

QUARTERLY NEWSLETTER

JANUARY - MARCH 2019

"March Break is an exciting time to support student engagement and learning during unstructured time in the school year. Many community and government-based partners involved in SchoolsPlus work to encourage students and families to connect during this window of time for fun and socially engaging activities that also support the development of new skills.

All across the province students and their families are participating in a wide range of free and accessible March break initiatives designed to create recreation opportunities, support mental health, social emotional learning, family connection, math and literacy, and overall student wellbeing.

For example, SchoolsPlus is a model to support Nova Scotia's Out of School Time Learning Grants that allow groups to use innovative approaches to welcome and engage students. These partnerships are formed within local communities for the purpose of aligning and strengthening the supports children and youth encounter during and outside of the regular school day.

- ✓ Have fun!
- ✓ learn NEW things
- ✓ make friends
- ✓ get outside

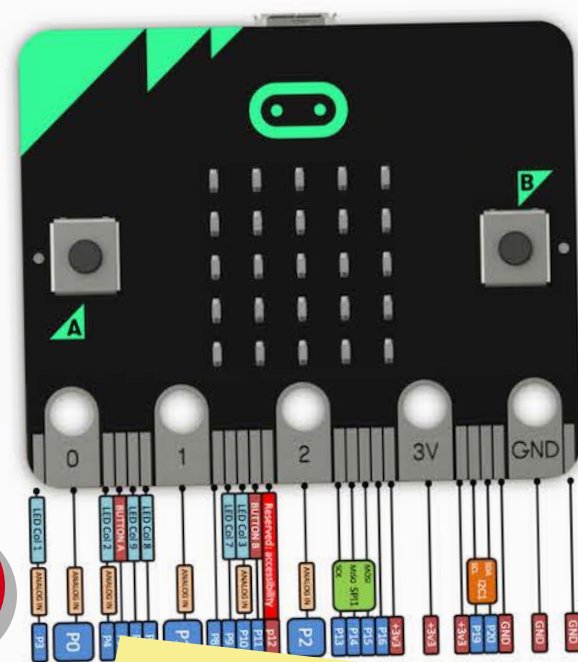
March Break Tech Camps

Schools
Écoles **Plus**

Carleton Consolidated
March 19th 9AM-12

Drumlin Heights School
March 18th 10AM-1230

Please pre-register by
contacting Michelle @ 902-
740-0944



Chill Out over March Break
With fun Activities for Students
in Grades 6 to 8!

**Brought to you by Annapolis SchoolsPlus
and Nova Scotia Health Authority**

Where?: Middleton Regional High School on
March 19, 2019
Bridgetown Regional Community School on
March 20, 2019
Annapolis West Education Centre on March
21, 2019

When?: 10:00 a.m. – 3:00 p.m.

SIGN UP TODAY space is limited!

**Registration Required by Tuesday, March 12,
2019 by returning the registration form to
your Home School.**

Need More Information:
Contact Leah Marshall (by phone or text) for AWEC and BRCS
schools at 902-526-3535
or Krista Steele (by phone or text) for MRHS at 902-824-4057



STAFF FEATURE

Annual Gathering

The Annual gathering of the SchoolsPlus Mental Health Clinicians and the SchoolsPlus Facilitators, also known as "the Debert gathering" was held on March 28th and 29th 2019.

For the past several years, SP clinicians and Facilitators have gathered to develop a shared understanding of the SchoolsPlus model, their respective roles and collaborations. This year the group felt ready to focus on educational needs, and held a professional learning workshop, to focus on shared competencies.



"This training allowed me to rethink the way I look at my clients' readiness to change. It has enabled me to get curious and explore areas in my practice that I never thought needed that much work. It reminded me the importance of conversation and recharged me to re-look at both my goals as well as my clients' goals"

- Darcy Maillet, Responsable ÉcolesPlus- région sud-ouest



The workshop was led by Dr. Jill Chorney, Advanced Practice Lead, Psychologist, IWK. Drawing on evidence-based approaches such as motivational interviewing, solution focussed therapy, Dr Chorney helped us understand change-based relationships. Establishing a change-based relationship requires working at building alliances based on trust, goals, and tasks agreed upon with your client. Recognizing change is difficult for all of us, assessing readiness for change, and understanding readiness are key to supporting behavior change.

Dr. Chorney led the participants through small group exercises, experiential learning, and live demonstrations of cases. Following the two day session, staff felt energized, and ready to begin to incorporate new techniques into their practice

Jill Chorney is a Clinical Psychologist, Advance Practice Lead in Behavior Change at the IWK Heath Centre, and Associate Professor of Anesthesia and Psychology at Dalhousie University. In her research, Dr. Chorney studies how interactions between healthcare providers and patients shapes healthcare experiences, including studies in shared decision-making and implementation science. In her role as faculty member in the Behaviour Change Institute, Dr. Chorney provides training and consultation on supporting client and provider behavior change. Dr. Chorney loves working with healthcare providers and clients who feel stuck - she strives to provide practical support that draws on the expertise of those with whom she works.



