



# NEWSLETTER

September - December 2020



## September 30th Orange Shirt Day

The "orange shirt" in Orange Shirt Day refers to the new shirt that Phyllis Webstad was given by her grandmother for her first day of school at St. Joseph's Mission residential school in British Columbia. When Phyllis got to school, they took away her clothes, including her new shirt. It was never returned. To Phyllis, the colour orange has always been a reminder of her experiences at residential school and, as she has said, "how my feelings didn't matter, how no one cared and I felt like I was worth nothing. All of us little children were crying and no one cared."

Today we honor Phyllis story, by wearing an orange shirt!



## Winter Hat and Mitten Drive

East Hants SchoolsPlus is collecting  
Infant - Adult sizes  
Hats, Mitts and Scarves



Schools  
Écoles **Plus**

**Drop off:**  
**November 7, 2020**  
**11:00 - 2:00 pm**

**East Hants Family Resource Centre**  
**(224 NS-214, Elmsdale)**

All items collected will be given to local food banks to distribute to families in need. Please note we will be adhering to Public Health Protocols with Masks & Physical Distancing.







# September - December

## In Pictures





SCHOOLSPLUS PRESENTS:  
**HALLOWEEN PAINT DAY**  
When: October 30th @ 2:30-4:00 PM  
Who: Students in Grades 6-8  
Where: Riverside School  
FREE OF CHARGE  
**\*\*MUST REGISTER TO ATTEND  
LIMITED SPACES AVAILABLE\*\***  
To register please contact Shaelyn at  
902-574-1428









# September - December

## In Pictures



### 12 Days of Holi-YAYS

- Dec 23rd- Cone Tree Edible Craft
- Dec 24th- Reindeer Food
- Dec 25th- Reindeer Race
- Dec 26th- Ornament Making
- Dec 27th- Holiday Coloring
- Dec 28th- Reindeer Headband
- Dec 29th- Holiday Puzzle Pack
- Dec 30th- Ginger Bread House
- Dec 31st- Time Capsule
- Jan 1st- New Years Resolution
- Jan 2nd- Hot Cocoa & Charades
- Jan 3rd- Sledding/Skipping Rope



Crafted for SchoolsPlus by a Parent





# FEATURE STORY

## SchoolsPlus Professional Development Partnership



### Professional Development Partnership

#### *SchoolsPlus Mental Health Clinician Facilitator/ Leaders and Managers Professional Learning*

Professional learning workshop provided by IWK Mental Health and Addictions.  
Presented by Jeff Thoms - MSW RSW - Clinical Social Worker, and  
Dr. Aimee Coulombe - PhD, Registered Psychologist

This year our Annual PD Day, affectionately known as the Debert gathering for SP Mental Health Clinicians and SchoolsPlus Facilitators/Leaders and Managers, was held on-line using our Tele-Education Platform, to align with current health protocols and gathering limits. Sessions were held on Nov 19th & Dec 3rd.

Presentations were led by IWK Mental Health and Addictions, focusing on case formulation and the complexities of concurrent disorders and treatment of substance use. Thanks to Jeff Thoms and Dr. Aimee Coulombe, for leading this excellent learning opportunity.

