

NEWSLETTER

September - December 2023

Schools
Ecoles **Plus**

Positive Affirmations

SchoolsPlus sharing positive thoughts and encouragements!



"Not everyday is good, but there is something good Everyday!"



Michael Wallace Elementary students have been participating in a lunch time "Table Talk" group with SPCOW Abena Colley.



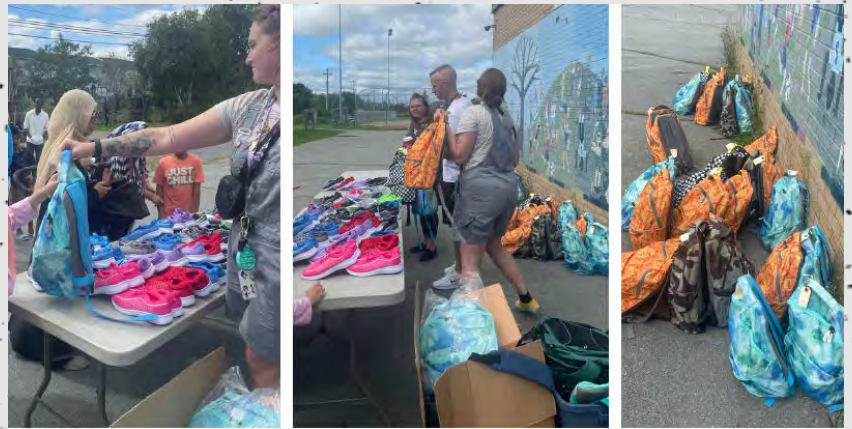
BACK TO SCHOOL

Help us send another BIG THANK YOU to [Caisse populaire de Clare](#) for collecting school supplies again this summer! <3

Each summer the Fund collects items and shares between TCRCE SchoolsPlus and CSAP SchoolsPlus in Clare. We are so grateful to be considered. We donated more items this summer than usual and plan on donating more over the next month/year, so donations are so appreciated!



SPCOW Emily Hammond and CYCP Ryan Wood were hard at work distributing items donated by Kiwanis to Harbour View and John MacNeil schools!

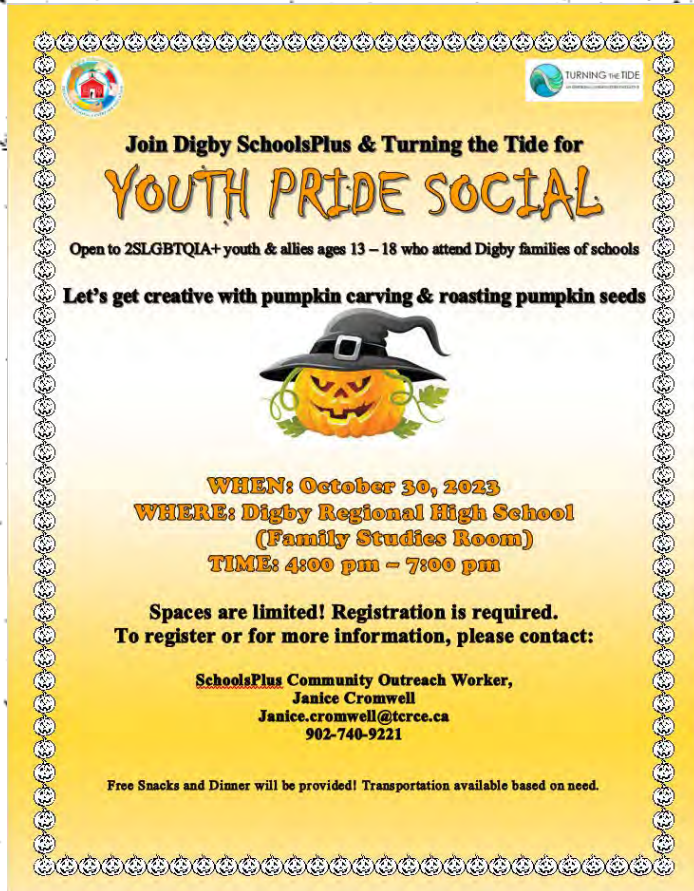


Lockview Family of Schools partnered with Beacon House



SPCOW Laura Hutt and CYCP Sarah Grey at Joe Howe Elementary worked together to run a clothing drive at the North End Parent Resource Centre on Uniacke Street. The drive happened just before the start of the school year.


