



OCTOBER · WIKEWIKU'S · OCTOBRE · 2021



# REGIONAL UPDATE

Monthly Newsletter of the Tri-County Regional Centre for Education



## **Orange Shirt Day at Hillcrest Academy**

With TCRCE schools and offices closed on Sept. 30th, we recognized Truth and Reconciliation Day on Sept. 29th. Students and staff throughout TCRCE were encouraged to wear orange to honour the Indigenous children who were sent away to residential schools in Canada, and all those who didn't return.

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@TCRCENS



@TCRCE\_NS



## A Message from the Regional Executive Director

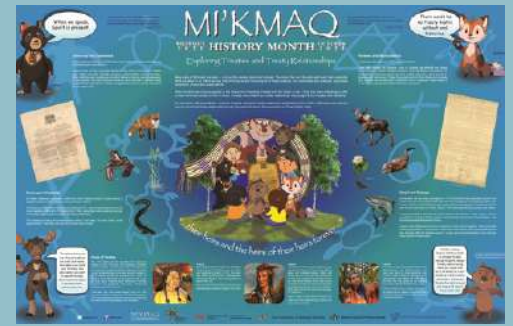
It's hard to believe we've just wrapped up the first month of another school year. Students and staff are now settled into their updated routines and new classes. I am so pleased to see the return of a more normal school year and have been fortunate to have visited a number of schools already. It's important to me to be able to see first-hand inside our classrooms, visit with staff and students, and get feedback on their educational experiences.

While we remain committed to adhering to COVID-19 protocols and public health guidelines, we cannot lose sight of our main goals - student achievement and well-being. Recently, TCRCE leadership has been discussing how we measure success in these areas by focusing on the question - "How do we know what we are doing is working?"

There are a variety of ways we can look at the effectiveness of our work and initiatives, whether that be obtaining numerical data through things like assessment scores or attendance. We can also track observational and anecdotal evidence. Regardless of how we measure our work, it's important we do so with a common lens. That is, student achievement and well-being. In order to be successful, we must regularly check in with our students and, take a careful look at how our programs and services are working. It's also important to recognize the benefit of doing these checks early. If we know something isn't working early on, we can make the necessary adjustments to improve our work and still achieve our intended goals.

I would encourage you, as parents and guardians, to ask your students similar questions in relation to their school experiences - "How do you know how you're doing?" It's my hope that through discussing your student's achievements, you will find both successes and opportunities that will create positive impacts throughout this school year.

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



October is Mi'kmaq History Month, the official month to recognize and celebrate Mi'kmaq culture and heritage. While events and special activities will happen in our schools throughout October, it's important these teachings continue all year. Treaty Education creates opportunities for Nova Scotians to learn about the Mi'kmaq, their inherent Aboriginal and Treaty rights, and our shared history.

# Observing Truth & Reconciliation Day

## #EveryChildMatters #WeAreAllTreatyPeople



TCRCE staff proudly participated in Orange Shirt Day on September 29th, a time to honour the Indigenous children who were sent away to residential schools in Canada, and all those who didn't return (pictured above).

Staff and students at Hillcrest Academy wore orange on Sept. 29th to reflect on Truth and Reconciliation Day (pictured left).



Digby Regional High School staff and students show their support for Orange Shirt Day (pictured above).

Students at Lockeport Elementary School display artwork they created as a way to honour and respect Truth and Reconciliation Day.

# Spotlight on Schools



Maple Grove Education Centre students meet the school's new mascot, Maple! (Pictured above).

As part of their Child Studies 9 class, Digby Regional High School students worked on a play based learning unit, using a homemade puffy sidewalk chalk to create outdoor designs (pictured left).



Staff at Yarmouth Consolidated Memorial High School take a Stand Against Bullying and show their support for Pink Shirt Day on September 9th (pictured above).

A pre-primary at Yarmouth Elementary School proudly displays a worm (pictured left).



## TCRCE Afterschool Program Transitions to Boys and Girls Club

Tri-County Regional Centre for Education (TCRCE) is pleased to announce its afterschool program will soon be run by the Boys and Girls Club of Yarmouth.

As of October 1, 2021, the Boys and Girls Club of Yarmouth will operate the afterschool programs at Plymouth School, Port Maitland Consolidated Elementary School, and Drumlin Heights Consolidated School. Additionally, they will take over the program at Meadowfields Community School on December 1, 2021. The Boys and Girls Club will also start a new afterschool program at Carleton Consolidated Elementary School (date to be determined).

The Boys and Girls Club of Yarmouth has more than 50 years of experience offering childcare and TCRCE is working closely with the non-profit organization to ensure a smooth transition. Families who currently have children in TCRCE afterschool programs will be contacted by the Boys and Girls Club directly. Any families who are interested in the new program at Carleton are encouraged to reach out to the Boys and Girls Club of Yarmouth at <https://bgcyarmouth.ca/>



# INTRODUCING

## SchoolCash Online

Pay for school items & fees online

[tcrce.schoolcashionline.com/](https://tcrce.schoolcashionline.com/)

## Paying for school items just got easier!

We are excited to inform you TCRCE has just launched SchoolCash Online as our preferred method of payment for school fees, including everything from field trips to yearbooks to lunches.

SchoolCash Online helps parents and community members pay school-related fees safely, quickly, and easily. By using SchoolCash Online, you help increase efficiency and security at your school by making payments directly into your school's bank account. This allows teachers and administrative assistants to focus on helping students, and not counting cash. In addition, you are immediately informed about school activities.