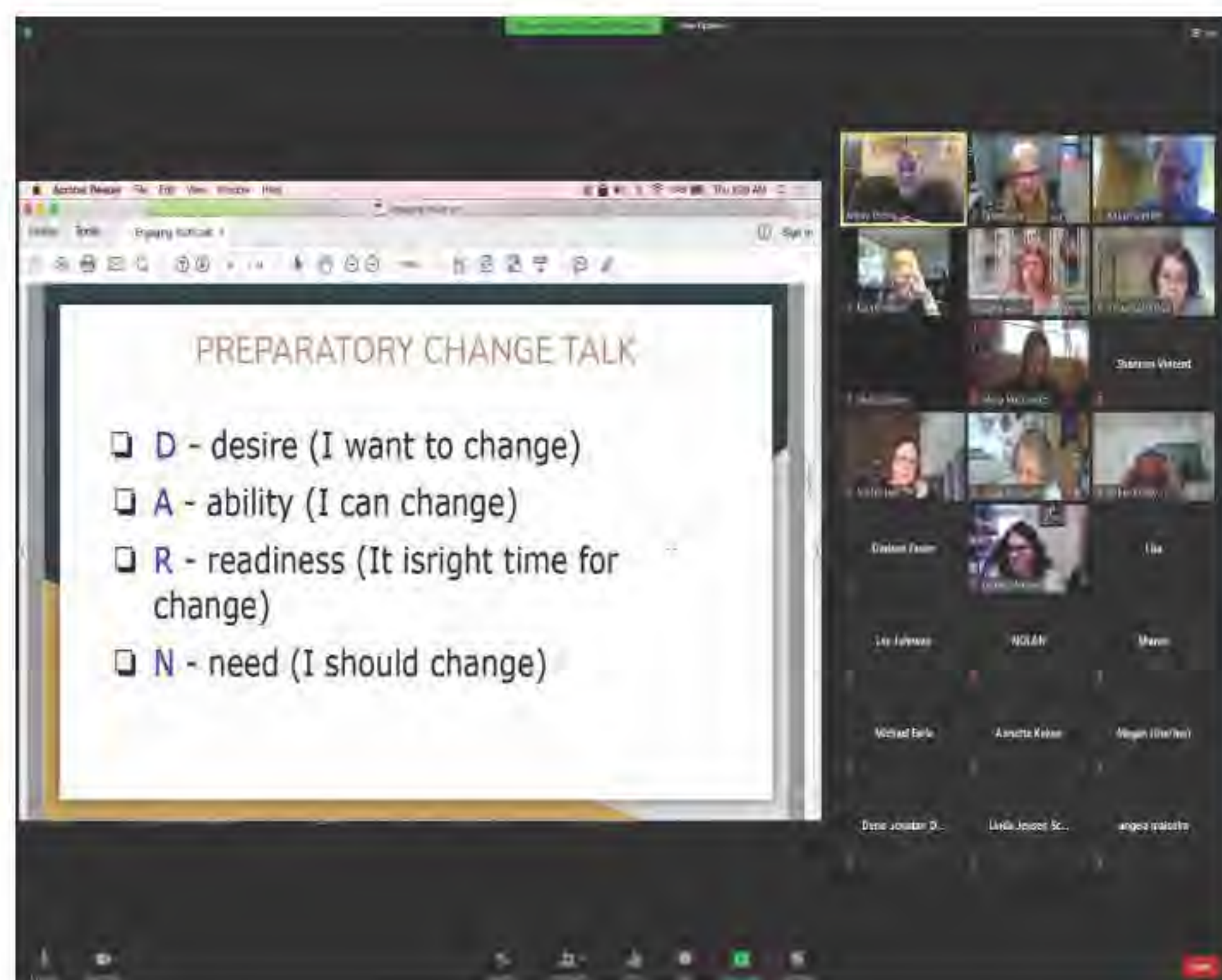
To all of our participants, thanks for joining on- line, and with great hopes we will gather in person next Fall.

\*\*\*\*\*

SchoolsPlus was fortunate to join our partners in the annual Incredible Years Facilitators Training program, sponsored through the IWK Health Centre. This year we joined the sessions virtually on October 5-9th, this program is a key piece in offering supportive programs to parents of young children. SchoolsPlus is pleased to take part in this training effort, and we continue to build our capacity to deliver throughout Nova Scotia.

\*\*\*\*\*

Additionally, we were pleased to join on online. The "Tips for Virtual Care" delivery offered by Heather & Cheyenne Community Health excellent guidance in delivering group programs on -line.







# ANNAPOLIS VALLEY REGIONAL CENTRE FOR EDUCATION

## Chilled Teens Anxiety Group

**Who:** SchoolsPlus Mental Health Clinicians. West Hants Middle School students in grade 7 and 8

**What:** Chilled Teens is a 10-week evidence-based group program for teens who experience anxiety. Parents are encouraged to take a supportive role in this program, therefore, there are two optional evening sessions for parents and caregivers to attend about parenting a teen with anxiety.

