

JULY – SEPTEMBER 2017



FEATURE STORY

DIVERSE DIRECTIONS



Goal: To provide opportunities for children, youth, and their families to participate in celebrating and supporting diversity of sexual orientation and gender identity.



“Diverse Directions” is a program designed to support students and allies in CBVRSB and a collaboration between all three hub sites. Participants of the program created an entry for the Cape Breton Pride Parade. There were four three hour sessions held leading up to the parade and over twenty-five youth attended each session. Two sessions took place in July, and the final two happened in August. Staff and youth from RELAYS also joined in sessions.

During the sessions, youth created posters, t-shirts, and other props for the parade. The parade took place on August 5 in Sydney. The SchoolsPlus Facilitator and Community Outreach Worker also participated with the youth. This initiative was a huge success and everyone is looking forward to next year!





SCHOOLSPLUS TEAM EXTENDING SUPPORT ACROSS THE PROVINCE

As of September 2017, 273 of 378 schools in Nova Scotia have SchoolsPlus support.



SchoolsPlus is working towards providing support to every school in the province.



Schools with
SchoolsPlus
support



Schools without
SchoolsPlus
support

31 Hub Sites
30 SchoolsPlus Facilitators
51 Community Outreach Workers
37 Mental Health Clinicians (co-located)

WELCOME NEW SCHOOLSPLUS HUB SITES

AVRSB: Kings East

CCRSB: Pictou West

HRSB: Halifax West



Getting
Started

July



August



September



929
EXTENDED HOURS

indicates the amount of time SchoolsPlus supported children, youth, and families during the summer months. Extended hours include non-instructional time such as evenings, before school, and holidays.



ANNAPOLIS VALLEY REGIONAL SCHOOL BOARD

KIDS IN THE FOREST FIELD TRIP

Who: Ninety grade 6 students from Bridgetown Regional Community School and Annapolis West Education Centre

What: Full-day trip with eight stations providing information on activities about forest fire safety, insects, geology, tree identification, forest ecology, cross bow and long bow, GPS technology, and wildlife

