

DECEMBER 2023 |

CAPE BRETON HIGHLANDS EDUCATION CENTRE/ACADEMY



CONTACT US:

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cbh.office@srce.ca

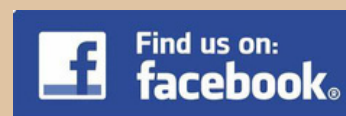
School Office:

Angela MacKinnon Principal

Stacia Evans Vice Principal

John MacKinnon Guidance Councilor

Cheyenne Camus School Secretary



Message from our Principal

Welcome to December!!

We had a busy November, with report cards and parent - teacher conferences.

Students in grade 9F raised \$700 for Feed NS!

Reminder to any parent/guardian who hasn't already made their way onto the Parent Portal that you can contact Cheyenne at the office and get yourself set up anytime!

We have lots of great activities happening in December - Acadian Credit Union is graciously sponsoring our turkey dinner on December 12, our Holiday Concert is on December 13, and activities are planned for staff and students



On behalf of the staff at CBHECA, we wish everyone a peaceful and restful holiday season.



The **School Advisory Council (SAC)** is a legally recognized body composed of the principal and representatives of parents, support staff and community members who work together to enhance the quality of education provided by the school. The goal of the SAC is to bring educational partners together to improve learning, participate in continuous school improvement, advise on school policies, and encourage positive relations between school, families, and the extended school community.

Our SAC meets 5 to 6 times per year, typically on Wednesdays from 4:30-6pm. Please contact the school if you are interested in joining our School Advisory Council!

We are still looking for a chair:)

Important Dates:

December 13th - Holiday Concert at 6:30pm
December 21st to January 2nd - Holiday Break

| CBHECA | | |  | | | 2023 | |
|----------|---|---|---|--|---|----------|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
| | | | | | Day A 1 | 2 | |
| 3 | Day B 4 | Day C 5 | Day D 6 | Day E 7 | Day F 8 | 9 | |
| 10 | Day G 11 | Day H 12 Turkey Dinner | Day A 13 Holiday Concert 6:30pm | Day B 14 | Day C 15 | 16 | |
| 17 | Day D 18 | Day E 19 | Day F 20 Last day of classes prior to Holiday Break | 21  Happy Holidays | 22  | 23 | |
| 24 31 | 25  | 26  | 27  | 28  | 29  | 30 | |



Free Turkey Dinner December 12th
will be available to all students !

Take our Kids to Work Day

On November 1st our Healthy Living 9 students participated in Take Our Kids to Work Day (TOKTWD). TOKTWD is an experiential learning opportunity for Grade 9 students across Canada offering them the chance to see the world of work firsthand, explore a variety of careers and sectors, and the skills important to thrive in the world of work.

Many of our grade 9 students took part by joining a family member at their place of work for the day. Based on feedback most students enjoyed the opportunity, and hopefully sparks future discussions around career exploration. A big thank you to Mr. Kennedy and Madame Sheila for making this possible.

Career Fair in Healthcare

On November 9th, CBHA was host to a special event for grades 9-12 students from our school and Inverness focused on careers in Healthcare. This was a partnership between the school, Nova Scotia Works' School Liaison Leah Noble, and Rebecca Dunphy, Special Projects Coordinator for the Municipality of the County of Inverness. The County received funding from the Community Fund from Nova Scotia Health Authority's Office of Healthcare Professionals Recruitment, and the event was a pilot of something the Office is hoping to recreate across the province as a "Grow Your Own" initiative. All involved were also treated to a delicious, healthy lunch catered by the Dancing Goat

Speakers were: Erin MacKenzie, Naturopathic Doctor; Monica LeBlanc, Public Health Nurse; Stephanie Brushett, Speech-Language Pathologist; St. Fx Associate Professors, Interdisciplinary Health Program, Christina Holmes and Megan MacGillivray; Tanya Feehan, Physiotherapist; Rebecca Dupuis, NS Health; Evelyn Doyle, Homecare Practitioner; Jessica MacLellan from NSCC; Kerri Gibson-Grant, Psychologist on behalf of Child and Adolescent Services; Emily Percival-Patterson, Harm Reduction (NS Health); Jessica LeBrun, Social Work; Douglas Allen, Paramedic Recruiter for EHS; Crystal Graham, Director of HR for County of Inverness Municipality Housing Corporation, serving Foyer Pere Fiset; Norma MacKinnon - Dietician (and Coordinator for Youth Community Health Centre) plus Leslie Blackwood (Dietitian at Inverness Hospital) and Alexandra Beaton, 3rd year nutrition student from St. F.X.