**When:** August 27 - October 29

**Where:** Virtual

**Why:** The aim of Chilled is to help participants; build skills, spend less time worrying, and gain confidence



# CAPE BRETON-VICTORIA REGIONAL CENTRE FOR EDUCATION

## Healthy Relationship



**Who:** Grade 9 students.

**What:** SchoolsPlus staff are currently offering 'Healthy Relationships' programming that focuses on topics from the Healthy Relationships for Youth curriculum, developed by the Antigonish Women's Centre. The topics include healthy relationships; communication; boundaries; stereotypes and pop culture; hyper-sexualization and hyper-masculinity; consent; and drug and alcohol usage.

**Where:** Memorial High School and Cabot Education Centre.

**When:** October 2020 - March 2021

**Why :** Healthy Relationships is an excellent resource developed by our partners, the Antigonish Women's Center, in prevention of violence and promotion of health relationships. Implementation of this program aligns with our SchoolsPlus model and goals for safe and healthy schools and communities.







# CHIGNECTO-CENTRAL REGIONAL CENTRE FOR EDUCATION

## Fun Activities, Indoors and Outdoors



**Who:** Students and SchoolsPlus staff throughout Cumberland County

**What:** Pumpkin Carving Contests were held online, and additional activities were held on Thursday and Fridays at schools. Many other activities as possible were held outdoors like Wood Carving; Parachute Games, and much more!!

**When:** Fall 2020

**Where:** Cumberland County schools

**Why:** Create community through fun, develop skills, and adapt new activities outdoors.



# CONSEIL SCOLAIRE ACADIEN PROVINCIAL

## Nourish Your Roots



**Who:** SchoolsPlus CSAP Central Region, CSAP Parent Navigator, CSAP African Nova Scotia student support workers, Nourish Your Roots and a nutritionist.

**What:** Nourish your Roots was offering a grant for emergency funding for food efforts. SchoolsPlus offered family food boxes that had healthy recipes for school lunch and snacks ideas. The recipes that we offered the families were recipes encouraged to be prepared as a family activity. The families were provided with all the ingredients to make the recipes. Each food box was worth approximately \$125. We were able to provide boxes for 24 families in our metro school as well as for École Acadienne de Truro & Center Scolaire de la Rive-Sud. We asked a nutritionist that had worked in our schools, to provide us with healthy recipes.

**When:** September 2020

**Where:** Metro region, Truro and Bridgewater

**Why:** We had heard from a lot of parents, that due to Covid-19 restrictions, they were challenged in providing new ideas for lunches & snacks. We also recognized it can be difficult for families to provide these things for the children due to financial stress.







## HALIFAX REGIONAL CENTRE FOR EDUCATION

### Viking Hoop Challenge



**Who:** Herring Cove Junior High

**What:** Through daily announcements, hallway posters and any on-going student display in the gym; we helped keep all students engaged by keeping track of their progress. We built a positive "Heart and Spirit" identity for the entire school to embrace. The program ran daily for over 3 weeks within public health & safety guidelines. This "challenge by choice" cooperative school event offered a light hearted competition, for all students to participate, and also included staff !!

**When:** Fall 2020

**Where:** Gym class, cohort home room class, 11 home rooms.

**Why:** This helped build youth engagement, built capacity for health and wellness.



## STRAIT REGIONAL CENTRE FOR EDUCATION

### Community Kitchen



**Who:** SchoolsPlus & the Municipality of the District of Guysborough Recreation Department

**What:** Grade 12 Community Kitchen, free classes for a meal and tips on making your favorite dishes healthier.

**When:** November 3, 13 and 25th

**Where:** At the Chedabucto Lifestyle Complex Kitchen, Guysborough

**Why:** Promoting healthy eating & food security



**COMMUNITY KITCHEN**  
GRADE 12'S PLEASE SIGN UP WITH  
Christina Bowler  
Liz MacIntosh

Pre-Registration is required.  
SCHOOLS PLUS & THE MUNICIPALITY OF THE DISTRICT OF GUYSBOROUGH'S RECREATION DEPARTMENT PRESENT:

**GRADE 12 COMMUNITY KITCHENS**

NOVEMBER 3RD 11:00 AM TO 12:30 PM  
NOVEMBER 13TH 12:00 PM TO 1:30 PM  
NOVEMBER 25TH 12:00 PM TO 1:30 PM

At the Chedabucto Lifestyle Complex Kitchen  
60 Green Street, Guysborough

JOIN US ON YOUR FREE CLASS FOR A MEAL AND TIPS ON MAKING YOUR FAVOURITE DISHES HEALTHIER





# SOUTH SHORE REGIONAL CENTRE FOR EDUCATION

## Skateboarding Event

**Who:** SchoolsPlus in Queens County

**Partners:** Second Story Women's Centre; Department of Recreation; Lahave Women's skateboard crew #SKATEINTHESLOWLANE

**What:** Skateboarding event for female identifying children/youth/adults. A guest appearance from Lahave Skateboard crew Norm Amirault from Dept of Rec helped make the event smooth, and provided skateboards, helmets and pads to loan out to any individuals wishing to try out skate boarding. This event has led to increased collaboration between Recreation and SchoolsPlus for future initiatives. During the event, special guest, Jason Skinner, a graduate of NSCAD fine arts led a fun chalk painting exercise. T-Shirts were provided in-kind by Second Story and distributed by Schoolsplus Facilitator Shannon Vincent. They also shared Moosehide campaign cards which were distributed to all male identifying individuals at the event; one participant went to his vehicle to retrieve a better sweater to highlight the Moosehide message!! <https://moosehidecampaign.ca/> There were giveaways, music and a whole lot of fun!!

**When:** Nov 15, 2020 from 1-3:00 PM

**Where:** Liverpool skate park (by Queens Emera Centre)

**Why:** This event was designed to create a safe space for girls in Queens County and connect them with positive female role models in a skateboarding community.



# TRI-COUNTY REGIONAL CENTRE FOR EDUCATION

## Free Store



**Who :** Digby Regional High School, St. Mary's Bay Academy and Digby Elementary School in Tri-County Regional Centre for Education.

**Partners :** The Digby County SP team ( 2 Community Outreach Workers, 2 Child & Youth Care Practitioners, 1 Parent Navigator and 1 SchoolsPlus Facilitator ) continue to focus on supporting students & their families. In collaboration with multiple community partners, they are supporting families through the many challenges of navigating through Covid-19. Partners include TCRCE; Farm Market: Superstore; Clothing retailer; Digby and Area Community Health Board

**What :** "Free Stores" have been set up in schools to provide students in need of non-perishable food item snacks clothing & hygiene products. The schools entered a partnership with a local Farm Market to create a Food Box Program. Once a week a family is identified, to receive a box of meat, fruit, vegetables etc. The Food for Thought Program partnered to provide a lunch program offered to the students of both DRHS & DES. Virtual Cooking Classes were offered by The Superstore and hosted by their Dietitian. The Superstore provided participants with cooking kits. One of our schools received clothing donations such as winter coats, hats, mittens, etc. A local retailer hosted a winter clothing drive. The High School called it - The Clothesline! Wellness funds were received from the Digby & Area Community Health Board along with substantial supports from community members to purchase 20 pairs of snow pants and 2 winter jackets, for the elementary school.

**When :** Throughout the Fall and Winter of 2020-21

**WHY :** This focused effort and partnership was in recognition of the challenges imposed by COVID-19, and to support our students return to school in the best way possible.





# SchoolsPlus Value our Partnerships



Our partners engage at all levels of delivery within our school communities.

Additionally SchoolsPlus staff benefit from the numerous professional development collaborations with other organizations, enabling us to keep our knowledge and skills up to date while benefiting from cross-disciplinary approaches and networks.



## Here are a few SP Partnership Highlights:

The Annapolis Royal Home Hardware toy drive helped many families this Christmas season. Home Hardware partnered with SchoolsPlus to have the toys distributed to families in our area who could use a helping hand this holiday. The spirit of Christmas was shared by all in this endeavor.



Annapolis SchoolsPlus received a \$350 donation from Inclusive Opportunities Association in October 2020.

