

NEWSLETTER

May - August 2021



Promoting well being + achievements through partnerships with school-based teams, students + families, and community partners



FEATURE STORIES

SchoolsPlus and partners celebrated PRIDE month in June! Students painted flags on parking lots and other spaces, tie-dyed T-shirts, and had lots of fun while understanding the important history and significance of PRIDE along the way. 2SLGBTQI+ and allies create a safe and inclusive space for all learners, all year round. Ongoing events include summer camps, (virtual), and many others.

Diverse Directions GLACE BAY

Come celebrate Pride with CaperBase and Schools Plus in a safe & supportive environment! crafts, creative expression, & conversations!

WHO?

Youth ages 11-18 who are in the Glace Bay Family of Schools

WHEN?

Thursdays beginning July 8th
1pm-2:30pm

WHERE?

John Bernard Croak Elementary

HOW?

To register, call or text Emily at
(902)574-3572!

Registration is required, as space is limited!

★ Face masks are required, & public health protocols will be in place! ★



CLUB FIERTÉ

(ALLIANCE GENRE, IDENTITÉ ET SEXUALITÉ)

Vous faites partie de la communauté LGBTQ+? Vous êtes alliés?

Vous voulez apprendre plus sur le sujet?

Vous voulez créer un espace sûr dans votre école et votre communauté?

Quoi

Discussions et dîner

Quand : le mardi 11 mai
11 h 45 à 12 h 10

Où : GoogleMeet

Inscription : Veuillez remplir le formulaire Google attaché.

Pour toutes questions, veuillez contacter
Elise Comeau (elise.comeau@sepne.ca) ou
Sheila LeBlanc (lesheila@sepne.ca).





Student wellbeing + achievement is supported where all students feel safe + welcomed in school communities

FEATURE STORIES

SchoolsPlus staff provide support to many Gender Sexuality Alliance (GSA) clubs and work in partnership with youth to build capacity.

QAMP

All youth (age 12-19) throughout Pictou County were invited to attend Qamp, held at Northumberland School! The camp was designed to welcome 2SLGBT+, creating a safe space for fun, activities, make-up, talking, mentoring, and gathering! Qamp included opportunities to discuss how to support GSAs and community engagement.



Day 1 - Tuesday

9AM - Check In - Room A (SchoolsPlus)
- name tags - Music - Question Boxes - Groundrules
- Move to Gym -

- Welcome
- Introductions
- Ice Breaker Games

10:30 - Clothing Boutique - Gym
- Make up tutorial

12:00 - LUNCH - SchoolsPlus Room

1:00 - Cape & Cow! Pop Up Shop - Gym
Board Games/Hang out - SchoolsPlus Room

2:00 - Juice/Junk/Jabber w Mentors
24:00: Pick Up! Outside or Gym (Weather dependant!)

Day 2 - Wednesday

9AM - Check In - SchoolsPlus
- Groundrules - Name tags
- Question Box/Music

9:30AM - Film Fest! - Gym
- Beauty - The Year We Thought About Love.
- Drag Kids

* Can do crafts during this! *

12:00 - LUNCH - SchoolsPlus Room

1:00pm - Venus Envy (Ages 12-15) - SP Room
- Tie Dye/Circuit/Button Maker - Gym

2:30 - Venus Envy (Ages 16-18) - SP Room
- Tie Dye/Circuit/Button Maker - Gym

4:00 - Pick Up! BINGO DUE

Day 3 - Thursday

9AM - Emotional Well being (Age 12-15) - Schools Plus Room
- GSAs & Community Engagement - Gym (Ages 16-18)

10:30 - Emotional Well being (Ages 16-18) - Schools Plus Room
- GSAs & Community Engagement - Gym (Ages 12-15)

12:00 - LUNCH - SchoolsPlus Room

1 PM - SWAG GRAB & Feedback
→ Games → Bingo Results.

2PM - QUEER DANCE PARTY
- CLEAN UP TIME!

3:30 - Pack up & Say Good byes
Bingo Due.

