

Schools  
Écoles **Plus**

# NEWSLETTER

January - April 2024



# MARCH BREAK

Schools  
Écoles **Plus**



**DIGBY SCHOOLS PLUS**

## FREE Painting Class

with **Tiffany Barrett**

Open to students ages 7 to 12 who attend Digby Family of Schools

When: **March 11, 2024**  
Where: **SMBA**  
Time: **1:00 pm - 2:30 pm**

Spaces are limited. Students must be registered in order to attend. Please contact

**Janice Cromwell**  
SchoolsPlus Community Outreach Worker  
janice.cromwell@tcrc.ca  
902-740-9221

Schools  
Écoles **Plus**  
NOVA SCOTIA / NOUVELLE ÉCOTSE

## MARCH BREAK!

**MONDAY MARCH 11**  
8AM - 3:00PM  
**EMERGENCY FIRST AID**  
CPR & AED  
GRADE 8+  
AT HERH

**TUESDAY MARCH 12**  
8AM - 3:00PM  
**HOME ALONE COURSE**  
AGES 10+  
AT HERH

**WEDNESDAY MARCH 13**  
8AM - 3:00PM  
**BABYSITTING COURSE**  
GRADE 7+  
AT HERH

**THURSDAY MARCH 14**  
9AM - 11AM  
**PAINT CLASS WITH YOUTH LINKS**  
PRIMARY - GR. 12  
AT MAPLE RIDGE

To register - Please follow link and it will take you to a google form to fill out.  
Students must be registered to participate. All classes are **FREE!**  
Email Keira - daceyk1@ccrce.ca or Kim - bealsk@ccrce.ca for more information.



## Babysitting Course


Where: Antigonish Education Centre  
When: March 14th, 2024  
9:00am-3:00pm  
Open to Ages 11-15  
Lunch and snacks will be provided.  
Cost: \$40 Includes Manual and Certificate

To Register email: [kim.cameron@srce.ca](mailto:kim.cameron@srce.ca)

**SPACE IS LIMITED**  
(Funding Support can be provided)

St. John Ambulance

SchoolsPlus



## ACAP Cape Breton

### Water Habitat Wonders: Kid Explorers

# MARCH 14TH

## 1-3 PM

**WHERE: Tompkins Elementary School**

**WHO: Gr. 3-5 Students Enrolled at any Elementary School in New Waterford or Glace Bay**

**WHAT: Learn and participate in activities around clean water access and treatment in Cape Breton, and why microbes matter for both nature and health.**

**\*\*LIMITED SPACE AVAILABLE\*\***  
To register please contact Victoria at 902-574-5182 or [v-macintyre@gnsps.ca](mailto:v-macintyre@gnsps.ca)

# MARCH BREAK

**PAINT DAY**  
At OVEC

March 11th  
1:00-3:00 PM

**\*\*\* LIMITED SPACE \*\***  
To register please contact  
Jodi at [jodimb@gnspecs.ca](mailto:jodimb@gnspecs.ca) or  
217-5017

Cape Breton-Victoria  
Regional Centre for Education

**THURSDAY MARCH 14, 2024**  
**11:00AM-3:00PM**  
HOSTED BY COMMUNITY CARES  
55 KING STREET  
SYDNEY MINES

**KIDS FUN DAY**  
LUNCH INCLUDED

OPEN TO P-5 STUDENTS AT  
JUBILEE,  
FERRISVIEW,  
BRAS D'OR,  
BOULARDERIE  
AND TL SULLIVAN

**ACTIVITIES**  
BOARD GAMES, CRAFTS, SPORTS, AND MORE!  
**REGISTRATION IS NOW OPEN**  
CALL OR TEXT ASHLEY  
902-577-0926

Schools Ecoles Plus  
NOVA SCOTIA / NOUVELLE-ÉCOTIE

**Schools Plus ART Show**

OPEN TO ALL STUDENTS GRADES P-12

**CATEGORIES**

- Drawing
- Painting
- Comic Strip
- Handicrafts
- Sculpting/model building

**DEADLINE:** SUBMIT ENTRIES TO YOUR OWN SCHOOL'S OFFICE NO LATER THAN **MONDAY 18TH MARCH**

**OPEN VIEWING:** **WEDNESDAY 27TH MARCH**  
11:00 - 3:00  
AT BERWICK DISTRICT ELEMENTARY SCHOOL

Cape Breton-Victoria Regional Centre for Education Schools Ecoles Plus

**St. Patrick's Day Crafts**

**WHEN:** Thursday March 14th  
10:00-12:00 PM

**WHERE:** Tompkins Elementary

**WHO:** Students in gr. P-3 enrolled at any Elementary school in New Waterford or Glace Bay

**\*\*LIMITED SPACE\*\***  
To register contact Lauren at  
[lrpley@gnspecs.ca](mailto:lrpley@gnspecs.ca) or  
902-574-3586