Registering for SchoolCash Online is safe, simple, secure. Create an account today at <https://tcrce.schoolcashionline.com/>

- Be ready to receive email notifications of new fees or items available for purchase, including field trips, yearbooks, spirit wear, athletic fees, and more.
- Be ready to pay for school fees anytime, anywhere, with a simple click.
- Keep track of school items and activity fees, and manage all students in your household from one location.
- Have online access to your account history and view and print receipts.

Securely pay for  
school items &  
fees 24/7

Log in

SchoolCash Online

# MEET OUR TEAM

EACH MONTH WE WILL INTRODUCE YOU TO OUR TCRCE STAFF MEMBERS



**Vanessa Hartley**  
**SchoolsPlus Community**  
**Outreach Coordinator**  
**Shelburne Regional High School**

**A bit about Vanessa:**

This is Vanessa's first year working in this position and she is looking forward to making a positive change in students' lives. Vanessa's favourite holiday is Halloween and her favourite show is Friends. She loves summer and her favourite drink is coffee.



**Lindsey Ross**  
**Grade 3/4 Teacher**  
**Lockeport Elementary School**

**A bit about Lindsey:**

Lindsey is originally from the Annapolis Valley. She spent the last few years living in Ontario before returning to her home province of Nova Scotia. She loves being outside, traveling, kayaking, hiking, and the arts.

# Receive important school updates by text.

## TEXT "Y" TO 978338

*Text must be sent from a number on file with a school.*

Would you like to receive text message alerts for important schools updates such as cancellations and emergency alerts? If you haven't already done so, please opt-in to receive important texts from your school and from TCRCE.



## Need Help with a Math Question?



### GNSPES Access

Easy access to online resources and tutoring through your GNSPES account ([gnspes.ca](http://gnspes.ca)) by clicking on the **Nova Scotia Homework Hub icon**.



### 24/7 Access

Anytime access to video tutorials, practice questions, and vocabulary review.



### Bilingual Tutors

**Tutors available for students in:**

- Grade 7 - 12 on school nights 5:30 - 9:30 p.m.
- Grade 4 - 6 Monday, Tuesday, Wednesday 5:30 - 6:30 p.m.

Nova Scotia  
HomeworkHUB



APPUI aux devoirs  
Nouvelle-Écosse

1-888-444-6607

NOVA SCOTIA  
NOUVELLE-ÉCOSSE

[gnspes.ca](http://gnspes.ca)

## The Homework Hub: Free Math Tutoring

The Nova Scotia Homework Hub is once again open for free math tutoring!

Grade 7-12 have access to tutoring every school night 5:30pm-9:30pm.

Grades 4-6 every Mon, Tues, and Wed. 5:30pm to 6:30pm.

Check out this video for more details:  
<https://www.youtube.com/watch?v=QnORoA5E7i4>



# Literally Nutritious Recipe

*Watch a Video with Recipe Instructions*



## Baked Beans

**Prep Time:** 15 minutes  
**Cook Time:** 9-10 hours

*Note: Beans must soak overnight before cooking.*



VEGAN



DAIRY FREE



NUT FREE



EGG FREE



GLUTEN FREE



SOY FREE

### You Will Use

- 2 lbs (900 grams) Dry beans (Soldier or Navy)
- 2 Onions, diced
- 4 tsp (20 mL) Dry mustard
- ½ Cup (125 mL) Brown sugar
- ½ Cup (125 mL) Molasses
- 2 tsp (10 mL) Salt
- 6 Cups (1.5 L) Water, boiling
- 4 tsp (20 mL) Vinegar (Cider or other)

### You Will Need

- Mixing bowls (2)
- Slow cooker
- Cutting board
- Knife
- Measuring spoons
- Measuring cups
- Strainer
- Mixing spoon
- Kettle (optional)



1

1. Place dry beans in a large bowl. Cover with a few inches of water. Allow beans to soak overnight (10-12 hours).



2

2. After soaking, drain and rinse beans. Place in slow cooker.



3

3. Wash and prepare vegetables: (a) dice onion.



4



5



6

# COVID-19 Daily Checklist

It is important to closely monitor your health and the health of those you care for.

Please consider these questions for yourself and those you care for each day before leaving home.

1

**In the past 48 hours, have you had, or are you currently experiencing:**



Cough (new or worsening)

**OR** two or more of the following symptoms (new or worsening);



Fever  
(i.e. chills/sweats)



Sore  
throat



Runny nose/  
nasal congestion



Headache



Shortness of breath

If yes, stay home or go home immediately and avoid public spaces including work, school/child care, and shopping. Book a COVID-19 test. To book a COVID-19 test, visit <https://covid-self-assessment.novascotia.ca/>. If you are unable to access the online tool, call 811. You are required to isolate while awaiting your test result.

2

**Have you visited a COVID-19 exposure site?**

Visit <https://www.nshealth.ca/covid-exposures> for a list of COVID-19 exposure sites and public health requirements. You should be tested for COVID-19 and you may also need to isolate. Follow the directions online for isolation requirements.

3

**Have you or anyone in your household traveled within the past 14 days or are you entering Nova Scotia from out of province?**

If yes, check here: <https://novascotia.ca/coronavirus/travel/> to see if you are required to isolate due to travel and to determine what your isolation requirements are.

4

**In the last 14 days, have you had close contact (within 2 metres / 6 feet) with someone confirmed to have COVID-19?**

If yes, you may be required to self-isolate. If you haven't spoken with Public Health or been tested, you should complete the online assessment at <https://covid-self-assessment.novascotia.ca/> or contact 811.

5

**Have you tested positive for COVID-19?**

If yes, you are required to self-isolate. Please follow instructions given by Public Health.

*Last updated August 25, 2021*