



South Shore
Regional Centre for Education

June 2020 Regional Update

We saw the last of our online learning, with students finishing up their course work on June 5. Our students, with the support of their amazing families, staff, and school communities will have mastered what was expected. Congratulations on the completion of the 2019-2020 school year! Thank you for your support and commitment to making this year a success even though these past several months were totally unexpected and difficult, everyone has rallied and supported one another. It's amazing what we can do together.

As the world has watched and read about local, national, and global protests regarding anti-Black racism, oppression, and injustice, the South Shore Regional Centre for Education will continue to act to ensure the equitable and dignified treatment of all students, staff and the community. As we strive to increase our consciousness of systemic racism and oppression, in all of its forms, we know that we still have much work to do. However, we remain committed to the hard work of creating an equal and just environment for all.

The South Shore Regional Centre for Education values its partnership with the entire school community. We never lose sight of our goal to meet the academic and the social and emotional needs of our students. In a world that often prioritizes and focuses on academic skills, social and emotional well-being can be overlooked. We remain committed to the social and emotional development of our students.

Graduating from high school is a significant milestone for our students, their families, and our staff. Our Grade 12 students have persevered through a very different experience this year and we certainly did not imagine that we would be finishing our year learning, teaching, and working remotely. It has not diminished the importance of the accomplishments of our grads. In fact, finishing the term remotely and adapting to the changes and challenges due to the pandemic, shows the incredible determination and resiliency of our students. You all deserve to be recognized, not only for the work you completed through virtual learning but for your many years of study and achievements. Graduation is a highlight of the school year and we certainly recognize the importance of acknowledging this significant accomplishment. Although we are unable to celebrate with you all together in groups or have the usual activities and events in our schools, you will be recognized differently in ways that respect public health guidelines and physical distancing. Our school staff have worked through the details and have come up with ways to celebrate, recognize, and honor our grads.

I am so proud of the work of our staff, our students, our parents, and the support of our community, as we move through the pandemic. Everyone is committed to doing their best and we will soon get to the other side and return to our routines and our previous lives.

Don't forget that our website is a wonderful resource to learn more about our region. Please visit for the latest news and important announcements, and much more. For those of you who are on social media, our Facebook page and Twitter feed are also a good way to keep up with what's happening in our region. For those of you not on social media, you can view our Twitter posts on the home page of the SSRCE website.

Since summer is upon us, I encourage you to seek opportunities to reflect, rest, and relax. We look forward to seeing you in September!

Please stay well & have a safe and restful summer.

Paul Ash
Regional Executive Director
South Shore Regional Centre for Education



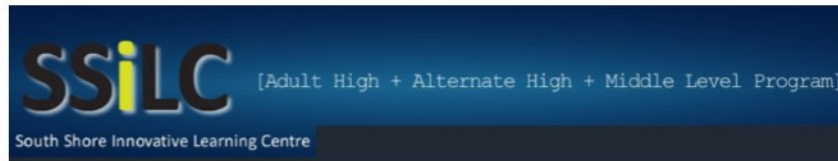
The South Shore Regional Centre for Education takes seriously equity and inclusion for all students. The Pride flag represents acceptance and inclusion in our schools and communities. In order to truly support each and every student, we must send a clear message that everyone should feel a sense of belonging in their school, regardless of their sexuality or gender identity. Our students come first – each and every one. ~ Happy Pride Month ~



CONGRATULATIONS CLASS OF 2020!

High school graduation is a significant milestone for students. Congratulations to all graduates for your hard work, and thank you to the families, friends and communities who have supported their journey.

Although this year's grad events will be different than usual, many schools are working with parent/guardian groups and students to organize meaningful, safe ways to honour grads and their accomplishments. Our goal is to celebrate grads in ways that are creative, and honour the individual and their accomplishments. Grads can bring up to four guests with them to their school's grad event.



Liverpool Regional High School



Connect Learn Play



Have some fun with these activities encouraging exploration, curiosity and personal awareness by combining numeracy, literacy and social emotional learning. Aim for one a day as part of your learning experience while away from school!

