period.

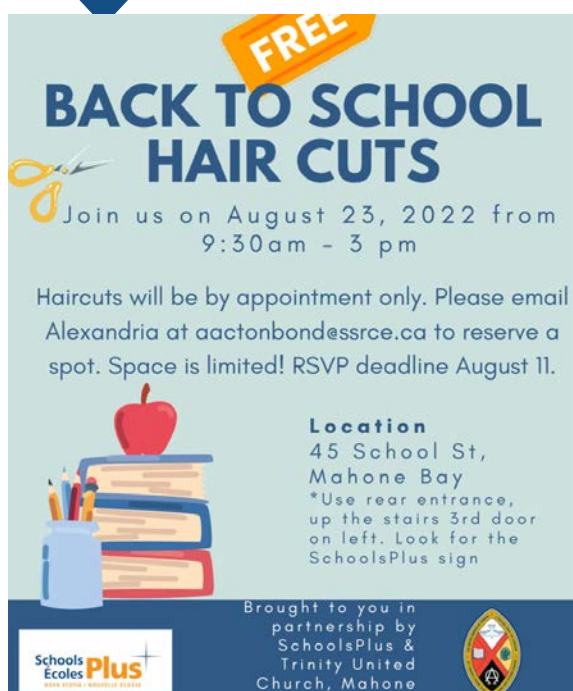
PARTNERS: SchoolsPlus thank our Child and Youth Practitioners (CYCP) for working with us to make this a great activity





OUR STORIES

SOUTH SHORE REGIONAL CENTRE FOR EDUCATION



WHO: Students from New Germany. Mahone Bay, Chester, Lunenburg, and Bridgewater.

WHAT: Back-to-School Haircuts event ! In collaboration with Trinity United Church, SchoolsPlus, and two talented local hair stylists, free haircuts were provided to students in the community. Free haircuts to begin the school year

WHEN: August 2023

WHERE: Mahone Bay Community Centre (Site of school)

WHY: In an era of rising costs, this event was a true testament to the power of volunteerism, as everyone involved generously dedicated their time and skills to make it a memorable day. From start to finish, the atmosphere was filled with joy and excitement as students eagerly transformed their hairstyles in preparation for the new school year. The students left the Mahone Bay Centre with beaming smiles, feeling confident and ready to tackle the upcoming school year with their fresh new looks.

PARTNERS: Local hairstylists, Trinity United Church, SchoolsPlus

TRI-COUNTY REGIONAL CENTRE FOR EDUCATION



OUR STORIES

WHO: Students ages 16-19 years, and youth preparing to live on their own.

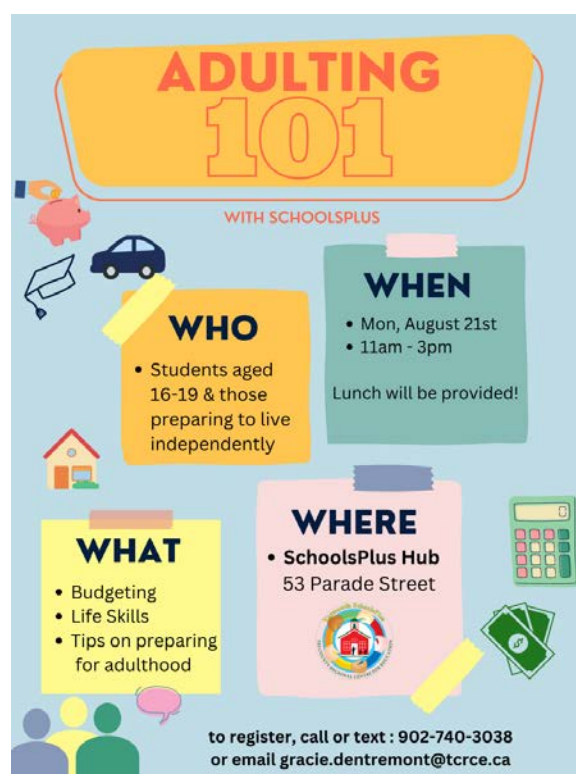
WHAT: 'Adulthood 101' in Yarmouth County: Youth learned a variety of life and independence-building skills including: basic car skills (changing a tire, checking tire pressure, checking oil level, and refilling windshield washer fluid), and budgeting skills, meal planning, identifying food sales, and financial planning.

WHERE: Yarmouth SchoolsPlus Hubsite

WHEN: Half day session in August

WHY: This program was created for youth to gain common 'adulthood' and life skills needed to be successful when living independently.

PARTNERS: SPCOWs from Yarmouth and Digby collaborated to develop and deliver this program.



PROM!!

PROM!!

PROM!!

PROM!!

Sydney Academy
PROM NIGHT
GET READY WITH US



Do you need a place to get ready for prom??

SchoolsPlus is hosting a GET READY space for those in need of a supportive space to get dressed, polish your shoes, touch up your hair and make up, have a snack and get ready for a night of fun!

Tuesday June 27th from 3:00 to 4:45 at Sydney Academy.

Text Emily to register 902-217-5429

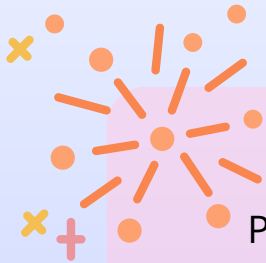


Prom Hair is under way at North Nova Education Centre !! A special thank you to Denise Rizzotti who volunteered their time and expertise today for these amazing students!

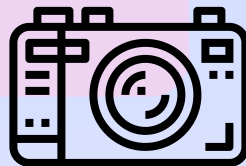


PROM!!

PROM!!



Prom nights.....corsages and boutonnieres, hairstyles, sparkles, fancy dresses and sharp suits. For students it is their night to shine and have fun. SchoolsPlus thanks all our staff and partners for helping us ensure prom is for EVERYONE !!!!



DID YOU KNOW?

SCHOOLS PLUS HAS A VARIETY OF PROM SUITS AVAILABLE TO ALL STUDENTS



STOP BY SCHOOLS PLUS AT HERH TO BROWSE OUR SELECTION AND FIND YOUR PERFECT PROM ATTIRE!

PROM!!

PROM!!

Schools Plus in conjunction with the Canadian Mental Health Association
Schools Plus + Present

QUEER PROM

"An Enchanted Forest"

Register with SchoolsPlus Staff at your school.
Grades 10-12

This is a drug and alcohol free event.

June 9, 2023

Time and location provided upon registration.
Deadline to register: May 26

FREE



Yas, Prom Queen!

SchoolsPlus have invited a hairdresser to NNEC for prom hair styling on Monday, June 26th.

If you are a student at NNEC in need of a hair appointment before Prom, sign up as soon as possible to secure your spot!

Appointments are FREE OF CHARGE!

Schools Plus
Ecoles Plus

To sign up for a booking, visit the main office or email Ashley at macphersonae@ccrce.ca

PROM!!

PROM!!

PROM!!

PROM!!

