



Regional Executive Director's Report

Rapport du Directeur Général

Wi'katikn Petkitk Nikanus

Hello, Bonjour and Kwe',

It is hard to believe I am already into my second month at the South Shore Regional Centre for Education. During this time I have been learning about the region with visits to schools, getting to know staff and also engaging with our students. I would like to thank everyone for being so welcoming. I look forward to getting out to more classrooms and schools and further engaging the entire school community in our shared goal of helping students succeed.

Throughout February schools in the South Shore Region celebrated African History Month with many different learning opportunities including story-telling, history lessons on African Nova Scotians and more. To kick things off a special event was held to commemorate the month at Forest Heights Community School featuring drumming and songs. A special poster was also created by our RCH (Race Relations, Cross Cultural Understanding & Human Rights) Coordinator to honor black veterans who served Canada in the military and was shared with other education regions in the province. It is important we celebrate the contributions made by African Nova Scotians to our province and the world. Keep reading to see pictures and video links showing how our schools celebrated African History Month.

February and the beginning of March gave us an abundance of wintry weather but that didn't stop our classrooms from taking learning outside. Going outdoors provides opportunities for physical activity, connecting with nature and contributes to well-being and the development of a healthy and active lifestyle. As you'll see later on in this report, despite the weather our classrooms enjoyed lots of time outside this past month.

I hope you and your family have an enjoyable spring break and we look forward to welcoming students back into the classroom on March 25.

Paul Ash
Regional Executive Director

Coming Up

Friday, March 15
Last Day before Spring Break

Monday, March 25
First Day after Spring Break

Tuesday, March 26
Principals' Meeting

Thursday, March 28
Science Fair

Monday, April 1
Report Card Prep Day
(elementary/middle schools -
No classes for students in grades
Primary to 9)

Wednesday, April 10
Embedded CLT
(90-minute early dismissal)

Thursday, April 11
Report Cards (elementary schools)

Thursday, April 18
Parent/Teacher (P-12)
No afternoon classes for all
students

Thursday, April 18
Quarter 3 Ends (high schools)

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Video Links

[African Heritage Month Event at Forest Heights](#)

[African Dancers at Aspotogan Consolidated Elementary School](#)

[Making Maple Leaf Taffy at Big Tancook Elementary School](#)

[Ms. Sheffield's Class Singing Obiswana](#)

[Dr. J.C. Wickwire Students at the World Junior Curling Championships](#)

African Heritage Month at Forest Heights

African Heritage Month was officially launched with a presentation at Forest Height Community School on February 7, 2019. Students and staff were treated to excellent presentation of history and music featuring RCH Coordinator Ken Fells and the History of Black History Month, singing by Haley Smith and performances by the Sambra Chester Drum Group and Amadou and the Toronto Drum Group. The music got everyone clapping along and there was even dancing in the crowd. If you would like to watch the presentation, please click on the video link above.