Cultivating positive experiences at school + in the community build positive relationships + promotes wellbeing

ABOUT OUR STAFF



Congratulations! Education Week Award Recipients



Céline hails from beautiful Cheticamp and recognizes the natural beauty in her surroundings. She works tirelessly to support youth to do well academically but also encourages and engages youth around aspects of physical activity, mindfulness, healthy eating, and positive social interactions.

You can often find Céline on a hiking trail with students in tow, snow shoeing, or beekeeping. Yes, the school has a hive!

She is always open and willing to try new initiatives, especially when it improves the lives of our students and families in any way.



 **Strait**
Regional Centre for Education

Liz works endlessly to support students and families in four school communities in the SRCE. She coordinates wellness fairs and leads individual mentoring sessions with youth and families, which includes facilitating groups and programs based on identified needs.

Fulfills an integral role in collaborating with service providers and community partners; and is a strong and passionate advocate for students and families. The support she provides ensures students have meaningful and positive opportunities to further develop healthy lifestyles and positive mental health.



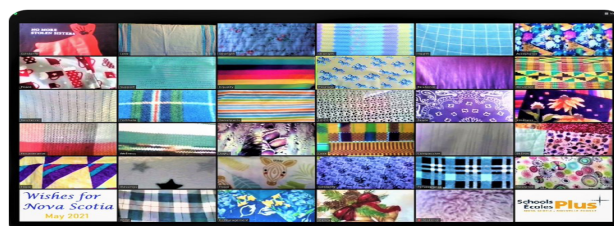
HRCE-SchoolsPlus
@HRCESchoolsPlus

SchoolsPlus Community Outreach Workers & Assistant Leaders are still only a phone call or text away! Families & students, reach out any time. ednet.ns.ca/schoolsplus/co...



HRCE-SchoolsPlus
@HRCESchoolsPlus

HRCE SchoolsPlus Community Outreach Workers and Assistant Leaders created this [#zoomquilt](#) to send wishes of strength, safety, and support to all families across [#NovaScotia](#). [#Zoom](#) in to read the wish in each [#quilt](#) square. [#BLM](#) [#MMIW](#) [#NovaScotiaStrong](#) [#SchoolsPlus](#)



Access to supportive networks is a new protective factor and especially important as we collectively navigated the pandemic

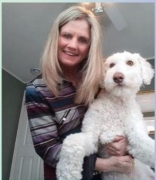


Our staff are here to support students and families, working with many partners to connect school and community. Together we are building social emotional learning skills + networks that promote safety



Want To Connect With SchoolsPlus? Here's How You Can Reach Us!

ALL CUMBERLAND COUNTY SCHOOLS



KIM WOOD
SCHOOLSPLUS FACILITATOR
WOODK@CCRCE.CA

PUGWASH SCHOOLS, WALLACE,
NORTHPORT AND CUMBERLAND
NORTH ACADEMY



RIKKIRENE GREENE
COMMUNITY OUTREACH WORKER
GREENER2@CCRCE.CA

SPRINGHILL ELEMENTARY
SCHOOLS



KAITLYN MACDONALD
CHILD AND YOUTH PRACTITIONER
MACDONALDK@CCRCE.CA

OXFORD, RIVER HEBERT,
PARRSBORO, AND ADVOCATE
AREA



MIKE HUDSON
COMMUNITY OUTREACH WORKER
HUDSONMT@CCRCE.CA

E.B. CHANDLER JUNIOR HIGH



SUSAN ROSS-CHAPMAN
CHILD AND YOUTH PRACTITIONER
ROSS@CCRCE.CA



Dr. John Hugh Gillis Regional High School

Dr. John Hugh Gillis Regional High School students acquire useful lifelong knowledge and skills on basic cooking techniques and healthy eating habits through their participation in Kitchen Brigades workshops facilitated by SchoolsPlus staff.