**CRAFT DAY AT JBC**

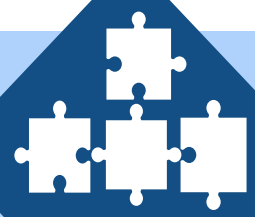
March 14th  
10:00-12:00

**\*\* LIMITED SPACE \*\***  
To register contact Jodi at  
[jodimb@gnspecs.ca](mailto:jodimb@gnspecs.ca) or 217-5017

**SEWING CLASS**

We had a fabulous Sewing class yesterday @ Cabot Education Centre and we learned how to sew a pillow case! Thanks to all our students who joined us

Jacqueline Elizabeth Morrissey Denise Hawley



OUR PARTNERS

Tideview Terrace · Follow

Feb 13 · 🌐

Thank you very much to Morgan & the kids (Digby Neck) at School Plus for making and bringing the residents in Valentines Day cards! ❤️💕💕💕



## Part 2:

## Harm Reductions and Safer Substance Use Presentation

With Dayna Overmars, Adolescent Outreach, NSH

This Zoom presentation is Part 2 and a continuation of information from a Harm Reduction Presentation. Topics: Overdose Awareness, Prevention, Substance Use Disorders and how to support others.

To register contact Amanda 902-631-4699, on our Guysborough/canso/ Monastery SchoolsPlus FB or by email [amanda.millar@srce.ca](mailto:amanda.millar@srce.ca) March 07, 2024 -5:30 - 6:30. A zoom link will be sent to you.



MARCH 23 MARS  
RENDEZ-VOUS DE LA BAIE  
11:00 - 15:00

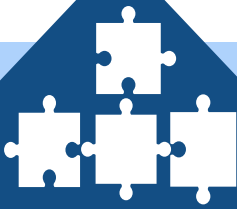
Take a tour of Clare and discover what life in our community looks like in 2024 and beyond.

Faites le tour de Clare et découvrez à quoi ressemble la vie dans notre communauté en 2024 et au-delà.



Thanks to the incredible donation from Hubtown Street Hockey, we were able to stock our school pantry for 7 months and provide and provide student and families with supplemental grocery items on an as-needed basis. The pantry is open to all students to take groceries, no questions asked.





# OUR PARTNERS

**SCHOOLSPLUS IN PARTNERSHIP WITH WPM PRESENT:**

**"A COMFORT CLOSET DROP IN FOR FAMILIES"**

Are you or your family members in need of some new clothing to add to your wardrobe? Are you looking to refresh your style on a budget? There are clothing & footwear options available for all sizes & ages! We have lots of good quality gently used items & brand names.

**OTHER ITEMS AVAILABLE IN THE COMFORT CLOSET INCLUDE**

- Feminine hygiene products
- Shampoo & conditioners
- Body wash & soap
- Lotions & deodorants
- Toothpaste & toothbrushes
- Winter hats & Gloves
- Purses, bags, & backpacks
- Socks

If you are interested in attending please contact Loretta Hurley - SchoolsPlus Community Outreach Worker - via phone or text at **902-574-2045.**

**COME SHOP 'TIL YOU DROP! THE BEST PART IS EVERYTHING IS FREE!**




**JAYS CARE FOUNDATION AFFILIATE SCHOOL**

**Schools Plus Écoles**

# GIRLS AT BAT

**WHO?**  
ALL Female-identifying and Non-binary Youth grades 9-12 in the Truro area (CEC, CCJHS, BHJH)  
ALL Skill levels - no experience necessary and equipment is provided! Players will receive a Jays Hat and Tshirt for their participation

**WHAT?**  
Girls at Bat is a **FREE** 8-week softball skills program for youth to be introduced to, or further develop their softball skills in a safe and supportive environment.