"Active Smarter Kids" (ASK) Corner

Active Smarter Kids (ASK) Corner:
Jumping Jack Spell-a-thon

You know those words you often find hard to spell? Like "people" or "actually"? Write out some tricky spelling words on small sheets of paper. Write up to 20 words.

Take those words and place them in two piles in different areas of your yard/garden/deck. You can do this inside too.

Start at one pile, have partner or your parent read aloud a word. You will spell the word out loud by doing a jumping jack for every letter.

Move to the second pile, and do the same with a word card. Return to the first pile. And complete another word.

Continue going back and forth, jumping jack spelling each word until the piles are finished!

Ask your partner to do the jumping jacks and spelling with you! Enjoy!



Green Schools NS Energy Search

Did you know that we could potentially save a lot of energy every day in our own homes? Let's think about our energy habits and become more sustainable with this Home Energy Search. Saving energy protects our planet!

Grab paper and a pencil and explore every room inside your home. Find what is plugged into the wall and using energy. Are you using that item now? Can it be turned off? Unplugged?

How is your home heated? Are there any windows open when the heat is on? Check every room! Can you turn down the heat, put on a sweater or close any windows?

Explore your basement then head outside into any shed to search. Are there items using energy that don't need to be? Is there anything that could be unplugged?

Now that you're outside and not using any electricity, burn off some of your energy by searching for three things in nature that get their energy from the sun. Hint they would be green.

Thanks from Green Schools NS and planet Earth.

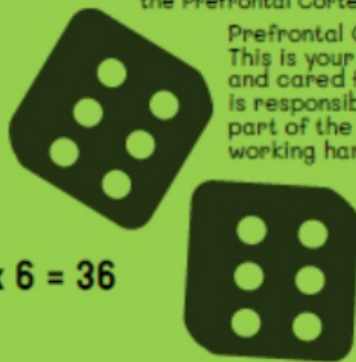
Roll the Dice Multiplication Challenge

Maybe you have already challenged a classmate by rolling the dice for mental math challenges at school? The brain loves to solve problems! Multiply the numbers. Who comes up with the answer the fastest? Give them a point. First one to 20 wins. No dice? No problem! Make a couple sets of number cards from cardboard. You might use a cereal box.

Do you have a younger sibling that may need help with addition facts? Maybe you can switch to addition and give them a hand!

PS. If you have a deck of cards or dominos you might create similar math challenges!

$$6 \times 6 = 36$$



Thanks from Green Schools NS and planet Earth.

Weekly Brainstorm!

There are three main parts of your brain that are very helpful to understand. These parts work together as you experience your day to day life and assist you with things like making choices, feeling uncomfortable and saving your best memories! This week we will start with the most 'evolved' part of our brain, the Prefrontal Cortex.

Prefrontal Cortex:

This is your 'thinking' brain. It functions when you feel safe and cared for. This is where learning takes place! Your "PFC" is responsible for problem solving and organization. It is the part of the brain that helps you make good choices. It is working hard when you are calm, alert and focused.

What is the most important job that your brain does for you (and mine does for me) 24 hours a day, 7 days a week?

**It works overtime to keep us safe!



Kids Help Phone: 1-800-668-6868



K. Seamone, SEL Consultant, SSRCE with contributions from:
<https://www.greenschoolsns.ca/feeling-resourceful> (N. McMaster)
<https://www.activesmarterkids.com/ask> (Britt Vegsund)
<https://kidshelpphone.ca/>

BLACK LIVES MATTER

SSRCE affirms that Black Lives Matter and that anti-Black racism is unacceptable and must be eliminated. We stand in solidarity with staff, students, families, and communities and the millions of Black people subject to racial oppression and violence.

The words Black Lives Matter have been added to social media posts and websites. It's an important message, a reminder that we will do all we can to be an antiracist regional centre, from our focus on equity to community conversations. As our communities and country protest over racial injustices, these issues have directly impacted some of our students, staff, families and friends.

Race can be a delicate conversation to talk about, particularly if you're privileged or sheltered enough not to think about it all the time. But you shouldn't let this discomfort get in the way of speaking up.

Check out resources to help facilitate conversations about race, including guides on how to have tough conversations with peers and students, and more.