When: September 22, 2017

Where: David Bent's property in South Williamston, Annapolis County

Why: To learn about ecology, geology, and outdoor education

Partner: Department of Natural Resources



CAPE BRETON-VICTORIA REGIONAL SCHOOL BOARD

YOUTH OUTREACH PROGRAMS



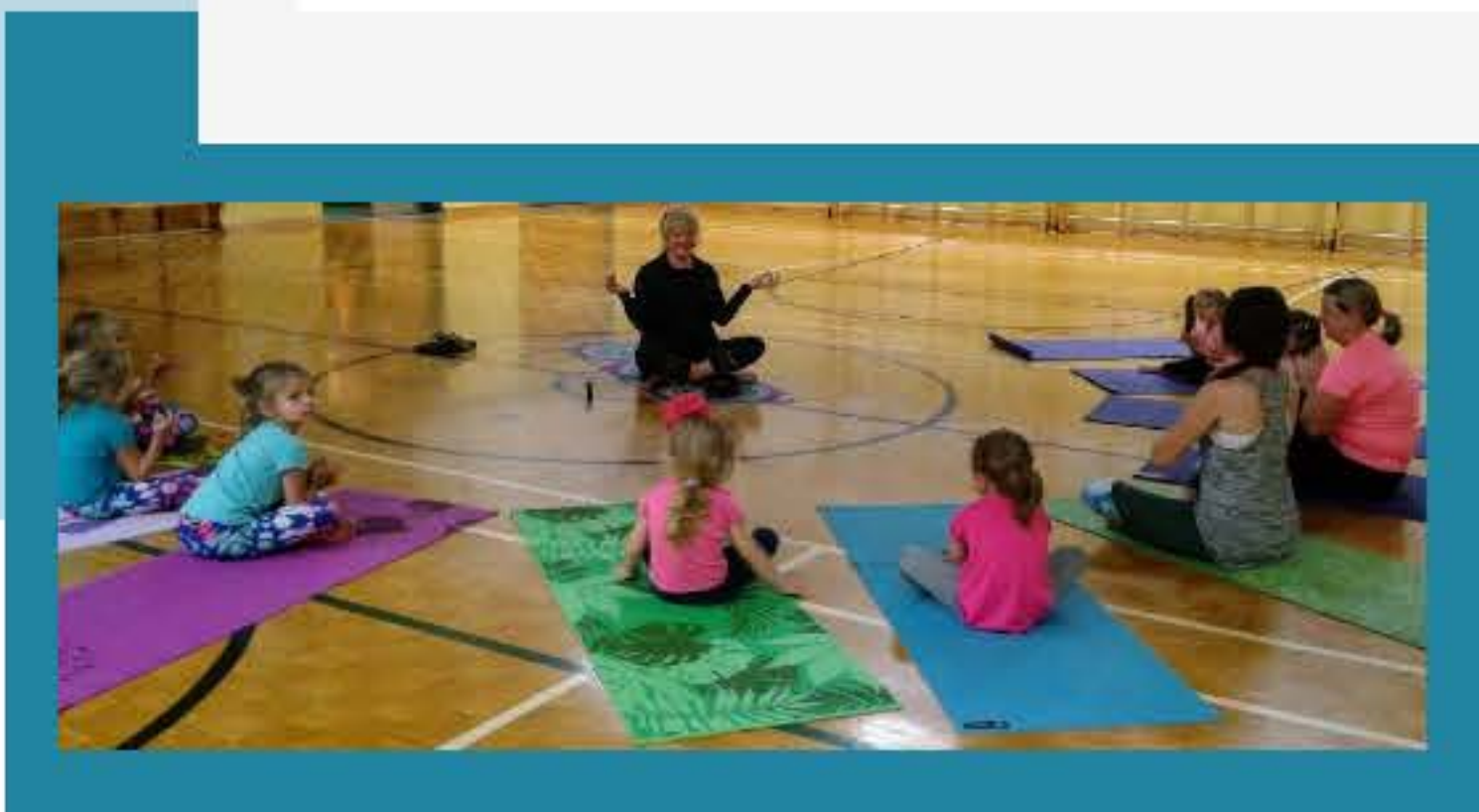
Who: Students in grades primary to 12

What: Summer programming included youth outreach recreation programs, Teen and Family Paint nights, Family Yoga

When: Throughout July and August

Where: Bras d'Or Elementary School

Why: To provide opportunities for children, youth, and their families to participate in a variety of activities during the summer





CHIGNECTO-CENTRAL REGIONAL SCHOOL BOARD

RE-BOOT CAMP

Who: Students entering grade 6 and 9

What: A transition back-to-school program with activities (e.g., how to open a combination lock) and snacks

When: September 11, 12, 18, and 19

Where: Riverside Education Centre and East Hants Rural High

Why: To strengthen social and practical skills and to provide emotional support for the transition back to school



Students also received some items from the sessions such as locker mirrors.

The locker mirrors had the first day of school written on them, with the idea that on the last day of middle/high school, they can write that date to reflect on their time in school.

CONSEIL SCOLAIRE ACADIEN PROVINCIAL

FUN MORNING SESSIONS



Who: Children in Grandir en Français to grade 1

What: Fun morning sessions with crafts, French reading time, and outdoor play

When: August 3, 8, 10, 17, 22 (from 9:30 am-11:30 am)

Where: Community centre in Centre scolaire de la Rive-Sud

Why: To get children back into the school routine through play and fun



HALIFAX REGIONAL SCHOOL BOARD BABYSITTER COURSES

Who: For students in grades 6 to 8.
Led and facilitated by Lynda Brake,
Community Outreach Worker

