

QUARTERLY NEWSLETTER

JANUARY-MARCH 2017

CORE PRINCIPLES



**Collaborative
Interagency model:
not a program**



**Bringing
professionals and
programs together
-wraparound-
collective impact**

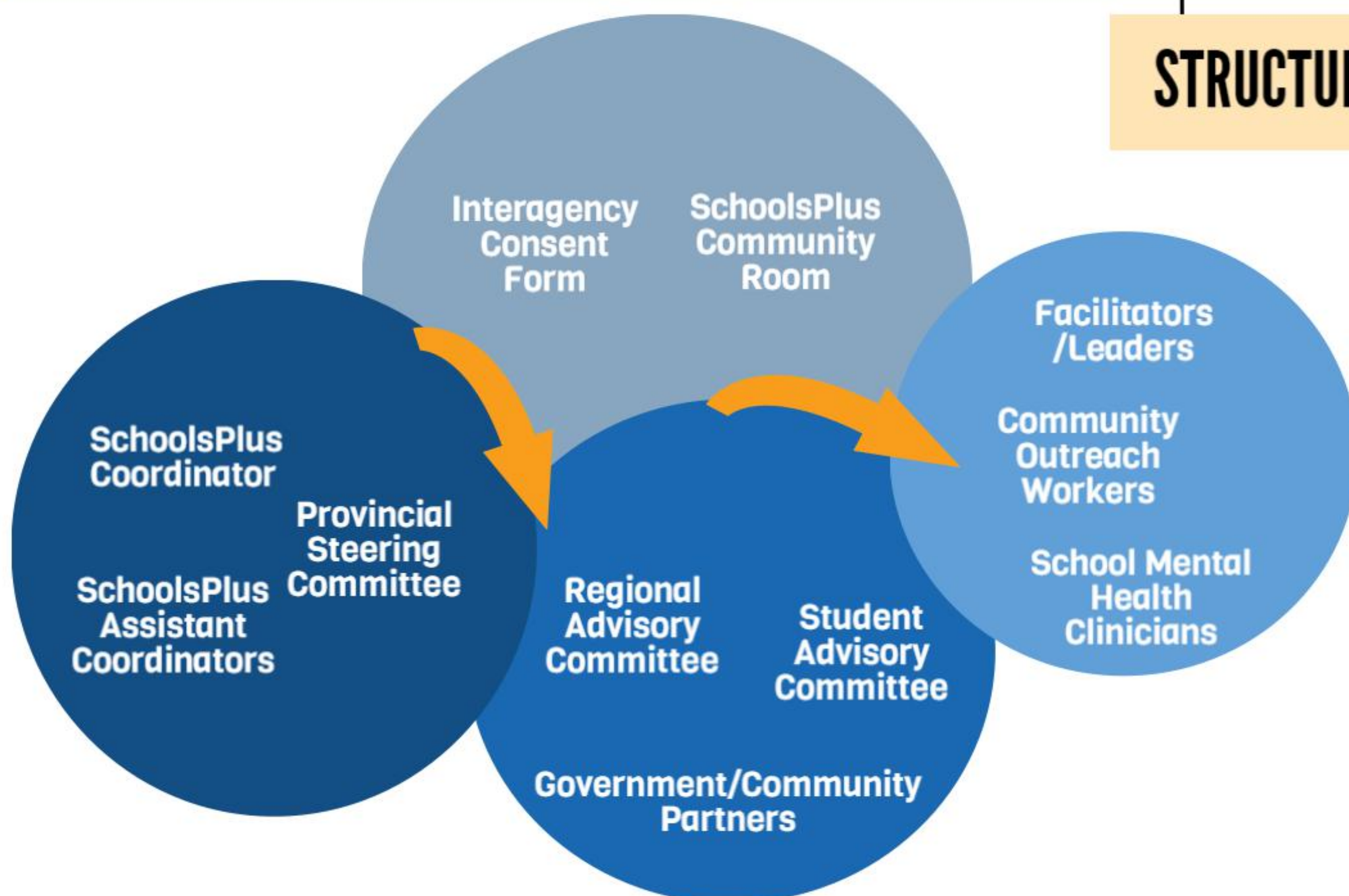


**Vision:
Schools are the
hub of the
community**



**Services
respect the
unique needs
of a
community**

STRUCTURE



SCHOOLSPLUS SITES

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As of January 2017, 216 of 378 schools in Nova Scotia have SchoolsPlus support.



