



NOVEMBER · KEPTEKEWIKU'S · NOVEMBRE 2020



# REGIONAL UPDATE

Monthly Newsletter of the South Shore Regional Centre for Education

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Have a story or  
photo you'd like  
included? Please  
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[www.ssrce.ca](http://www.ssrce.ca)



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## PVEC Student Receives Order of NS

Park View Education Centre grade 11 student, Stella Bowles was recently awarded the Order of Nova Scotia, making her the youngest recipient to ever receive the award.

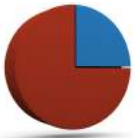
Stella was a grade six student at Bridgewater Elementary School when a science fair assignment turned into a passion project. After learning many homes had illegal straight pipes that permitted sewage to flow directly into the LaHave River, Stella set out to make a change. She tested the river's bacteria levels and the results well exceeded guidelines.

The community got behind Stella's cause and it drew national attention. Stella's commitment to cleaning the LaHave River influenced a \$15.7 million dollar clean-up project that is currently underway and funded by the federal, provincial, and municipal governments.

Stella has presented at numerous schools and conferences all over the world. She hopes her story will inspire other young people and create new advocates for environmental change.



## A Message from the Regional Executive Director



No matter which way you slice it, we are already a quarter of the way through this school year. I am always amazed at how quickly September to June seems to pass us by.

When we started this school year, I questioned whether COVID-19 would change that feeling. It didn't. Our school's staff and students have shown me that no matter the circumstances, they are resilient and committed to success. I believe it's those passions that make time feel like it's passing so quickly. Just like the idiom goes, time flies when you're having fun.

Throughout this newsletter, you will see those sentiments reflected on the faces of our students and staff. For example, just look at the satisfaction gleaming from New Germany Regional High School's Construction Tech 10 students after they accomplished building their own Adirondack chairs (page 5), or the excitement of grade 8 students at South Queens Middle School after receiving word they were successful in receiving a grant for \$5,000 (page 4). Their faces may be partially covered, but their joy shines through, and serves as another reminder that no matter what the world throws at us, our schools remain places of learning, laughter, and optimism.

This past month marked Mi'kmaq History Month. Schools throughout the region celebrated Mi'kmaw culture and heritage in a variety of ways, including virtual assemblies and presentations. Online connections were also a common theme for Remembrance Day celebrations. Classrooms had virtual visitors to enhance their knowledge and insights.

Incorporating virtual visits and online education will continue to play an important role in our schools moving forward. Education in a pandemic has taught us many things already, and I am confident we will continue to grow and fine-tune our skills in the remaining  $\frac{3}{4}$  of the school year.

Sincerely,  
Paul Ash, Regional Executive Director

"Their faces may be partially covered, but their joy shines through."

- PAUL ASH

SSRCE REGIONAL EXECUTIVE DIRECTOR



A student from Hebbville Academy shows a Christmas card he created to send to a Canadian Armed Forces member.



# A Basket Full of Possibilities

During October, to celebrate Mi'kmaq history month, a group of students from North Queens Community School went cranberry picking as part of a new land-based learning initiative. Cranberries have long been a reliable food source for Indigenous people, as they are easily stored and dried for the winter months. Not only are cranberries an important food source, they can also be used to make dye.



A group of five students travelled to Lake Rossignol where they met Reide Mansfield, who guided their day of gathering berries. The outing was led by Carrie Mansfield (Teacher Assistant), Phil Prendergast (Behaviour Support Teacher & Land-based Learning Facilitator), and Lori Davis (Student Support Worker with Race Relations, Cross Cultural Heritage Understanding & Human Rights).

After the outing, each student had the opportunity to return to school and think about how they would use the cranberries. Kayla Selig and Hannah Hagen decided to take their berries home and dry them, while other students decided to explore culinary uses in the kitchen. Tobias Macnutt made cranberry grunt and Joseph Jermey processed his cranberries to make red dye and jam. Another student, Tristan Freeman teamed up with his sister, Patience, and showed her how to follow a recipe. Together, they turned his collection of berries into cranberry cheesecake.

This activity allowed students to link their land-based learning to their academic curriculum through physical education, biology, and food preparation, while receiving credit for all their work.





## Congratulations!

Congratulations to South Queens Middle School on receiving a \$5,000 grant from Uplift to install outdoor activities. The Grade 8 Leadership class worked on the grant with Alex Coley and their efforts have paid off!