ANNAPOLIS VALLEY REGIONAL CENTRE FOR EDUCATION

Engagement Attendance Workshop Series

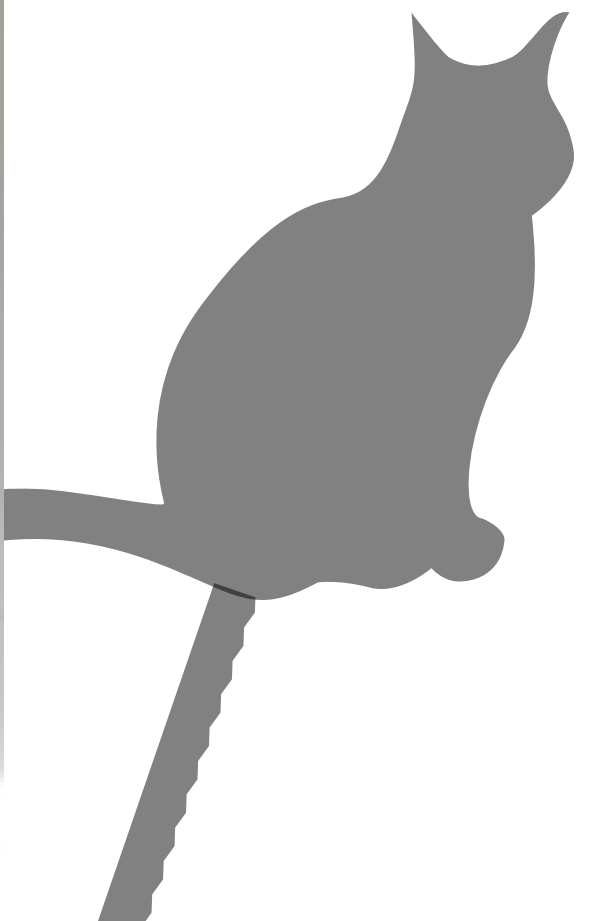
Who: P-12 Students

What: Sock Puppets, How Stuff Works, Project Rocket, Crock Pot Cooking, Maker Space, Shadow Puppet Theater

