



South Shore
Regional Centre for Education



**December
2018**



Regional Executive Director's Report

Rapport du Directeur Général

Wi'katikn Petkitk Nikanus

Hello, Bonjour and Kwe',

The holiday season is here and many of our students are eagerly preparing for Christmas concerts, celebrations and time off with family.

The South Shore Region was busy in November with many things happening including report cards and parent teacher interviews. There were some changes to the Grades 1 - 6 report cards. If you would like to learn more about those changes please [click here](#). I would like to recognize our teachers and administration who put in the extra effort during these times; thank you all for your work.

This month all SSRCE schools honoured our veterans with Remembrance Day ceremonies. Well done to everyone who helped to organize these important ceremonies. To those who have served both in the past and in the present, we thank you for your service.

School Advisory Councils (SACs) came together on November 20 at Liverpool Regional High School to participate in a community conversation. Over 70 people were in attendance and it was great to see everyone's enthusiasm and commitment to the education of our students. Individual SACs are strong advocates for their local school and it was good to have discussions around this year's changes to SACs, the new draft SAC handbook, funding for SACs, communication and more. We want to provide the best experience for our South Shore students and SACs are integral to that work. We look forward to working with them throughout the year to make our whole system stronger.

As we come to the end of another calendar year I'd like to say Merry Christmas, Joyeux Noël and Ulnuelewigw to you and your family. I sincerely hope you have a wonderful holiday season. We look forward to the New Year and sharing more stories from our schools and region.

Thank you, Merci and Wela'lin,

Scott Milner

Coming Up This Month

December 21
Last Day of School before Holiday Break

Regional Office Holiday Hours

December 24
8:30 am - Noon

December 25 and 26
Closed

December 27
8:30 am - 4:30 pm

December 28
8:30 am - 4:30 pm

December 31
8:30 am - Noon

January 1
Closed

January 2
Regular Office Hours Resume
8:30 am - 4:30 pm

Coming Up Next Month

January 3
First Day of School after Holiday Break



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 <https://www.facebook.com/SSRCENS>

 https://twitter.com/SSRCE_NS

Video Links

[New Germany Rural High School's Archery at Lunch](#)

[Catapult vs Trebuchet at Liverpool Regional High School](#)

[The Parent Network: Social Media and Your Kids – Keeping Your Kids Safe](#)

[The South Shore School Food Project Video](#)

[The South Shore Food Project CTV Morning Live Interview](#)

[Ms. Sheffield's WNES Christmas Concert Sneak Peak](#)

Sobeys visits Hebbville Academy

On November 23 Sobeys Community Coordinator Jason Lantz went to the 4/5 class at Hebbville Academy to teach learners about spices.

Learners followed a recipe to make their own taco seasoning. Jason explained the benefits of making food, including seasonings from scratch. We also discussed the benefits of adding toppings to the tacos so that several food groups were included in the meal. Everyone helped Jason to prepare a delicious taco lunch right there in our classroom.

We established our classroom culture of waiting until everyone was served to begin enjoying the tacos. Connecting to what we know and understand about mindful eating each mouthful was slowly savoured!

Following eating the delicious tacos, learners carefully thought about how they would compliment the chef and after giving compliments everyone helped to tidy up.

This event was generously donated to us by Sobeys. It also marked the kick off to our Community Lunch Project. Thank you Jason and Sobeys for coming to Hebbville Academy!



What to do if Someone is Mean to You Online - A Guide for Students

Don't fight back.

A lot of times a bully is looking to get a rise out of you, and fighting back just gives them what they want. Sometimes they're hoping that you'll fight back so that they can get you in trouble!

A lot of times people don't realize when they have hurt your feelings online. If you're not sure that somebody was being mean to you on purpose, start by talking to them in person – where you can see and hear each other – and see if you can work things out.



When something happens that gets you upset, take some time to let the first rush of anger or fear fade away. It's hard to make good decisions when you're mad, scared or embarrassed. If your heart is racing or you're feeling tense, it's time to get offline for a while. Sometimes it can be useful to go outside and do something active to help you get it out of your system.

Save the evidence.

If somebody is being mean to you online, make sure that you have a record of it. If it's something that was sent directly to you, make sure to save it. If it's something that can be deleted (a tweet, a status update, etc.) get a screenshot.

If it happens more than once, start a journal that records what's happening. Include as many details as you can: where and when it happened, everything you know about the person doing it, anything you did (or didn't do) and how it made you feel.

Talk to somebody.

If someone is being mean to you online it's okay to talk to your friends or someone in your family about it. Kids who've been bullied say what other people did that helped the most was just to spend time with them and listen to them. If there's no one you can talk to offline, you can contact Kids Help Phone and talk to one of their trained counselors.

Remind yourself that it's not your fault. Nothing you can do makes it okay for people to be mean to you. Nothing about you gives people a reason to be mean to you. If someone is mean to you, that's their problem – not yours.

