

# QUARTERLY NEWSLETTER

OCTOBER–DECEMBER 2017

*SchoolsPlus Regional Advisory Committees:*

## Harvesting Relationships

Regional  
Advisory  
Committees  
include  
members  
from the  
following  
sectors:

Community organizations

Police and RCMP

Provincial government  
departments

Municipal government  
departments

Examples:

Family  
Resource  
Center

Mental  
Health

Public  
Health

Recreation

DCS

Early  
Years

Family  
Services

Restorative  
Justice

Big  
Sisters

Big Brothers

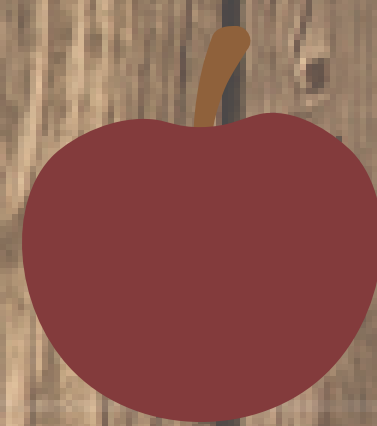
& many  
others

Regional Advisory  
Committees are an  
important part of building  
the collaboration necessary  
for integrated service  
delivery within the  
SchoolsPlus model.



# FEATURE STORY

## BERWICK YOUTH RUN CLUB PARTICIPATES IN THE VALLEY HARVEST MARATHON KIDS RUN



Supporting student engagement through active participation in recreation is one focus of the Kings County SchoolsPlus Regional Advisory Committee. Three years ago, Pat Gibson, the SchoolsPlus Community Outreach Worker in Annapolis, was approached about supporting a running club, from there the Berwick Youth Run Club was formed.

### ABOUT THE RUN CLUB

**Partnerships:** SchoolsPlus and the Active Living Coordinator at Berwick's recreation department co-applied for a grant through Western Kings Active Kids/Healthy Kids. The department also provided the club with an official logo.

**Mentorship model:** Elementary school students are coached by junior and senior high school student volunteers. The model allows younger students to receive support while creating opportunities for teen mentors to develop leadership skills.

**Family engagement:** When students race, family members attend to cheer them. Families also help with transportation to practices and events.

**Community engagement:** Students have attended the Gala Days Parade in Berwick to increase awareness of their club's activities in the community.



### BENEFITS

The Berwick Youth Run Club has helped build relationships and improved school engagement. Conversations between the runners and the volunteers have helped develop a greater sense of belonging within the school community. Both parents and students report that these are positive experiences that would have not been possible without the run club.

### THE VALLEY HARVEST MARATHON KIDS RUN

On October 7, the Berwick Youth Run Club participated in the Valley Harvest Marathon Kids Run at Acadia University's track. Leading up to the event, students from Berwick School, West Kings, Pineridge, St. Mary's, and Cambridge met once a week for 10 weeks at the Berwick School playground. This location allowed students' families to supervise younger siblings during practices. Students and their families were also introduced to the community garden behind the school. The students loved receiving a healthy snack after practice, and families often took home produce!



*"The run club has become so much more than fitness" – Pat Gibson, SchoolsPlus Community Outreach Worker*





## STUDENT PLACEMENTS WITH SCHOOLSPLUS

SchoolsPlus staff teams and regional partners are a dynamic group of service providers who actively engage post-secondary and high school students by hosting placements within SchoolsPlus hub sites across the province. Through this, everyone benefits from the amazing learning opportunities and the incredible contributions that result when these learners are offered opportunities in our communities.



**MEGAN  
TURETZEK-WINDOR**

This past quarter was no exception. Megan Turetzek-Windor completed a Bachelor of Social Work (BSW) practicum while supporting the West Hants SchoolsPlus Hub site. Megan's efforts included supporting student and caregiver programming, securing a grant for a future initiative, supporting students directly, and engaging in a broad range of integrated service delivery activities.