**WHEN?**  
Tuesdays 3:30 - 4:30  
November 21, 28, December 5, 12, 19, January 9, 16, 23

**WHERE?**  
CEC Cougar Dome  
72 North St., Truro, NS B2N 6M6

**Register at the link below:**  
[https://docs.google.com/forms/d/e/1FAIpQLSevmFekPyGGp\\_2TSADdz-b4tLzurUE6VyRaUjzOpuHkha7i4Q/vi-wform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSevmFekPyGGp_2TSADdz-b4tLzurUE6VyRaUjzOpuHkha7i4Q/vi-wform?usp=sf_link)

**Or by scanning here!**



**\*If transportation is needed, please contact Alyson with SchoolsPlus**

**More information?** Visit <https://www.mlb.com/bluejays/community/jays-care/girls-at-bat> or contact Alyson Smith, SchoolsPlus Facilitator / CEC Girls' Softball Coach 902-893-0990 / [smithal@ecce.ca](mailto:smithal@ecce.ca)

Hope everyone had a great week!

We started it off with a FUN DAY on Monday at Chelsea Laine Salon and Colour Bar. Chelsea, Zoe and Gabz from Gabz Esthetics volunteered their time to offer some students free haircuts and nail services.

While students waited with anticipation for their name to be called to get a haircut SchoolsPlus staff also offered crafting and treats:

- ♥ Bracelet (bead and leather) making
- ♥ Colouring
- ♥ Button making
- ♥ Fortune tellers
- ♥ Paper folding

We are so thankful to small business like Chelsea's and Gabz for offering such great opportunities for these kids!



## SURF SMART

### SOCIAL MEDIA LITERACY FOR KIDS & YOUTH


Parents and Caregivers are invited to attend an info session!

**Date:** Thursday, February 15


**Time:** 6:00pm-7:30pm

**Location:** New Glasgow Academy  
Childcare provided!

Light refreshments will be provided. Door prizes to be won!



This poster was created thanks to the collaboration of the above Pictou County Organizations



Scan Here For Handbook


## WHAT'S FOR DINNER?

# DINNER?

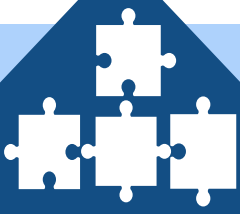
at Baddeck Academy

USE YOUR DETECTIVE SKILLS TO FIGURE OUT WHAT THE ANIMALS IN THE CAPE BRETON HIGHLANDS NATIONAL PARK LIKE TO EAT! LEARN HOW YOU CAN HELP KEEP ANIMALS AND YOURSELF SAFE WHEN YOU'RE OUT ENJOYING NATURE, AND TEST YOUR KNOWLEDGE ABOUT FOOD CHAINS AND WILDLIFE SAFETY WITH A ROUND OF TRIVIA!

INTERESTED IN ATTENDING? HERE'S WHAT YOU NEED TO KNOW!  
THIS EVENT IS IN THE SCHOOLSPLUS ROOM ON MARCH 12TH FROM 11AM - 12PM.  
TO REGISTER PLEASE CONTACT DANIELLE KOREM, SP COMMUNITY OUTREACH WORKER AT (902) 574 1428 OR BY EMAIL AT [DKOREM@GNSPES.CA](mailto:DKOREM@GNSPES.CA)



**Schools Plus**



OUR PARTNERS





## OUR STORIES

# Annapolis Valley Regional Center for Education

Looking to meet some new people or make new friends?  
Seeking something fun to do over lunch?

Come check out the SchoolsPlus

### Drop-In Lounge!

Happening over lunch (1:15pm - 2pm)  
in the Green Wing Pod every Friday in April:

Friday, April 5  
Friday, April 12  
Friday, April 19  
and Friday, April 26!



We will have **games, snacks, art supplies, and activities** to enjoy casually with other students. **PLUS** a special "weekly challenge" activity with possible prizes on the line!

All SchoolsPlus (SP) sites in AVRCE received a donation to go towards the purchase and distribution of period products, including use for students over the summer and/or when school is not in session. Following the distribution of products to all students with the SP programs, we partnered with Amanda, from our Horton Youth Health Centre to distribute remaining supplies. With the partnership, we hosted a school-wide event at Horton High School before March Break to offer this support schoolwide to as many students as possible.

### Period Party!

Friday March 8th  
during Horton Lunch (1:15pm - 2pm)  
at Multiple HHS Locations,  
starting at the Old Service Desk.

Come join us for:

- Trivia, games, and activities
- Free period product giveaway
- The chance to win re-usable menstrual products
  - Free snacks
  - And more!



**All students are welcome!**

Have questions or want to learn more about this event?

Drop in and visit either  
Amanda in the Youth Health Centre (Room 261) in the Yellow Wing  
or Ally in the SchoolsPlus Room (Room 2005 in the Green Wing)

We hope to see you there!

