

NOVEMBER 2023 |

# CAPE BRETON HIGHLANDS EDUCATION CENTRE/ACADEMY



## CONTACT US:

902-235-7500

[cbh.office@srce.ca](mailto: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



The days are now much shorter, and the cooler weather is upon us. Please remind your children in grades P-6 to dress for outdoor play, as students go outside every day. Teachers will also take students outside at various times for some outdoor learning activities, weather permitting. Please help by making sure your children are dressed for the weather!

Our teachers have been getting to know their students' strengths and challenges. Please feel free to contact your child's teacher if you have questions or concerns about your child's progress, at any time throughout the year. We strongly believe in working together and communicating regularly to best support our students.

There are many ways you can continue to support your child's learning at school. Please spend a few minutes every week looking over any information your child brings home, checking your email for school notices, and filling out forms to return to school.

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:

November 1st - Photo Retake Day  
November 3rd - No Classes P-8, Regular Classes 9-12  
November 8th - Remembrance Day Ceremony 10am  
November 13th - Remembrance Day Observation, No Classes PP-12  
November 16th - Report Cards Distributed (Gr 9-12)  
November 20th - Report Cards Distributed (Gr P-8)  
November 23rd - In Service in morning, Parent Teacher in afternoon. No Classes PP-12

## Reminders;

Report cards for students in grades 9-12 will be distributed electronically on Thursday, Nov. 16 and for students in grades P-8 on Monday, Nov. 20. **If anyone needs a paper copy sent home, please call the school to make that request.**

Parent-Teacher meetings will be held on Nov. 23 from 1-3pm and 5:30-7pm. Appointments must be scheduled in advance by calling the school and speaking with Cheyenne. **You can begin calling to schedule appointments on Friday, Nov. 17.**



Remembrance Day - On **Wednesday, November 8 at 10am**, we will have our Remembrance Day ceremony. Students from grades PP to grade 12 will view this ceremony. Community members are also welcome to join.  
Poppies will be provided to our students that day.

# CBHECA

# November

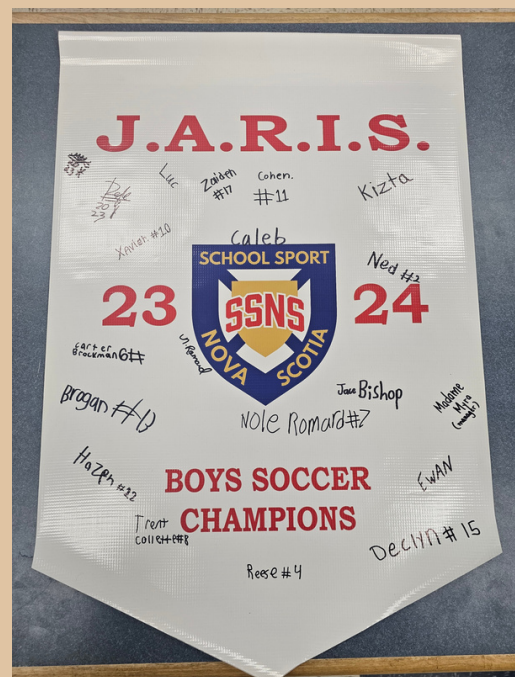


# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Day E 1 Photo Retake Day	Day F 2	Day G 3 No Classes PP-8 Regular Classes 9-12	4
5	Day H 6	Day A 7	Day B 8 Remembrance Day Ceremony 9:30am	Day C 9	Day D 10	11
12	13 Remembrance Day Observance No Classes	Day E 14	Day F 15	Day G 16 Gr 9-12 Report Cards Distributed	Day H 17	18
19	Day A 20 Gr P-8 Report Cards Distributed	Day B 21	Day C 22	23 In Service AM Parent / Teacher PM (Appointment only) No classes PP-12	Day D 24	25
26	Day E 27	Day F 28	Day G 29	Day H 30		



Congratulations to the **Jr. Boys Soccer Team** on their very successful season - going undefeated in every game they played! Winning 4 round robin games vs IEC and NDA, they went on to play TEC in the semi-final crossovers, and finally meeting BEC in the Regional Championship! Huskies defeated Bayview in a very tough hard-fought game ending in a 4-2 final score. Way to go Huskies - Regional Champs!



