

NEWSLETTER

Schools
Écoles **Plus**

September - December 2025



TCRCE



CBVRCE



At Millwood Elementary, the SchoolsPlus team and students adapt as they go! Outdoor soccer quickly turned to indoor soccer on a rainy day. Learning soccer skills and social skills at the same time!

HRCE

SCHOOLSPLUS & COMMUNITY PARTNERS

COMMUNITY HARVEST FALL FUN DAY

Join us for a day full of:

- Games & Prizes
- Tractor Rides
- Animals
- Photo Booth
- Snacks
- ...and more!

FRIDAY, OCTOBER 24, 2025

10:30 AM – 1:30 PM

PUGWASH FARMERS' MARKET



Support Needed!!

Any Dr.J students interested in supporting grade 3 and 4 students at Antigonish Education Centre with their run club afterschool please email marisa.murphy@srce.ca or stop by the Health Centre to speak to Andrea.

Run Club is Mondays after school 2:30-3:15pm weather permitting. Transportation can be provided to Antigonish Education Centre for students who need it.

You do not need to be a runner!! You can run or you will be asked to encourage students who are running.

Together We Thrive in Community

Join Our Supportive Circle Today. First meet up is October 23rd at Novel Tea in Truro 10:00am - 11:30am. See you there! All beverages will be provided. We will meet every Thursday at a different location.

WE ARE HERE TO LISTEN, COLLABORATE AND SUPPORT

A welcoming space for parents, grandparents and caregivers to connect, share challenges, and celebrate victories together.

Drop ins are Welcome or register at: Megan Moody, Parent Journey at Maggie's Place
Megan@maggiesplace.ca or Marcia Gamble, Parent Navigator
Schools Plus
gamblemm@ccrce.ca



SAFE & SOUND HALLOWEEN

THURSDAY OCTOBER 30TH!

WITH SCHOOLSPLUS & AUTISM NOVA SCOTIA

JOIN US FOR ANOTHER YEAR OF OUR ACCESSIBLE AND SENSORY FRIENDLY HALLOWEEN EVENT! THIS WILL BE A SAFE SPACE FOR CHILDREN WITH SENSORY SENSITIVITIES TO ENJOY HALLOWEEN FESTIVITIES

LIMITED SPACE AVAILABLE! GROUPS OF 20 PEOPLE AT A TIME TO REGISTER AND BE GIVEN A TIME SLOT.
EMAIL: gracie.dentremont@tcrc.ca
TEXT: (902)740-1993

WHEN: THURSDAY OCTOBER 30TH FROM 4PM-7PM

WHERE: YARMOUTH ELEMENTARY SCHOOL

THIS EVENT WILL INCLUDE:

- NOISE CANCELLING HEADPHONES
- SENSORY-FRIENDLY LIGHTING & MUSIC
- NON-FRIGHTENING DECORATIONS
- CALMING CORNER AND GROSS-MOTOR PLAY AREA
- FIDGETS
- NO LARGE CROWDS - REGISTRATION REQUIRED
- A VARIETY OF TREATS TO SUIT DIETARY RESTRICTIONS
- SENSORY ACTIVITIES

FREE! NO AGE RESTRICTION

Schools Plus
Écoles Plus



THIRD PLACE



STARTS OCTOBER 29

@ CEC!

RED FLAGS IN YOUR RELATIONSHIP?

JOIN US FOR **DUO**

AN 8-WEEK GROUP TO RECEIVE EDUCATION AND SUPPORT FOR HEALTHIER RELATIONSHIPS FOR 2SLGBTQI+ YOUTH GRADES 9-12

REGISTER NOW



NRHS GRIEF GROUP

A safe space to share, learn, and heal

What is grief?

Grief is what we feel when we go through something really hard or lose something important to us.

It can show up in many ways —

- ☹️ feeling sad
- ☹️ angry
- ☹️ numb
- ☹️ confused
- ☹️ or even guilty.

In this group, we'll:

- 🌱 explore healthy ways to express feelings
- 🌱 build coping skills
- 🌱 find hope and strength together

You're not alone.

If you've experienced loss — whether it's the death of someone you love, a big life change, or something else — this group is here for you.