The YHCC approached health and other community health groups to gather information/pamphlets re: menstrual health to be provided to students at the event and also volunteered the use of the YHC as a physical space. The Red Door in Kentville also donated some menstrual cups that were given away at the event to students wishing to try one. Our SP Mental Health Clinician also joined us on the day to help students participate in three activities/games - Trivia in the HHS lobby, a 'Price is Right' style game guessing the prices of various menstrual products in the SP space, and a stigma-reduction brainstorm exercise around period slang in the YHCC.



## OUR STORIES

# Cape Breton Victoria Regional Center for Education



On April 15th, the Cabot Education Centre hosted a Health Summit titled "Cabot Cares Beary Much" featuring a variety of programs such as Musical Theatre, Step Dance, Tai Chi Meditation, Mural Art Presentations related to Mental Health, Canvas Art Exhibition by our talented Students of Cabot, Acupuncture, Healthy living presentation by our Dietitian of CBVRCE, Recreation and Physical activity sessions, Sewing, Yoga, Hip-Hop and Reiki. Students were divided into several groups and each group got an opportunity to participate in all the programs.

This helped build our school family spirit, practicing safety, respect, self care, inclusion. Moreover, to make the school a better place for everyone.

Partners: Youth Health Centre, Cabot Education Centre and SchoolsPlus Collaborated in this partnership!



OUR STORIES

# Chignecto Central Regional Center for Education

- SchoolsPlus partners with Mentoring Plus- bringing students and seniors together.
- Mentoring Plus Strategy is an organization where retirees in our community volunteer their time to share their knowledge and experience to better prepare young adults for their future careers. SchoolsPlus had established our school pantry at Tatamagouche Regional Academy, with a goal of teaching students food skills with cost effective ingredients, and this created a great partnership opportunity.
- SchoolsPlus, partnered with the retirees from Mentoring Plus Strategy and joined 10-15 high school students once a month to cook and create together. They worked together to create meals, gifts, crafts, and self-care activities including a chicken dinner, homemade salsa, Christmas wreaths, sugar scrubs, etc.
- "Youth and seniors built beautiful relationships and learned from each other through sharing common interests and stories." SP Facilitator Alyson Smith
- Partners : Thanks to the Community Health Board for the food security grant ! Tanks to SPCOW Amanda Heitkemper for her leadership !



OUR STORIES

# Conseil Scolaire Acadien Provincial

## Clare Community Expo

SchoolsPlus participated in a Community Expo bringing together various exercise groups, art activities, scientific research opportunities, volunteer opportunities, as well as services of all kinds.

For SchoolsPlus, this was a very helpful networking event for us, enabling us to catch up with local organizations that donate to our community or care for young people and their families, as well as identify potential future collaborations for social activities with our students.

SchoolsPlus were able to put a friendly face to our program, and help families learn about our services, as well as our ability to help navigate to other services as required.

This event was held on March 23rd, 2024 at The Rendez-Vous de la Baie (Church-Point).

Why: Clare is a small community where we often hear "there's nothing to do". Clare Recreation brought together all types of local services and clubs in one place to show us this is simply not true! Whether it be to get your brain, body or social life more engaged, opportunities were sure to present themselves at the Community Expo!

Partners involved: Clare Recreation (organizer) with multiple community agencies







OUR STORIES

## Halifax Regional Center for Education

- HRCE Schools Celebrating Valentines Day
- Student Council at Fairview Junior High School organized a visit at Carista Retirement Community for Valentine's Day ! Students spent time chatting with seniors, had lunch and distributed Valentines day cards!
- This was a great intergenerational opportunity, and also led to ongoing volunteerism for some students
- Partners : Thanks to SchoolsPlus Community Outreach Worker, Melissa Caines and Megan Fitzpatrick, Resource Teacher
- 



OUR STORIES

## Strait Regional Centre for Education

The Home Alone program was delivered throughout the Guysborough County/Monastery Family of schools in all three schools (Fanning Chedabucto Education Centre, Guysborough Academy) by Amanda Millar, SP Community Outreach Worker

This program helps students gain the confidence and skills to be "home alone ", through practice of 911 calling, understanding the recovery position, and some basic first aid. Students learn how to manage when scared at home alone, and what to do in fires and emergencies Program is geared to the Grade Five classes, with seven hours of class time . Students take a book home and are encouraged to share with parents/caregivers  
Partners : Thanks to Guysborough Recreation for supplying the student reference books





OUR STORIES

## South Shore Regional Center for Education

- Ahrthyh Arumugam, Coordinator, Newcomer 2SLGBTQIA+ Youth Program, YMCA Greater Halifax/Dartmouth partnered with SchoolsPlus and Equity Consultant with SSRCE to provide an excellent workshop !
- This interactive workshop explored intersectional, and anti-racist knowledge and strategies that can create QTBIPOC friendly spaces in schools and GSAs with a focus on immigrant and newcomer youth.
- Youth were engaged in action-oriented hands-on activity to build analytical skills that recognizes and works towards navigating personal and collective systemic barriers.
- This workshop provided skills, knowledge for promoting awareness and building positive relationships between newcomers, 2SLGBT+ and allied communities !!!!