*"Megan brought with her a lot of skills, a fresh perspective and excellent energy, attitude and initiative. Megan immersed herself in doing the work of SchoolsPlus and participated in groups for students and adults."*

*–Emilie Smith, SchoolsPlus Facilitator, AVRSB, West Hants*



***"As a SchoolsPlus network we are so pleased to have had so many student learners join our teams. We are also grateful to those team members who have supervised these learners, sharing their knowledge and helping grow skills and abilities." - Tara Moore, SchoolsPlus Coordinator, EECD***

## STUDENT PLACEMENT EXAMPLES

Some of the educational programs and institutions where students have had placements with SchoolsPlus:

- NSCC Truro Campus Child and Youth Care Program
- O2 high school students, Annapolis Hub Site
- Dalhousie University, BSW Program
- Universite Sainte Anne, BSW Program
- St. Thomas University, BSW Program
- NSCC Burrige Campus, Social Services Program
- University of Victoria, BSW Program
- NSCC Kingstec, Social Services program
- NSCC Burrige Campus, Mental Health Recovery and Promotion
- Co-op high school students, Annapolis Hub Site
- Dalhousie University, School of Human Health and Performance
- University of Manitoba, BSW Program

**Future Placements:** Dalhousie University, Nursing Program (Fall 2018) Innovative satellite practicum through the RN program out of Yarmouth Regional Hospital



## FROM STUDENTS TO STAFF

For some of our students their participation as a student learner has led to career opportunities within the SchoolsPlus team. Veronica Chaisson, SchoolsPlus Community Outreach Worker in CCRCE Pictou East joined the SchoolsPlus staff team following her student placement. Veronica's skills were immediately evident, which has allowed her to provide excellent services for students, families and communities.



**Chignecto-Central Regional School Board**  
*Bringing life to learning.*

*"Throughout my time spent as a secondary student on placement with Amherst SchoolsPlus, Kim and Marvin both shared their knowledge and experience of collaboration with community and government agencies. They demonstrated the importance of meeting students, families, and the community where they are at through the programs they were offering within the schools/ community and the work either were doing with individual students/families. They welcomed my input and contributions to both. It was through my placement with Amherst SchoolsPlus and Kim and Marvin's support in my learning that my passion to work from a collaborative approach was fostered."* - **Veronica Chaisson, Community Outreach Worker, CCRSB Pictou East**



**BRIDGET IRWIN**

Bridget Irwin also found a career through her internship at the Nova Scotia Department of Education and Early Childhood Development with the provincial SchoolsPlus Team. Her 14-week internship led to a consulting position. Her contribution at a provincial level has helped strengthen the SchoolsPlus infrastructure from a population health perspective. We are excited about Bridget's next steps as she pursues her master's degree.

*"My time with SchoolsPlus has been an overwhelmingly positive and invaluable first professional experience. I am grateful to have collaborated on projects in different areas (project development, evaluation, knowledge translation, strategic planning and visioning, etc.) I will bring all my learnings with me, will fondly remember my time with SchoolsPlus, and hope to one day return!"* - **Bridget Irwin, SchoolsPlus Consultant, EECD**

## STUDENT PLACEMENTS ACROSS THE PROVINCE

*"This is the first student I supervised who self-identifies as queer and it was wonderful to have her perspective on our Gay-Straight Alliance(GSA) groups, since our GSA group adult advisors all identify as heterosexual. The GSA students appreciated having an additional adult mentor they could talk to."* - **Candace Norman, SchoolsPlus Facilitator, CCRSB East Hants**

*"She learned a lot about program delivery and development, presented topics to students in elementary on digital citizenship, had family nights, worked with our grief group in the evenings and much more. It was a pleasure to have her with us!"* - **Lindsay Latham SchoolsPlus Facilitator, CBVRSB Sydney**





# ANNAPOLIS VALLEY REGIONAL SCHOOL BOARD

## HEY! WHO'S IN CONTROL? PROGRAM

**Who:** Parents of children of all ages

**What:** 10-week program that assists parents to explore their values, how they were parented, and to strengthen communication with their child

**When:** October to December, evenings

**Where:** Windsor Elementary School

**Why:** To build communication and relationship skills that work in multiple contexts including parenting and interpersonal relationships.