HALLOWEEN



Join Digby SchoolsPlus & Turning the Tide for
YOUTH PRIDE SOCIAL

Open to 2SLGBTQIA+ youth & allies ages 13 – 18 who attend Digby families of schools

Let's get creative with pumpkin carving & roasting pumpkin seeds



WHEN: October 30, 2023
WHERE: Digby Regional High School (Family Studies Room)
TIME: 4:00 pm – 7:00 pm

Spaces are limited! Registration is required.
To register or for more information, please contact:

SchoolsPlus Community Outreach Worker,
Janice Cromwell
Janice.cromwell@srce.ca
902-740-9221

Free Snacks and Dinner will be provided! Transportation available based on need.



Family Night - October 16, 2023

Please join Liz and Amanda for a fun night of Halloween crafting, games and snack.

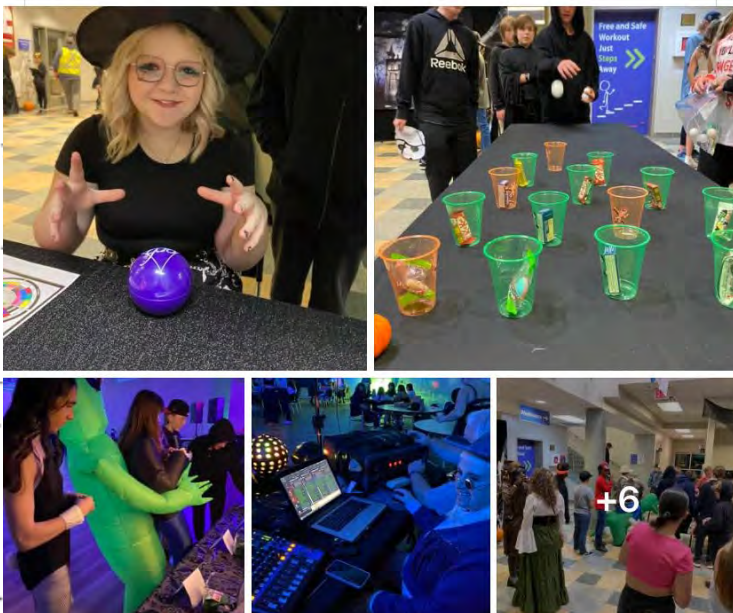
This will take place at CECGA cafeteria from 6:00 – 7:30pm

Spaces are limited, so please message us on or before October 13, 2023 on private messenger -facebook, call or email

Amanda at 902-631-4699, Amanda.millar@srce.ca to let us know you are interested in attending as well as how many people will come with you.

We are looking forward to spending the evening getting to know families of all ages from our schools.

It was so great to see so many Cumberland youth join us for the [2023 Teen Centre Halloween Party!](#) Thank you to all the local area businesses



FAMILY TIME

The students love family visit day when they get to see how much Baby Brielle has grown and enjoy trying to make her smile and laugh.



Liza and Amanda, SRCE had a wonderful time at our first family night event. It was so nice to see families having fun together, laughing and smiling. We hope to have a Parent information session in November.



HRCE Family Paint Night at Oyster Pond Academy where 31 students and their family members participated.



ROOTS OF EMPATHY





SchoolsPlus staff attended a Roots of Empathy Thankyou Celebration event with Roots of Empathy Founder/President, Mary Gordon on Nov. 9, 2023




We're Looking for Tiny Teachers!

Are you :
 A new parent whose baby was born between June-August 2023?
 Do you reside in the Kingston, Greenwood or Aylesford area?

Please Consider:
 Being a Roots of Empathy Family!

Contact us:
 Taryn.Allen@avrce.ca
 (902)680-5371
 or
 Sara.Benoit@avrce.ca
 (902)698-3769

For more information: <https://rootsofempathy.org/family/>



Youth **NATIONAL CHILD DAY 2023** **Adult**
INCLUSION FOR EVERY CHILD IN NOVA SCOTIA

OUR CONCERNS
2SLGBTQIA+

THE ABILITY TO EXPLORE WHO WE ARE
CREATING OUR OWN SAFE SPACES & "ROUND FAMILIES"
VISIBILITY, STABILITY & SAFETY → "EXTREMELY IMPORTANT"
→ "ESPECIALLY IN SCHOOLS"
→ "SEEN, HEARD, & WELCOME!"