When: Jan-March

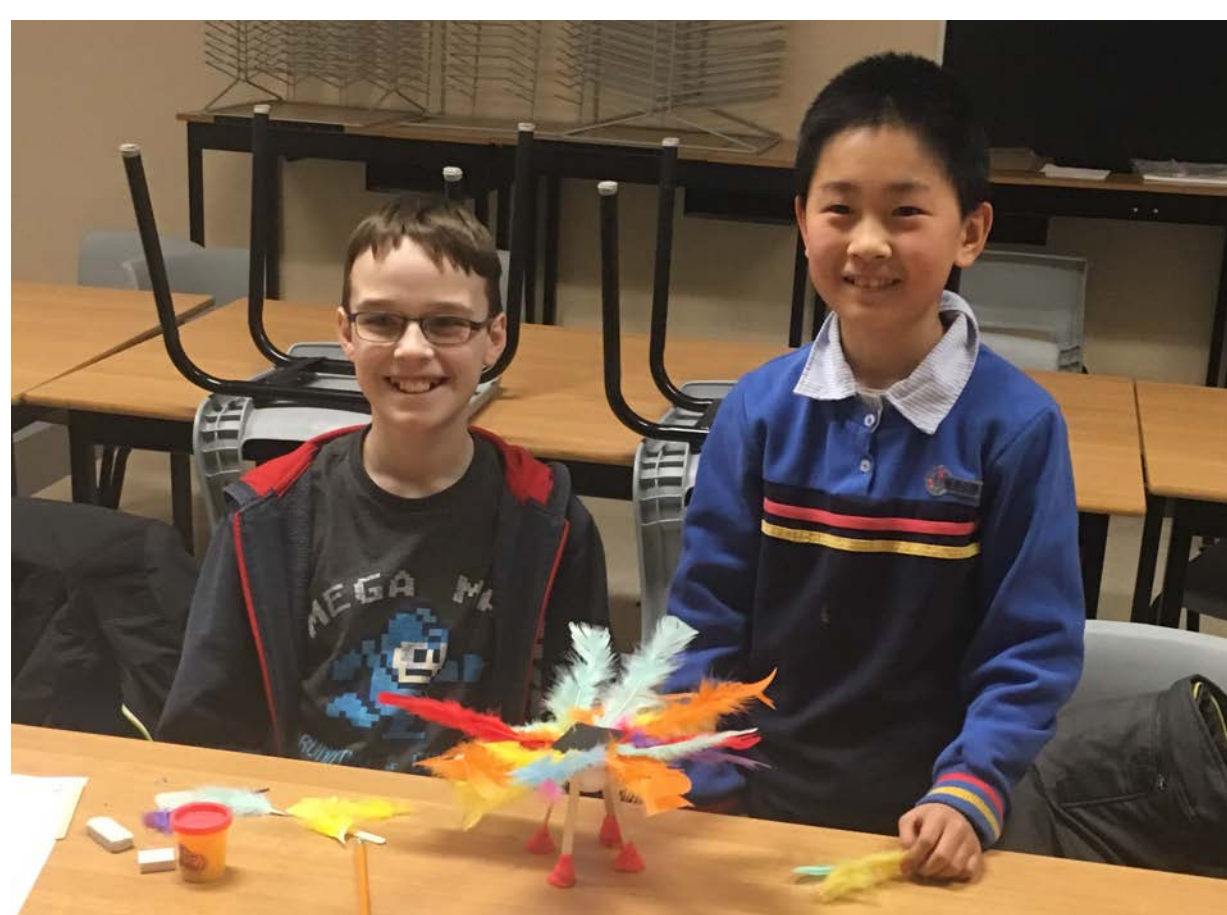
Where: Multiple School Locations

Why: Building on student strengths and interests to support school engagement



CAPE BRETON-VICTORIA REGIONAL CENTRE FOR EDUCATION

Let's Talk Science After School Program



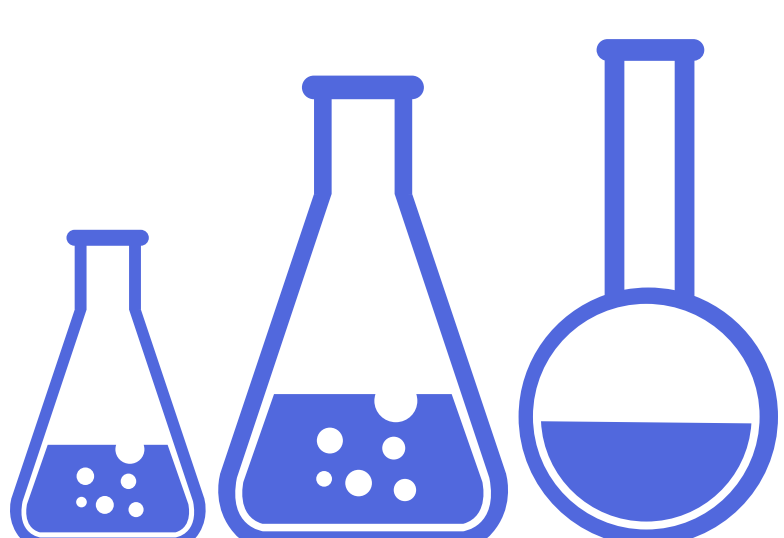
Who: Middle School Students from Oceanview Education Center and Breton Education Center

When: 6 sessions were offered after school from January - March

Where: Oceanview Education Center and Breton Education Center

What: Students had the opportunity to engage in educational hands-on minds-on activities that demonstrated how science affects the world around them.

Why: Provide an opportunity to expose youth to new and fun experiences with science.



Partners:

Cape Breton
University



let's talk
science
outreach



CHIGNECTO-CENTRAL REGIONAL CENTRE FOR EDUCATION

Grief Care: A Family Centered Approach

Who: 110 Professionals who work with families impacted by grief and bereavement

What: Inter-disciplinary and Inter-departmental professional learning day

When: February 21, 2019

Where: Debert Hospitality Center

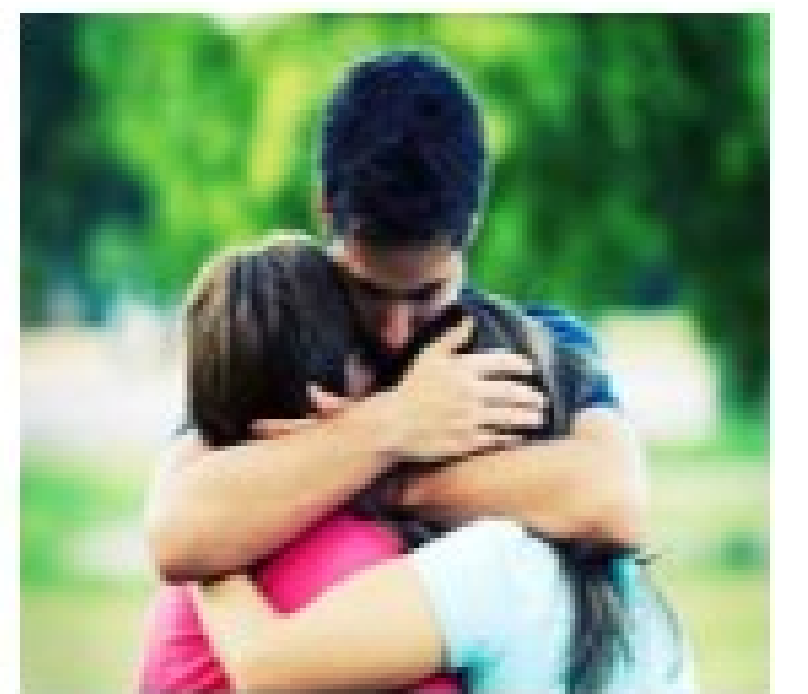
Why: Commitment to supporting healthy families