SCHOOLS PLUS & PARENTING JOURNEY WANTS TO:

MEET-UP
October 30th
From 1:30~3pm

**PARENTS WITH
SCHOOL AGE
CHILDREN**

Library in Stewiacke,

295 George St. Stewiacke NS B0N2J0

WELCOME ANYONE WITH STUDENTS IN P-12
HAVING A TOUGH TIME WITH ANY PART OF SCHOOL
OR PARENTING? YOU'RE NOT ALONE. JOIN US TO
CONNECT, SHARE EXPERIENCES..
THIS IS SIMPLY A CHANCE TO MEET EACH OTHER,
OFFER SUPPORT, AND BRAINSTORM WHAT COULD
HELP MAKE THINGS EASIER
ALL ARE WELCOME!

SchoolsPlus, the School
Counsellor and the Youth Health
Centre Coordinator offer a Grief
Group.

PUMPKIN PALOOZA

ALL AGES | GAMES & CONTESTS | PRIZES
BBQ | PETTING ZOO | FREE



OCTOBER 25TH 11:00AM -
2:00PM

NOVA SCOTIA
NOUVELLE-ÉCOSSE



Family
SUN

Schools
Écoles Plus



SEUL À LA MAISON

Votre enfant a plus de 10 ans?
Votre enfant veut rester seul à la maison?
Vous voulez assurer leur sécurité
lorsqu'il/elle reste seul(e) à la maison?

Nous vous invitons à nous laisser savoir s'il y a certains thèmes
qui vous sont très importants, car nous sommes conscients
que chaque famille vit des réalités différentes.

DÉTAILS

Date et temps : 10 h à 14 h
le vendredi 24 octobre 2025

Lieu : École secondaire de Clare
80, chemin Placide Comeau
La Butte

Âges : 10 à 12 ans

Coût : Gratuit!

Maximum 12 participants

INSCRIPTION

Inscription par formulaire google

QUESTIONS

Ayla Latter-Melanson
Intervenante ÉcolesPlus région Clare
lmayla@sepne.ca

Schools
Écoles Plus

Thanks Westside Sobeys,
Millbrook Farm Credit,
Nourish NS Trenton
Recreation.





THANK YOU!



We would like to say a big thank you to the Church Point Credit Union for their generous donation of school supplies and for our SMBA Free Store. Thank you for your continuous support each year.

SchoolsPlus Antigonish Hub received a very generous donation of back packs from 98.9 XFM!

To get backpacks into the hands of students, SchoolsPlus will have a drop in scheduled for tomorrow to pick up necessary backpacks!

Students/parents are welcome to drop in to St Andrews Junior School in the SchoolsPlus Room from 2:30pm to 5pm TOMORROW!!!!



Backpacks for School!

Where: SAJS
Schools Plus Space

When: Wednesday, Sept 3rd
2:30pm-5:00pm



Schools
Écoles **Plus**



BACK TO SCHOOL SUPPLY PICK UP

To assist students of all ages, we have a variety of supplies, such as crayons, markers, notebooks, pencils, binders, backpacks, and more, thanks to many in the community!

For families who have students at HRH, SHES, MES, SHJH and MHS

Pick Up: August 28th
Millwood High School
Front Doors
9:00AM-2:00PM



ÉcolesPlus Clare

Sep 10 · 🌐

Help us send a BIG THANK YOU to [Caisse populaire de Clare](#) and everyone who donated during their Summer 2025 school supply drive! We have received lots of items that will benefit our students, plus a nice donation towards our free store! ❤️

🔗 [Rate this translation](#)





A special shoutout to our amazing artist, Laura, who traveled all the way here to make this program even more magical. We're so grateful for your talent, energy, and the sparkle you brought to our event! ✨🎨✨

There is wonderful collaboration happening between SchoolsPlus and EcolesPlus, who have found innovative ways to support families together throughout the year. The partnership between HRCE Eastern Passage and CSAP Dartmouth has led to an exchange of valuable resources, gifts, and programming, all aimed at enhancing the lives of students and families!

 **ÉcolesPlus Clare**
4h · 🌐

Aidez-nous à envoyer un GROS MERCI aux bénévoles Carmen, Ed et le concessionnaire d'autos Mazda pour leurs efforts avec leur collecte annuelle « Coats for Kids »! ❤️ Grâce à eux, nous avons pu recevoir plusieurs manteaux, pantalons de ski, bottes, tuques, mitaines pour habiller nos jeunes pour l'hiver!

Help us send a BIG THANK YOU to volunteers Carmen, Ed, and the Mazda dealership for their efforts with their annual "Coats for Kids" collection! ❤️ Thanks to them, we were able to receive several coats, ski pants, boots, hats, and mittens to dress our youth for winter!