Science Fairs help students develop their critical thinking, problem-solving skills and appreciation for science. Science Fairs can spark a lifelong interest in science, technology, engineering, and mathematics.

The Strait Regional Science Fair will take place this year on April 9, 2024, in Port Hawkesbury, NS. It will be hybrid model again this year with both in-person and virtual judging. The SRCE Science Fair Committee encourages students to begin thinking about completing a project for one of the following categories:

Environment, Energy, and Resources; Information Technology and Innovation; Health and Social Sciences; or Discovery. The Strait Regional Centre for Education recognizes the science behind traditional Indigenous Knowledge. A new prize will be awarded this year to a project that:

- Shares Indigenous Knowledge about environmental management, or relates Indigenous Knowledge to any of the project categories above; or
- Connects Two-Eyed Seeing to a scientific concept; or
- Is relevant to Indigenous community needs

For more information about the Regional Science Fair, check out the [SRSF](#) website!

Huskies Hockey

The High School hockey season is in full swing. Our Huskies have once again teamed up to form a co-operative team with IECA. The IECA/CBHA Rebels are currently atop the league. They've had a great start and remain undefeated in regulation through the first 8 games, with 6 wins and 2 overtime losses.

The team's success has been due in large part by the stellar play of CBHA goaltender, Allan Chiasson. CBHA is also representing well on the offensive side with 'Captain' Caleb Timmons, 'Assistant Captain' Tristan Ross and Avery Evers all currently in the top 5 in league scoring.

IECA/CBHA Rebels play their home games in the Inverness Arena, Friday nights @ 7:30. Come cheer them on as they hope to keep rolling and work toward earning a return trip to Division 2 Provincials in March.



7/8E Science



| Teacher Assistants | Bus Drivers |
|--------------------------------|------------------------|
| Lorna Phillips | Audrey Leblanc |
| Nadine Clark | Rita Arsenault |
| Denise Deveau | James MacNeil |
| Natasha Romard | Jody Ingraham Phillips |
| Donna McDaniel | Lindsey Hart |
| Catherine MacNeil | Fletcher Ingraham |
| | Angela Ross |
| Building Technician/Janitorial | Melanie Burton |
| Dan Longtin | Cafeteria |
| Heather Leblanc | Annie Bourgeois |
| Priscilla Leblanc | Librarian |
| Wanda Fortune | Sharon Burchell |

Students should not be making calls or texting during instructional time. We ask that parents reinforce responsible use at home and know that the only time 7-12s should be using and receiving texts/calls is at recess (10:15-10:30am) and lunch (12:15pm-1pm).



A recent study looking at young children found that absenteeism in kindergarten was associated with negative first grade outcomes such as greater absenteeism in subsequent years and lower achievement in reading, math, and general knowledge. Research shows that attendance is an important factor in student achievement. Monthly reports will be run at CBHEC/A and students who have missed 10% of school days and greater will be notified via email.

TARDY

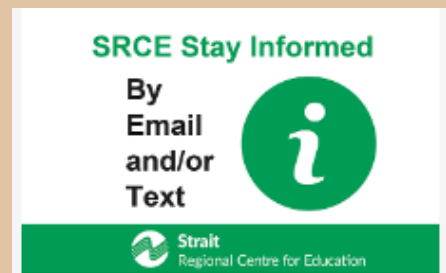
Arrive on time:

We have a number of high school students who consistently arrive after the 8:55am bell. These students are arriving to school via their own vehicle or they are travelling to school with a friend who has their own transportation. Late arrivals are disruptive to classes. Please speak to your child about this as if this would be a place of employment, this behavior would not be tolerated.

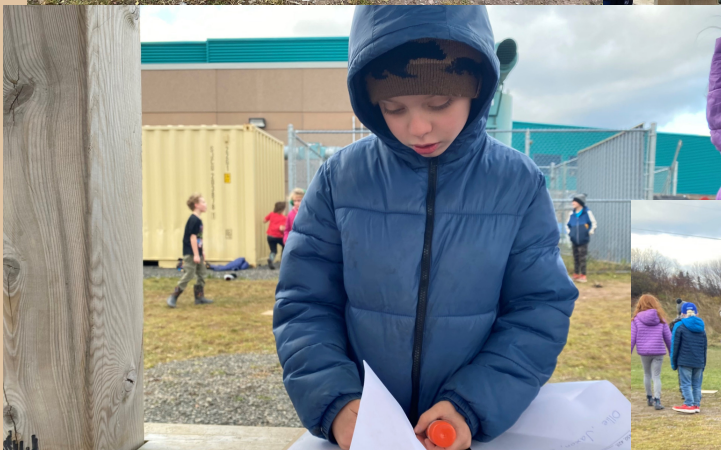
Stay Informed !