"Feedback from the day was very positive and most everyone expressed a need for more training in working with youth and families around grief."

- SchoolsPlus Facilitator
Tracey Shay

GRIEF CARE A FAMILY CENTRED APPROACH

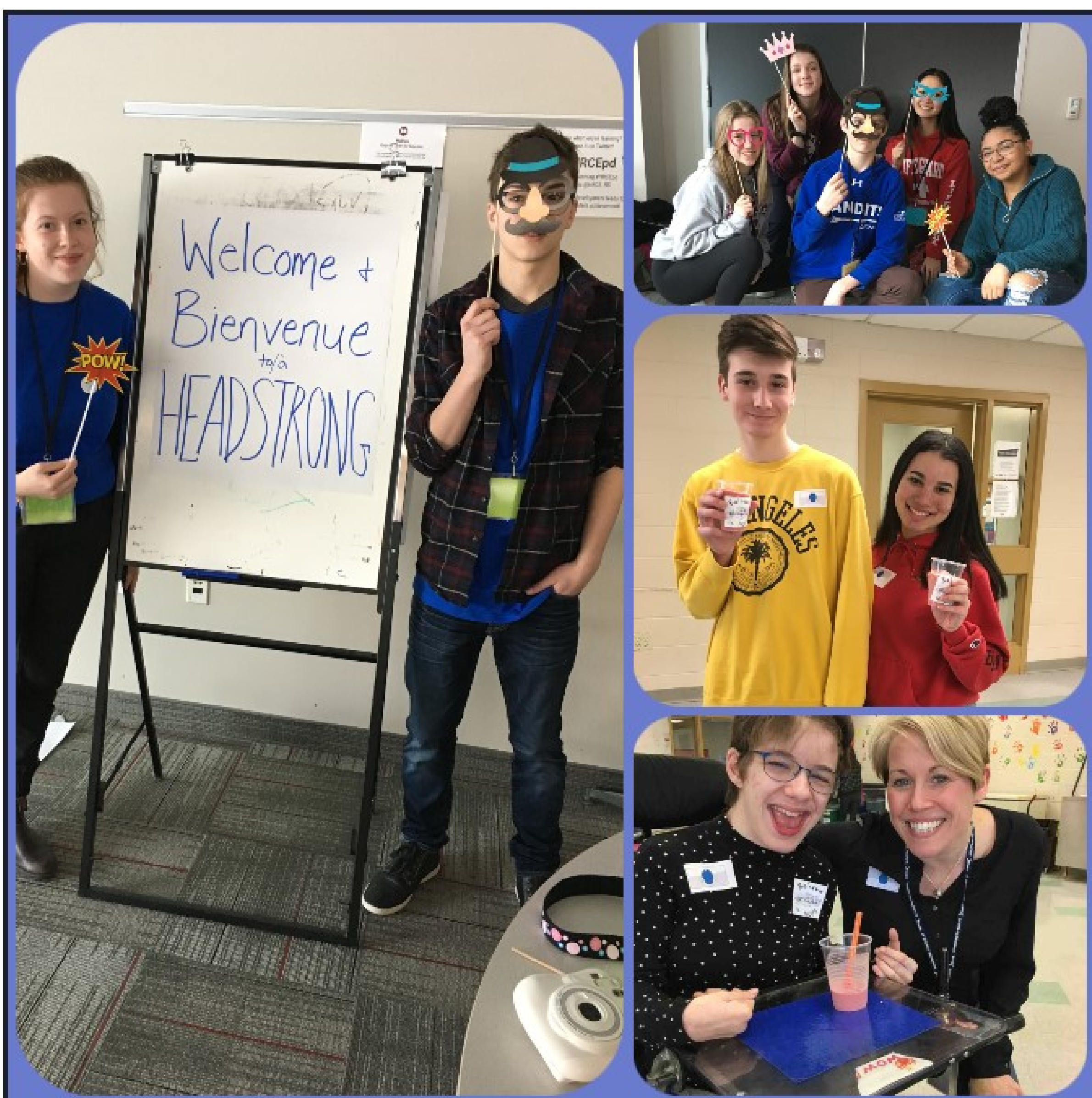


Partners:

Presenter Serena Lewis, MSW, RSW, Bereavement, Grief and Wellness Coordinator Northern Zone



CONSEIL SCOLAIRE ACADIEN PROVINCIAL Headstrong Summit



Who: Grade 9 students from Sommet, Carrefour, and HRCE Junior High Students

What: An evidence-based anti-stigma initiative

When: March 5, 2019

Where: Halifax Regional Centre for Education Office and follow up activities at CSAP

Why: Stigma is keeping youth from seeking help when they need it most

Partners:

EECD, HRCE, Mental Health Commission of Canada, CSAP, IWK & NSHA





HALIFAX REGIONAL CENTRE FOR EDUCATION

Community Shopping Day

Who: Families and Students

What: Community shopping day, where all proceeds went to support SchoolsPlus. The school gymnasium was opened for parents and families to be able to come in and get to shop for things that they may need. We had everything from clothes, shoes, household items to toys and books, as well as a table of goodies. All of the items received were generously donated. All left over donations were donated to a local organization for a future giveaway.

When: February 27th, 2019 from 1:00 pm - 3:00 pm

Where: Harbour View Elementary

Why: Responding to needs identified by the community



Partners: Dalhousie Nursing & Eastern College Child and Youth Care Worker Program

STRAIT REGIONAL CENTRE FOR EDUCATION

Learning Through Generations



Who: Grade 4 Students Felix Marchand Education Centre

What: Learning through Generations: Curling Skills

When: February – March 2019

Where: School Gymnasium and Local Curling Club

Why: Inter-generational Knowledge Transfer and Relationship Building



Partners:

Strait Area Curling
Club Members
&
High School Student
Volunteers Involved
with SP





SOUTH SHORE REGIONAL CENTRE FOR EDUCATION

Out of School Time Learning Grants

Who: Students and Parents

What:

- **Students (117):** Academic tutoring and small group social/emotional skill building
- **Parents (20):** School Psychologist Lead Parent Regulation Strategy Support

When: Feb-March 2019

Where: Multiple School Locations in SSRCE

Why: Increasing attendance, reducing anxiety, further assessment of learning needs, increasing parent skills to support learning

Student Evaluation: To be completed after completion of tutoring
This can be done verbally with a student or a student may want to draw a picture or write a story about their tutoring experience.

1. What grade are you in? 2 (age?) 7 1/2

2. What subject(s) did you work on with the tutor? Math / Spellings

3. Please check the most appropriate answer below:

	Yes	Somewhat	No
I feel more successful in school since I began tutoring.	<input checked="" type="checkbox"/>		
I participate in school programs/activities more since I began tutoring.	<input checked="" type="checkbox"/>		
I learned new things during my tutoring time.	<input checked="" type="checkbox"/>		
I felt the tutor helped me.	<input checked="" type="checkbox"/>		
I had fun being tutored.	<input checked="" type="checkbox"/>		
I would tell my friends about tutoring.			<input checked="" type="checkbox"/>

Partners:

**Chester Recreation,
Through the Years Daycare,**

TRI-COUNTY REGIONAL CENTRE FOR EDUCATION

#LoveYourSelfie Program



Who: Yarmouth SchoolsPlus and Grades 3 to 6 female-identifying students.

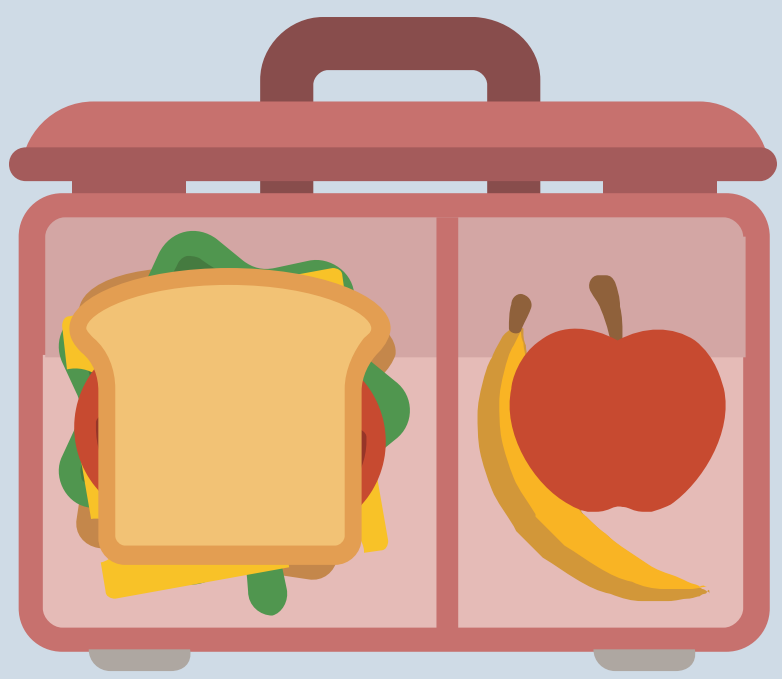
What: A self-esteem, self-love, and empowerment program that utilizes self-reflection, compliments, affirmations, art activities, and group discussions to engage with students.