Executive Director Jaymee-lynn Dowell said "I'm so glad we could help! Your programs help make inclusion and accessibility possible by providing opportunities for students who may deal with a financial barrier to access the same things other kids can access."





# SchoolsPlus Value our Partnerships



**Who:** SchoolsPlus team in Antigonish partnered with Family Services of Eastern Nova Scotia (FSENS) to create the SchoolsPlus Community Bike Shop

**Partners:** SchoolsPlus, FSEN, Standing Together Initiative (An initiative to prevent domestic violence)

**What:** Through a grant from the Standing Together Initiative, SchoolsPlus and FSEN teamed up to purchase a shed and equipment to enhance their bicycle program.

The shop is a beautiful 12' by 14' all season shed, equipped with a dozen bikes, scooters, and helmets to accompany children of all genders and ages. Along with providing students with a fun and healthy activity, it also doubles as a repair shop.

When available, RCMP have donated bikes that require repairs and some of the older students work on the bikes and donate to families. This shop allows SchoolsPlus staff to conveniently engage in a fun and healthy activity during and after school with our students. The bikes provide not only great exercise for all, but also a tremendous way to bond with the students.

**When:** Bike program is ongoing, but the shed is an exciting milestone opened early Fall

**Where:** Antigonish, Antigonish Education Centre, Saint Andrew Junior School, and Dr JH Gillis Regional High School,

**Why:** Provides a great afterschool hobby for students of all ages

**Quote from Student:** Students excitedly await their turn in the shed. A grade 6 student said "My day in the shed is on Thursday and I look forward to it all week! It is the highlight of my week and I just love it".

## Strait Regional Community Garden

We have been involved for the past three years with the garden and our students help to plant and grow seedlings in their classrooms. Our students from Pre-Primary to Grade 8, the local daycare and Family Place's "mom and tot group" come out to help plant, till and harvest from the Helping Hands Community Garden.

This partnership has been a great opportunity to work with the community as well as engage intergenerationally as the garden is located at our local senior home. All produce is given to our local food bank as well as families in need who are facing food security issues, especially this year. Not only have our students learned the importance of growing their own food but also have helped build, repair, and nature our garden.







# Highlights from our Staff

SchoolsPlus staff seek a variety of ways to come together to share knowledge, promote or honor special events, and create a community hub and place of belonging for all students, staff and community. A few highlights this season include...

## Halifax Regional Centre for Education Orange Shirt Day

September 30th is Orange Shirt Day when we honor the Indigenous children who were taken from their families to attend residential schools in Canada. Wearing orange shirts is a symbol of our need to understand that history, and an important acknowledgement of its lasting impacts. For schools, it is part of our work together, in response to our ongoing efforts to further the goals in Truth and Reconciliation. Across the country, orange served as a symbol of solidarity, particularly important in our schools.



On October 30, 2020 the SchoolsPlus Team of Pictou County East and West, including the newest members, the Child and Youth Care Practitioners, as well as new SP Mental Health Clinicians, for a total of 11 members, came together. SchoolsPlus Pictou County Day was an opportunity to exchange knowledge, ideas, and debrief amongst the SchoolsPlus staff. The day was held at Northumberland Regional High School, Pictou West Hub Site. This was the first opportunity since Covid-19 to hold a face-to-face exchange. It was an opportunity to also have some self-care, enjoy some food treats, following our intensive efforts to respond to students and families during this very busy time. This was a time to reflect and reset as a team.

## SSRCE Staff Partake in a Social Distance Christmas





# Group Programming

Mask Donated to Pictou West



Barrington Municipal High School students practiced new sewing skills and created cloth masks fitted to each student individually.