[Teaching for Black Lives](#), Edited By Dyan Watson, Jesse Hagopian, Wayne Au. Rethinking Schools.

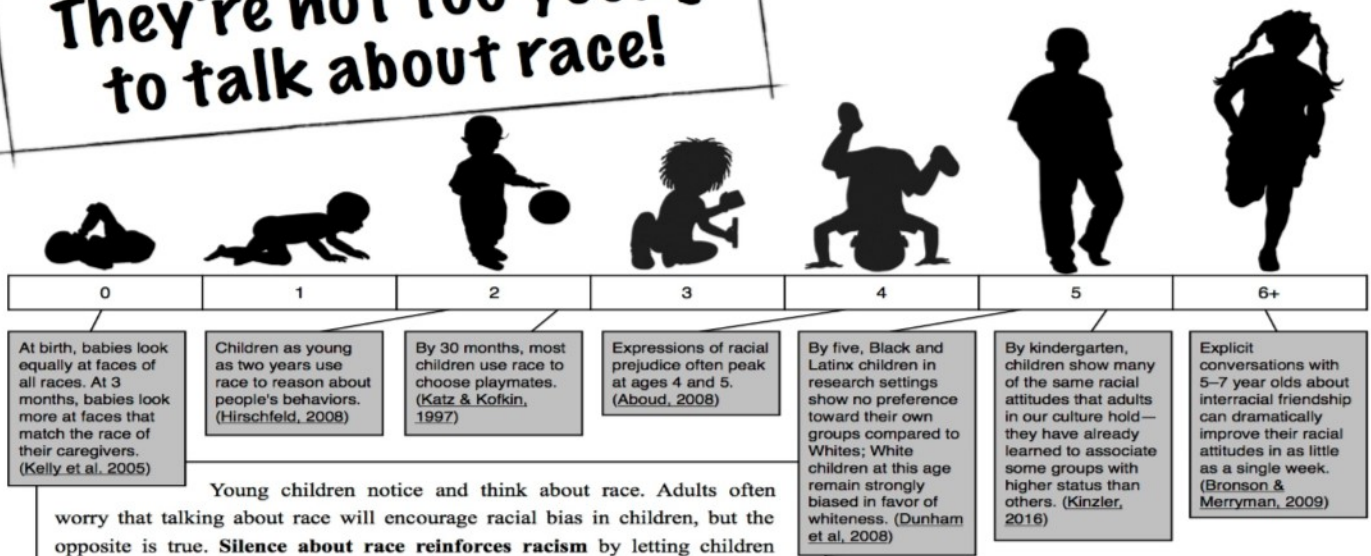
[Black Lives Matter at School](#), website of the national coalition organizing for racial justice in education.

[2020 Curriculum Resource Guide](#), BlackLivesMatteratSchool.com

[Creating the Space to Talk about Race in Your School \(PDF\)](#), National Education Association



They're not too young to talk about race!



Young children notice and think about race. Adults often worry that talking about race will encourage racial bias in children, but the opposite is true. **Silence about race reinforces racism** by letting children draw their own conclusions based on what they see. Teachers and families can play a powerful role in helping children of all ages develop positive attitudes about race and diversity and skills to promote a more just future—but only if we talk about it!

- Do some learning of your own** to get ready for conversations with children. Here are some good places to seek *information* and *training*:
- Teaching Tolerance — tolerance.org
 - Raising Race Conscious Children — raceconscious.org
 - Embrace Race — embraceRace.org
 - Teaching for Change — teachingforchange.org
 - AORTA Cooperative — aorta.coop
 - Fortify Community Health (CA) — fortifycommunityhealth@gmail.com
 - Delaware Valley Assoc. for the Education of Young Children (PA) — dvaecv.org



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 The Children's Community School
 1212 South 47th Street, Philadelphia PA 19143
childrenscommunityschool.org

LEARNING FROM HOME

#NSLearningFromHome



Newcombville Elementary School Students



Bayview Community School—From building a ramp and working on the deck to outdoor fitness and doing math, students are learning during this time. Thanks Mrs. V and home for all of your support of students!

Bridgewater Elementary School Students taking adventures in learning with flat Selig and flat Corkum!



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