When: Held weekly on Mondays over lunch starting on January 28th, 2019.

Where: At Port Maitland Consolidated School

Why: To increase self-esteem, confidence, self-love, and build coping skills for female-identifying elementary students in a fun, interactive program.





KITCHEN BRIGADES

Making Food Literacy Skills Fun!



Kitchen Brigades has been a partner organization working with SchoolsPlus across the province to ensure that young people have access to a unique, high quality extra-curricular activity. The program has been a huge success with Nova Scotia students who enjoy the hands-on learning opportunity that allows them to connect with peers and build food and nutrition related competencies. Students gain important life skills and have a mentorship opportunity to work with a local Chef and learn about food within a community context. Kitchen Brigades supports the 2018 Health Canada Food Guide which encourages Canadians to prepare their own meals and share them with family. Kitchen Brigades is supported nationally from the La Tablee des Chefs. <https://www.tableedeschefs.org>

Recent SchoolsPlus Nova Scotia Locations:

- Glace Bay High School
- Amherst Regional High School
- West Hants Middle School
- Berwick & District School

The Partnership Continues:

CSAP have 2 schools booked to run this program in French with Kitchen Brigades in the Fall. École BeauPort in Arichat and Centre Scolaire Étoile de l'acadie in Sydney. As well as running the program CSAP have been asked to participate in a filming of the program.

Kings East in AVRCE has a Chef secured and all their supplies purchased to begin in the Fall.

West Hants has found the program to be so successful that they will be offering the program in three schools this coming school year; West Hants Education Centre, Avonview, and West Hants Middle School.