WHAT ARE WE DOING? NSTAY

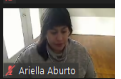
FOR FAMILIES*

- Family-based safety planning
- Providing emotional support and problem-solving strategies
- Facilitating group-based support programs
- Justice system navigation and advocacy
- Child protection navigation and advocacy
- Parenting strategies
- Helping families understand the complexities of sexual exploitation and ways to respond and support their child at the various stages

* Family support is available regardless of a youth's situation



Tara Moore (she...)



Roni

Jane Yeo

Laura Schoolspl...



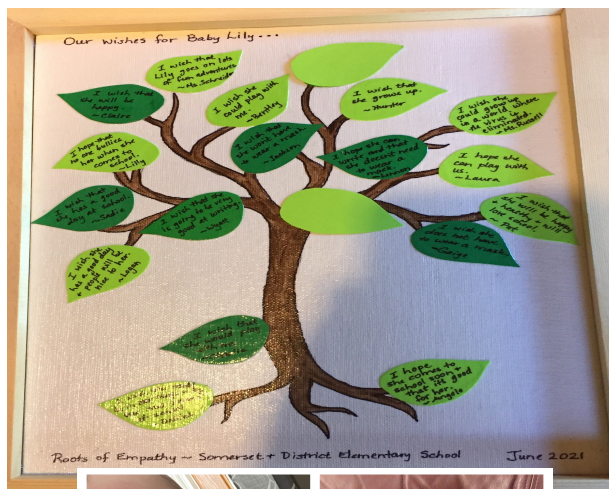
@CUMBERLANDSCHOOLSPLUS

NSTAY (Nova Scotia Transition & Advocacy) is a program, through the YWCA, which provides exploited/trafficked youth with wraparound support, using a trauma-informed lens.

<https://www.ywcahalifax.com/programs/nstay/>

ANNAPOLIS VALLEY REGIONAL CENTRE FOR EDUCATION

Roots of Empathy



Who: Roots of Empathy with babies Ruby and Lily, our youngest teachers!

What: Roots of Empathy Recovery Program

Where: The programs were held in a primary class at Berwick and District School; and a primary/one class at Somerset and District Elementary School

When: Programs began in November 2020 and were disrupted due to Covid-19. However, due to the creativity of SchoolsPlus Outreach Worker, Pat Gibson, the program was adapted, guided by ROE Recovery Program, and held as two -part program, with a total of 10 sessions. Sessions were in class, with families sending video updates/photos, and letters, while students sent back their questions. In the wrap up sessions, the families joined the class through a google meet which was thrilling for both the families and students.

Why: It was a challenging year, and the ROE Recovery Program brought such a bright light to these classrooms. Children had the opportunity to express how they were feeling about the pandemic and to connect with the babies and families. Students became very attached to the babies and demonstrated this with wonderful wishes for the babies at the final session.

This work helps build foundational, social, & emotional skills to promote wellbeing + achievement



CAPE BRETON-VICTORIA REGIONAL CENTRE FOR EDUCATION

Fear Factor



Who: Grade 8 students transitioning into high school

What: Fear Factor Transition programming

Where: Memorial High School (MHS)

When: August 18th, 2021

Why: Students who were transitioning to MHS were offered the opportunity to complete a tour uniquely. This one-day program was offered to students from Dr. TL Sullivan School and Sydney Mines Middle School who are entering Grade 9 at Memorial High School. This program aimed to deliver early exposure to their new environment, staff, and peers. SchoolsPlus staff provide a tour of the building and information on services/staff in an activity-based manner.

CHIGNECTO-CENTRAL REGIONAL CENTRE FOR EDUCATION

Hants Summer Activities



Come Garden With Us!

Schools Plus

Shubenacadie District School June 8, 2021 11-3pm	Elmsdale District Elementary School June 10, 2021 11-3pm
Enfield District School June 15, 2021 11-3pm	Rain Day June 17, 2021

Summer Celebration

Join SchoolsPlus as we celebrate the wrap up of an amazing summer. With Minute to Win it activities and Cookie Decorating!

Pre-Register for a 25-herb. All seeds will be based upon request.