[See translation](#)



Cape Breton-Victoria
Regional Centre for Education

SchoolsPlus
Écoles Plus

Tompkins Elementary

FUN CRAFT NIGHT

Unleash Your Creativity
All Materials Included!

SEPTEMBER 18TH
5:00-7:00PM

Activities Include:

- Paper crafts
- loose parts projects

Limited space available
grades p-5

register by texting (902)574-5182 or emailing ashepard@gnsps.ca



Hey DrJ Students!!!!

Come to SchoolsPlus on Monday during your lunch period for homemade snacks and a place to chill.

First come, first serve!

This initiative is a partnership between SchoolsPlus and Student Health Center Coordinator!

SNACK TIME

CHILL AND CHEW

**DROP INTO SCHOOLSPLUS
MAKE A SNACK
AND EAT IT TOO!!**

MONDAY NOVEMBER 17TH
**IN THE SCHOOLSPLUS SPACE
AT STUDENT LUNCH HOUR**

**11:20-11:55
OR
11:55-12:30**

WHILE SUPPLIES LAST.

SchoolsPlus
Écoles Plus

novascotia health

Coxheath Family Guided Paint Night

Join painter Laura for a night of creativity and laughs as we follow along and create our very own masterpieces no experience needed!

Who?
Students attending Coxheath and their caregivers

When?
November 27th, 6:00-7:30
In the Coxheath cafeteria

Interested?
Contact Caitlyn Thomas
902-574-1432

**Free of Charge!
Limited Space!**
If your child requires any additional support, please let us know!

NRHS Conversations & Creations

Bookmark craft!

Monday Oct. 6th @
Lunchtime

SchoolsPlus/Teen Health Room

NRHS CONVERSATIONS & CREATIONS

AIR DRY CLAY CRAFT

MONDAY NOVEMBER 10TH | @LUNCH

SCHOOLSPLUS/TEEN HEALTH CENTRE

SchoolsPlus
Écoles Plus

Cape Breton-Victoria
Regional Centre for Education

Painting Contest

Theme: ♥ Truth and Reconciliation ♥

We invite you to create a piece of art that shows your understanding, feelings, or reflections on Truth and Reconciliation. Your Painting can help raise awareness, honor Indigenous voices, and inspire change.

OPEN TO: GRADE 6-12 STUDENTS OF BADDECK ACADEMY
WHEN: SEP 26TH (12:30 - 1:30 PM) WHERE: SCHOOLSPLUS ROOM

PRIZES & RECOGNITION:

- ALL THE CANVASES WILL BE SHOWCASED DURING TRUTH AND RECONCILIATION WEEK
- PRIZES AWARDED FOR CREATIVITY, IMPACT, AND EFFORT!

♥ WHY THIS MATTERS:

- TRUTH AND RECONCILIATION IS ABOUT UNDERSTANDING THE HISTORY AND EXPERIENCES OF INDIGENOUS PEOPLES AND WORKING TOWARD A BETTER FUTURE TOGETHER. ART IS A POWERFUL WAY TO EXPRESS YOUR VOICE AND MAKE A DIFFERENCE.

REGISTER EARLY TO SECURE YOUR SPOT!(LIMITED TO 15 PARTICIPANTS)
CONTACT OFFICE FOR REGISTRATION
♥ "EVERY CHILD MATTERS" ♥
LET YOUR PAINTING SPEAK TRUTH, HEALING, AND HOPE.

Local Paint Lesson

With Cathy Dalton

Fraser ArtGallery

362 Main St, Tatamagouche
Oct 14th 5:30pm-7:30pm

Ages 14-26

No Entry Fee!

Spots limited. Sign up required
Email: youthoutreachcmha@gmail.com

SchoolsPlus
Écoles Plus

Canadian Mental Health Association
Mental health for all



SP Mental Health Annual Gathering

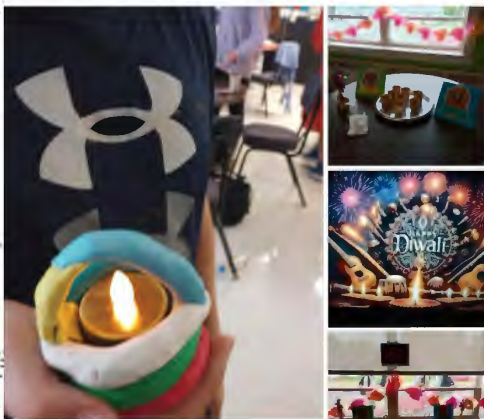


SchoolsPlus Pictou County
Oct 20 • 📍

Pictou Academy students celebrated Diwali today with crafts, games and delicious Lentil Soup. 🍲

Thank you to everyone who participated and a special thank to all who helped plan and organize this wonderful celebration!