African Heritage Month around the Region



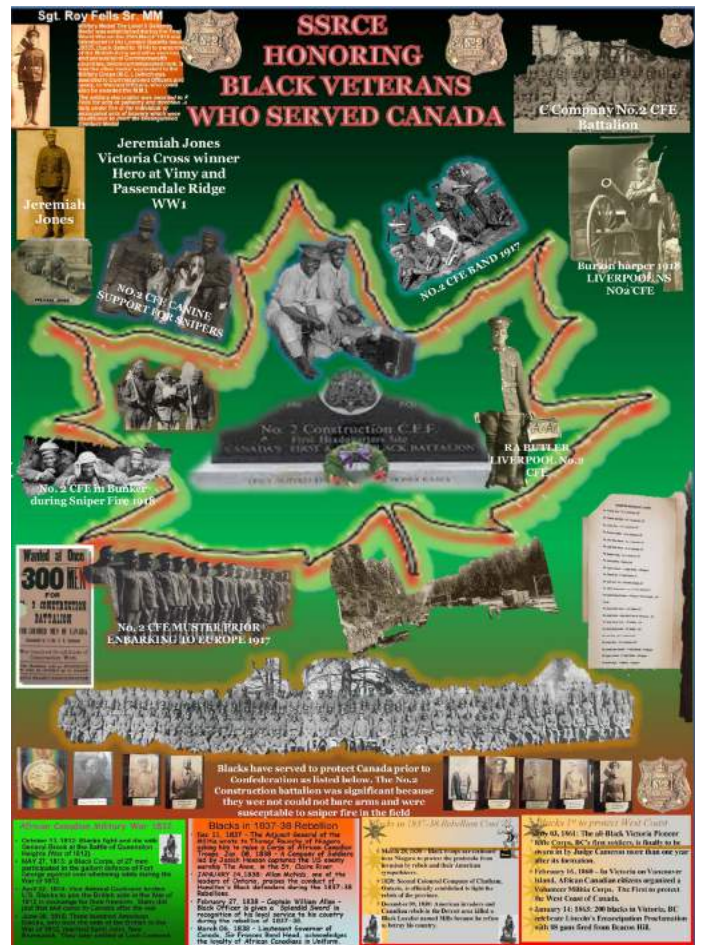
Celebrating African Heritage & Black History Month in art at Forest Heights Community School



New Germany Regional High School's Reveal It - Students read the Biography of an African Nova Scotian and Make an Educated Guess as to who they are Based on the Information



African Inspired Art at Dr. J.C. Wickwire Academy



SSRCE Honoring Black Veterans Poster by Ken Fells

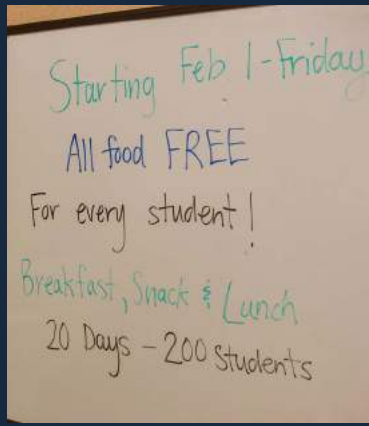
Well Fed Kids at Chester Area Middle School (CAMS)

CAMS embarked on an exciting food journey in February; one where every student had free lunches for the whole month; in addition to free breakfasts and snacks!

Cafeteria Manager Sue LeBlanc had the idea and worked hard to make it happen. It started with sharing the idea with school administration and staff. Then to set things in motion and acquire the funds to make the Well Fed Students Initiative happen, the school invited community stakeholders and parents to a presentation in October. Guests were fed and the idea of 'free lunch month' was introduced. From there Sue applied for grants from the Municipality and Lunenburg County Community Health Board, and received donations from the SAC, private donors and parents.

"Money and/or food for lunches is a daily conversation in some households," says CAMS Cafeteria Manager Sue. "I want to demonstrate through the Well Fed Students Initiative that we can feed our kids well with healthy food for not a lot of money. Through the generous help of many volunteers, which keeps the cost per student, per day low, and the hard work of the cafeteria staff, we can make it happen."

Sue also donated her time throughout the month of February as a personal commitment to the initiative. To further highlight Sue's commitment and the initiative, CBC's Colleen Jones stopped by the school and did a news story on Well Fed Kids. You can see that story at the 16:00 minute mark when [clicking here](#).



Keeping Safe Online: How to Spot Fake News

Can you tell what's true and what's false online? Put your skills to the test with the Media Smarts Reality Check game! On the internet, it can be hard to tell what's true and what's false—but we have to make a lot of decisions based on how reliable we think things are. In Reality Check, you'll learn how to find clues like finding where a story originally came from and comparing it to other sources, as well as how to use tools like fact-checking sites and reverse image searches.

In each mission, you'll be presented with a story on your social network feed that might be entirely true, entirely false, or somewhere in between. To find out, click on the different parts of the page where you see a magnifying glass. Once you've seen all the clues, you can decide how reliable you think it is and how to respond to it.