SCHOOLS DON'T TEACH ABOUT MENTAL HEALTH → TABOO
PEER PRESSURE → "IT'S HOW WE LEARNED TO SOCIALIZE"
→ DRINKING, SUBSTANCE ABUSE
BUT THERE IS SOME PROGRESS! → CASES ON DECLINE

"WHERE ARE YOU REALLY FROM?" → HOSTILE SLIGHTS
HARD TO ADDRESS → WELL-MEANING
→ SUBTLE & PERSISTENT
"IT'S NOT SOMETHING WE CAN
EVER GET AWAY FROM."

"EDUCATING YOURSELF IS KEY." → FACE YOUR OWN PREJUDICE
"MICROPOSITIVES" → FIGHT THE SYSTEM!
SPEAK OUT AGAINST MICROAGGRESSIONS

RESOURCES FOR QUEER YOUTH:
HYBRID YOUTH PROJECT PROGRAMS
CALL IN! → CHAT OPTION
PROVINCIAL SCHOOL OUTREACH
GSA CONFERENCES
LIBRARY-BASED PROGRAMS FOR AREAS
WITHOUT A Y.P. SPACE
CROSS-PROVINCIAL COLLABORATION
↳ MAP OF RESOURCES

MENTAL HEALTH

MICROAGGRESSIONS

FLOOR DISCUSSION

HOW TO END MENTAL HEALTH STIGMA:
PERSISTENCE & ASSERTIVENESS
EDUCATION / LITERACY ON M.H.
TEACH PARENTS/GUARDIANS/TEACHERS
LISTEN TO PEOPLE, DON'T TRY TO FIX THEM
IF HARM SEEMS IMMINENT, TALK A TRUSTED PERSON
HAVE THE UNCOMFORTABLE CONVERSATION

HOW TO END MENTAL HEALTH STIGMA:
"ACCESS TO CHOICE IS REALLY IMPORTANT."
YOUTH NEED OPTIONS FOR WHO TO REACH OUT TO.

"NOBODY TEACHES YOU HOW TO BE A
YOUTH- AND NOBODY TEACHES YOU HOW
TO BE A YOUNG OR ADULT EITHER."

HOW ADULTS WIN TRUST:
"BE RECEPTIVE & WILLING TO LEARN."
CREATE SAFER SPACES & WELCOME THEM IN.
"BE ANGRY" SHOW THEM YOU'RE WITH THEM.
↳ BUILD THE RELATIONSHIP IT'S THE KEY.
↳ VALIDATE THE UNCOMFORTABLE FEELINGS.
↳ BE VULNERABLE & IMPERFECT

ACKNOWLEDGING: TRANS DAY OF REMEMBRANCE (NOV. 20/23)
SELF-ACTUALIZATION & ADVOCACY → COMMUNICATED!
→ TRANS PEOPLE NEED SUPPORT

INTEGRATION OF TRANS NEEDS IN HEALTH CARE & SOCIAL POLICY
"ACCESS TO JOY AND TO PLAY" → "CHOIVING SPACE"
REPRESENTATION → TRANS HISTORY & ROLE MODELS
"NOT WANTING TO BE REMARKABLE EVERY SINGLE DAY" → THE RIGHT TO
PEER NETWORK → COMMUNITY CONNECTION
INTERSECTIONAL LEANS → WORLD CONTEXT/COMPLEXITIES MATTER

YOUTH NOT OFTEN TAKEN SERIOUSLY BY ADULTS
PERCEIVED BURDEN | HOW WE INTERPRET THE PATTERNS IN OUR
LACK OF BELONGING | REALITIES SHAPES ONE EMOTIONAL LANDSCAPE
BELONGING → CAN PROTECT US FROM OTHER MENTAL STRESSORS
"NOT SHOWING UP IS NOT AN OPTION"
"WHEN YOU SHOW UP, CREATE A SAFE ENVIRONMENT."

BELONGING → SEEN & ACCEPTED → DEVELOPED OVER TIME
→ IT'S REALLY AT THE CORE

MICROAGGRESSIONS: CREATE AN UNSAFE ENVIRONMENT
THEY ATTACK WHO PEOPLE ARE AT THEIR CORE.
LACK OF ACCESS TO LANGUAGE APPROPRIATE SERVICES PREVENT
YOUTH FROM EXPERIENCING FULL SOCIAL INTEGRATION

Kristyn Anderson, SchoolsPlus Regional Coordinator for Western Zone, participated in a panel providing an update on the work of "One Chance to be a Child". One Chance to be a Child | Nova Scotia (onechancens.ca).