**Partners:** Maggie's Place created the program to meet a wide range of families' needs related to communication and relationships. The [Department of Community Services](#)' Family Support Worker, Susan Cater, co-facilitates with the SchoolsPlus staff



# CAPE BRETON-VICTORIA REGIONAL SCHOOL BOARD

## WELLNESS DAY



### Partners

- Guidance counselors at GBHS
- NSCC therapeutic recreation students
- CBVRCE dietician
- Food Tech class at GBHS
- Guest speakers
- Police Liaison Officer/Cyber Scan
- Willowhouse Sexual Assault Recovery Program
- Cape Breton Center for Sexual Health
- Social workers
- School psychologists
- SchoolsPlus Mental Health Clinician



**Who:** 240 grade 9 students

**What:** All-day event with sessions on healthy relationships, resiliency, mental health and its associated stigmas, social media and internet safety, sexual health, physical activities such as yoga, Crossfit, and Pound. Over 15 guest speakers from the community contributed!

**When:** Fall 2017

**Where:** Glace Bay High School

**Why:** To deliver information and share experiences about wellness with GBHS students





# CHIGNECTO-CENTRAL REGIONAL SCHOOL BOARD

## LUNCHTIME YOGA

**Who:** Any students interested

**What:** Drop-in yoga class held in the Resource Room

**When:** Every week at lunch time, starting in December 2017

**Where:** E.B. Chandler Junior High School, Amherst

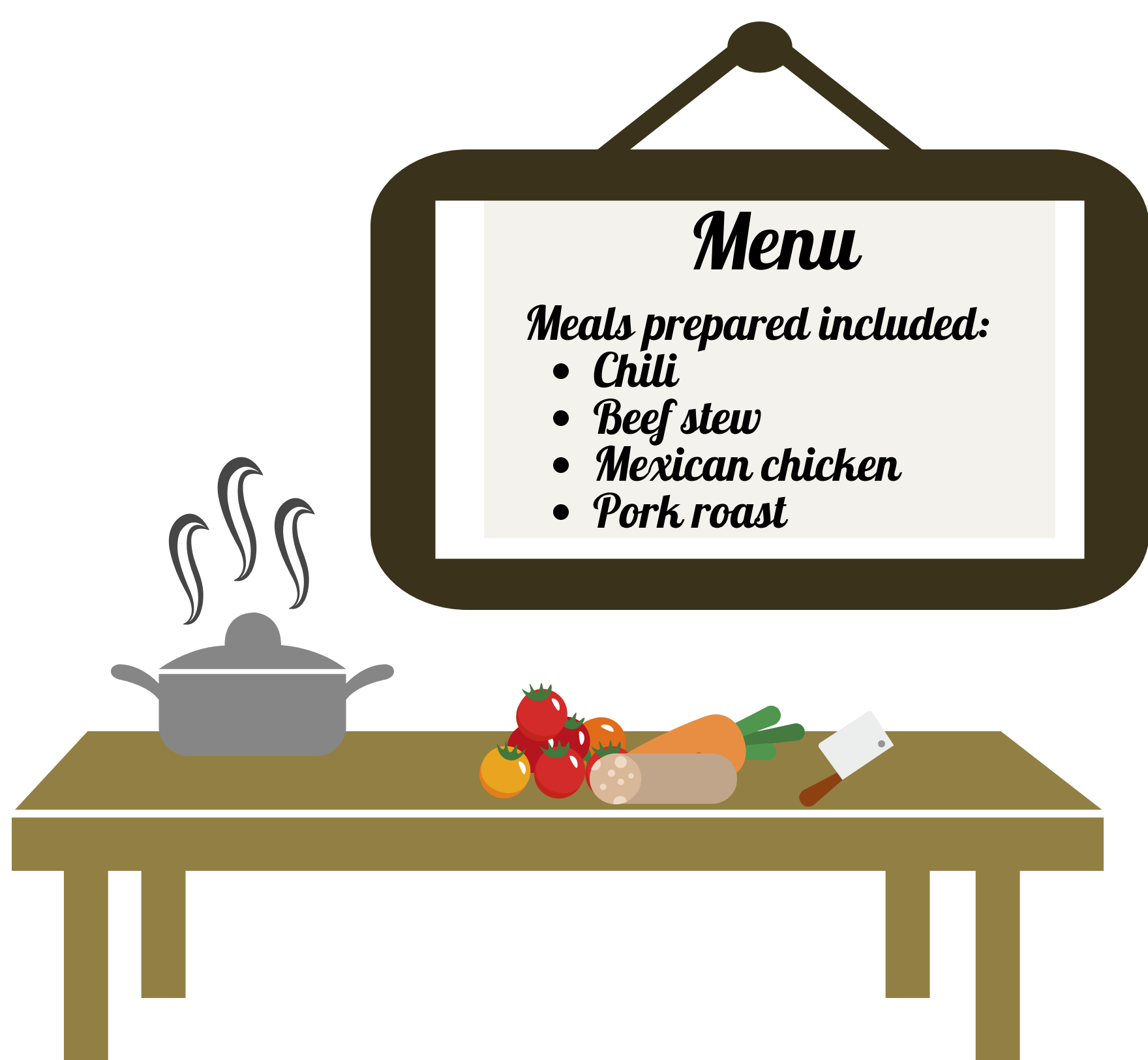
**Why:** To promote mental well-being and support physical health.