Early school cancellations

It is important that all students have an early dismissal plan in place. Please be sure you are signed up in “Stay Informed” (found on the SRCE website) so you will receive text messages if there is an early dismissal due to power outages, loss of water, power plant problems, wind, etc. Teachers in the early elementary classrooms try their very best to call all families so students do not arrive home to an empty house.



3/4 F was not daunted by the cold last week - they managed to do active math outside using the outdoor classroom. In teams, students worked on numerical patterns, relay-style



NOW'S THE TIME TO TRY



Take a skilled trade elective in high school and get a taste of hands-on learning in culinary, construction, transportation, or manufacturing.

Something that you try today could lead you down an interesting path tomorrow.




NOVA SCOTIA

EXPLORE **SKILLED TRADES** IN HIGH SCHOOL.

What is my role as the host/mentor?

- designate a staff member who will act as a mentor for the student
- provide a safe and inclusive work environment
- assist the student in setting goals and developing a learning plan
- engage the student with meaningful progressive tasks that allow them to explore a career and further develop skills for success
- provide time for consultation with the student's co-op teacher to provide feedback including a mid-term and final assessment

What can students do?

Co-op students are learners and will not have the same level of experience and expertise as employees, however they are eager to be mentored and to learn more about the career and work environment.

Although students are prepared to do introductory level tasks, they will benefit from opportunities to engage in a variety of meaningful, hands-on work.

There will be many things students can observe, assist with, or do independently, depending on the nature of the placement. This is an important conversation to have with the co-op teacher and student.

How do I prepare the workplace for the student?

Prepare your employees for the student's arrival. Let them know what the student's role is and discuss opportunities to participate in the mentorship process. Consider a "go-to" person who likes to work with youth and can build a positive working relationship with the student. Share with mentors any relevant details from the students' paperwork completed during the pre-placement assessment meeting with the teacher.

Your student is about to come into a new environment. Be prepared to introduce the student to the staff and welcome them to your workplace.

What is appropriate supervision?

Appropriate supervision will depend on the nature of the work environment and should be discussed with the teacher and student before beginning the placement.

How do I evaluate the student?

The host/mentor evaluation contributes to the student's grade, although the final course grade is the co-op teacher's responsibility and is based on achievement of learning outcomes in the course. The evaluation focuses on employability skills and positive and constructive feedback, and should be discussed with the student and teacher. Ongoing feedback should be provided throughout the placement.

Foundational Ideas Of Restorative Practices

Foundational ideas of restorative practice include empowering others and using practices that provide high standards and high support.

Restorative practices have the following positive impacts:

- people of all ages are happier, more cooperative, engaged and productive, more likely to make positive changes when those in authority do things with them, rather than to or for them
- schools can adopt practices that provide both high standards and high support
- relationships change when we move away from blaming, stigmatizing, excusing or rescuing and use more positive language
- staff are empowered to respond effectively to classroom disruptions to end interpersonal conflict or minimize behavioural and relationship problems

Restorative Practices

CBHEC/A lead team: Mrs. Evans, Mr. LeBlanc, Mrs. McDaniel, Mrs. B MacKinnon, Mrs. C MacKinnon

Restorative practices are rooted in restorative justice. They emphasize repairing the harm done to people and relationships, rather than punishing people. By building more supportive learning environments and focusing on social-emotional learning, restorative practices can:

- reduce social barriers to learning
- engage more students
- create a context for understanding and valuing diversity
- nurture a sense of belonging
- promote positive mental health

Who Do I Contact with Questions or Concerns?



Strait

Regional Centre for Education

1

For curriculum or classroom-related questions, start with your child's teacher. If required, follow up with the school principal.

2

For questions about the Pre-primary Program, start with your child's Lead Early Childhood Educator. If required, follow up with the Manager of Pre-primary Programs at carolyn.webber@srce.ca.

3

For general inquiries, please contact the SRCE where we will be happy to connect you with the right member of staff: 902-625-2191 / srce@srce.ca.