Register Required:
forms.gle/RVatbVFEAohxEnY9

Partners: East Hants Youth Links

Who: Students, Parents and SchoolsPlus staff in East Hants Corridor

What: In person outdoor summer camps were held at 5 schools across the East Hants Corridor throughout the summer break. SchoolsPlus staff arranged outdoor summer activities and games including gardening, camera scavenger hunts, giant yard games, "minute to win it" activities, and cookie decorating. We also partnered with East Hants Youth Links who brought art to the outdoors during 4 of our sessions this summer.

When: Summer 2021

Where: Nova Family Schools, East Hants

Why: To provide a fun and creative space for children, youth, and some parents too! They were able to connect and have some fun while developing new skills and trying a variety of outdoor activities.



CONSEIL SCOLAIRE ACADIEN PROVINCIAL

Trauma Workshop

What: Trauma 101 was an information and support session(S) to help parents and others (bus drivers), support the children and youth in their lives

Who: Parents; bus-drivers in CSAP, Southwest area

When: June 1, 2021

Where: Virtual program(s), one for parents; and one for bus-drivers

Why: To help parents and school-based staff, understand how to support children using trauma-informed lenses. Parents were interested in learning more, and bus drivers were also highly engaged in the program. The goal of the program is to develop an effective and common approach to a helping process for children and youth who have experienced trauma.

TRAUMA 101

Information and support for people supporting others living with trauma.

TUESDAY, JUNE 1, 2021
6 TO 8 PM
VIA GOOGLE MEET

Please contact
 Elise Comeau (elise.comeau@sepne.ca) or
 Darcey Maillet (mailltd@sepne.ca)
 for the GoogleMeet link.

Schools Plus
 Écoles Plus
 NOVA SCOTIA / NOUVELLE-ÉCOSSE

HALIFAX REGIONAL CENTRE FOR EDUCATION

Parenting Teenagers



chores, room cleaning
screen time
self-care/hygiene/grooming
family time/alone time
homework (completing it,
level of support, asking for
help)
physical activity
peer groups
bed times/curfews



Navigating Life with My Teen

Date: Tuesdays, May 4, 11 & 18
Time: 7:00 – 9:30 pm
Method: Online via ZOOM



Come join us for a 3-session online parenting program: **Navigating Life with My Teen**.

During this program, parents will come together to discuss the stresses and joys of parenting teenagers, explore active parenting styles, and develop new communication and parenting strategies to reduce family conflict and enrich the relationship with your teens.

Session topics include: Understanding teen development, Parenting styles, Active communication, Promoting behavior change, Enriching family relationships, and Mindfulness and self-care

All handouts will be mailed prior to program start
Facilitators: Emma Pringle Boutilier, SchoolsPlus
Tracy Cowan, Parenting Journey Program (ESFRA)

Who: Parents living in the Eastern Shore, Musquodoboit Valley and Sheet Harbour communities

What: “Navigating Life with my Teen” Online Parent

Program: Topics including understanding typical teen development, parenting style self-assessment and reflection, active communication, behaviour change and parent self-care.

Where: Virtual programs

When: Offered over three sessions during May 2021, with an additional booster session in June to re-group and debrief after parents had a few weeks to apply new learning and reflect on successes and challenges.

Why: The Tri-Community Coalition wished to increase access to programs for parents living in the Eastern Shore, Musquodoboit Valley and Sheet Harbour communities; communities which are traditionally underserved, in response to the need to support parents of teenagers.

PARTNERS: “Navigating Life with my Teen” was developed by Eastern Shore Family Resources Association, Parenting Journey worker, Tracy Cowan, and SchoolsPlus Assistant Leader, Emma Pringle Boutilier. SchoolsPlus continues to partner with other local service providers to increase access to parenting support programs



STRAIT REGIONAL CENTRE FOR EDUCATION

Science Camp

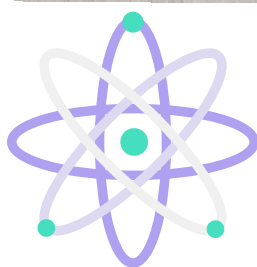
Who: Grade One to eight students throughout Guysborough County

What: X-sciting Science Camps: X-Chem is a multi-faceted outreach program that has 20 years of outreach experience. Chemistry and Science Camps hosted by the Chemistry Department of ST. F.X. University provide great skills, knowledge, and fun.