*Students enjoying the drop-in yoga class*

# CONSEIL SCOLAIRE ACADIEN PROVINCIAL

## SLOWCOOKER PROGRAM



"Although none of the parents knew each other before the session, friendships developed, and a support system formed amongst all of them."  
- Darcey Maillet, SchoolsPlus Facilitator

**Who:** Parents of four families (child care was provided during the sessions by two grade 12 students)

**What:** A program where each family prepped and packaged five slow cooker meals each session, for a total of 25 meals. Parents also took home resources, including a slow cooker and a recipe book.

**When:** Four two-hour sessions in November

**Where:** The cooking room in École Secondaire de Par-en-Bas

**Why:** To provide parents with tools and an opportunity to share knowledge about healthy meal preparation in order to increase food security.





## HALIFAX REGIONAL SCHOOL BOARD GUIDED DIVERSITY DISCUSSION GROUP

**Who:** Students in grades 4–6

**What:** An eight-week guided discussion group to support awareness and understanding of diversity in the school setting

**When:** October 16–December 11

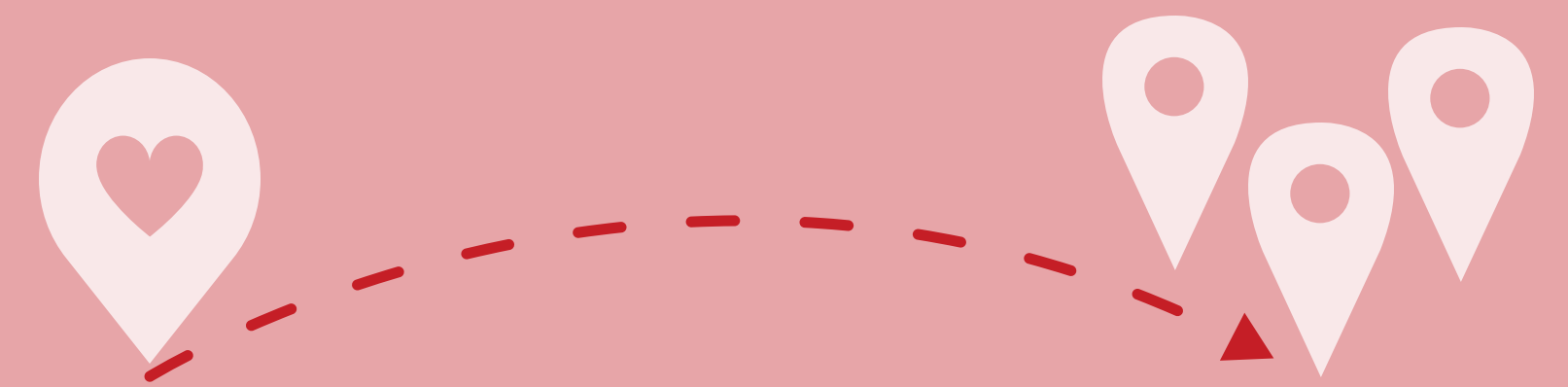
**Where:** Bell Park Academic Centre

**Why:** To provide students with an opportunity to hear from guest speakers from their community and explore important questions they have about diversity.