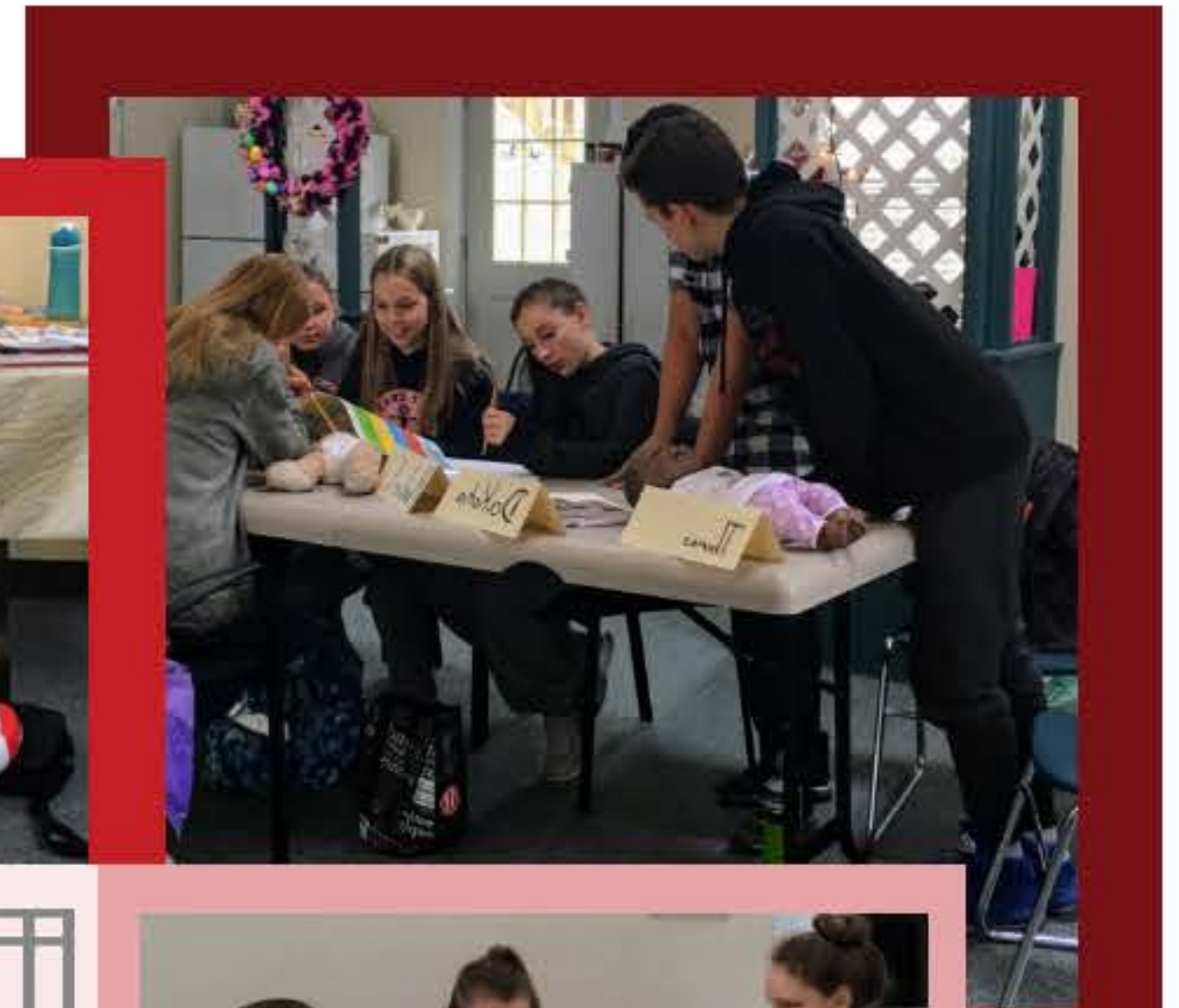
What: Two-day babysitter
certification course

When: First delivered two years
ago; Most recently delivered on
July 6 and 12

Where: Memory Lane Family
Resource Centre

Why: To provide youth with the
skills to look after themselves,
their siblings, other children, and
to possibly earn money of their
own

*"The Babysitter Course has been very popular among our families
in the Sackville area and we had a waitlist for the summer months."*
- Lynda Brake, Community Outreach Worker



26 students
received their
Babysitter Course
certificate this
quarter.