Program Objectives

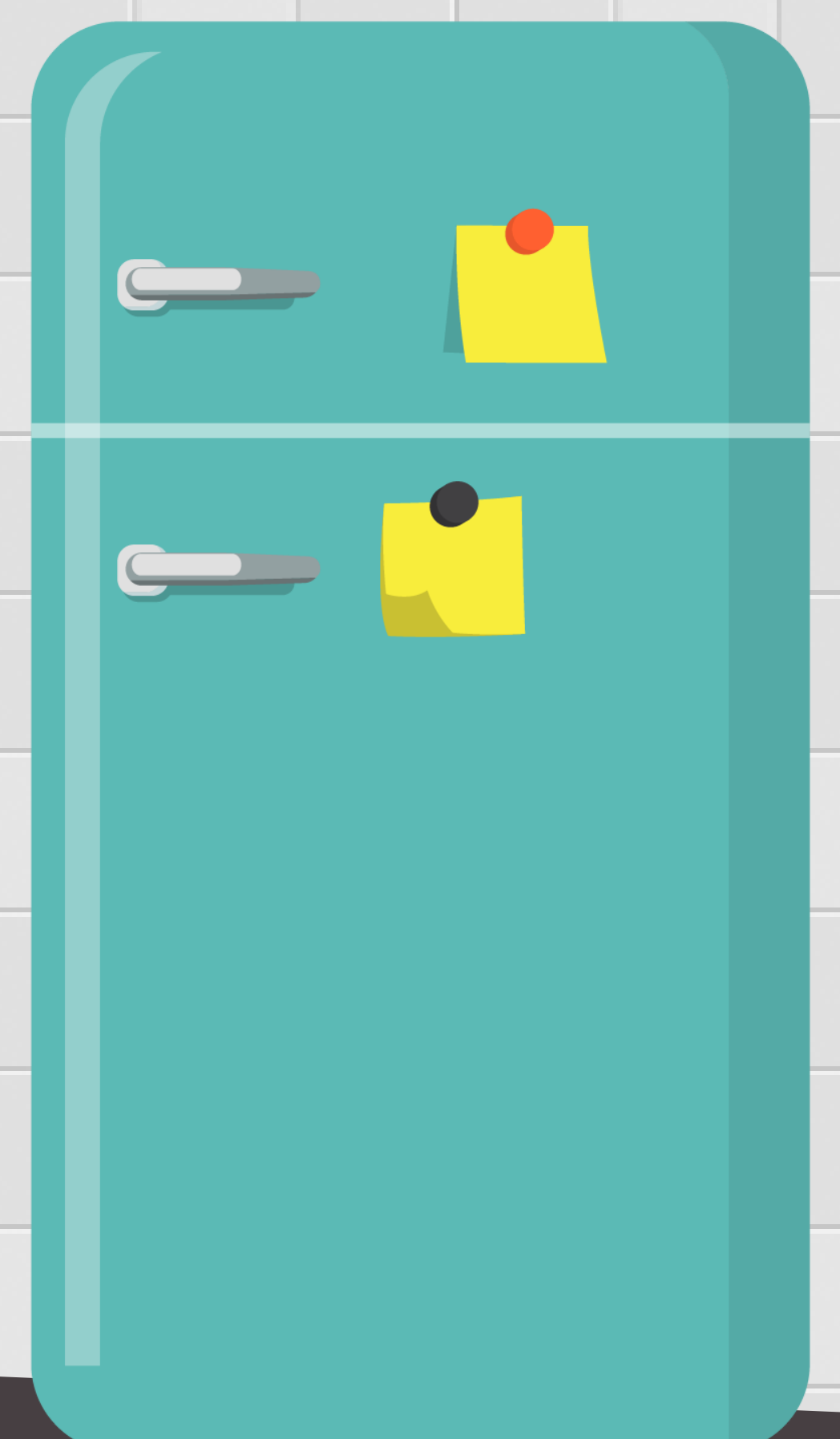
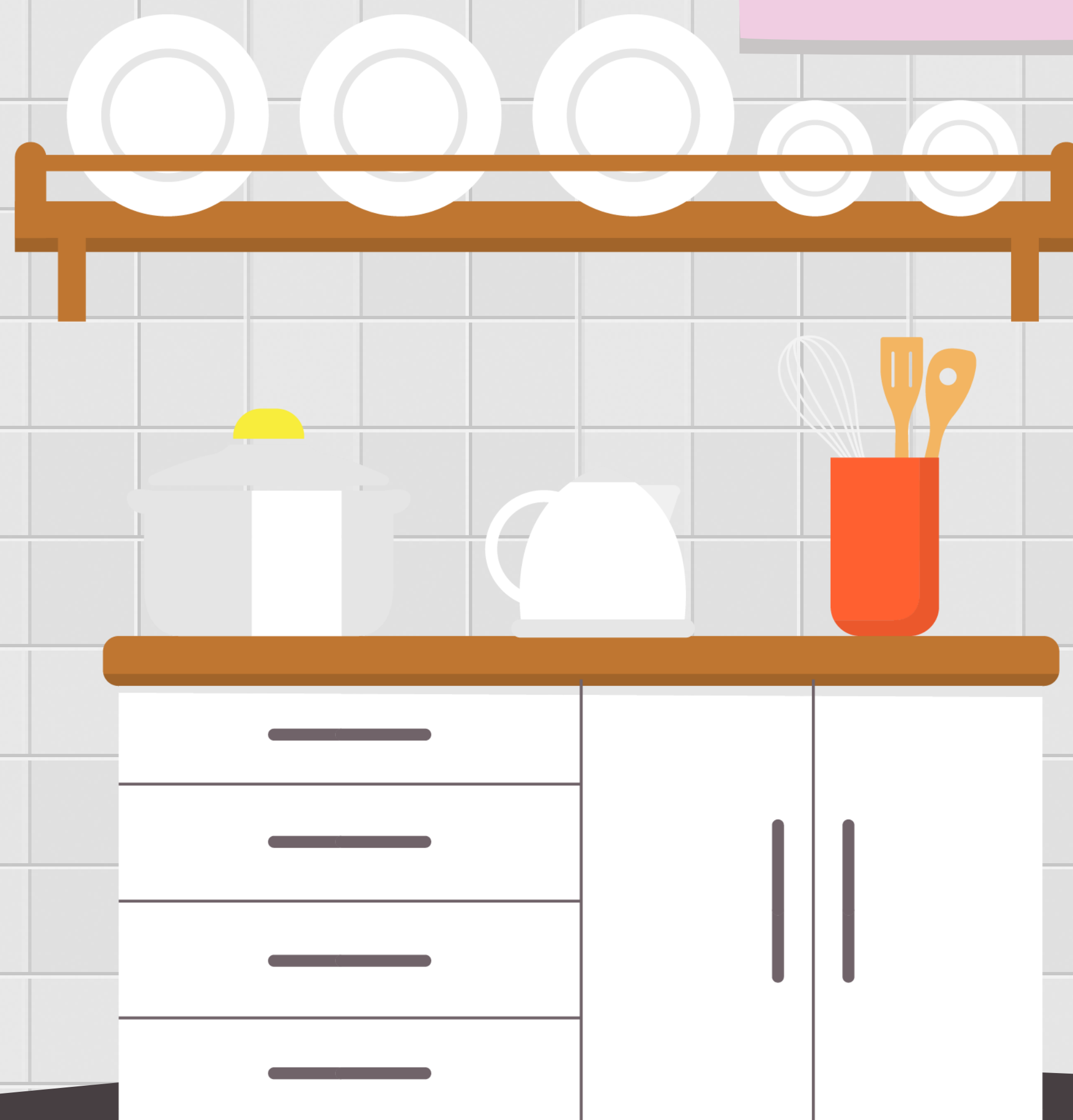
- ✓ Introducing students to cooking and healthy eating.
- ✓ Allowing students to become agents of change or "Nutritional Leaders" in their communities.
- ✓ Involve students in their school life through various culinary challenges

