



Schools Écoles Plus

Kings
East
Newsletter
May
2019



Annapolis Valley
Regional Centre for Education



Mindful Corner

*“The mind is like a
parachute. It works
best when it’s open.” –
Dalai Lama*



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SHOULD MY KID STAY HOME FROM SCHOOL TODAY?



Schools
Écoles **Plus**

SIGNS THAT YOUR CHILD SHOULD STAY HOME FROM SCHOOL

FEVER

Feels warm

Appears flushed



Has a temperature higher than 100.4 °F or 38 °C



Students who are chronically absent in preschool, kindergarten, and first grade are much less likely to read at grade level by third grade—which would make them

4 times

more likely to drop out of high school than proficient readers.



IWK Health Centre

STOMACH SYMPTOMS

Nausea

Vomiting

Diarrhea



If a child stays home because they are sick, they follow

SICK DAYS RULES:

- Someone who is sick lies in bed by themselves and rest all day
- Someone who is sick eats sick person food (e.g. soup, toast)
- Someone who is sick does NOT get to go out and play or attend activities in the evening.
- Someone who is sick does NOT watch TV, surf the internet/social media or play video games.
- If someone is home sick and starts to feel better, they go back to school.

MAKE EVERY SCHOOL DAY COUNT!

- + Establish a regular and consistent morning bedtime routine.
- + Collaborate with school staff on an appropriate learning plan for your child that best meets their needs.
- + Have a reliable backup person to drive your child to and from school every day.
- + Prepare for school the night before.

ATTENDANCE MATTERS!

Absences Add Up!

Missing just 2 days a month means a child misses 10 % of the school year.

