



APRIL/MAY · PENATMUIKU'S/ETQULJUIKU'S · AVRIL/ MAI 2021



# REGIONAL UPDATE

Monthly Newsletter of the Tri-County Regional Centre for Education



## Behind the Scenes of At-Home Learning

*Pictured above: Digby Regional High School's Christy Crouse and Digby Elementary's David Lumini are ready to welcome students to at-home learning.*

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## A Message from the Regional Executive Director

We are now into our second week of at-home learning. Although we had hoped to be able to continue in-person learning for the duration of the school year, we've been planning for this possibility and are well prepared. I am confident in the processes we've developed and know our staff and teachers have been working tirelessly to ensure a smooth transition.

We're currently planning to continue at-home learning until at least the end of May. Parents will receive an update from the province before that date. We take our direction from Public Health and when it's safe for everyone to return to their classrooms, we'll be ready.

There are a variety of supports for guardians/parents available during this time. For example, The Nova Scotia Homework Hub has recently expanded to offer math help to grades 4 through to 12, which includes free virtual tutoring. There's also Math Help, an accessible guide online to offer parents/guardians ideas on how to help children practice math skills at home. For more information on these resource and other supports, please refer to page 7.

For families who are unable to access food during the school closures, Feed Nova Scotia and local food support programs are available to help. Food banks and local food programs are open and safely supporting communities. For more information and to be connected with your nearest option, visit 211 online. If you are unable to access food support from a local food program, Feed Nova Scotia's COVID-19 Emergency Food Box Program is available. Call 211 weekdays between 8 a.m. and 8 p.m. to see if the program is a good fit.

We understand at-home learning looks different for many families. Our schools are collaborating with individual families who may need additional resources to ensure appropriate supports are available for our students. For example, for those students who do not have reliable access to internet, teachers are providing work packages.

I'd like to thank everyone in our school communities for your ongoing cooperation, understanding, and flexibility. We've had tremendous support from students, parents/guardians, and staff. Together, we continue to navigate through these challenging times and together, we've got this.

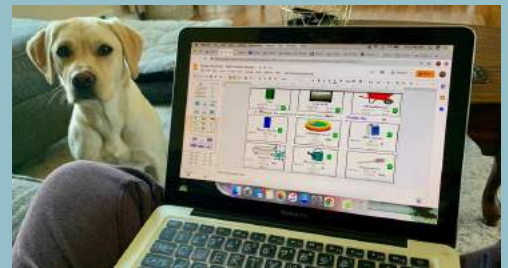
#AtHomeLearningNS #WatchUsLearn

Stay safe,

Dr. Chris Boulter  
Regional Executive Director of Education  
Twitter: @drboulter

"I'd like to thank everyone in our school communities for your ongoing cooperation, understanding, and flexibility."

-Dr. Chris Boulter



*At home learning means that we might have special guests join our classrooms. Just like Yarmouth Elementary's Mrs. Turpin's dog, Maisie.*

## COMMUNITY CHILD AND YOUTH WELL-BEING SURVEY



Are you 9 to 18 years old?



Do you live in Ottawa, Waterloo Region, Halton Region, or in Digby, Yarmouth, and Shelburne County, NS?



Do you want to help improve your community?



Your voice matters! Answer the online survey today to impact change.

*What's it like for young people to grow up in the Tri-County area?*

*How have children and youth been affected by COVID-19?*

The Community Child and Youth Well-Being Survey is asking young people about their experiences to identify equity gaps between children, monitor progress, and bring young people together with decision-makers to help inform programs, services, and supports available to young people.

TCRCE has partnered with the Canadian Index of Well-Being to create this survey for children aged 9 to 18 years old. Results will be shared with us and the data will be used to future student success planning.

The survey is open until May 31st and is available in English and French. Those completing the survey can also choose to be entered into a prize draw to win a gift card

[Take the survey here.](#)

## Nominations Extended for Lieutenant Governor's Respectful Citizenship Award



Photo of the Lieutenant-Governor Of Nova Scotia flag.

Nominations for the 2021 Lieutenant Governor's Respectful Citizenship Award are extended to May 25, 2021. This award recognizes students who've developed a project or activity that shows leadership and dedication to creating safe and inclusive spaces.

Every year, there can be up to 22 students awarded from across Nova Scotia with one team and one individual from each region. To reflect the province's diverse student population, there are eight additional nominee categories which include African Nova Scotian students, Aboriginal students, home schooled or private schools and CSAP.

To be nominated, students must be a registered student in Nova Scotia and enrolled in a grade from Primary to 12. This is a great opportunity to recognize some of TCRCE's exceptional students for their dedicated leadership.