Special thanks to SPCOW Kate who helped support this event and sent along these awesome pictures! 📸



Antigonish SP Intimate Partner Violence awareness display



School Advisory Council Conference



Cobequid Family SchoolsPlus

Alyson Smith · 17h · 🌐



With parent permission, sharing their post for our SchoolsPlus Staff Shoutout of the week. This week goes Child and Youth Care Practitioner Alana and Community Outreach Worker Amanda at TRA!

" The hugest thank you to Amanda and Alana. *Child's name* went into school today and stayed the whole day for the first time in I don't know how long.

The best part, he made it into class, and says he is going back tomorrow. He's so proud of himself which I always tells him, that I'm proud of him but that he should be proud of himself too! It made my heart happy to see the smile on his face when he came running out of those doors. A big thank you again! Fingers crossed for tomorrow."

We're so proud of our staff and the work they do to support students and families in achieving their goals! — 😊 feeling proud.

Get Everyone Online 2025 Government Champion of the Year



Antigonish SchoolsPlus

SchoolsPlus Antigonish Hub · 1d · 🌐



SchoolsPlus and Youth Health Center Coordinator at Dr J Highschool partnered to provide a student volunteer opportunity to DrJ students with After-School Run Club at AEC!

Thank you to SchoolsPlus Community Outreach Worker Marisa Murphy and Youth Health Center Coordinator Andrea MacIsaac for your time and energy in supporting this collaboration to engage students in volunteerism and physical activity!

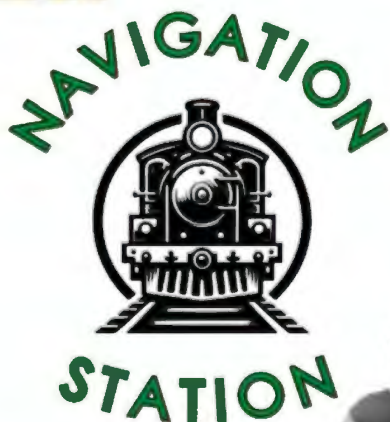


🌟 Exciting News! 🌟 Our Parent Navigator, Tracey, has a brand-new project for the 2025-2026 school year and she can't wait to share it with you! 🌟 Introducing Tracey's Navigation Station – a spotlight on local community organizations that support children, youth, and families. ❤️ If you are part of a community group or service that would love the chance to be featured, reach out to Tracey directly at austintl@ccrce.ca. Let's work together to make sure families know about all the amazing resources available in our community! 🌟



SchoolsPlus
Écoles Plus

Chignecto Central
Regional Centre for Education



WITH PICTOU COUNTY'S
SCHOOLSPLUS PARENTPARENT NAVIGATOR TRACEY



SOUTH SHORE REGIONAL CENTRE FOR EDUCATION



Who: Grade P-3, alternating weeks with grades 4-6.

What: Creative movement through dance. For Grades P-3, the focus is on creative movement and expression, thus promoting social skill development, taking turns, communicating. For grades 4-6: ballet, jazz, and contemporary dance techniques are explored, while working on choreography to be presented during their talent show.

When: Noon time, alternating weeks between P-3, and grades 4-6.

Where: New Germany Elementary School.

Why: Creative movement and dance support communication, physical activity and learning readiness, inclusion, and well-being. Most importantly, it is **FUN!!!**

TRI-COUNTY REGIONAL CENTRE FOR EDUCATION



Who: Safe and Sound Halloween for all ages!

What: Halloween event designed to be sensory friendly; activities are designed to be accessible, and sensory friendly. Through the use of noise cancelling headphones, décor and lighting, music adjusted to be friendly, non-scary; calming corners, fidgets and food choices that accommodate dietary needs/restrictions

Where: Yarmouth Elementary School.

When: October 30th, 4:00 to 7:00.

Why: To create a great friendly and accessible Halloween experience to students with sensory needs. Thanks to Autism NS for partnering with SchoolsPlus on this event.