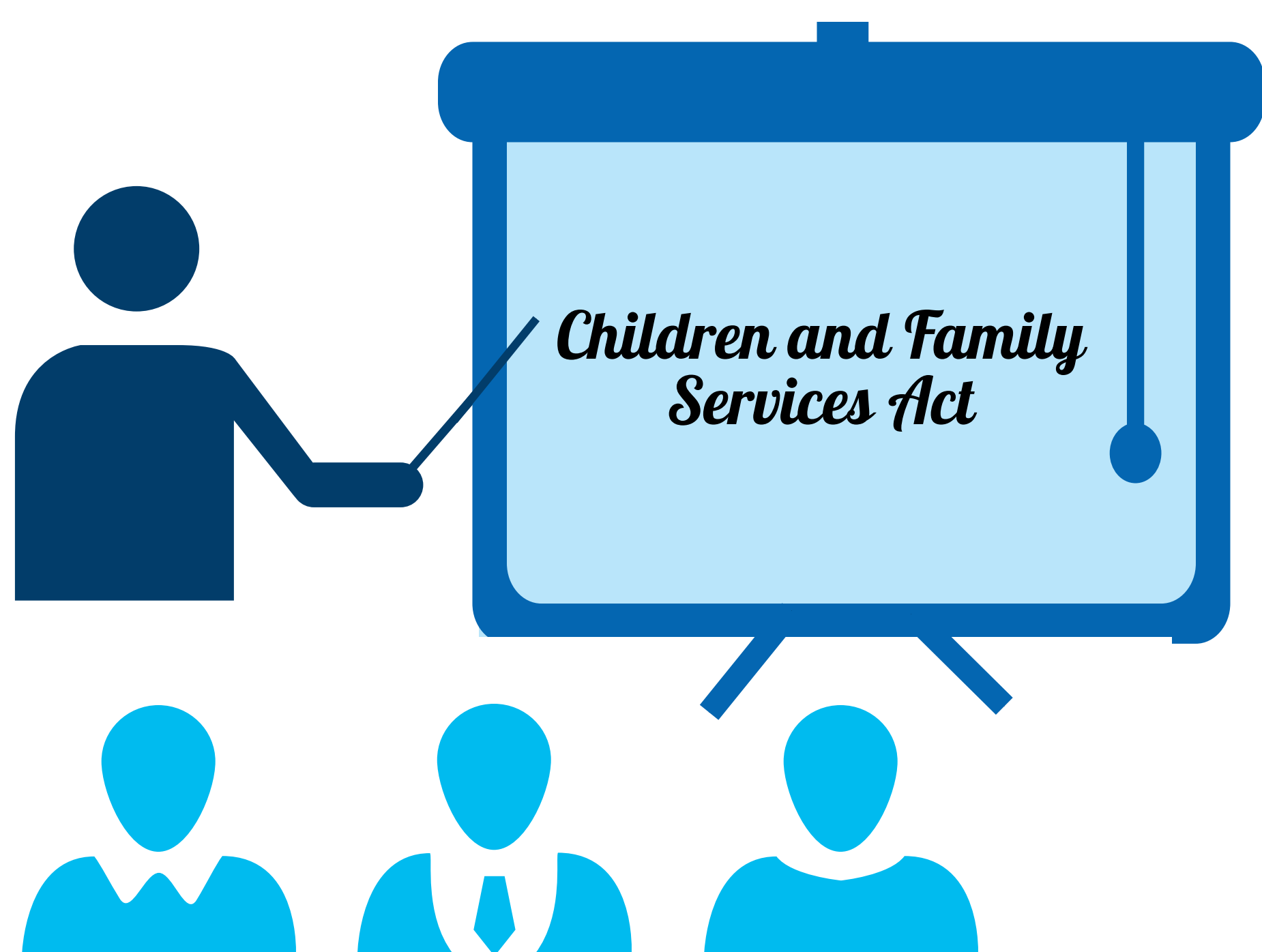


*"This group was well received by students and will be offered in other schools within the Auburn family of schools SchoolsPlus Hub site." - Angella White, SchoolsPlus Community Outreach Worker*