Where: St Mary's Education Centre/Academy; East Antigonish Education Centre/Academy; Chedabucto Education Centre/Academy; and Fanning Education Centre/Academy

When: July 8-9 through to July 28-29

Why: Science camps provide early opportunities to create interest and skills in sciences in a fun way. SchoolsPlus provides additional support for students who may experience barriers and help navigate students for bursaries opportunities



Partners: St.FX University and SchoolsPlus; this has been a longstanding partnership in Guysborough County; SchoolsPlus works to assist with engagement and registration, as well as support of students during the camps. SchoolsPlus staff enjoy the opportunity to spend this quality time with students. 16 Bursaries were awarded, almost 25% of all students.

SOUTH SHORE REGIONAL CENTRE FOR EDUCATION Leadership Camp



Partners: SchoolsPlus and Second Story Women's Centre; SP staff helped with navigating students and transportation



Who: SchoolsPlus SSRCE partnered with Second Story Women's Centre Summer

What: Summer leadership Camps for female identified and male identified youth aged 10-12. During the leadership camps, youth participated in hikes and kayaking. Female participants focussed on skill-building activities including STEM, environmentally conscious, and creativity. In addition, Male participants engaged in discussions around toxic masculinity, and skill building opportunities like STEM.

Where: Lunenburg County

When: July 7th-August 18th

Why: These camps provide an excellent opportunity to build leaderships skills, have fun and develop friendships, holding separate male and female identified camps. Although both camps had many similar activities allowed for additional interests/issues aligning with gender.



TRI-COUNTY REGIONAL CENTRE FOR EDUCATION Camping Kits

Who: 40 students in Shelburne County were supported by the SchoolsPlus team to receive the camping package.

What: A Camping Adventure using a camping package, making it possible to supply families with a tent, and some basic camping essentials. This included a camping chair, roasting stick, and flashlight. Each family also received a bag supplied with a week's worth of camping activities (star constellations, moon journal, meteor shower schedule, scavenger hunts, camping journal, camping coloring pages, instructions and materials needed to make a solar s'more oven, marshmallows, graham crackers, and chocolate). Students + families who wanted to participate in the virtual activity weekly had the opportunity to assemble and try out their solar s'more oven along with other fun activities.

Where: In their own back yards!

When: The packages were delivered during the week of July 26th, 2021.

Why: Provided support and incentives for families to get active outside this summer. A perfect backyard adventure, especially not knowing what kind of travel restrictions there would be this summer!



In collaboration with The Kids Fair Play Fund along with help from the Wilson's Home Hardware in Barrington and Scott Fun & Games

From Food Security to Internet Assistance for Home Learning, SchoolsPlus welcomes and values our many partners. Thank you for supporting our Students & Families



SSRCE: SchoolsPlus received a grant from United Way of Lunenburg County to assist families with the help of the internet during home learning. During the months of May and June 2021 we delivered 50 internet sticks and provided internet to 2 families. This supported many students with being able to access schoolwork, attend google meets and attend outside agency appointments virtually.

Parenting Youth in the Digital World

Internet Safety
Virtual Information
Session for
Parents

JOIN US!
Date: Wednesday, June 9, 2021
Time: 6:15 p.m.-7:30 p.m.

<https://meet.google.com/eur-dvvh-bof>

(US) +1 402-761-0132 (charges will apply)
PIN: 636 896 551#

Chrissy Pace
Parent Navigator
chrissy.pace@srce.ca / 902-631-0627



FREE Virtual Kids Cooking Class



Bite back to tame your tummy growls and create healthy snacks with Digby SchoolsPlus and Superstore's Instore Dietitian Alyssa Millar

Open to Grade P-6 Students who attend school in TCRCE
(This includes students who are home schooled)

To join in on the fun, tune in to Digby SchoolsPlus Facebook Page!