Anyone can nominate a student or team for this award. Activities or projects that are eligible could address bullying, healthy relationships, physical/mental/emotional health and community enhancement, to name a few. The information on eligibility and forms to nominate a student is available [online](#).

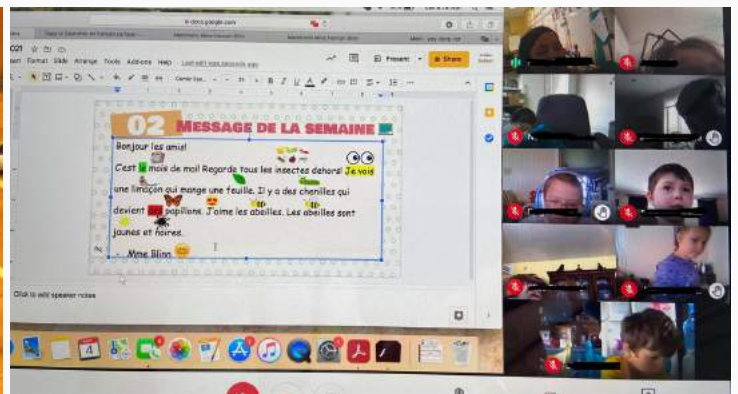
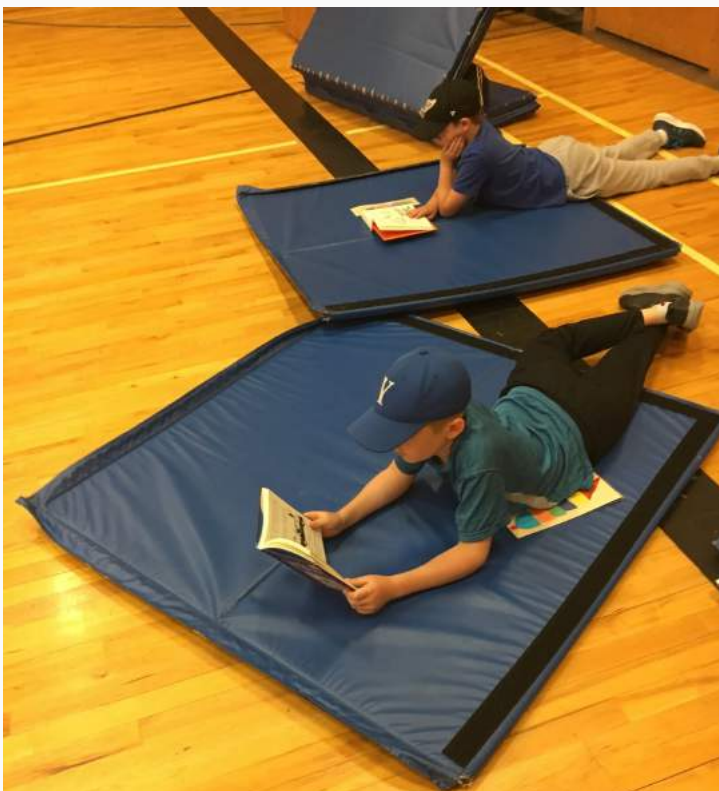


# Spotlight on Schools



The Islands Consolidated School Senior Girls Basketball team were crowned Regional Champions in April. CBC visited the school and compiled this heart-warming news story.

On May 5, TCRCE marked Red Dress Day, a day to honour Missing & Murdered Indigenous Women & Girls. (pictured left).



A French lesson takes place on Google Meet with students from Meadowfields Community School.

Throughout April, Carleton Consolidated Elementary School celebrated "Springing into Literacy." The month's events included SuperPower Reading Sessions (pictured left).

# MEET OUR TEAM

EACH MONTH WE WILL INTRODUCE YOU TO OUR TCRCE STAFF MEMBERS



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"What I enjoy about my role is being able to provide social, emotional, and academic support, advocating for the needs of indigenous students, encouraging daily attendance, and offering a safe, confidential space."

**-Loretta Jarvis**

*Loretta is a Mi'kmaq Student Support Worker at Plymouth School.*



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"I enjoy being able to connect with Mi'kmaq students and share the language, stories, crafts, dances, songs, and history. My favorite part is handing down the Mi'kmaq cultural teachings to future generations and getting outside!"

**-Sara Swinamer**

*Sara Swinamer is a Mi'kmaq Student Support Worker at Digby Regional High School*



# Literally Nutritious Winners



Congratulations to the winners of our #LiterallyNutritious gift set. In March, they shared a photo of their cooking skills and won a gift bag filled with all the tools they'll need to continue with cooking and baking at home. To learn more about our Literally Nutritious food program, visit: [www.tcrce.ca/cook](http://www.tcrce.ca/cook).