**Partners:** Co-facilitated by the SchoolsPlus Community Outreach Worker, Angella White and the School Social Worker, Jillian Dollimont



## STRAIT REGIONAL SCHOOL BOARD INTERDEPARTMENTAL TRAINING (DCS and EECD)



**Who:** School-based staff

**What:** Presentations by Julia Goldsworthy, Case Work Supervisor, Department of Community Services (DCS), to help school-based staff understand the Child and Family Services Act

**When:** October 23, October 24, November 30

**Where:** East Antigonish Education Centre and Academy, St Mary's Education Centre and Academy, Fanning Education Centre and Academy

**Why:** To allow school-based staff to ask important questions to increase their understanding of the roles and responsibilities of Community Services staff

*"This relationship building opportunity supports collaboration in this region. School-based staff were highly engaged in the discussion and reported an increase in knowledge and awareness of mutual roles."*  
- Liz MacIntosh, SchoolsPlus Facilitator





## SOUTH SHORE REGIONAL SCHOOL BOARD

### ROOTS OF EMPATHY

**Who:** Students in grades 2–3

**What:** Facilitated by Sally Tanner, SchoolsPlus Community Outreach Worker, students attend 27 sessions where a family and their baby come into the classroom to conduct guided activities with participants

**When:** Every Tuesday throughout the school year

**Where:** Dr. J.C. Wickwire Elementary

**Why:** To increase empathy and social-emotional competence while reducing levels of aggression and bullying.



The program was highlighted in the local paper, as well!

*"Students are so engaged in the program and always ask me when the baby is coming back."*

*-Sally Tanner, SchoolsPlus Community Outreach Worker*



## TRI-COUNTY REGIONAL SCHOOL BOARD

### SHELburne COUNTY PARENT GROUP



**Who:** Parents of children with special needs in Shelburne County

**What:** A support group for parents of children with special needs such as ASD, ADHD, juvenile diabetes, Downs Syndrome, etc.

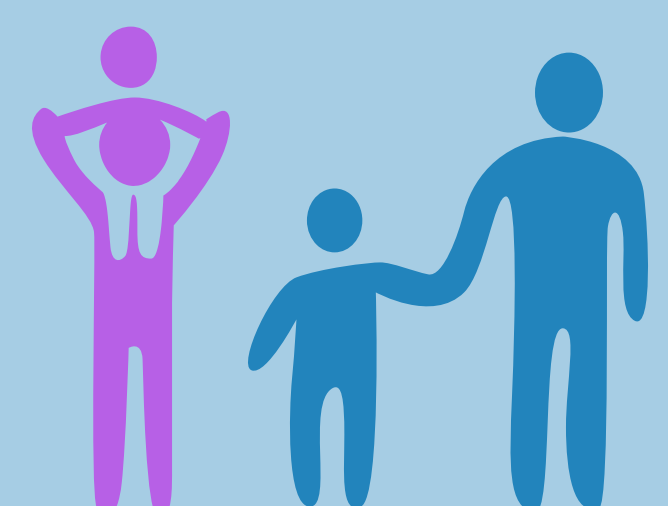
**When:** Every second Wednesday

**Where:** Barrington Municipal High School, SchoolsPlus community room

**Why:** To provide parents with a safe space to come together and support each other.

*"These parents often face unique challenges when it comes to finding the right supports for their children. Therefore, this space was created to allow them to share ideas, provide support and share resources. Guest speakers are often brought in to provide education to parents based on a topic they have requested."*