[Click here to play.](#)

ARE CANADIAN CHILDREN GETTING ENOUGH SLEEP?

To be as **healthy** as possible¹, children need adequate **night time sleep**:



5-13 year olds
9-11 HOURS
of sleep/night



14-17 year olds
8-10 HOURS
of sleep/night



But... **1 in 4** children are **NOT getting enough** sleep.



Let's talk about **sleep quality**, shall we?

1 in 3 children have trouble
going to sleep or **staying asleep**.

1 in 5 children have difficulty
staying awake during waking hours.

1 in 10 children **do not**
find their sleep **refreshing**.

Sleep Tips

1. It helps to go to bed and get up at the same time every day, even on weekends
2. Snacks and drinks are best when they are small and caffeine-free and low fat.
3. Create a comfortable bedtime routine. Doing the same things each night teaches your body to wind down. This might include taking a warm bath/shower, reading a book, or listening to soothing music with the dimmed lights. Relaxing activities can promote better sleep by easing the transition between wakefulness and drowsiness.
4. Turning off the TV and other screens at least a half hour before bed can shorten the time it takes to fall asleep. The light and mental stimulation from screens keeps the brain more alert. A fan or calm music can replace screens.
5. We sleep best in a cool, dark and quiet room.
6. Taking a special toy or comfort object to bed is often helpful.
7. If you want to increase your child's sleep hours, do it gradually over a couple weeks.
8. New sleep habits take time to develop - stick to your plan for 21 days.
9. If your child regularly snores, contact your family doctor as this can prevent a good night's sleep.

New Germany Elementary School Nominated for Autism Award

In December New Germany Elementary School was nominated for the Sheelagh Nolan Award for Excellence in Teaching, presented by Autism Nova Scotia in recognition of exceptional contributions in support of individuals and families who are living and growing with Autism Spectrum Disorder.

From Autism Nova Scotia: "The team at New Germany Elementary School has been nominated for their work with Bradley, a 7-year old with Autism Spectrum Disorder (ASD). During a period of many new challenges and adjustments, the teaching team at New Germany Elementary rose to the occasion by providing Bradley with a solid foundation and the stability he needed to succeed in a new learning environment.

Over the course of the academic year, Bradley prospered at New Germany. The patience and support of Bradley's teaching team is an inspiration and fully illustrates their commitment to understanding, acceptance, and inclusion. This outstanding teaching team includes Principal Angela Gladwin, Learning Centre Teacher Lisa Baker, Classroom Teacher Christine Redmond, and Teaching Assistants Julie DeLong and Rose Huphman." Congratulations to New Germany Elementary School for their amazing work!



New Germany Schools Awarded Grant

PHE Canada, with their supporting partner The Co-operators, recently awarded New Germany Elementary School and New Germany Rural High School with a grant award of \$2000 from their Share2Care Mental Health initiative. By championing positive mental health among students and school staff, the two schools were chosen as a recipient of this award; chosen among 226 applications from across Canada. Both schools have a Free Store – a clothing, food and essentials locker that can be accessed by families in need; work that furthers their support to students, parents and guardians.

During the ceremony, students read testimonials from their peers and families who have accessed the Free Store since it opened. The stories were very moving and it is clear this initiative is having a positive impact on the New Germany students and their families:

I like having the Free Store because we can get things to take home right away. Sometimes my dad gets paid a long time ago and there might not be enough money. I have packed crackers, soup, Kraft Dinner in my backpack and we can use it that night. Things at the real stores are sometimes way too much for us to afford. Having breakfast, lunch and supper is important so you can do your math without thinking about being hungry.

