



SchoolsPlus Kings East

Attendance Matters

1 or 2 days a week doesn't seem like much but...

If your child misses...	That equals...	Which is...	And over 13 years of schooling that's...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years of school
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

How about 10 minutes late a day? Surely that won't affect my child?

He/she is only missing just...	That equals...	Which is...	And over 13 years of schooling that's...
10 mins per day	50 mins per week	Nearly 1 ½ weeks per year	Nearly ½ year
20 mins per day	1 hr. 40 mins per week	Over 2 ½ weeks per year	Nearly 1 year
30 mins per day	Half a day per week	4 weeks per year	Nearly 1 ½ years
1 hour per day	1 day per week	8 weeks per year	Over 2 ½ years

EVERY DAY COUNTS

If you want your child to be successful at school then, YES, attendance does matter!

Grandparents - Second Time Around!

Upcoming sessions:

- Tuesday, October 1st
- Tuesday, October 15th
- Tuesday, October 29th

Location:

Louis Millet Community Complex,
Room 119

Time: 10 - 12

New Members welcomed!

Need more info? Call: 902 698 9272,
email: marketa.glenn@avrce.ca



This group is designed to support grandparents raising their grandchildren. We meet bi-weekly. New Members WELCOMED!

Soldiers' Memorial Hospital
462 Main Street
Middleton, NS, B0S 1P0
Phone: 1-855-273-7110
Fax: (902) 825-5181



AVH Chipman
5 Chipman Drive
Kentville, NS B4N 3V7
Phone: 1-855-273-7110
Fax: (902) 679-1766

Promoting Positive Behaviours in Children Fall 2019

Thursday mornings, 9:30 – 11:30
September 26 – November 14, 2019
Auditorium, AVH Chipman, 5 Chipman Dr., Kentville

OR

Wednesday evenings, 6:00 – 8:00
October 9 – November 27, 2019
Family Matters, 10 Middle Road, Lawrencetown

(*childcare is available at this location * please register in advance for childcare)

An 8 week course for parents/caregivers of children between 3 and 12 years.

Topics include

- Why children misbehave
- Positive attention
- Increasing cooperation and independence
- Reward and incentive programs
- Effective discipline strategies
- Improving school behaviours
- Managing behaviours in public

For whom

- Any parent / guardian / caregiver, but especially those managing non-compliant, oppositional, or stubborn children
- Parents of children diagnosed with ADHD, ADD and ODD
- Parents looking for education, support and assistance

Please let us know if you would like to attend but transportation is an issue.

There is **no fee** to participate.

Mental Health & Addiction Services
5 Chipman Drive
Kentville, NS B4N 3V7
T: 1-855-273-7110
F: (902) 679-1766 (MH Child)
F: (902) 678-4917 (MH Adult)
F: (902) 678-0085 (Addictions)



Mental Health & Addiction Services
Soldiers Memorial Hospital
PO Box 730 462 Main Street
Middleton, NS B0S 1P0
T: 1-855-273-7110
F: (902) 825-5181 (Mental Health)
F: (902) 825-5185 (Addictions)

Child and Youth Mental Health Program

Helping Anxious Children Course Fall 2019/Winter 2020

Monday mornings, 9:30 – 11:30 am
Oct 7 – Nov 4, 2019
Founders Room, Soldiers Memorial Hospital, Middleton

Or

Wednesday evenings, 6:30 – 8:30 am
Jan 29 – Mar 11, 2020
Auditorium, Chipman, Kentville

A 5 week course for parents/caregivers of children with anxiety.

Topics include

- What is anxiety?
- Encouraging courage
- Relaxation
- The importance of thoughts
- Facing fears
- Rewarding efforts and success

Parents/Caregivers will be provided with education, mutual support, and assistance. Caregivers will be provided with handouts of material covered for use throughout the course and for reference once the course is finished.

For whom

- Parents of children diagnosed with an anxiety disorder or a child who struggles to manage anxiety
- Parents who struggle with their own anxiety that may or may not be getting in the way of helping a child with anxiety
- Parents or caregivers looking for education, support and assistance

Please let us know if you would like to attend but transportation is an issue.

There is **no fee** to participate and registration is not required.
For more information, call 1-855-273-7110