ANNAPOLIS VALLEY REGIONAL CENTRE FOR EDUCATION

Who: Grief Conference held by Nova Scotia Grief Alliance hosted a Grief Symposium.

What: Strategies for "Community-Based Helpers to Support Teens Experiencing Grief" was presented at the conference by Emilie Smith, SchoolsPlus Facilitator, who shared her insights and experiences on supporting teens. This presentation focused on how the SchoolsPlus team, have supported students and families with grief; facilitating connection; helping with memorials. Over 150 participants attended from throughout the region, various sectors and ages.

What: Grief Conference: 150 people in attendance from many different geographic areas, settings, sectors and populations of focus.

Where: Wolfville.

When: November 18th, 2025.

Why: Sharing SP knowledge and expertise on working with youth who experience grief, helps build system capacity. SchoolsPlus showing up for students, holding space and providing supports.

"We don't "move on" from grief. We move forward with it."



CAPE BRETON-VICTORIA REGIONAL CENTRE FOR EDUCATION



Who: Grade 6-8 students.

What: Gender and Sexuality Alliances (GSA) Student Engagement Initiative; students were supported in facilitating school socials to highlight their community and engagement. The GSA used a grant to support initial funding for bracelet making materials. Students with staff support, students created over a hundred bracelets with messages of inclusion and love, selling them to both students and teachers, raising over 400 dollars in support of the goal to attend the local Pride Parade. Additionally, the GSA committee allocated some funds to purchase a karaoke machine to promote their happiness and inclusion in their spaces.

Where: Whitney Pier Memorial SchoolsPlus Hub.

Why: Raising awareness, promoting school engagement and inclusion.

Partners: Thanks to Health Promoting Schools for support with the Blossom Sprouting Health Youth Grant!!!





CHIGNECTO-CENTRAL REGIONAL CENTRE FOR EDUCATION

Who: SchoolsPlus and Autism Nova Scotia partner for parents and caregivers.

What: Creating a community to support parents of children with neurodiversity.

When: Nov 26th

Where: Hants North Rural High School.

Why: To build supportive and responsive community for parents and caregivers, connect and link resources.

Partners: Thanks to Mike Francis, Chapter Coordinator Autism Nova Scotia and Marcia Gamble, Parent Navigator for partnering to provide this event.



CONSEIL SCOLAIRE ACADIEN PROVINCIAL



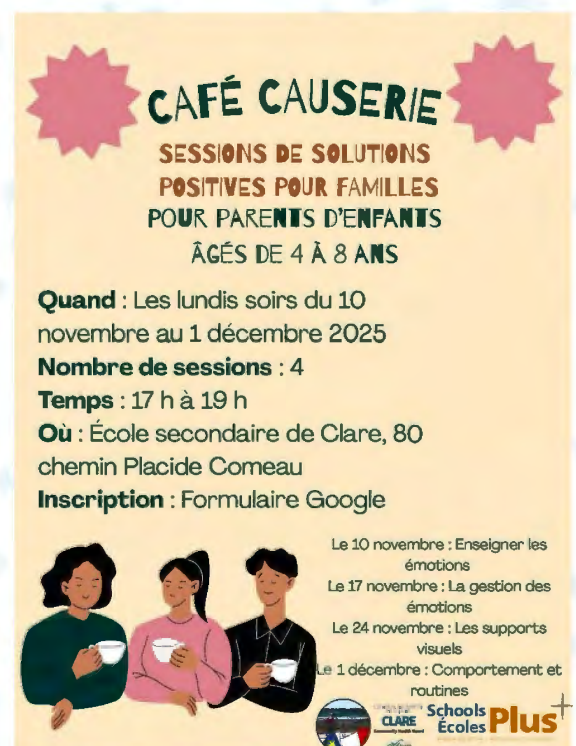
Who: Parents and caregivers of children 4-8 years of age.

What: Café Causerie; Positives for Families.

When: Four sessions, Nov 10- Dec 1st, Monday Evenings , 5:00 to 7:00.

Where: École Secondaire de Clare, 80 chemin Placide Comeau.

Why: Building networks, supporting parents/caregivers and celebrating their children!
Thanks to our Community Health Board partners.





HALIFAX REGIONAL CENTRE FOR EDUCATION

Who: 16–17 Newcomer Parents participated over multi-session program.

What: Workshop for parents of teenagers designed to support Somali-speaking newcomer families in navigating parenting challenges in a new cultural context. Program is a partnership between Immigrant Services Association of Nova Scotia (ISANS), IWK MHA Shared Care, SchoolsPlus and Atlantic Muslim Resource Centre.