Partners: Memory Lane Family Resource Centre, St. John's
Ambulance, Cobequid Community Health Board

STRAIT REGIONAL SCHOOL BOARD KINDNESS ROCKS PROJECT



A sample of painted rocks

Who: Students of various ages

What: Workshop where participants painted
inspirational words and phrases on rocks, and
scattered the rocks on community beaches

When: Summer 2017

Where: Cape Breton Highlands Education
Centre/Academy, Inverness Education
Centre/Academy, Bayview Education Centre, and
Whycocomagh Education Centre

Why: To promote random acts of kindness for
people and their communities



Participants found the workshop very positive and rewarding and the people who found the rocks were surprised and delighted. The project was mentioned numerous times on social media, the local radio, and the local paper.



SOUTH SHORE REGIONAL SCHOOL BOARD

TRANSITION TO SCHOOL CAMP

Who: Ten 4-to-6-year-olds

What: Transition to School day camp delivered by a teacher, co-op students, and Early Intervention staff. On the last day, a parent session and graduation ceremony were held. The parent session included information on healthy and affordable eating, developing healthy habits regarding sleep, routines, attendance, and screen time.

When: August 14-24 (9:30 am-12:30 pm)

Where: Dr. J.C. Wickwire Elementary

Why: To help children develop self-esteem, confidence, social skills, verbal skills, emotional regulation, and the ability to follow direction



Partners:
Queens Family Resource Centre, Queens Early Childhood Development Intervention Services, Loblaw's Dietician, School Psychologist, Early Intervention Staff

Evaluations showed that all children benefitted from the program and felt more ready to attend school.

TRI-COUNTY REGIONAL SCHOOL BOARD

SUPERHERO SOCIAL SKILLS



Who: Students in grades 1 to 3

What: A superhero themed program for lower elementary students

When: A weekly program being offered for approximately eight weeks

Where: Meadowfields Community School and Plymouth School

Why: To improve the social skills of elementary students by incorporating the students' strengths along with creativity and imagination to build social, problem-solving, and team building skills





SCHOOLSPLUS TRAINING ROOTS OF EMPATHY

Roots of Empathy
Racines de l'empathie



WHAT IS ROOTS OF EMPATHY?

Roots of Empathy (ROE) is an evidence-based program aimed at reducing levels of aggression among school children while raising social and emotional literacy and increasing empathy. Emotional literacy taught in the program lays the foundation for safer and more caring classrooms. The heart of this program for grades primary to 8 is a classroom visit every three weeks by an infant and parent from the local community.

Roots of Empathy began in ten classrooms in Nova Scotia in the 2003-2004 school year. As of 2016-2017, 82 classrooms participated involving 2050 children, including two First Nations communities and 10 French classrooms. In total, more than 20,000 children in Nova Scotia have participated.



"Roots of Empathy values the partnership with SchoolsPlus. It fits perfectly with their mandate of delivering social and emotional development programs, focusing on the whole child and their family, and building bridges between school and community."
- *Roots of Empathy (Canada)*

"My first time facilitating Roots of Empathy has been rewarding and very positive for the family, classroom, and myself. I am very excited about the program and what it has to offer. I am very fortunate to have such a cooperative and attentive class of students, as well as an engaging and supportive teacher. I look forward to facilitating the program, and I know the students are building their knowledge and growing."
- *Katrina Stewart-Reynolds, Community Outreach Worker*



A mom and her baby volunteered at the training. It was definitely a highlight!



ROE in action in HRSB!



Students participating in ROE with Shelburne SchoolsPlus!

**ROE
TRAINING
2017**

SchoolsPlus staff, school guidance counsellors, and other community-based agencies gathered for a three-day Roots of Empathy (ROE) training from August 28 to 30. Nineteen new ROE Instructors and several returning Instructors attended the training. The training was led by certified ROE trainers, Jim Mustard and Margaret Bennett. Everyone left feeling energized and excited to begin the school year!

SUMMERTIME THEMES

PROGRAMMING

Collectively, SchoolsPlus partners collaborated during the summer to support and engage children, youth, and families. Qualitative data analyzed from monthly reports related to summer programming are highlighted below.