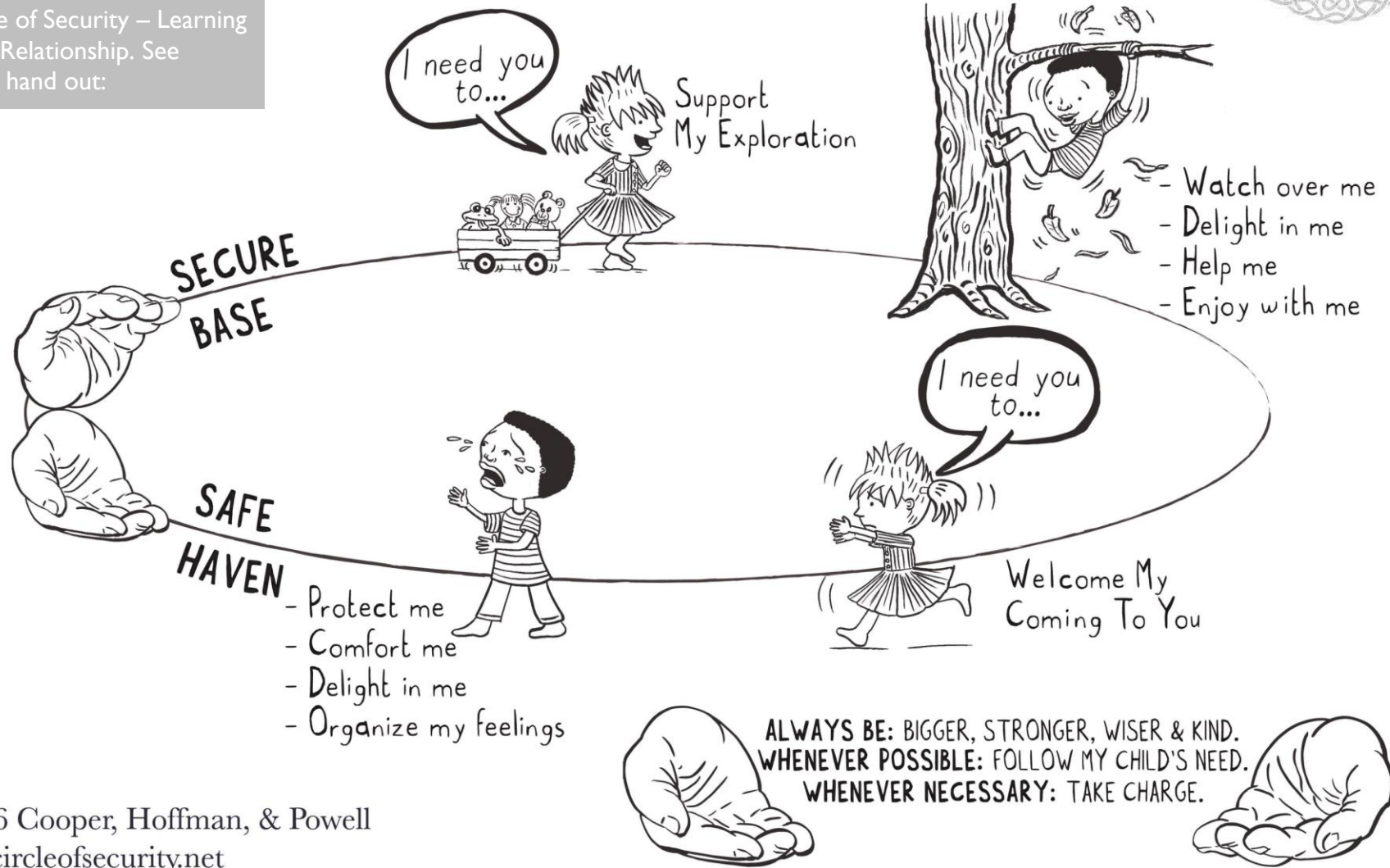


SchoolsPlus

hosted a workshop facilitated by CLANNAD Company during one of our regular Grandparents Support Groups. This presentation was focused on Circle of Security – Learning through Relationship. See attached hand out:

Circle of Security®

Parent Attending To The Child's Needs



YOUTH, MENTAL HEALTH, & SCREEN TIME



High school students in Canada spend an average of **8 hours** per day in

SCREEN-BASED SEDENTARY BEHAVIOUR.



More than **2 hours** per day is linked to alcohol use, negative body image, and aggressive behaviour.

EXCEEDING SCREENTIME GUIDELINES



52-55% of kids in Grades 6-12 in Quebec exceed screentime guidelines.

ONLY 5%

Only 5% of 5-17 year olds in Canada meet the Canadian Physical Activity Guidelines for children and youth, which recommend

60 MINUTES of daily moderate to vigorous **PHYSICAL ACTIVITY.**



SEDENTARY TIME

In Canada, sedentary time as a percentage of waking hours increases from childhood to teen years.



FACE-TO-FACE SOCIALIZING

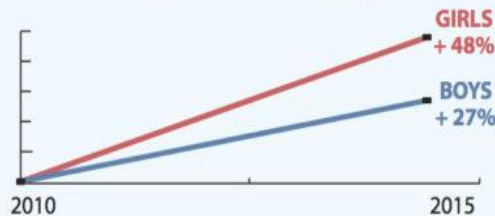


The number of American teens who **GET TOGETHER WITH THEIR FRIENDS** nearly every day dropped by more than 40% from 2000 to 2015.



SENSE OF EXCLUSION

The number of American youth who feel left out has reached an all-time high.



Girls use social media more than boys and are more likely to feel excluded.



FLYING SQUIRREL ADVENTURES

All Ages Nature Program in the Annapolis Valley

May Outing: Nature Photography

Date: Saturday May 18, 2019

Time: 9:45 am - 12:15 pm

Location: Kentville Ravine, 32 Main Street Kentville (meet by the parking lot at the top of the hill behind the Research Station)

Come on a photography walk with us in the Ravine. Learn tips and tricks for taking great nature pics and find out how we're collectively building an all-season field guide to the Ravine. Zeus from The Photo GYM in Kentville will lead the photography portion of our session and folks from Blomidon Naturalists Society will be on hand to provide guidance on the iNaturalist project so you can see how you can get involved.

Event updates are posted here: <https://www.facebook.com/events/2283836685221726>

For more info about Flying Squirrel Adventures: <https://valleyflyingsquirrel.wordpress.com/>

Valley Connect.ca

Explore - Discover - Play

Twenge J.M. (2017). Have Smartphones Destroyed a Generation? The Atlantic (10/25/2017)
 Leatherdale & Ahmed (2011) Screen-based sedentary behaviours among a nationally representative sample of youth: are Canadian kids couch potatoes? Chronic diseases and injuries in Canada, 31 (4), 141-6 PMID: 21978636
 2013 Active Healthy Kids Canada and 2016 ParticipACTION Report Card on Physical Activity for Children and Youth

ami québec

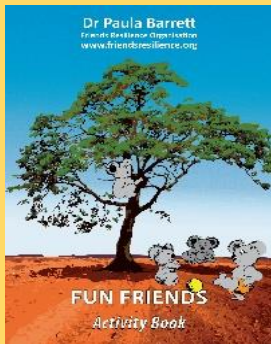
Agir contre les modes de vie sédentaires
 Action on Transient Lifestyle

40
 ans
 1977-2017



FRIENDS PROGRAM

Friends program made its way to **GASPEREAU, GLOOSCAP AND HANTSPORT ELEMENTARY SCHOOLS**. During the first two sessions we discussed a sense of identity, similarities and differences among each other as well as how to be brave. Our upcoming sessions will focus on identifying feelings in ourselves and in others.