Partnership Support

- Coordination of a local chef who purchases ingredients and provides local leadership to the workshops
- Promotional materials (aprons, recipe books, posters etc.)
- A financial contribution to cover costs of food for the program

Expected Outcome

After participation in the program, students can expect to have a better understanding about food preparation, nutritional health, food safety, food recovery and food issues in the community.



Kitchen Brigade!

"We found this program not only brought about real confidence in the students, it helped them to build essential life skills. It supported engagement of students who were not connecting as readily to other extra-curricular programs. It also supported peer relationships among students who did not have opportunity to connect in other settings."

- Emilie Smith, SchoolsPlus Facilitator, West Hants



March Break

Free Skate at the Al MacInnis Sports Center

SchoolsPlus and the Inverness County Department of Recreation are pleased to offer a free skate event on Friday, March 22, 2019!



11:00-12:00 – Grade 7 & 8 students
12:00-1:00 – Grade 9-12 students

Hot chocolate and snacks will be provided

This form must be completed and returned on the day of the event at the arena in order to participate. Please note that a helmet must be worn at all times on the ice.



Journée filles pendant le congé de mars

Détails

Où : À l'École secondaire de Glace dans la cafétéria
Quand : Le mercredi 20 mars de 10 h à 15 h
6^e à la 9^e année
Coût : GRATUIT ☺

Venez participer à divers activités :

- o Colorier
- o Bricolage
- o Relation Saine bingo
- o Bien-être bingo
- o Yoga
- o PLUS D'ACTIVITÉS!

Inscrivez votre enfant avant le **jeudi 14 mars** avec Lianne Comeau, intervenante des ÉcolesPlus, au 902-778-2058 ou par courriel au comeaula@sepe.ca.



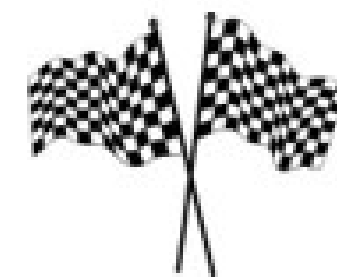
Digby SchoolsPlus

FREE Healthy Cooking & Lifestyle Camp

Open to Grade 4-7 students who attend Digby County Schools



Join DigbySchoolsPLUS Team for a fun filled day as we explore food, nutrition, and prepare a healthy meal. The fun continues as we play the Amazing Race and complete mystery Challenges.



Date: Tuesday, March 19, 2019

Time: 10:00am - 2:00pm

Place: DRHS Family Studies Room

Register your child(ren) as soon as possible as spaces are limited!
Maximum 15 students per class First come, first served!
Children must be registered in order to attend



MARCH BREAK PROGRAMS

SPONSORED BY SCHOOLSPLUS
GLACE BAY/NEW WATERFORD

- Come out and enjoy some activities with your friends during March Break!
- All programs are **FREE** of charge
- Registration is required (please note the grade level and location of program prior to registering)
- Space is limited.
- Please register by Thursday, March 14.
- For more information or to register for any programs please phone Kerri Fernandez at 902-849-2142.
- Please bring signed permission slips and consent form the day of the program (do not return to the school).
- SchoolsPlus Elementary programs are available to students who attend the following SchoolsPlus schools: Donkin, Glace Bay Elementary, JBC, St. Anne's, Greenfield Elementary and Tompkins.



Monday, March 18th

9:00am-11:00am ~ Grades Primary-2
11:30-1:30pm ~ Grades 3-5
Location: John Bernard Croak

Fun Day!!

Come out and have fun with all kinds of games/activities in the gym. Bring indoor shoes and a water bottle!

Tuesday, March 19th

10am-12pm ~ Grades Primary - 2
Location: Greenfield Elementary

Creative Corner

Have fun making crafts and slime with friends. We will even have a science experiment or two.

Tuesday, March 19th

5:30pm-7:30pm ~ Grades Primary - 2
Location: OVEC

You & Me Paint Night

Parent/Child paint night. Have fun together during this instructor lead paint session. Both of you will go home with a painting to display. No artistic experience necessary.



Self-Esteem Group