– New Germany Elementary School Student

NGRHS Vice Principal Evan Monahan and his wife, NGES Guidance Counselor Errin Monahan wrote the grant together. Vice Principal Monahan closed out the cheque presentation describing both school's dedication and gratitude; "As the old saying goes: it takes a village to raise a child. Well, it takes a community to make a school successful. Success is not just measured in tests and grades, but also in helping students better their circumstances. Thank-you for supporting our initiative, but more importantly, thank-you for investing in our community."



Winter Fun - Taking Learning and Physical Activity Outside



Students at Bridgewater Elementary School having fun in the snow with sledding and snow wall artwork.



Bluenose Academy's Ski/Snowboard Club enjoyed their first day on the slopes at the beginning of February. Many first time participants pushed themselves out of their comfort zones!



Students from Dr. J.C. Wickwire Academy (above) and Bluenose Academy (below) strap on their snowshoes for some winter fun.

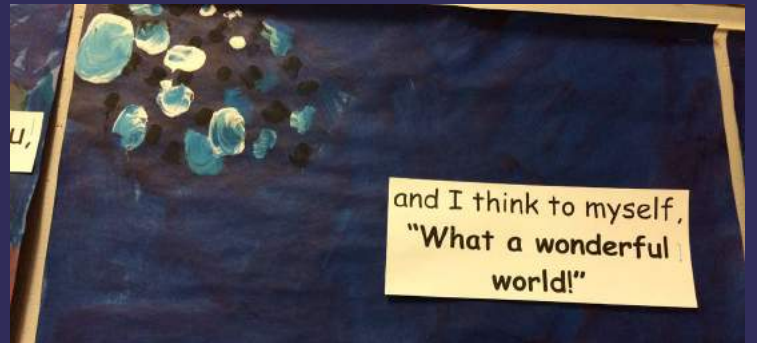
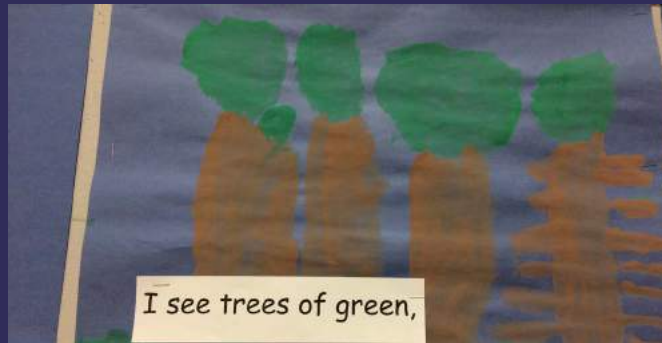
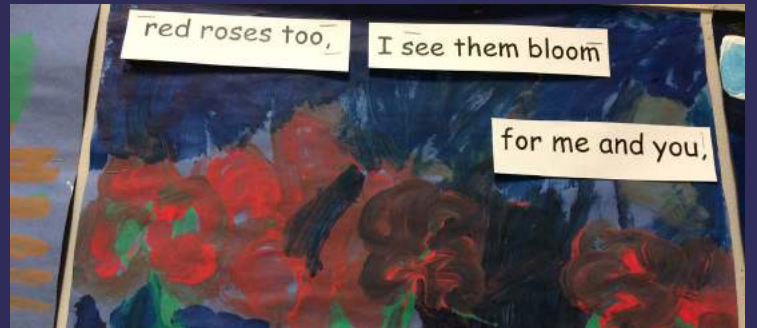


On February 6 students and staff from Petite Riviere Elementary School enjoyed a nature hike through the Jones Trail as part of their Winter Walk Day.



What a Wonderful World

Using words from the book and song *What a Wonderful World*, P-1 students at Pentz Elementary School re-created the story using art. How truly wonderful!



Pre-Primary on Tour

The New Ross Consolidated School Pre-Primary Class got out and about for a winter walk and visited local businesses to learn about what they do in the community. Stops included Canada Post and the Credit Union.