CROCK-POT COOKING

SchoolsPlus Kings East has partnered with **KINGS COUNT ACADEMY** to facilitate Crock-Pot Cooking Workshop. This social program is about learning new skill while having fun. This program is designed to embrace members of KCA's African Nova Scotian/Visible minority students and their families.



ENGAGEMENT AND ATTENDANCE WORKSHOP



We are now conducting Engagement and Attendance workshops at **GASPEREAU ELEMENTARY SCHOOL**. The first project "HOW STUFF WORKS AND WHAT DOES THAT TOOL DO?" is a-go! This is our introductory workshop where we learn more about our students through exploration, conversation and new experiences.

ENGAGEMENT AND ATTENDANCE WORKSHOP



Project "ROCKET!" (Engagement and attendance workshop) is coming along nicely over at **ALDESHOT ELEMENTARY SCHOOL!** Students assembled their rockets, painted them, and designed their parachutes. We are now getting ready to start learning about engine safety and how to launch.

GENIUS HOUR PROGRAM

We have started our Genius Hour program at **PORT WILLIAMS ELEMENTARY SCHOOL**. 10 students are going to spend 6 sessions working on a project of their interest. So far, we have brainstormed ideas and came up with some genius topics! During our next session, students will create their research question such as, "Where did last names come from?" Then they will conduct research to answer their questions and lastly they will create a product to share their findings with the world.



Grandparents - Second Time Around!

This group is designed to support grandparents raising their grandchildren. We meet bi-weekly at the Louis Millet Complex in New Minas. **New members welcome!**



Upcoming sessions:

- Tuesday, April 30th**

10 am – 12 pm at the Louis Millet Complex, Room 119, New Minas
Flying Squirrel Adventures;
Stop & Smell the Flowers – Why connecting to Nature is good for you and your child



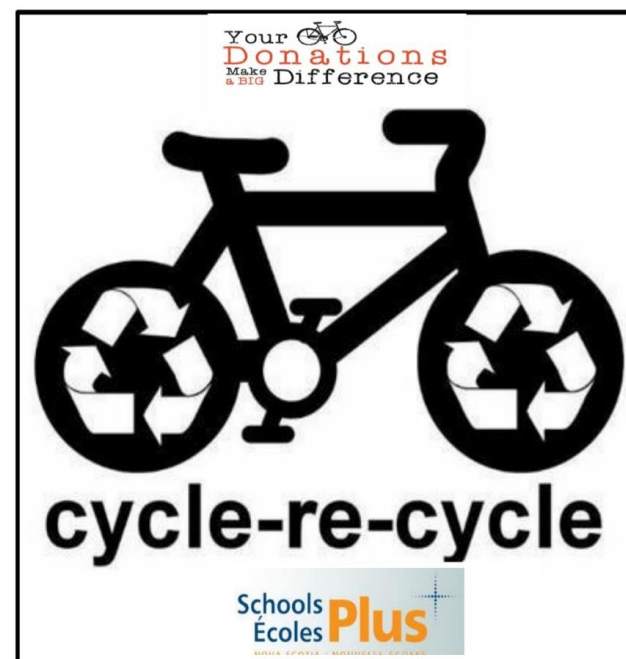
- Tuesday, May 14th**

10 am – 12 pm at the Louis Millet Complex, Room 119, New Minas

- Tuesday, May 28th**

10 am – 12 pm at the Louis Millet Complex, Room 119, New Minas
Guest speaker: Jennifer Davidson, Long Term Child Welfare Supervisor for Community Services (DCS)

SchoolsPlus is looking for **Bicycle donations** for children who are in need of a bicycle. Has your child/youth outgrown their bike? Please donate or swap. For more information contact: 902 698 92 72 or mglenn@avrce.ca



Labara Yoga MAY Schedule

MONDAY

6:30-7:30 am Ashtanga Inspired - Christa
8-9am Morning Yoga - Christa
12-1 pm Beginner - Kayla
5:30-6:30pm All-Levels - Kayla

TUESDAY

12-1pm All- Levels - Kayla
5:30-6:30pm Vinyasa - Kayla

WEDNESDAY

6:30-7:30 am Ashtanga Inspired - Christa
10-11am Yin - Kayla
7-8pm All-Levels - Kayla

THURSDAY

12-1pm All-Levels - Kayla
7-8pm Yin - Kayla

FRIDAY

8-9 am Morning Yoga - Christa
12-1pm Beginner - Kayla
5:30-6:30pm All-Levels - Kayla

SATURDAY

2-3pm Kid Yoga - Josh & Kayla

SUNDAY

11:15 - 12:15 pm Slow Flow - Devon



360 Main Street, Wolfville, www.laharayoga.ca