SRCE Community Garden





## "A GIRL" Sports and Leadership

WHERE: MALCOLM MUNROE MIDDLE SCHOOL  
 WHO: FEMALE STUDENTS OF MALCOLM MUNROE MIDDLE SCHOOL  
 WHEN: FRIDAY'S FROM 3:00-5:00PM  
 DATES: OCTOBER 30, NOVEMBER 20, NOVEMBER 6,  
 NOVEMBER 13, NOVEMBER 27

\*REGISTRATION REQUIRED\*  
 \*LIMITED SPACE AVAILABLE\*  
 FREE OF CHARGE  
 TO REGISTER CALL DARLENE AT 902-574-1387

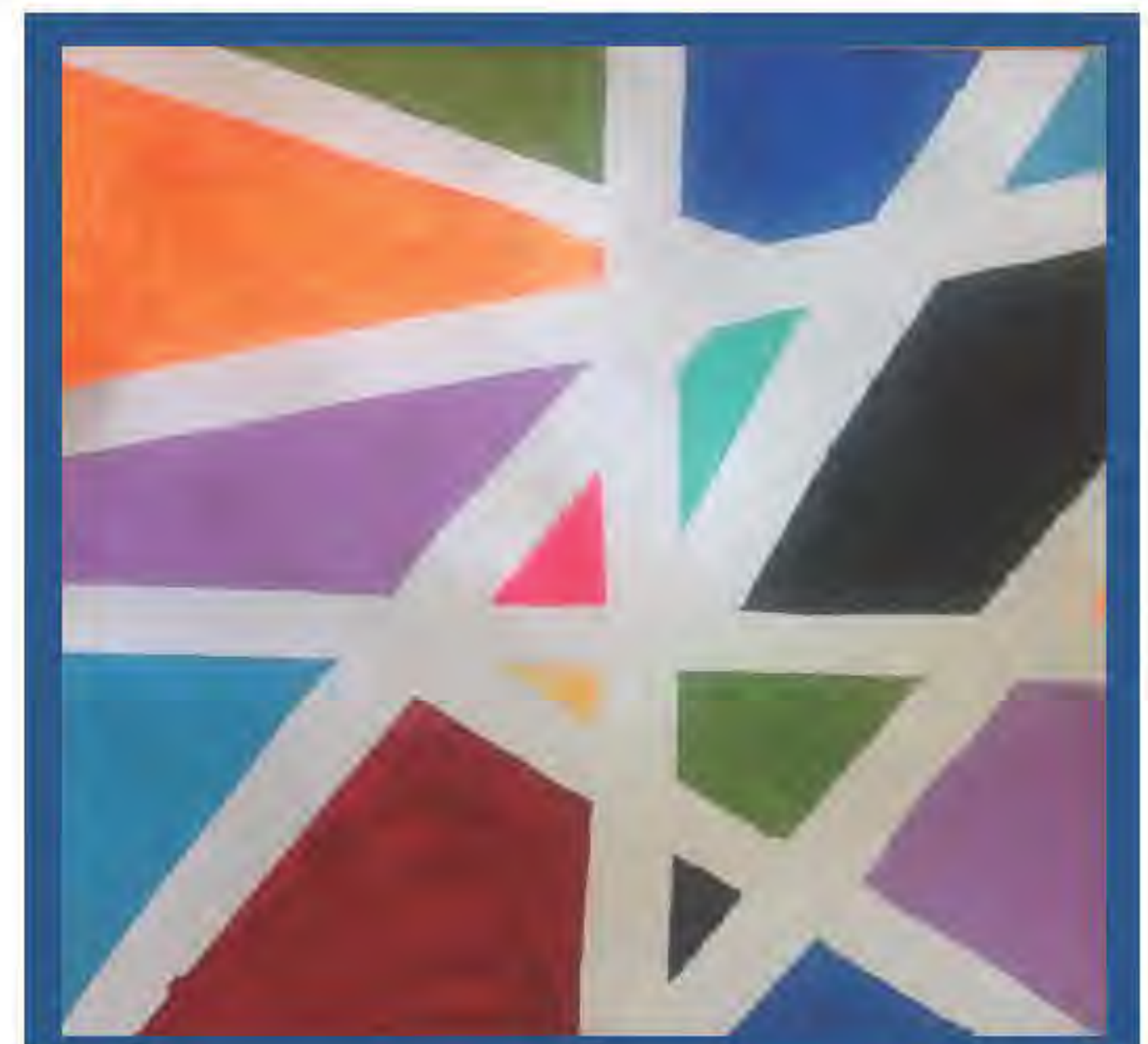
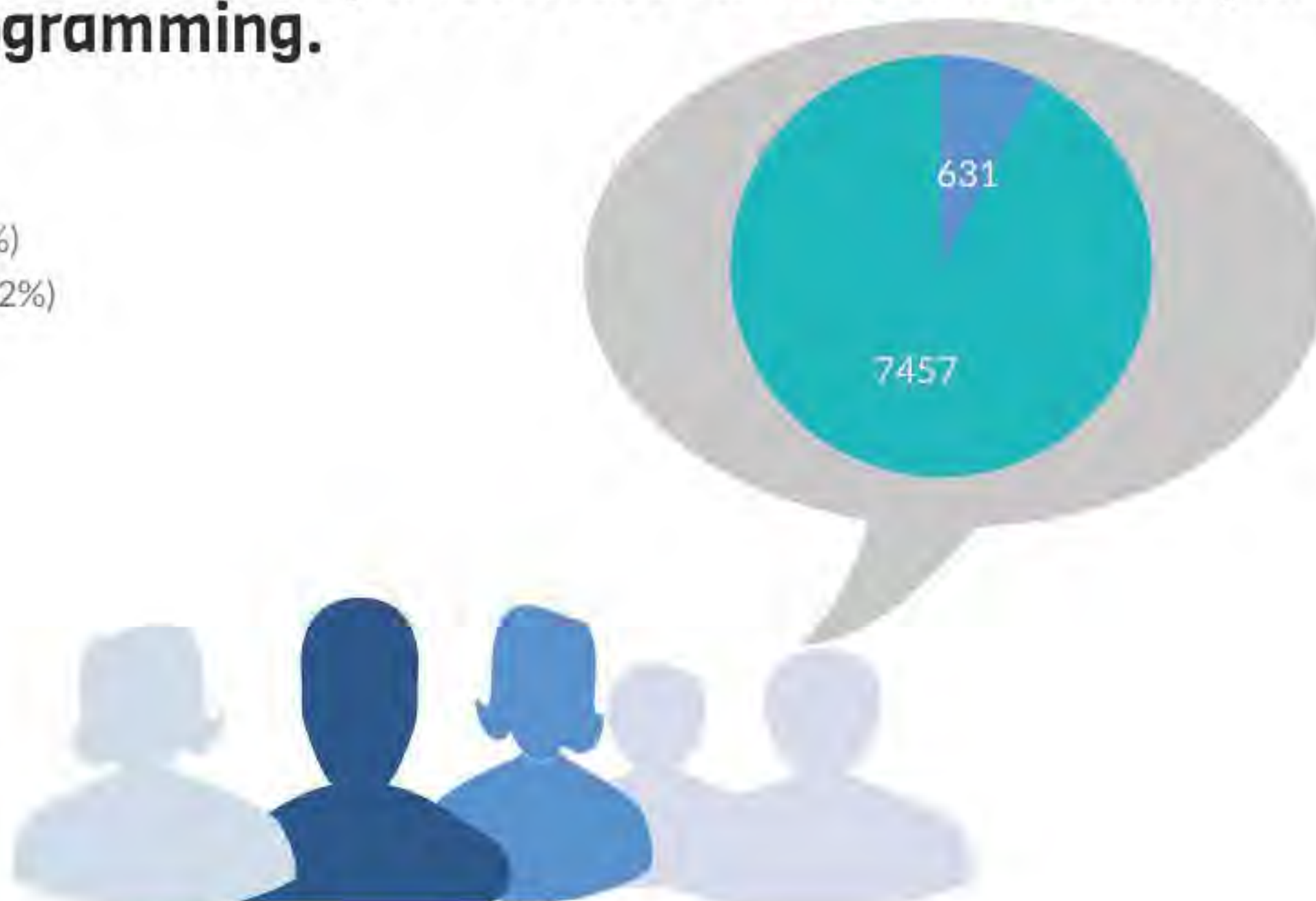







The total number of spaces offered to children and parents to attend in group programming.

Parents (7.8%)  
 Children (92.2%)





powered by



**PIKTOCHART**