Today we were able to get together to celebrate the holidays and bond as a team! 🎄

The holidays are busy. Take some time to slow down and enjoy the company of those around you.

(Missing a few team members that were there in spirit!) ✨



CSAP - Mathieu making PRIDE Pins



Reality Check Event for grades 9-12 at CECGA
This was an event developed by SchoolsPlus and staff members for students to experience doing a budget based on a scenario they were given - a monthly salary, they may have had a partner and may or may not have had children. Decisions were made for Transportation, Insurance, Place to Live, Day Care, Food, Clothing, Entertainment, Communication, Personal items etc..





A few weeks back our team helped prepare and deliver 85 food bags for families along the Bay of Fundy coast in preparation for Hurricane Lee 🌀



In a collaboration between St Paul United Church, The Salvation Army, SchoolsPlus West and many generous community businesses and individuals-we have started a small one year pilot project called Food for Focus supporting 10 families weekly.

We are getting our feet wet, and learning how to make this program run as long as we possibility can.

If you are interested in donating please feel free to private message this page and we can tell you how to make that happen! We would greatly appreciate it!!!

Pictured below we have Pam, Meghan and Jacob getting things ready!



Are you in grade 9 at
HERH?

CHILLED GROUP

Learn to conquer your anxiety

WHAT IT'S ALL ABOUT

Do you find it challenging to manage your anxiety?
CHILLED 6 week group will help you learn strategies to conquer your anxiety.

MORE DETAILS

- WHEN: Tuesdays Second Period Begins Oct. 17th to Nov. 21st
- WHERE: SchoolsPlus Room
- Confidential Space
- Limit to 10 youth
- Snacks provided

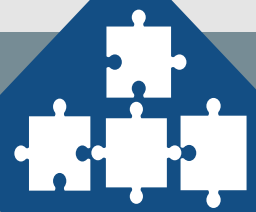
For more information or to register contact:

Nicole Blanchard MSW
SchoolsPlus Clinician
Nicole.blanchard@nshealth.ca
Spaces First come first serve



Digby - SPRAC

PARTNERSHIP



OUR PARTNERS

Holiday Blender Program @ Cabot Education Centre. SchoolsPlus partnered with Engage NS organised a Holiday Blender program for our Highschool students @ Cabot Education Centre.



Digby SchoolsPlus would like to take the opportunity to thank Digby Ultramar for hosting a BBQ fundraiser. The proceeds were donated to the Digby SchoolsPlus Emergency Fund!

PRIX A GAGNER

JOURNÉE **CÉLÉBRONS LA FIERTÉ**

Création de macarons, peintures, bracelets et bien +

Samedi le 14 octobre 2023
De 10:00 à 3:00 pm

À l'École secondaire Mosaïque

Pour les élèves de 6e à 12e année

Bingo animé par Drag Queen Brooke Rivers

Schools Plus Pour vous inscrire veuillez cliquer sur le code QR



The Dartmouth PigDogs Rugby team connected with SchoolsPlus in the woodlawn Family of Schools looking for ways to support local students and families. The PigDogs hosted a community fundraiser and raised money in addition to collecting scarves, mittens, toys, treats, etc.!



Big Thank You to our community partners in Wagmatcook that shared their knowledge, and gifted the SchoolsPlus team with Sage so they could offer smudging in their schools.

Instant Pot Cooking SHELburne & BARRINGTON

Join us for 4 weeks and learn the basics of Instant pot cooking. Attend all 4 sessions and get a FREE Instant Pot!

Tuesdays October 3, 10, 17, 24 (S)
Wednesdays October 4, 11, 18, 25 (B)

Shelburne Lion's Hall 188 Elliot St
Barrington Community Care and Recovery Centre, 2517 Trunk 3

3:30pm-6pm

FREE INSTANT POT !!

REGISTRATION REQUIRED!!

Call or Text 902-874-1805 to register

This program is brought to you by SHYFT Youth Services and Schools Plus. Funding by the Shelburne Community Health Board.



We have partnered with Autism Nova Scotia - Truro Regional Autism Centre to bring a community information session to you!