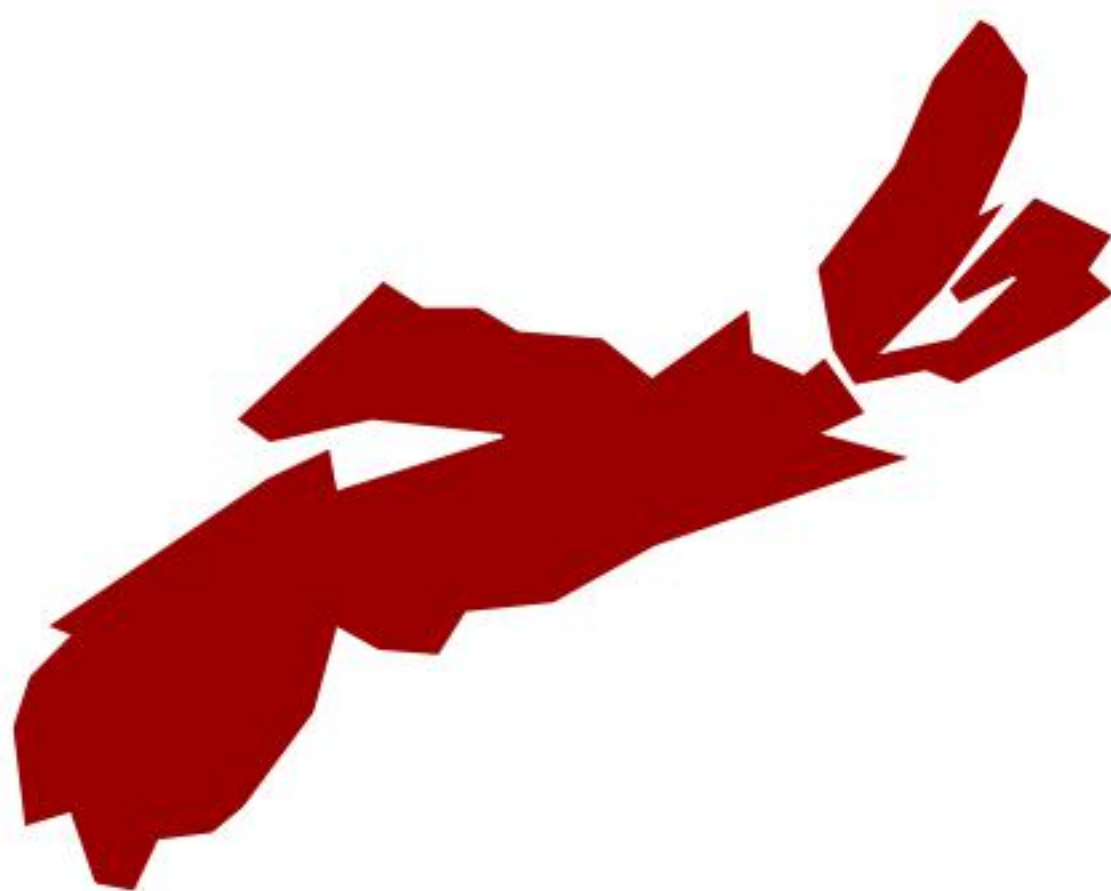
School with
SchoolsPlus
support



School
without
SchoolsPlus
support



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



FEATURE STORY

SRSB ARTIST'S CORNER

Local singer/song-writer, Kim Wempe, visited SchoolsPlus Antigonish to do writing workshops with students in grades 7-12. Kim came multiple times: during the school day, after school, and to a March Break workshop. During her visits, she worked with students to write songs.

Students wrote lyrics, then added melodies and instruments. Songs created by the students were entered in a local contest that was seeking writing and art submissions. The theme of the contest was "hope". Two songs the students submitted won for their age group.

The students were invited to attend an awards ceremony, where they performed the winning songs for all of the entrants and their families. A CD has also been produced from a session where they all got together to perform and record their songs.

THE OTHER SIDE

Verse 1:

*It's gonna be okay. Don't you know that you're
just having a bad day.
It doesn't mean it's always gonna be that way.
Life has it's rough spots, just like the current in
the ocean.
You have to push through to get to the top.
I fell down a hole but that's okay.
I may be falling now, but I'll get back up again.*

Chorus:

*I'm not going down, I am like a firework,
Look at my colours shoot across the sky
You may not believe it but you are like a firefly.
Don't you know the rainbow is always on the
other side, The other side*

Verse 2:

*It's gonna be okay.
You know even if you're not smiling today
Oh never back down, never back down.
Don't let your sadness control you.
It's an emotion not a permanent place. If you
get through this, you'll see your wings will fly.
Even though it's rough, you gotta get up and try.*

Chorus x 2

DANCING OUR OWN BEAT

Verse 1:

*Jump up, turn your favourite song on.
Get up, move your feet, and sing a long.
Make the clouds in your head block out,
All the unnecessary things that you think about.
Find the courage to explore a new day.
Not knowing what tomorrow has to bring.
You can scare away the shadows,
Even on your darkest days.*

Chorus:

*We're all like a bird in a cage.
But no one can hold you down.
No one can hold you down.
We're dancing to our own beat.
Yeah we're all dancing to our own beat.
We're all dancing to our own beat,
to the same rhythm.*

Verse 2:

*I got a second chance, don't wanna waste it.
I feel like I'm gonna take it.
I wake up, the sun feels a little brighter.
The sky it seems a little bit higher.
It's a brand new day.
I don't have any worries or fears, I can start again.
Explode like a firecracker, soar like a bird.
Dance like a tree, sing like, sing like you're free,
sing like you're free.*

Chorus x 2



SCHOOLSPLUS TEAM MEMBER SINCE DAY 1

KIM WOOD

SchoolsPlus Facilitator, Amherst, CCRSB

Kim Wood is being celebrated as an employee who has been involved with SchoolsPlus since its inception in 2008. Her leadership has brought innovation to the integrated service delivery model.

"Kim creates and maintains meaningful relationships with other service providers. Her passion for supporting students and families has impacted the lives of everyone she works with."
- Tara Moore, SchoolsPlus Coordinator



With a graduating student at Amherst Regional High School



Voices Reunion Day at the beach, May 2016

1. What does partnership mean to you?

It often means an arrangement where parties agree to cooperate to advance mutual interests. As an SP Facilitator, partnerships means more than cooperation to advance mutual interests. Relationships must be built that involve a significant level of trust and respect. Shared responsibility, funding, and resources to meet a common goal are crucial.

2. What do you like most about your role?

The time spent with children and youth. The opportunity to build the relationships with students and in the process see the resiliency that children and youth living in challenging and complex situations demonstrate is truly amazing.

3. What are the greatest challenges that you face in your work?

The greatest challenges are sometimes feeling as though there is not enough time in the day; trying to strike a balance; overcoming complex issues; and experiencing the emotional impact of this work.

4. What would you like to see more of?

More opportunities to celebrate the resilience of children, youth, and families who strive to reach new goals despite facing multiple barriers. I would like to see new ways to acknowledge the commitment, dedication, and support that is offered by our community.

5. What has surprised you about the people that you engage with?

The resilience of the children and youth in challenging circumstances, as well as the commitment, dedication, and support of those in this community. How necessary collaboration is, and the fact that collaboration truly has built strong working relationships across services.

6. When you think about the breadth of your work what accomplishments/stories stand out the most?

Watching students that SchoolsPlus has been connected with for years graduate. These are often students who, at one point, could not imagine themselves in a position to graduate. Collaborative efforts and creative strategies have helped SP students reach this milestone.



Headstand in the yoga classroom at Amherst Regional High School, May 2016



CHIGNECTO-CENTRAL REGIONAL SCHOOL BOARD

BATHROOM BLITZ

Who: Colchester Partners and 211

What: Poster development on relevant issues youth face with resources

When: January-March 2017

Where: Displayed in the bathrooms of SchoolsPlus Truro sites

Why: *Raise awareness about current topics and support students by providing local resources*

 Colchester Partners is a group comprised of community partners that work with youth.

The posters developed & addressed topics such as

-  mental health awareness
-  domestic violence
-  basic needs
-  sexual assault awareness



Student feedback has been very positive; they have been taking pictures of the posters so that they have the resources on their phones.

CONSEIL SCOLAIRE ACADIEN PROVINCIAL

CENTRE SCOLAIRE DE LA RIVE-SUD MURAL



Working on the mural!

Who: Group of 5-6 students

What: Day of drawing and painting a mural

When: March 14, 2017 (10 am-2 pm)

Where: SchoolsPlus room in Centre scolaire de la Rive-Sud

Why: *Create a piece of art for the SchoolsPlus room. Students now use it for self-expression; they write positive messages and notes about events!*



HALIFAX REGIONAL SCHOOL BOARD THE VILLAGE



- Who:** SchoolsPlus Community Outreach Worker and students
- What:** Transforming a large, empty common area into a room suitable for running programs, meeting families, and partnering with local agencies to provide additional services in the school
- When:** Began in January; fully finished space in three weeks; used for GSA meetings starting mid-March

Where: Herring Cove Junior High

Why:

Create a multi-purpose hub, safe for students, staff, families, and community partners to share, increase youth engagement, develop partnerships with community organizations and school groups, and encourage capacity-building



STRAIT REGIONAL SCHOOL BOARD ARTIST'S CORNER



Check out the
feature story page
for more details!