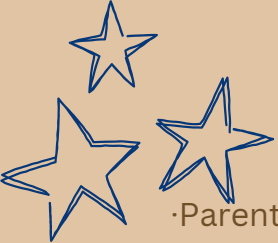
4

For all other matters and media inquiries, please contact Deanna Gillis, Coordinator of Communications by phone at 902-625-7093 or by email at deanna.gillis@srce.ca.



Playground update

The tender for the new playgrounds has finally been posted! YAY! The closing date for the tender is Nov. 9, 2023. I will continue to keep you posted!!!



Reminders

- Parents are reminded not to send birthday party invitations to their child(rens) classrooms as they will not be passed out in school.
- Parents and visitors are more than welcome to visit the school. However, be sure that you only go as far as the office. For our students' security we ask that you don't go to coat racks, classrooms, the gym etc. during school hours. If you need to see your child administration will call your child to the office for you.
- We also ask that parents communicate in their child(rens) agendas if there are any after school arrangements, cafeteria instructions, and extracurricular activities that need to be noted. We have over three hundred students from pre-primary to grade 12 and it is not possible for our secretary to manage all these arrangements or changes in plans.
- Please ensure that you send your child to school with a water bottle. CBHECA does **not** provide cups and we no longer have the older style water fountains – we have water fill stations.
- Students are not permitted into the school until 8:40am. Please do not drop your child(ren) earlier than 8:40am as there is no one available to supervise your child(ren) and the doors are locked.
- Parents of elementary students are encouraged to keep an extra set of clothes in their child(ren)s school bag in-case they get wet during the school day. This eliminates the need for phone calls home for dry clothes.



Student Pick-Up

When picking up your student(s) before the end of day due to illness, appointment, early dismissal or other reason, we are asking that you **park your car in the parking lot or next to the curb by the flagpole and come to the door to collect your child(ren).**

Reminder: Bus loop is closed to all vehicles during school hours (8:30-3pm) and parking in the bus loop after hours is not permitted – please use the parking lot when dropping off students or picking up students.

We appreciate your support in keeping our students safe!!!

Parent Portal

The student-parent portal gives you real-time access to attendance, grades, assignments, teacher comments, and school bulletins. You access the portal using your own user account. For assistance, please reach out to the school for support.

How to Stay Informed?

The SRCE uses a number of communication platforms, including print, online and social media, to regularly update and share information with students, parents, guardians, staff, and community partners on a variety of education matters. These platforms include:

- SRCE website (<https://srce.ca/>) and school websites;
- Twitter/X (@SRCE_NS);
- Regional Executive Director of Education's Report to School Communities in the SRCE;
- [Stay Informed Notification System](#) for class/bus announcements and news items/stories;
- Subscribe to the SRCE YouTube Channel @SRCE_NS;
- Local newspapers; and
- Local radio stations.

BREAKFAST PROGRAM

CBH continues to offer our daily breakfast program again this year! We have yogurt, cheese, bagels, fresh fruit, and milk available daily. On Fridays, we offer treats from AuCoin's Bakery in place of bagels.

This program is open to ALL students, no questions asked. Some students do not eat early, some are hungry again, some like to have something at school, some were in a rush, etc. - whatever the reason, everyone has access to food at school! We also continue to offer snacks in the classroom when needed.

We sincerely appreciate community and RCE support to enable us to provide this service for our students:)

Thank you to our dedicated volunteers who come in to prepare each morning, Cheyenne, Barbara and Andrew for helping organize, and Ethna for picking up our fresh fruit from the Margaree Coop every week. And thank you to the Margaree Coop who keep an eye out for sales and cutting our fruit!

It truly takes a village!!!

Dressing for the Weather

Although some days might not seem so cold at your home, when your children arrive at CBHECA we get some good winds from the Atlantic Ocean that cause it to be colder at the school. We ask that you be sure to dress your child(ren) warm so they can enjoy their time outside at recess and lunch. It would also be appreciated if you could pack an extra set of clothes in their backpacks for days that are wet. This way we won't need to call you to come in with new clothes

Safe Arrival Policy

Please continue to be mindful of our **Safe Arrival Policy** for students in Grades P-6. You should email cbh.office@srce.ca or call 902-235-7500 by 9:15am if they aren't attending school, even if the student's bus is canceled. Please leave a message with your name, your child's name and reason for absence. If the school is not notified and we are unable to reach a parent/guardian the RCMP may be contacted to ensure the safety of the student.

ROOTS OF EMPATHY RESEARCH AND PROGRAM EFFECTIVENESS



Since 2000, the Roots of Empathy program has been evaluated in both comparative and randomized controlled studies designed to measure changes in the behaviour of participating students. Independent research has been conducted on three continents.

