



## *Amherst SchoolsPlus Monthly Newsletter*

### COMMUNITY ROOM DROP-IN

**The Community Room is located in room 107 at Amherst Regional High (190 Willow Street).**

The Community Room is open to all ARHS students during lunch hour Tuesdays and Wednesdays unless otherwise noted on the Community Room door.

The Community Room is also open each Wednesday after school until 7pm to all E.B. Chandler Junior High and Amherst Regional High School students.

#### After School Activity Schedule

**Wednesday, April 4<sup>th</sup>**  
Paint night

**Wednesday, April 11<sup>th</sup>**  
Master chef competition

**Wednesday, April 18<sup>th</sup>**  
**CLOSED**

**Wednesday, April 25<sup>th</sup>**  
Ladder golf tournament (weather permitting)

### What is SchoolsPlus?

SchoolsPlus is a comprehensive and collaborative interagency approach to educating and providing service to the whole child and family, with the school as the center of service.

The focus of Amherst SchoolsPlus is to support referred students and families by helping them attain timely and effective services that meet their identified needs.

Additionally, SchoolsPlus provides a variety of different programs and activities to students and families within the 8 schools it serves (Spring Street Academy, Cumberland North Academy, West Highlands School, Northport Consolidated Elementary, E.B. Chandler Junior High, Amherst Regional High, Springhill Junior/Senior High, and Oxford Regional Education Centre).

### CROCK POT COOKING PROGRAM

**ARE YOU A PARENT OR GUARDIAN WHO WANTS TO LEARN OR REFRESH YOUR CROCK POT COOKING SKILLS?**

SchoolsPlus and Maggie's Place are partnering to offer this free four week program at Maggie's Place May 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, and June 5<sup>th</sup> from 6-8pm.

Each week participants will prepare several meals to take home and share with their family. All participants will receive a crock pot to use at home. Childcare will be provided. Please call (902) 694-8277 to register as soon as possible as space is limited.

### VOICES: A Program of self-discovery and empowerment for girls.

VOICES was created to assist girls ages 12 to 18 in exploring themes of self, connection with others, health and their journeys ahead. Created by Stephanie S. Covington, Ph.D., a leading expert in women's and girls' programming, this program uses a trauma-informed, strength-based approach that helps girls strengthen their sense of self and build skills for healthy development.

This program is currently being run at Amherst Regional High School by SchoolsPlus and the Youth Health Centre.

### 10 Week TaeKwon-Do Program

**SchoolsPlus and CAST have partnered with Jc's TaeKwon-Do to offer a FREE 10 week TaeKwon-Do program to 20 students at Oxford Regional Education Centre and Northport Consolidated Elementary. This program began in February and will run until June.**



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