You should also report what's happening if:

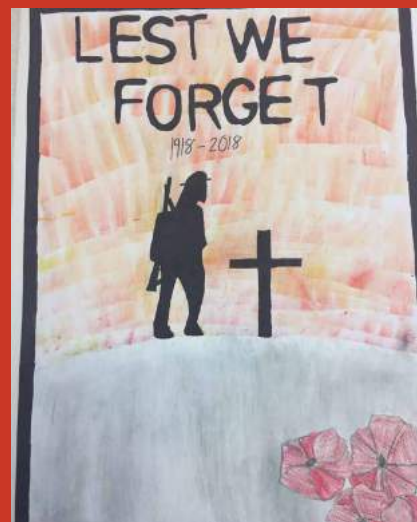
- it's making you feel scared
- it's making you not want to go to school or do things you enjoy (like playing your favourite game because someone is being mean to you there)
- you can't stop thinking about it
- if the person has said they're going to hurt you or publish something that would hurt or humiliate you

You can also talk to your parents, to a teacher, or to another adult you trust.

If you can't talk to an adult for any reason and the person is threatening to hurt you physically or is blackmailing you (threatening to do something like post embarrassing photos if you don't do what they say) you can also go straight to your local police.

For more tips about staying safe online for families and students, visit [mediasmarts.ca](https://www.mediasmarts.ca).

In Pictures: South Shore School Remembrance Day Ceremonies



North Queens Community School Students Organize a Special Day

The Grade 9 Citizenship Education students at NQCS organized a Mi'kmaq Heritage Day on November 5 for their entire school and invited guests. Students learned all about the Mi'kmaq culture through presentations, circles, drumming and more. There was also a Mi'kmaq lunch including Moose Stew. A special thank you to Ms. Ramey and her class for this wonderful day.



New Ross Community School Gives Back

The Me to We group at NRCS collected donations for the Chester Food Bank - well done everyone!



Dr. John C. Wickwire Academy Celebrates Fall

Students from DJCWA enjoyed a fall walk on their local nature trail - a great way to get outside while learning.



Amazing South Shore Athletes



Congrats to the PVEC Division 1 Boy's Hockey Team who won the 16th Annual Glen Murray Invitational High School Hockey Tournament



Congratulations to the Bluenose Academy Tier 1 girls volleyball team on being District Champs and Western Region Girl Volleyball Champs



Congrats to New Germany Rural High School Senior Girls Soccer team for getting 3rd place at Provincials



Congratulations to our Falcons boys basketball team as they captured the gold at the FHCS Early Bird Basketball Tournament



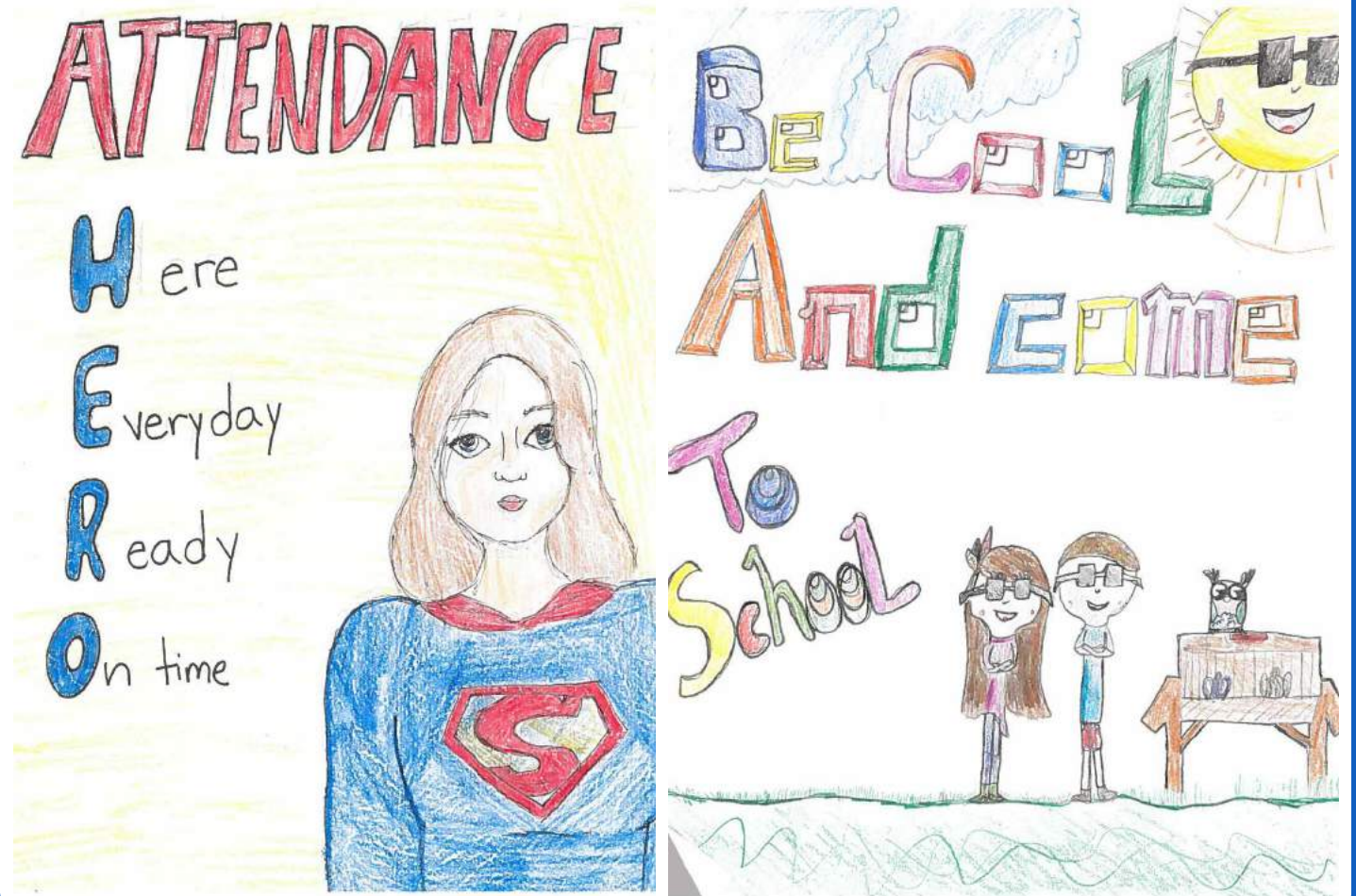
These Vikings just won the Junior Boy's Tier 2 Volleyball Western Region Championship