Information Session

October 4th, 6:30pm-7:30pm

34 Lorne Street, CEC AV Room
Truro, NS

902.814-4106
Truro@autismns.ca
Facebook: @TruroRAC

In Partnership with
Schools Ecoles Plus

REMOVING THE MASK

Helping Youth Move Through & Beyond Grief

For students who are grieving as the result of the death of a loved one.

WHO:
HIGH SCHOOL STUDENTS IN THE CBRM AND SURROUNDING COMMUNITIES (GRADES 9-12)

WHEN:
TUESDAY'S FROM 4:30PM-6:30PM:
NOVEMBER 7TH, 14TH, 21ST, 28TH AND DECEMBER 5TH AND 12TH

WHERE:
SHERWOOD PARK ED CENTER
500 TERRACE STREET SYDNEY, NS

Registration is required as space is limited.

The 74th Crusaders is a local Motorcycle Club that has been supporting and sponsoring various groups in the town of Annapolis Royal and surrounding Communities for the past 5 decades. In fact, the Crusaders are celebrating their 50th Anniversary this year with Special Events taking place from October 2023 to October 2024



Coats for Cumberland

Amherst Centre Mall

November 17, 2023 | 10:00am - 12:30pm

Outdoor winter wear will be available
Children & Adults
Everyone Is Welcome

Special Thanks To:

Windsor Social Group

Join us for an evening of socializing, making friends, having fun, and being **YOURSELF!**

Social groups can help build independence, confidence, autonomy, and create a sense of belonging.

**Youth :
ages 4-11 years**

**NOV 23
6:00pm-7:30pm**

Windsor Elementary School
100 Tremain Crescent, Windsor

A Big Thank You to our friends at the Kingston Lions Club for their support in the After the Bell program. they are currently supporting families at 5 local schools in AVRCE.

Page 8 November 27, 2023 The Aurora | 14 Wing Greenwood, NS

Lions helping students in face of food insecurity

Twenty-two per cent of Nova Scotia families face food insecurity, which means they cannot afford healthy and nutritious food on a regular basis. The Kingston Lions Club, through a community service program called "Lions After the Bell," are addressing this problem.

Each week, a dedicated team of Kingston Lions prepares bags of non-perishable food to be given to school-aged children to take home for the weekend. The bags are picked up by members of Schools Plus and delivered to five local schools. The schools, in consultation with families, have determined which children could benefit from this support. In a confidential and respectful way, the students are given the bags to take home.

Studies have shown, if children are given a healthy diet, they come to school much better prepared to learn. The Kingston Lions Club think their efforts are helping in this regard. Anonymously, one family has told Schools Plus, "We really appreciate all the help, it's hard right now with the increasing prices of rent, gas and food." That is what Lions Clubs are here for: to meet the needs of the community.

The Kingston Lions Club would like to thank the many local businesses and individuals in our community who have supported the children through this program with donations of food and money. The program is a success because of this strong support.

Kingston Lions volunteer weekly to prepare food for students in local schools to take home, ensuring they are ready to learn when they arrive at schools. The Lions After the Bell program works in partnership with Schools Plus, and community donating businesses, organizations and individuals; to make a difference.

Kingston Lions Club could not meet this on its own. If you, or your business, would like to become a part of this worthwhile and rewarding service program, to help the Lions After the Bell program, and the club will have the program chair get in touch with you. →



ANNAPOLIS VALLEY REGIONAL CENTRE FOR EDUCATION

Fall Drop-in/SchoolsPlus Rooms

WHO: Grade 9-12 students

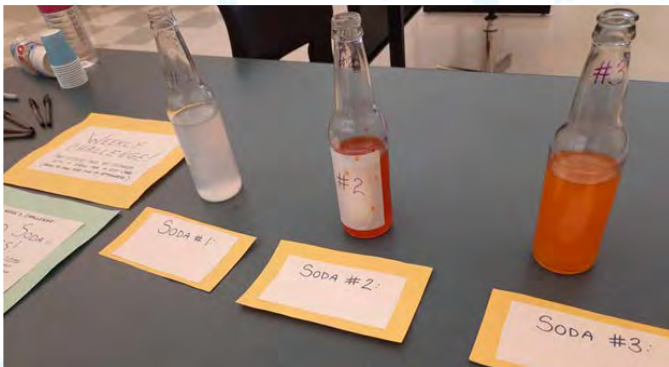
WHAT: Both Kings West and Horton Schools, hosted a great drop-in in program this Fall, to support students. Although activities varied from each site, a range of board games, crafts, and snacks were available. Crochet and career happened at KW, while Horton had a special one-off weekly activity (Spaghetti Tower Challenge, Candy Guess, "Mystery Soda" Guess-the-Flavor, and a Get-To-Know-You game encouraging students to connect with folks they had not met before), and a Junior leader (older students) provided support.