*- Katrina Stewart-Reynolds, SchoolsPlus Community Outreach Worker*





# SUPPORTING MI'KMAQ AND OTHER INDIGENOUS LEARNERS AND THEIR FAMILIES



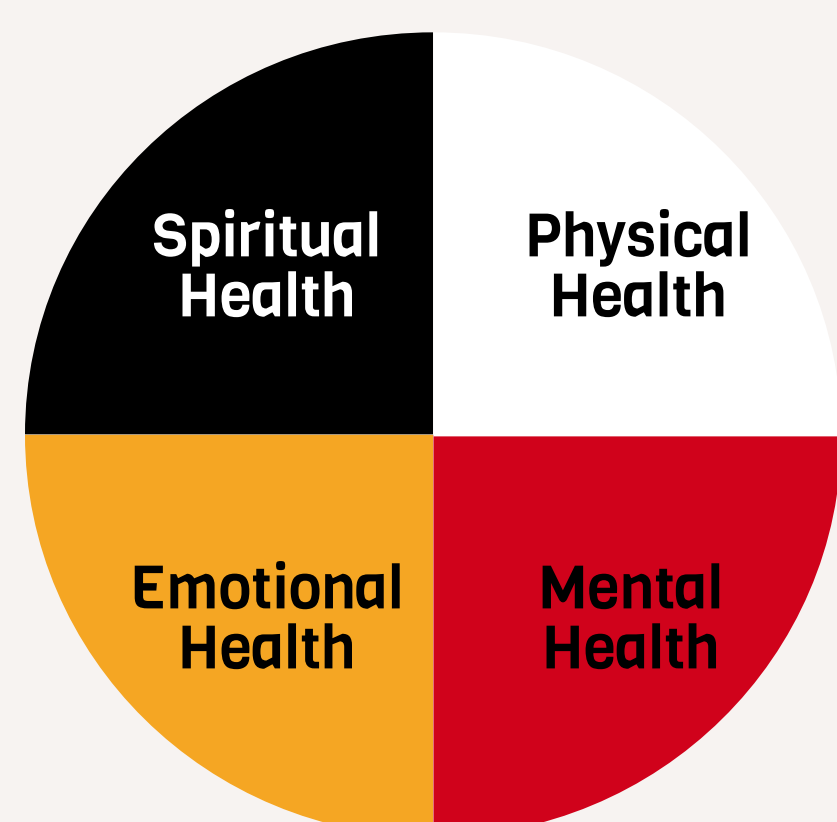
**The SchoolsPlus Collaborative Integrated Service Delivery model has been identified as a mechanism to better support Mi'kmaw learners, their families, and communities.**

The approach of creating community access to schools through hub sites and relationship building with a holistic approach to student development has been welcomed as a way to connect and better understand student needs. There are many ways in which we can work better together!



## JORDAN'S PRINCIPLE

Administrators of Jordan's Principle have attended SchoolsPlus Regional Advisory Committees to share information on the available resources and referral process. SchoolsPlus team members have actively assisted students and families in the referral processes helping to ensure that the right services and resources are provided.



## MI'KMAW CULTURE AND EDUCATION PILOT IN ESKASONI

This initiative is a partnership to increase cultural knowledge in the area of mental wellness by SchoolsPlus staff and First Nation community professionals. An objective of the partnership is to develop a framework for a student mental wellness program that is grounded in Mi'kmaw cultural wisdom, knowledge, and process.

## LEARNING AND PARTNERSHIP EXAMPLES

### Drum-making

In December 2017, the SchoolsPlus Coordinator and Assistant Coordinators visited Eskasoni First Nation to work with and learn about drum-making from Elders.



#### Outcomes

- Developed a better understanding of Mi'kmaw approach to learning
- Experienced the role of Elders within the education process of young learners
- Examined ways to create opportunities for student wellness within SchoolsPlus Hub sites

### Headstrong Summit

On October 30, 2017, 75 students from Digby Regional High School, St. Mary's Bay Academy, Islands Consolidated High School, and 25 community partners participated in a full-day summit to talk about mental health and ways to reduce stigma.

#### Key Point

The summit was held at the Mi'kmaw Heritage and Cultural Centre at Bear River First Nation



**The summit was highlighted in the local paper!**

## UPCOMING COLLABORATION OPPORTUNITIES

- Delivery of "Slow Cooked Dreams" in March 2018 grounded in the Indigenous Medicine Wheel and supported by the Poverty Reduction Strategy
- Participation in the Community Strategic/Operational Planning Symposium in March 2018
- Partnership between SchoolsPlus and the Mi'kmaw/Indigenous Student Support worker to deliver a cultural beading workshop for Digby County students in March 2018



# TRANSITION THEMES

## PROGRAMMING

Data from the SchoolsPlus Monthly Reports reveal the following themes regarding transitions in the past quarter.