## WELCOME



My name is Shaun MacNeil. I am pleased to be teaching here at CBHECA this year. I will be teaching some Physical Education classes as well as a Science. I have been teaching for 17 years and 10 of those has been teaching Physical Education. I enjoy hiking, camping, swimming and cycling.

I am pleased to return to my hometown in beautiful Cape Breton after living away for over 20 years! I am very excited to have to opportunity to work with your children!

- Please remember to return to the school the following signed forms as soon as possible:
  1. Registration Form
  2. Consent for Publication of Student Personal Information and Student Work Form
  3. Canada's Anti-Spam Legislation Form
  4. Permission to Leave School Grounds (Gr. 7-12)
- Parents/guardians entering the school are asked to sign in at the office. Parents are not permitted to go directly to their child/ren's classroom. If you need to see your child, the secretary will call the student to the office.
- 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).

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



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**

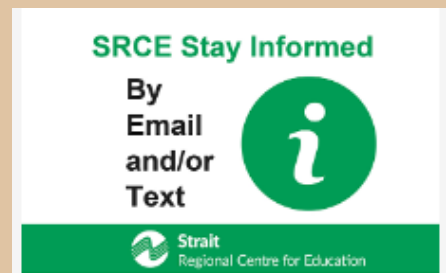
### **Arrive on time:**

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.



## Junior High trip to Louisbourg:

Class trips are back! It seems so long since students have had the opportunity to build their learning with these experiences. Our grades 7, 8 and some 9s were treated to an awesome day over at the Fortress of Louisbourg National Historic Site. The weather was (amazingly) cooperative and we were able to enjoy guided tours and treasure hunts in both English and French, and authentic 18th century lemonade (!). The students drew compliments from on-site staff for their brilliant enthusiasm and commitment. Well done everyone!

## OPEN HOUSE



Thanks to all that came out!



## **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

# NEW PLAYGROUND TOYS





**Reading Buddies in full swing !  
Here are a few snaps from  
Mr. M Parsons 7-9F class, helping our  
PE students in Mrs. L's class**



## 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](mailto: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](mailto:srce@srce.ca).

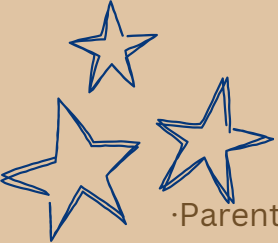
**4**

**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](mailto: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](mailto: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.

## SRCE Fostering a Love of Reading at Home

1. **Read to your child** - This special time promotes healthy brain development and strengthens bonds.
2. **Read a variety of texts** - Picture books, story books, biographies, digital texts, how-to books, comics, manuals, recipe books, food labels, news articles, etc.
3. **Listen to your child read** - Take turns reading a book, comic, magazine, newspaper, or other reading material together.
4. **Talk about the story** - This helps children understand what they are reading.
5. **Read in front of children** - If all household members “practice what they preach” and model reading, it sends a clear message that reading is valuable.
6. **Create a space for reading and writing** - A comfy space with reading materials, pens, pencils, markers, and paper nearby will encourage your child to practice their reading and writing skills daily.
7. **Look for opportunities to use reading and writing skills** - For example, have your child write the shopping list, read the traffic signs, and name all the things in the kitchen that start with the letter *P*, etc.
8. **Turn off technology** - Kids often need extra encouragement to pick up a book and read or get pencil and paper and write. (Unless using technology to read or write)
9. **Write messages to family and friends** - Think of a family member, friend or community member who might like to receive a letter, text, email, or notes on the fridge, etc.
10. **Listen to music with your child** - After listening, talk about it. For example, discuss the meaning of lyrics, the historical aspects of the song and the way music makes you feel, etc.
11. **Make up stories together** - Take turns adding details. Start with “Once upon a time...”; “It was a sunny day...” or “Yesterday...” etc.
12. **Visit the local library virtually with your child** - Take advantage of book borrowing and other activities offered at our local library. <http://ecrl.library.ns.ca/> or <http://www.parl.ns.ca>

SEPTEMBER 2023						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# 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						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
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						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

# 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						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# of teaching days - 14

- 20 Last Day of Classes Prior to Holiday Break

MAY 2024						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# of teaching days - 22

- 17 Regional In-service Day
- 20 Victoria Day

JANUARY 2024						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
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						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
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