

October—Wikewiku's—Octobre 2019

# REGIONAL UPDATE

From the TCRCE Regional Executive Director of Education



**Tri-County**

Regional Centre for Education



Students and staff from Plymouth School were invited to join with Acadia First Nation and Nourish Your Roots, as they celebrated a Harvest Feast in the lead-up to Mi'kmaq History Month. Welcomed by Chief Deborah Robinson and elders from the community, students took part in a smudging ceremony, grass dancing, and a delicious meal of moose meat stew. It made for a wonderful and informative day of sharing.



## IMPORTANT DATES!

Thursday, October 10—CLT Day—Early Dismissal  
Monday, October 14—Thanksgiving—No School  
Thursday, October 24—CLT Day—Early Dismissal  
Friday, October 25—NSTWPSAANS Conference Day

## What's Inside?

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- ◆ *Teacher Feature—Lenora Surette*
- ◆ *Orange Shirt Day*
- ◆ *Snapshots—The Great Outdoors*
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Please subscribe to our YouTube channel.





### MESSAGE FROM THE REGIONAL EXECUTIVE DIRECTOR

Hello, everyone. We had a great start to our 2019-2020 school year in the Tri-County Regional Centre for Education. I want to thank everyone (students, parents/guardians, staff, and community members) for your support and effort throughout the month of September. Getting a school year started is a team effort, and I appreciate all that went in to the tremendous start we had.

A main focus within the Region this year is “intentionality”. This means being deliberate about what we are doing to raise the bar and close the gap for all students. Within the monthly report, you will find a story on data walls. This is one initiative of many we are undertaking as a Region to become increasingly intentional in understanding exactly where students are in their learning, planning next steps based on this, and adjusting our approach as more evidence presents itself. This is all aimed at serving TCRCE students in the absolute best way possible. We always want to grow as a Region.

I am excited to announce Tri-County’s System Improvement Plan is complete and ready for distribution. We will be putting it on the TCRCE web site in the coming days, as well as providing copies for School Advisory Councils. The System Improvement Plan defines where we are now as a Region, what we will do to grow, and how we will know if growth has occurred. I encourage you to take a look at it on the [tcrc.ca](http://tcrc.ca) website. We know this is a first iteration, meaning that the plan will evolve and improve as we receive additional feedback from our key stakeholders.

I wish everyone a great October. There are many wonderful things happening in TCRCE schools every day. We have much to be proud of. Please follow us on social media, as we do our best to provide frequent updates on the events within the Region. There are links to both our Facebook and Twitter accounts on the [tcrc.ca](http://tcrc.ca) website. We also recently started a YouTube page, which you can locate by searching for our Region on YouTube. Please consider subscribing.

Dr. Chris Boulter  
Twitter: @drboulter

### DATA WALLS

For the 2019-20 school year, all TCRCE schools will be creating data walls. In Elementary schools, students’ reading level will be the focus. Secondary schools will be tracking a variety of student achievement and well-being pieces.

Data walls focus all staff on recent evidence of how our students are doing, and brings the conversation back to the question “How do we know?”. The use of data walls assists in monitoring individual student progress, tracking student achievement, and noticing patterns in student evidence. All of this is intended to drive immediate next steps for teachers in their instruction.



TCRCE Regional staff offering training on the use of data walls

The implementation of data walls across TCRCE is part of our focus on being intentional. This means we want to know where individual students are today, and base what we are doing tomorrow on this knowledge. We check and see if it worked, and then repeat the cycle. All of this is intended to improve our own instructional and assessment practices. We believe this will lead to increased student achievement and well-being across the Tri-County Region.

### Data walls in action







## TEACHER FEATURE



Congratulations to Lenora Surette, Grade 4/5 French Immersion teacher at Meadowfields Community School, who was awarded the Canadian Parents for French—Nova Scotia, on Saturday.

“Lenora’s classroom is a true community. She fosters a positive mindset with high expectations for every student and is a strong advocate of the French language and culture,” says Meadowfields Principal Raquel Thompson.

Lenora, who says she’ll cherish this award for years to come, expresses that the greatest reward comes from teaching children to think critically. “When former students come back to offer a handmade gift after they’ve been gone for a few years, or a parent writes to thank you for being an advocate for their child, that is all I can hope for... that my work will continue to make a difference by motivating students to be their best selves,” says Lenora.

And it is making a difference – the French Second Language Educator of the Year award acknowledges Lenora’s excellence in initiative and innovation.



## ORANGE SHIRT DAY—HONOURING RESIDENTIAL SCHOOL SURVIVORS



TCRCE students and staff held discussions about indigenous cultures, learned about residential schools and survivors, and heard from Acadia First Nation elders to mark Orange Shirt Day. The day creates opportunities to hold conversations around Treaty Education, and how we are all part of the reconciliation process, as we are all Treaty people.



# THE GREAT OUTDOORS



SMBA students celebrated National Tree Day, learned how to create survival shelters, and explored the experiential learning trail by the school. Great ways to take advantage of the gorgeous fall weather, and learn new skills.



Gardening, picnics, Terry Fox runs, beach clean up, soccer tournaments... our students enjoy plenty of time outside!



## RED & GREY & BLUE & GREEN

Barrington High School students took to the water—and to the golf course—as part of the new Physical Education Leadership 12 class being offered. They also organized the annual back-to-school spirit event, 'Red & Grey Day', and are assisting with this year's cross-country regionals.





# KEEPING YOU INFORMED

ADDITIONAL INFO FROM THE REGION AND THE DEPARTMENT OF EDUCATION AND EARLY CHILDHOOD DEVELOPMENT

## Vaping among NS Youth is on the rise.

- Vaping among NS Youth is on the rise.
- In Nova Scotia, 36.8% of all students in grades 7-12 report having "ever tried" an e-cigarette, as compared to 22.8% of Canadian students in the same grades.
- Vaping becomes more common as students get older.
- 49% of Nova Scotia students in grades 10-12 reported using an e-cigarette at least once.
- In terms of use in the past 30 days, the numbers are still alarming.
- In Nova Scotia 20.9% of youth in grades 7-12 have used e-cigarettes in the past 30 days in comparison to the Canadian average of 10%.

**VAPING: KNOW THE RISKS** | BREATHE the lung association

**Nicotine Harms the Developing Brain**

- Highly addictive
- Worsens existing anxiety and depression
- Affects memory, attention, learning and permanently lowers impulse control
- Alters brain development

**Health Risks:**

- Not just harmless water vapour
- Contains toxic and cancer-causing metals, chemicals and flavourants
- Contains ultra-fine particles that can be inhaled deep into the lungs
- Long-term health effects of vaping are still unknown

**28%** of NS high school students used e-cigarettes in the past 30 days (CSTADS 2016/17)

**Connection to Tobacco**  
Vaping among youth and young adults is strongly linked to future cigarette smoking

For more information visit us online:  
[www.ns.lung.ca](http://www.ns.lung.ca)

Looking for help in talking to your kids about vaping? See the tip sheet below:

<https://ns.lung.ca/sites/default/files/VAPING%20tip%20sheet.pdf>

**One less thing you have to think about. Period.**

NOVA SCOTIA

*We know that lack of access to menstrual products can be a barrier to attending school. All of our students in grades 4 and up now have free access to menstrual products in school. Costs are covered by the Regional Centres and the NS Department for Education and Early Childhood Development, and will not detract from any existing supply funds for schools.*

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