## Literally Nutritious Recipe

### *Watch a Video with Recipe Instructions*



### Pizza Soup

Prep Time: 15 minutes  
Cook Time: 6-7 hours



#### You Will Use

- 1 Cup (250 mL) Mushrooms, sliced
- 1 Onion, diced
- 1 Bell pepper, seeded and chopped into 1 inch cubes
- 1 Can (796 mL) Crushed tomatoes
- 1 Tbsp (15 mL) Italian seasoning
- 2 Cups (500 mL) Vegetable broth
- 1 Tbsp (15 mL) Tomato paste
- ½ lb (227 g) Ground pork
- ½ tsp (2.5 mL) Salt
- ½ tsp (2.5 mL) Pepper
- Shredded cheese (optional)

#### You Will Need

- Slow cooker
- Cutting board
- Knife
- Mixing spoon
- Measuring cups
- Can opener
- Mixing bowl

#### Tips and Tricks

- Ground pork is cooked when internal temperature reaches 160°F (71°C).
- Try ground turkey, chicken or beef in place of pork.



1. Wash and prepare vegetables: (a) slice mushrooms, (b) dice onion, (c) seed and chop bell pepper.



2. Combine vegetables, crushed tomatoes, Italian seasoning, broth and tomato paste in slow cooker.

3. In a bowl, mix ground pork with salt and pepper. Shape pork into marble sized balls.

4. Gently stir meatballs into soup mixture. Cover and cook on LOW for 6-7 hours.



5. Serve in bowls. Top with shredded cheese (optional).

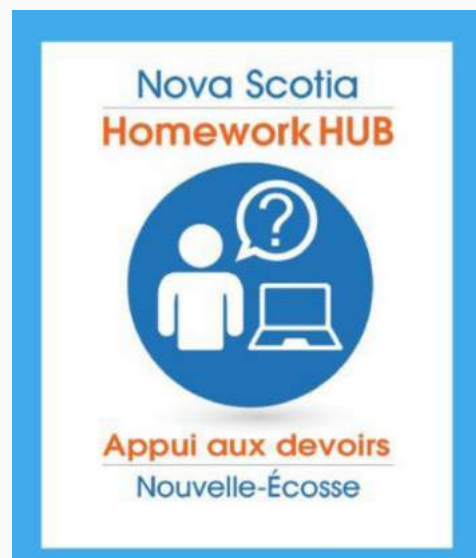
# Nova Scotia Homework Hub Expands Access and Hours

Nova Scotia Homework Hub has recently expanded to offer math support to students in grades 4 to 6 and more tutoring hours for grades 7 to 12. This is a free online bilingual platform supporting students in math, including tutoring at no cost.

The Homework Hub is a great resource for students and has shown strong usage throughout the regions. Students log in through their GNSPES accounts and have access to courses which they are currently enrolled. With this expansion, the Homework Hub now provides math help for grades 4 through 12. The platform offers 24-7 access to French and English video tutorials, practice exercises, online graphing calculators, online math textbooks and more.

There's also one-on-one sessions with qualified math tutors in French or English, via online with use of a whiteboard. Students who may not be able to access the internet can call toll free 1-844-243-9428 to connect with the same qualified tutors.

Students in grades 4 to 6 can access a math tutoring Help Hour on Tuesdays and Thursdays from 5:30 to 6:30 p.m. Expanded hours for math tutoring of grades 7 through 12 are now from 5 to 10 p.m. The Homework Hub continues to expand with new resources being added on an ongoing basis. To learn more about the Homework Hub, check out this [video](#).



*Homework Hub is a bilingual online platform for math help, grades 4-12.*

## Supports for Parents/Guardians with At-Home Learning

COVID-19 has added a new spin to learning, and with this in mind the Department of Education and Early Childhood Development has many resources to support parents/guardians with at-home learning. Current supports are available for a variety of grade levels in math, reading and writing, and French.

Parents/guardians can access a [math help document](#) that offers fun and interactive ways for children to practice their math. This resource includes ideas to strengthen a range of math skills for grades Primary to 8. By putting these ideas to practice, students can build confidence, use math to solve problems, and understand why math works the way it does.

There's also information and exciting ideas on how to practice [reading and writing at home](#). Like the math document, this resource provides activities parents can use to get their child(ren) reading and writing every day. Additionally, parents can benefit from the reading at home guides for grades [Primary to 2](#) and [grades 3 to 6](#).

Knowing that learning another language is no walk in the park, especially with at-home learning, there are some free online tools to help. Thanks to the N.B. Department of Education and Early Childhood Development for sharing their resource [FLORA: French Language Opportunities for Rural Areas](#). This is a fun and interactive online platform for Core French grades 4 to 6. Additionally, there are French online tools for grades 4 to 12 that include [speaking and listening](#), [reading](#), and [writing](#).