OUR STORIES

## Tri-County Regional Center for Education

- Teen Talk was a lunch hour program held for students in Yarmouth Consolidated Memorial High School
- Partnered with Youth Health Center and brought in community partners like Restorative Justice, Yarmouth recreation, Split Rock, and others
- Lunch was provided, enjoyed by students
- Subjects were chosen by youth (suggestion box)- nothing was off limits
- Topics covered included : healthy relationships, coping skills, setting boundaries, study skills, active/healthy living, time management, communication, community resources, mental wellness in general.
- SchoolsPlus in Tri-County Region thank all our partners for making this time both fun and informative for our students





## OUR STAFF

SchoolsPlus CYCP Morgan along with teacher Ms. MacDonald are supporting a student in creating a Dungeon and Dragons Group at Northumberland Regional Highschool. This group will be happening at lunch on Thursdays in the SchoolsPlus Room!

If you are interested in learning more or if you are a DM stop by the SchoolsPlus room and chat with Morgan.



### Headstrong group Cabot Education Centre

Yesterday we had a wonderful time together in our Headstrong meeting. We made appreciation cards for the teachers and other staff members in our school. Students went around and distributed it to their teachers and staff members. They also appreciated th... See more



Lindsay & Susan were trivia hosts extrodinaires! Lots of fun had the evening of the SPMH in April





The second group of Grade 6 students at St Andrew's Consolidated School finished Snack Group today. The group was facilitated by SchoolsPlus Community Outreach Worker Marisa Murphy in partnership with School Counselor Mrs Hayne. Students learned how to make and try healthy snacks including fruit salad, energy balls, snack mix, muffins, Naan bread pizza's, Tacos and smoothies. Students all received a recipe book with the recipes to share with their family members and friends.



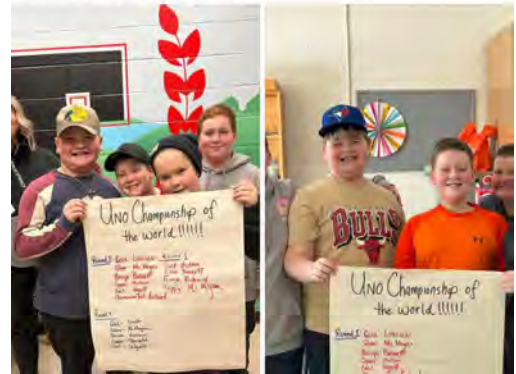
Who are you? Megan Bond, Child & Youth Care Practitioner at Trenton Elementary and Trenton Middle School.

Program Name: Peer Friendship Group

School: Trenton Middle School

What are you doing: Meeting every Thursday to chat about peer relationships, being great role models and all things middle school!

What is it's purpose? Building self confidence, peer relationships and obviously competing to be the Uno Champion of the WORLD!!



Award: Leah Marshall  
AVRCE



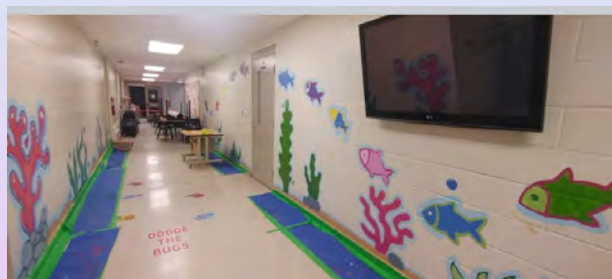
SP staff attending RofE training @ EECD



# ART TIME

## Creative Expression Supports our Well-Being

Check out this wonderful art in progress at Robin Foote in Westmount. SchoolsPlus connected the grade 5s with Ryan Robson, a community artist and art therapist (Cape Breton Art Therapy) to work with the students. Positive, vibrant changes to physical settings like this can make a difference in how we feel in a space :) Good work!



SchoolsPlus Antigonish Hub is spreading a little kindness around SAJS with a new bulletin board!



In honor of Mental Health Awareness Month, our students at Cabot decorated a bulletin board with quotes promoting mental health, self-care, and relaxation techniques to foster healthy coping strategies.