## Special Thanks!

Financial support from the community, like that of the NSLC at Wickwire Academy, is crucial to the success of Breakfast Programs across the region. Thank you!

## NQCS Welcomes Eskasoni Pride



On October 28th, students at North Queens Community School welcomed Geordy Marshall. Geordy is the Director of Kepmitelsi - Eskasoni Pride and joined the students virtually to celebrate Mi'kmaq History Month. He shared teachings about being L'nu and Two-Spirit. The chat included an informal discussion & question/answer session along with brainstorming. Pictured below are brainstorming sheets completed by students. Thank you, Geordy and the Wabanaki Two-Spirit Alliance.



# SCHOOLS IN THE SPOTLIGHT



*New Germany Regional High School Construction Tech 10 students test out their newly constructed Adirondack chairs!*



*Superheroes don't only wear capes - they wear masks too! Superhero day at Petite Riviere Elementary School (above).*

*Observational drawing using pastels outside at Aspotogan Consolidated School (left).*

# WINTER IS ON THE WAY



The first snow of the year is always a memorable day at our schools. The excitement was evident all through the region!

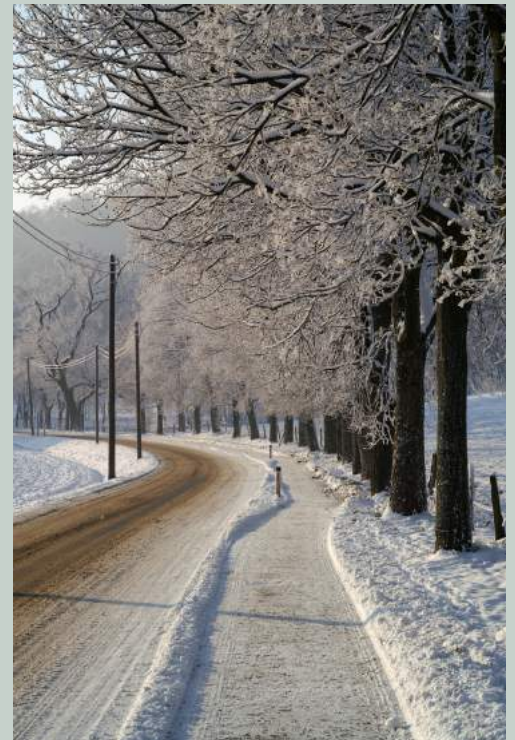
Pictured here are students from Wickwire Academy.

## STORM DAY CANCELLATION REMINDERS

With winter weather upon us, families are encouraged to notify their school office of any changes to home contact information.

Ensuring we have your correct contact details, will allow you to receive text and email alerts in case of school cancellations.

For more information on the SSRCE storm day process, visit our website at <https://ssrce.ca/storm-day-closure-process/>



## Have you Downloaded the COVID Alert App?



COVID Alert is a free exposure notification app. The app lets you know if you may have been exposed to COVID-19. You can also use the app to let others know if you test positive without sharing any personal information.

Downloading the app is quick and easy. If your child has a cell phone, ensuring they have the app on their phones is an important step in limiting the spread of COVID-19 in our schools.

## School Gyms Reopening for Community Use

Earlier this month, the province of NS announced the gradual reopening of school gyms to community groups for physical activity and sports. Gym rentals will differ from school to school and first priority will be given to school based sporting events.

Following Nova Scotia's Back to School Plan, only essential visitors will be permitted in schools during community use and no spectators are permitted. For a list of SSRCE schools that are ready to take bookings, please visit [www.ssrce.ca](http://www.ssrce.ca) and contact the school directly for availability.

# THE HEALTHY *Hangout*



We know that this is a very challenging time for students, families, and the whole school community. Staying healthy has been top of mind for many of us during COVID-19, but our wellbeing is more than keeping the virus at bay. Keeping your body and mind active is also a priority for the SSRCE.

Here are a few fun and engaging resources that will help you stay healthy and active as we MOVE out of fall and into winter!



**Kids Run Club at Home**  
[kidsrunclub.ca/1053-2](http://kidsrunclub.ca/1053-2)

**BOKS Canada**  
**At Home Movement and Play Resource**  
[www.bokskids.ca/boks-free-sign-up/](http://www.bokskids.ca/boks-free-sign-up/)

**Physical & Health Education Canada**  
[phecanada.ca/programs/phe-learning-centre](http://phecanada.ca/programs/phe-learning-centre)