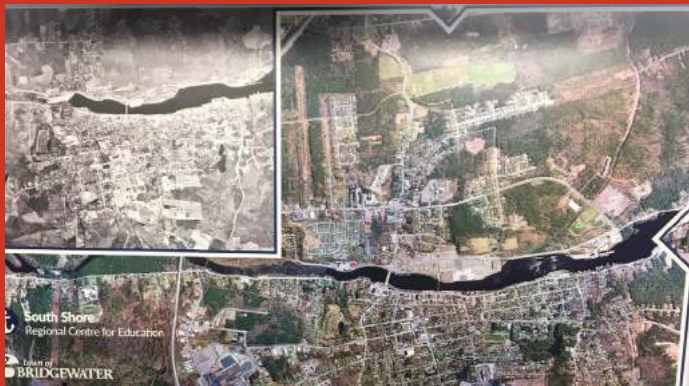
Go Canada Go!

With handmade signs and lots of enthusiasm students from South Queens Middle School cheered on Team Canada and showed some Canadian team spirit to all countries at the World Junior Curling Championships in Liverpool. It was great to have an event like this in our area as students had a great time attending.



Exploring Bridgewater from the Air

Thanks to Mattatall Signs, the Town of Bridgewater and our Operations Department, students at Bridgewater Elementary School are getting to explore massive aerial maps of Bridgewater from 1964 and 2018 in their Learning Commons. Students can see how much the town has changed in 55 years and had fun finding where things are. Thank you to everyone who worked on bringing this project to life for our students.



Curling Champions

Congrats to the Bluenose Academy Junior Boys and Mixed Team on winning Regionals. Thanks to the coaches who help our students reach their goals!

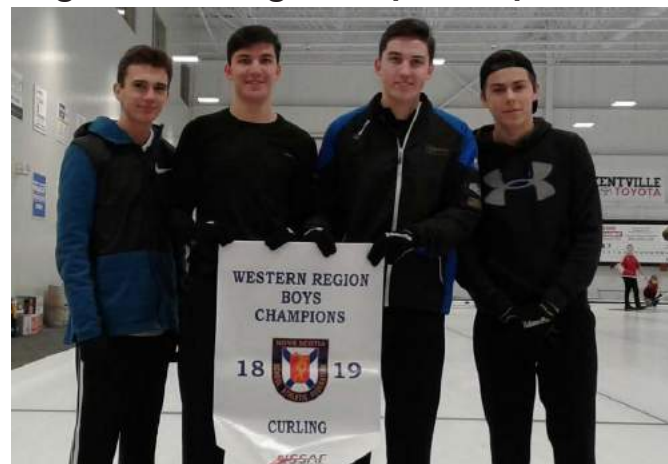


Gravity and Drag Force

Students at Bridgewater Junior High School designing, developing, building and testing parachutes for their Grade 6A Science Class.

How does it work? As the skydiver is falling, the force of gravity is pulling the skydiver and their parachute towards the earth. The force of gravity can make an object fall very fast! The parachute slows the skydiver down because it causes air resistance, or drag force. The air pushes the parachute back up, and creates a force opposite to the force of gravity, slowing the skydiver down. As the skydiver falls slowly to the earth, these "push and pull" forces are nearly in balance.

Forest Heights Students Win Senior Regional Curling Championships



Celebrating Chinese New Year

Happy Chinese New Year from Ms. Jeffers' Grade 2 Class! Gong xi fa cai (also pronounced "gung hey fat choi" in Cantonese) which translates to "Wishing you prosperity" when wishing someone a Happy New Year.



Bayview Teams Win Big

Congratulations to the Bayview Community School Boys Basketball team for being Regional School Champions and to the Jr. High Bayview Hockey team for winning Districts!



A Field Trip for African Heritage Month

Greenfield Elementary School students traveled to Birchtown in February to visit the Black Loyalist Heritage Society. It is a beautiful museum located just outside of Shelburne. They learned historical facts about the African heritage of Nova Scotia.



Wearing Rainbow Colours at Hebbville Academy for the Winter Carnival