Grades Pre-Primary to 3
Date: Wednesday, July 7, 2021
Time: 11:00 am - 12:00 pm



Grades 4 to 6
Date: Thursday, July 8, 2021
Time: 11:00 am - 12:00 pm

For more information or to reserve your kit, please contact:

Janice Cromwell, SP Community Outreach Worker
Phone: 902-740-9221 (leave a message)
janice.cromwell@tcrc.ca

Or
Aileen Addington, SP Community Outreach Worker
Phone: 902-247-409 (leave a message)
Aileen.addington@tcrc.ca

Limited FREE Cooking kits available on need-based





STUDENT ASSISTANCE INFO VIRTUAL SESSION
MANAGING THE COST OF COLLEGE OR UNIVERSITY IS A BIG JOB. WE CAN HELP.
OPEN TO ALL GRADE 12 SYDNEY ACADEMY STUDENTS APPLYING FOR A STUDENT LOAN

? WHAT WILL BE COVERED?

- The information you will need when you are ready to apply.
- How to create a student assistance online account.
- A walk-through of completing an application.
- Address the most common questions and errors of first-time applicants.
- How to get help if you get stuck.
- What to do when your complicated circumstances don't easily fit into our application.
- Hit Submit...but you're done yet. What happens next?

WHEN WILL THIS VIRTUAL SESSION HAPPEN?
Wednesday, May 12th from 11:00am - 12:30pm

HOW TO REGISTER?
Contact: Lindsay Latham, SchoolsPlus Facilitator

Schoolsplus
with Emma Robar and
Nicole Hattie

Wellness Days

Come join us for a day of Mental Health, Yoga & Meditation- Information and Activities
Ages 12-18
Lunch and Snacks are Included

July 20th in Weymouth (10-2)
July 21st in Digby (10-2)
July 22nd on Long Island (10-2)

TO REGISTER
CALL OR EMAIL
902-247-4119
AILEEN.ADDINGTON@TCRCE.CA

We look forward to seeing you there!!!



LITTLE GREEN SPROUTS GARDEN PROGRAM

Schools Plus Summer Program Pilot

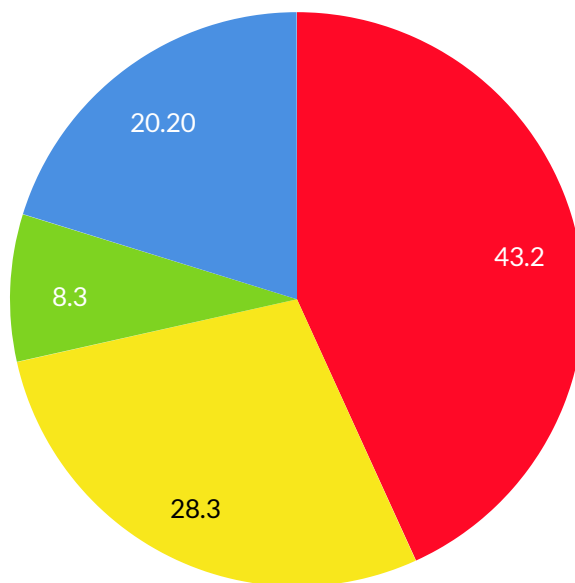
SchoolsPlus embarked on an exciting summer pilot project, a joint venture with the Agriculture Depts of Nova Scotia and Canada.

The program was designed to Inspire hands-on learning and inquiry into seeds, nutrition, soil science, plant needs, how food is grown and more! Growing trays, pots, seeds, and soil as well as learning resources were supplied by the program. Together students and their families learned how to grow microgreens, lettuce, herbs and more as part of Little Green Sprouts, our newest indoor gardening adventure for SchoolsPlus Summer



This collaboration promotes wellness through access to healthy food + engages the resilience of families + learners

Time in SCHOOLSPLUS...ALWAYS WELL SPENT



■ Services to Students and Families (43.2%) ■ Collaboration and Partnerships (28.3%)
■ Extended Hours (8.3%) ■ Knowledge Exchange (20.2%)