- Who:** Grades 7-12 students
- What:** Music writing workshops with local artist, Kim Wempe, and awards won for composed songs
- When:** During school, after school and over March Break

Where: SchoolsPlus Antigonish

Why:

Provide a creative outlet for students and facilitate self-expression



SOUTH SHORE REGIONAL SCHOOL BOARD INCREDIBLE YEARS PROGRAMS

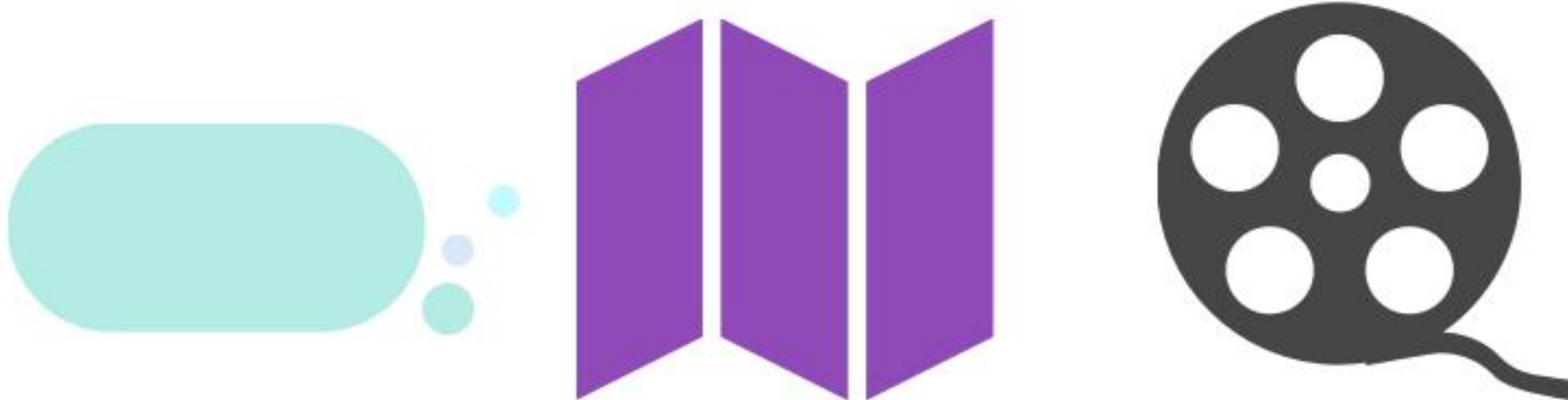
- Who:** Numerous community sponsors, parents/caregivers, SchoolsPlus team members
- What:** Development and expansion of the Incredible Years program
- When:** First pilot in fall 2016, continuing to present
- Where:** 9 locations at schools and community centres in SSRSB
- Why:** *Respond to parents' desire for support in addressing their children's behaviours at home and school*

Partners: Bridgewater Family Support Centre, North Queens Hub, New Ross Family Resource Centre, Lunenburg and Queens County Community Health Boards, Hubbards Food Bank, Fox Point Lions Club, Centre scolaire de la Rive-Sud, Through the Years Daycare, the Independent, The FEAT Program through Mental Health and Addictions, United Way

As of May 2017, all SchoolsPlus Team members in SSRSB will be trained to deliver Incredible Years!



TRI-COUNTY REGIONAL SCHOOL BOARD MARCH BREAK DAY



- Who:** Students engaged in SchoolsPlus
- What:** Camp day with various activities: bath bombs and lip scrubs making, scavenger hunt, and a movie
- When:** March 14, 2017
- Where:** Maple Grove Educational Centre
- Why:** *Provide engaging and fun programming for students*

March Break Day was an exciting time to offer extended hours programming. The event was well attended!

FRIENDS -FOR LIFE-



WHAT IS FRIENDS?

In 1990, Friends Resilience was founded in Australia by Dr. Paula Barrett. Its programs include Fun Friends, Friends for Life (F4L), My Friends, and the Adult Resilience Program. They aim to develop socio-emotional skills and build resilience across the lifespan.



Programs are for children aged 4-7, 8-11, 12-15, and for youth and adults aged 16+



All social and emotional skills programs are evidence-based



Programs are also endorsed by the World Health Organization



Friends Resilience is offered in 15 countries across the world

SCHOOLSPLUS F4L TRAINING

SchoolsPlus has been an active supporter of Friends for Life training. F4L programming is offered to students throughout the province.