Why: Providing support that is accessible through language with a cultural lens is a key support for newcomer families; families form community and networks to support their children and youth.

Partners : Thanks to all the partners for the success of this workshop. Funding has been approved for ISANS to lead the implementation of future sessions with partners supporting the planning and facilitation; and will be adapted for other language and cultural communities; the next sessions are being planned for spring and fall 2026.



STRAIT REGIONAL CENTRE FOR EDUCATION



Who: PHOENIX, our literacy mascot!

What: Literacy Support Teachers. Partnering to create authentic writing prompts for students using letters to Phoenix the dog; Phoenix writes the class a letter, to which the students will be able to respond. Vice Principal Mr. Barker created a mailbox for Phoenix in the cafeteria, where students can leave their letters.

Where: Antigonish Education Centre.

When: Throughout the year.

Why: To promote literacy and learning in a fun way! Thanks to Mr. Barker and the Literacy Support Teachers!





Wednesdays in December

**GR 7-8 LUNCH DROP IN
SAJS SCHOOLS PLUS ROOM**




December 3	COOKIE DECORATING & MINDFULNESS
December 10	GLITTER JARS & COPING SKILLS
December 17	HOLIDAY CARDS & HELPING OTHERS




Schools Plus  **Cape Breton-Victoria**
Regional Centre for Education

Robin Foote Elementary:
Holiday Fair

Friday 05 December
5:00PM - 7:00PM

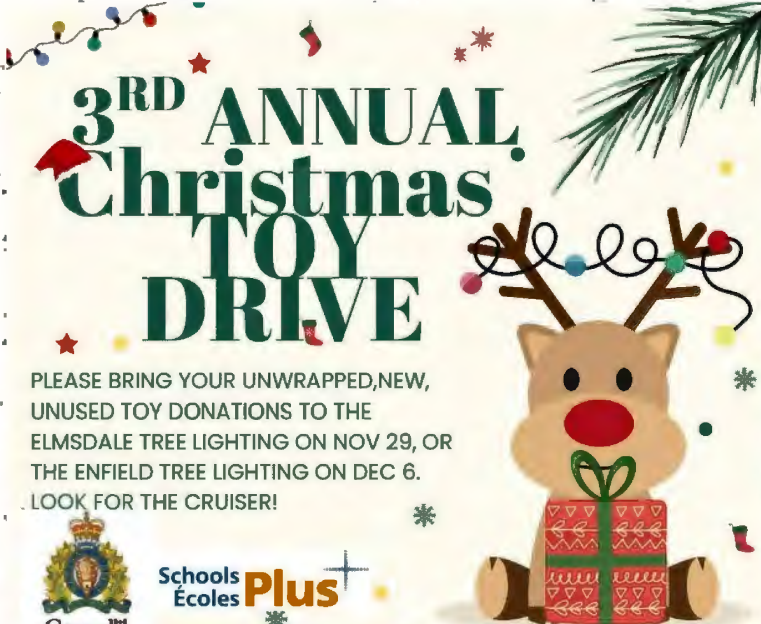
125 Sunnydale Drive, Westmount
Please Join us in attending the
Holiday Fair!

Vendors will be selling baked goods,
handmade crafts, art, and more!

There will be games, hot chocolate,
free pics with Santa and lots of
Holiday Cheer.

There will be a raffle for a prize
basket thanks to the generous
donations from our vendors

FREE Admission!

3RD ANNUAL Christmas TOY DRIVE

PLEASE BRING YOUR UNWRAPPED, NEW,
UNUSED TOY DONATIONS TO THE
ELMSDALE TREE LIGHTING ON NOV 29, OR
THE ENFIELD TREE LIGHTING ON DEC 6.
LOOK FOR THE CRUISER!





JOIN US!
**HOLIDAY
WELLNESS
GROUP**
DECEMBER
THURSDAY 11 2025
LAST TWO PERIODS

**MAKE CRAFTS FOR YOURSELF OR TO GIFT
TO OTHERS AND LEARN WAYS TO STAY
WELL OVER THE HOLIDAYS
HOSTED BY NS HEALTH & SCHOOLS PLUS
IN THE YOUTH HEALTH CENTER**

**ALL ARE WELCOME
SIGN UP REQUIRED BY DECEMBER 5TH
SCAN QR CODE TO REGISTER**