Key research findings show that Roots of Empathy children perceive a more positive classroom environment by the end of the program (e.g., increased sense of classroom belonging and peer acceptance). Roots of Empathy children also exhibit:

- An increase in prosocial behaviour (e.g., sharing, helping and including)

- A decrease in aggression—particularly significant given that children in the comparison classrooms show increases in aggression across the school year

- An increase in social and emotional understanding

- An increase in knowledge of parenting

- An increase in cognitive and emotional empathy

Studies conducted by researchers at the University of British Columbia looked at specific types of aggression—proactive (bullying), physical, relational and reactive. All of these studies showed a significant decrease in bullying/aggression in the Roots of Empathy program groups.

An accelerated longitudinal study showed that the beneficial effects of the program were mostly maintained or continued to improve throughout the follow-up years (physical aggression decreased, indirect aggression decreased, and prosocial behaviours increased). It is worth noting that this study has been extended to include a long-term follow-up evaluation of the children and youth, who participated in the original evaluation. Health related behaviours and outcomes in the teenage years such as involvement with criminal justice system, age of first pregnancy and mental health outcomes are the variables of focus.

| SEPTEMBER 2023 | | | | | | |
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| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

of teaching days - 20

- 1 Staff Orientation & Organization Day
- 4 Labor Day
- 5 Regional In-service Day
- 6 First Day of Classes
- 22 School Based In-service

| FEBRUARY 2024 | | | | | | |
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| 25 | 26 | 27 | 28 | 29 | | |

of teaching days - 20

- 1 Start of Semester 2 (Quarter 3)
- 8 Report Cards Distributed (9-12)
- 19 Heritage Day

| OCTOBER 2023 | | | | | | |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

of teaching days - 20

- 2 Truth and Reconciliation Day Observance
- 9 Thanksgiving Day
- 27 NSTU Conference Day

| MARCH 2024 | | | | | | |
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of teaching days - 15

- 8 Term 2 Ends (P-8)
- 8 Administration & Evaluation Day (No Classes PP-8 / Regular Class 9-12)
- 11-15 Spring Break
- 29 Good Friday

| NOVEMBER 2023 | | | | | | |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

of teaching days - 21

- 3 Quarter 1 Ends (9-12)
- 3 Administration & Evaluation Day - No Classes PP-8 / Regular Classes 9-12
- 13 Remembrance Day Observance
- 16 Report Cards Distributed 9-12
- 17 Term 1 Ends (P-8)
- 20 Report Cards Distributed P-8
- 23 In-service (AM) / Parent Teacher (PM) (No Classes PP-12)

| APRIL 2024 | | | | | | |
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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
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of teaching days - 21

- 1 Easter Monday
- 2 Report Cards Distributed (P-8)
- 4 In-service (AM) / Parent Teacher (PM) (No Classes PP-8 / Regular Classes 9-12)
- 5 Quarter 3 Ends (9-12)
- 18 Report Cards Distributed (9-12)
- 25 In-service (AM) / Parent Teacher (PM) (No Classes 9-12 / Regular Classes PP-8)

| DECEMBER 2023 | | | | | | |
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of teaching days - 14

- 20 Last Day of Classes Prior to Holiday Break

| MAY 2024 | | | | | | |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
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of teaching days - 22

- 17 Regional In-service Day
- 20 Victoria Day

| JANUARY 2024 | | | | | | |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

of teaching days - 22

- 2 School Resumes After Holiday Break
- 23 NSVS Summative Assessments
- 25 Semester 1 Summative Assessments Begin
- 30 Semester 1 Summative Assessments End
- 31 Semester 1 (Quarter 2) Ends (9-12)
- 31 Administration and Evaluation Day (No Classes 9-12 / Regular Classes PP-8)

| JUNE 2024 | | | | | | |
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| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

of teaching days - 20

- 17 NSVS Summative Assessments
- 19 Semester 2 Summative Assessments Begin
- 26 Administration & Evaluation Day (No Classes 9-12 / Regular Classes PP-8)
- 26 Earliest Date for Graduation
- 27 Administration & Evaluation Day (No Classes PP-12)
- 28 Last day of school

- Summative Assessment Days
- Inservice/PD/Assessment & Evaluation Days
- School Holidays/Observances
- Report Cards and Parent-Teacher Conferences

Approved: February 27, 2023
Revised: March 27, 2023