WHEN: Luch times

WHERE: West Kings SchoolsPlus Room and Horton SchoolsPlus Room

WHY: Offering an alternative space for students to spend their break time. A place for them to hang with fellow students, connect with staff, access food and other supplies and resources. Self lead activities are available (games, crafts etc)

PARTNERS: Partners vary at each site, but include Health Worker and Adolescent Outreach Worker, and NS Works School Liaison person



CAPE BRETON-VICTORIA REGIONAL CENTRE FOR EDUCATION

Junior PeaceBuilder Program



WHO:Maupeltuewey Kina'matno'kuom (Grade 5) Whitney Pier Memorial (Grade 6)and Harbourside Elementary School (Grade 4)

WHAT: Junior PeaceBuilder program.

WHERE: The WPM hubsite has been focusing on building peer-ship, social skills and healthy communities with the Jr. Peacebuilders program; adapting the program to encourage children's understanding and utilization of these skills. Students receive a participation diploma which has had very positive reactions with both the students as well as with parents.

WHEN: Five week program throughout Fall 2023-24.

WHY: We believe this program adapts well to this younger age group, building positivity earlier. The diploma is a source of pride, and it is our hope that the celebration of this important milestone helps students hold the ideas ongoing.

PARTNERS: Participating schools include: Maupeltuewey Kina'matno'kuom, Whitney Pier Memorial and Harbourside Elementary School



Take our hand while we take a stand against bullying!!
Harbourside Elementary
Jr. PeaceBuilders!



CHIGNECTO-CENTRAL REGIONAL CENTRE FOR EDUCATION

Holiday Heros



Who: Students from Colchester County.

What: Holiday Heros, a day of skating, swimming, crafts, gifts and games for youth.

When: December 2023

Where: Rath East link Community Center.

Why: This day is designed to provide an uplifting and positive experience for youth and provide gifts to the incredible kids in their community.

Partners : Thanks to Truro Police, and many community organizations, as well as the support of the SchoolsPlus teams

CONSEIL SCOLAIRE ACADIEN PROVINCIAL

Celebrating PRIDE



WHO: All CSAP students from central region from grades 9-12.

WHAT: Celebrating PRIDE, with a range of fun activities, including painting, button making, or bracelets. The day ended with a BINGO led by Drag Queen Brooke Rivers.

WHEN: October 2023

WHERE: L'École secondaire Mosaïque

WHY: ÉcolesPlus hosted their first pride day for the youth from grade 9-12 at École Mosaïque. The youth were able to enjoy activities such as bracelet making with their correct pronouns, make broches, play bingo, have a photobooth and mingle with each other. The youth developed friendship with youth from other schools and are still in contact today.

The day raised awareness and celebrated the 2sLGBTQ+ community. We had trivia which between question we had some great discussion. We discussed consents and many other subject related to the 2sLGBTQ+ community. It was a privilege to have the artist, Brooke Rivers share his life journey with our community, and deepen our commitment to inclusion.

This is the beginning of many pride days coming to our francophone youth.

PARTNERS: Youth Health Center Coordinator





HALIFAX REGIONAL CENTRE FOR EDUCATION

Space Upgrade



WHO: SchoolsPlus students in Woodlawn family of Schools

WHAT: SchoolsPlus Hub Site & Food Pantry

WHEN: The Hub Site was created in September 2023.

WHERE: Eric Graves Memorial Jr. High (Woodlawn Family of Schools, Dartmouth).

WHY: The SchoolsPlus Hub Site has provided a space for us to start building community in the Woodlawn family of Schools. The Multicultural Club is the first group program being run out of this space by SPCOW Majduline Abu Chkeir. We have also created a Food Pantry in the space to help address food insecurity and reduce barriers to accessing food. Our local food banks have restrictions around how often families can access them, and our Pantry is helping tide families over.