Congrats to the LRHS Warriors girls volleyball team for placing 3rd in their pool at Regionals

Attendance Awareness Week Art

Attendance Awareness Week was October 29 - November 2 for all South Shore Schools. Schools had conversations with students about the importance of coming to school regularly and on time and information was sent home to parents and guardians to promote good attendance. Some students even made posters to promote good attendance; here is some of their artwork.



Spending Time with a Different Generation

Grade 9 students from Liverpool Regional High School spend time with residents a couple of times per week at Queens Manor as part of their Tech 9 course. It is great to see these two generations sharing stories and learning from one another!



Pre-Primary Baking

To help children develop a range of skills and processes, the Pre-Primary class at Bayview Community School bakes weekly. It also gives the children a sense of responsibility when they mix, measure and prepare ingredients.



Giving Back to Their Community

The Park View Education Centre Alternate Program spent time at the Bridgewater Food Bank this month to pack school lunch items. They also sorted donations from the Christmas on the LaHave event. Well done everyone!



The Rain Doesn't Bother Bluenose!

The rain tried to put a damper on the Bluenose Academy outdoor education class on November 2 but students quickly came up with a creative solution and were still able to have their class outside!



Robots Visit Big Tancook Island

Students at Big Tancook Elementary School recently had a visit from Mr. Butt, Instructional Coach for Technology for the South Shore Region. He taught students all about technology and even brought some robots and different devices for students to learn about and engage with.



Storm Day Process

Storm Season has started earlier than usual in Nova Scotia this year and as a result we've already had two school closure days and some back road closures. Below is how to know school is closed or if there are back road closures.

The South Shore Regional Centre for Education makes every effort to inform you of a school closure by 6:00 a.m. If you do not hear that schools are closed by 6:00 a.m., always assume the schools are open.

How to Know School is Closed

- Check our Website.
On the morning of a school closure, information will be posted to the ssrce.ca website. If you check our website before 6:00 a.m., and there is a green bar at the top of the page stating that schools are open, please check back at 6:00 a.m. in case this gets changed to red – which alerts you that schools are closed. You may have to refresh your page a few times or clear your cookies to ensure you are getting the latest update. If a rare situation occurs where we don't inform you by 6:00 a.m., but you think there's a good chance schools may be closed, please check back as we'll inform you as soon as a decision is made.
- Check your Phone and Email
Messages are also sent through PowerSchool via email to families in the region. Please note that power outages throughout the region can affect social media.
- Listen to the Radio
Radio Stations: CKBW, Country 100.7, CBC Radio, QCCR, Cove FM and AVR/Magic 97
- Watch the News
TV Stations: CTV Atlantic, Global Halifax, CBC
- Check our Facebook or Twitter
Check either Facebook or Twitter for information about the school closure. We will post it on there as soon as we have the information available. The SSRCE Twitter feed can be seen on the SSRCE website home page without having an account.
- In addition, when school is cancelled during school hours, our elementary schools have organized phone trees which are used to contact parents and/or guardians. Families should ensure their child knows what arrangements are in place for them if school closes early.



School Closure Decision Factors:

Current weather and road conditions, weather and road condition forecasts and, most importantly, the safety of children while walking to school, waiting for the bus or traveling on the bus.

Ultimately, when weather conditions are questionable and schools are open, the final decision as to whether or not your child attends school is always up to you – the parent or guardian.

Back Road Closure Plans

When schools are open, weather and spring weight restrictions can affect bus travel. In these instances, Back Road Closure Plans will be in effect. Students and families living in affected areas are given their plans at the beginning of the school year. If you are unsure if your bus stop has a Back Road Closure Plan, please call the Bus Garage at 902-541-8252. For late buses, always listen to the local radio station and/or watch the SSRCE twitter feed.