Over the years, partners have included the Early Years Branch, IWK, the Boys & Girls Clubs, Bell Let's Talk Community Funds, Coverdale, and Community Health Boards.

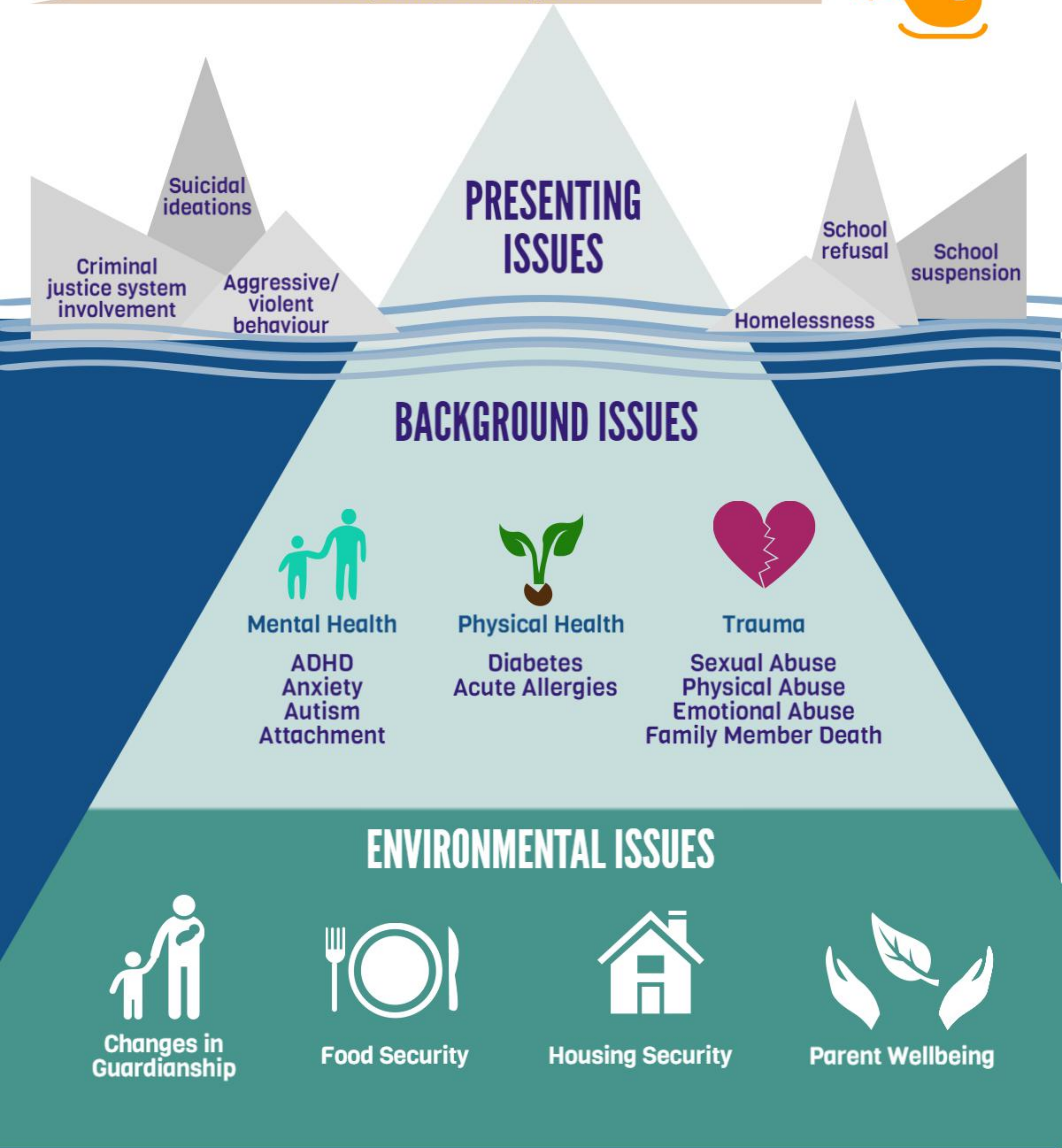
On March 29, 2017, Friends for Life training was offered. 23 SchoolsPlus team members and board employees attended. The day was full of interactive activities (pictured) and facilitated collaboration.



CASE SYNOPSES

Data from the Case Synopsis section of the monthly reports have been collated into three overall themes and several sub-themes.

SUPPORTS to newcomers, wraparound services, post-crisis responses, home supports



The three themes are like layers of an iceberg. Presenting issues, things one can see, are on the tip of the iceberg. Background and environmental issues are often 'beneath the surface issues,' from which presenting issues originate.