PARTNERS: " Facilitator Nicole MacFarlane, SPCOWs Majduline Abu Chkeir & Abena Colley, with support from other school staff and community members. Thanks to Bel Ayr Elementary and Mount Edward Elementary schools for collecting food donations to help stock the Pantry.

STRAIT REGIONAL CENTRE FOR EDUCATION

Pancake Breakfast



WHO: Students at St. Andrews Consolidated School, and St. Andrews Junior High

WHAT: Pancake Breakfast. This is a partnership between SchoolsPlus and the RCMP, they served pancakes and fruit to over 600 students and St. Andrew Junior School (SAJS), and over 285 students at St. Andrews Consolidated School (SAC)

WHEN: November 16th & 29th 2023

WHERE: Antigonish

WHY: Building community spirit and showing students they have many community partners that care about them.

PARTNERS: SchoolsPlus and the RCMP. SchoolsPlus THANKS the many folks who helped organize, and to all those to stepped in and lent a helping hand from moving trays, cleaning tables, flipped pancakes.





SOUTH SHORE REGIONAL CENTRE FOR EDUCATION

Connecting Families



WHO: SchoolsPlus families throughout Lunenburg County

WHAT: Connecting Families ; providing support for complex trauma and mental health supports . Various strategies include Connect Parent Group; family therapy work (in the home, in the community or in the clinic); attachment based parent coaching with a specialty in neuro-diverse families; clinical consults at school meetings , and many other tools and services

WHEN: Ongoing based on grant availability

WHERE: Community; schools

WHY: Offering flexible, accessible mental health care and support for families

PARTNERS: Compassionate Clinics; United Way; SchoolsPlus

Quote from a Parent: "I would not have had access to this support had it not been for the SchoolsPlus program, and their excellent staff who saw me struggling and were able to offer concrete help. There is hope for people, parents, and especially children who are living on the margins. We just need the people in the positions of help to have access to the resources necessary to do their job."

TRI-COUNTY REGIONAL CENTRE FOR EDUCATION

Parenting Group



WHO: Supporting parents/caregivers of children or young adults with disabilities.

WHAT: Providing support and information ,coordinating information as well as recreational opportunities

WHEN: Bi -weekly throughout the year

WHERE: Barrington area

WHY: Removing barriers to recreation

PARTNERSHIP: We have recently expanded to a partnership with the Recreation Department and our local Special Olympics group; providing more recreational programs in the community for children and young adults



Thanks to our communities donations and [Cobequid Family SchoolsPlus](#) we have a wide variety of FREE warm clothes for our students for the Winter! Feel free to stop and shop during parent teacher hours tonight from 5:30-7:30pm and tomorrow from 12:30-2:30pm.



Calling All Thrifters to Our...

WINTER WARM UP!

Save the Date:

January **13** 10AM-4PM

SHERWOOD PARK EDUCATION CENTER

HAVE ITEMS TO DONATE?

Do you have clothing and furniture you need to declutter? Drop off your gently used items at Sherwood Park Education Centre Door #4 (lower parking lot entrance) on one of the following dates:

Drop off Dates
 Friday, Dec 1, 2023, 10AM - 4PM
 Tuesday, Dec 12, 2023, 10AM - 6PM
 Wednesday, Jan 3, 2024, 10AM-6PM
 Contact Morgan (902-574-5484) or Shaelyn (902-578-3091) to schedule a drop-off.

Donated items will be saved for our Winter Warm Up event on January 13, 2024. Save the date for a fun event for the whole family, where gently used clothing and furniture will be available for free. Stay tuned for more details!

Schools Ecoles **Plus**

HRCE SchoolsPlus staff collaborated with Operation Warmth and Money Mart to provide winter coats for every student from PP-6!



"'Twas the night before Coats and all through the store
 These elves unpacked and sorted coats, snow pants and more.
[SOAR Community Health Board](#)
[Cumberland SchoolsPlus](#)
[Maggie's Place Cumberland](#)

Coats For Cumberland

An Initiative of Empowering Beyond Barriers
"Communities Working Together"

Share The Warmth with TRA

Do you have gently used Coats, Snowpants or Boots you dont need? We would love to make sure they get into the hands of someone who needs them.

Text or call Amanda @ 902-897-8658 with any questions

Kindness is free

Schools Ecoles **Plus**