

JANUARY · PENAMUJUIKU'S · JANVIER · 2022



REGIONAL UPDATE

Newsletter of the Tri-County Regional Centre for Education

NEWS & FEATURES

Message from the
Regional Executive
Director

PAGE 2

French Registration

PAGE 3

Breakfast Program
Donation

PAGE 4

Meet Our Team

PAGE 5

Spotlight on Schools

PAGE 6 & 7

Minister Visits TCRCE

PAGE 8

African Nova Scotian
History Challenge

PAGE 9

Literally Nutritious Recipe

PAGE 10



Physical Education in the Great Outdoors

As part of our Back to School Plan, schools are encouraged to hold Physical Education classes outside, whenever practical.

Students at Digby Elementary enjoyed trying out kick sleds in Mr. Oliver's Physical Education class. Kicksledding is an alternative to cross-country skiing and provides a little more stability on snow or ice.



A Message from the Regional Executive Director

After an extended holiday break, followed by a week of virtual learning, we are now well into the second week of in-person learning.

I'm pleased that students have now returned to their classrooms. We know that school is the best place for our children as it is vital for their emotional, physical, intellectual and social development. I am confident in the advice of both public health leaders and pediatric doctors who recommend this return to in-person learning.

We have been pleased with attendance throughout TCRCE and would like to take this time to thank students and staff for adhering to the enhanced public health measures that are in place throughout the region.

By wearing a properly fitted 3-ply mask, washing and sanitizing hands regular, getting vaccinated if eligible, and staying home if feeling unwell, we will each be doing our part in keeping children in school. I invite you to review the full list of enhanced public health measures in the provincial [Back to School Plan](#).

It's important parents/guardians keep children home if they are unwell. Please review the most up to date COVID-19 Daily Checklist [here](#) before heading out the door each morning.

I look forward to moving into the second part of the school year. Our focus remains on student well-being and achievement, and with a renewed focus on our three regional goals (well-being, literacy, and numeracy), we are well positioned for a rewarding and successful remainder of the year.

Stay well,

Jared Purdy
TCRCE Regional Executive Director



Upcoming dates to remember:

January 24-27:
High School exams

January 28:
High School grading & classification day
(school for elementary only).

French Registration Now Open

We are now accepting registrations for optional French Programs:


- Early French Immersion
- Late French Immersion
- Grade 6 Intensive French program at Maple Grove Education Centre


Contact your school directly to register.

For planning purposes,
registration closes Feb. 1, 2022

Wondering if French is right for your child?

We've created three videos to showcase our programs. Watch to find out if Early Immersion, Late Immersion, or Intensive French is the right fit for your family. Click below to view the videos.

 [Early French Immersion Video](#)

 [Late French Immersion Video](#)

 [Intensive French Program Video](#)



Français

TCRCE Breakfast Program Receives \$25,000 Donation

Last month, TCRCE received a very generous donation from Coastal Financial Credit Union to support our breakfast programs.

The \$25,000 will help ensure numerous TCRCE students have nutritious food to start their school day.

Pictured right: Jared Purdy, TCRCE Regional Executive Director and Rick Doucette, CEO CFCU.



Your Voice is Important - Survey Request

The Nova Scotia Government is reviewing a law, called the Intimate Images and Cyber-protection Act, to understand how well it's working for Nova Scotians.

Your thoughts, experiences and opinion on cyberbullying and intimate image sharing without consent will help determine how well the law is working.

The survey is open until Jan. 28th. Access the survey [here](#).

If you are currently experiencing cyber-bullying or intimate image sharing without your consent, please reach out to CyberSCAN by calling 1-855-702-8324 for support.

If you'd like to speak to a mental health professional, please contact the Nova Scotia Mental Health and Addictions Crisis Line at 1-888-429-8167.

**Intimate Images
and Cyber-protection
Act Public Survey**

MEET OUR TEAM

EACH MONTH WE INTRODUCE YOU TO OUR TCRCE STAFF MEMBERS



Tara Hebert
Custodian at Lockeport Elementary School

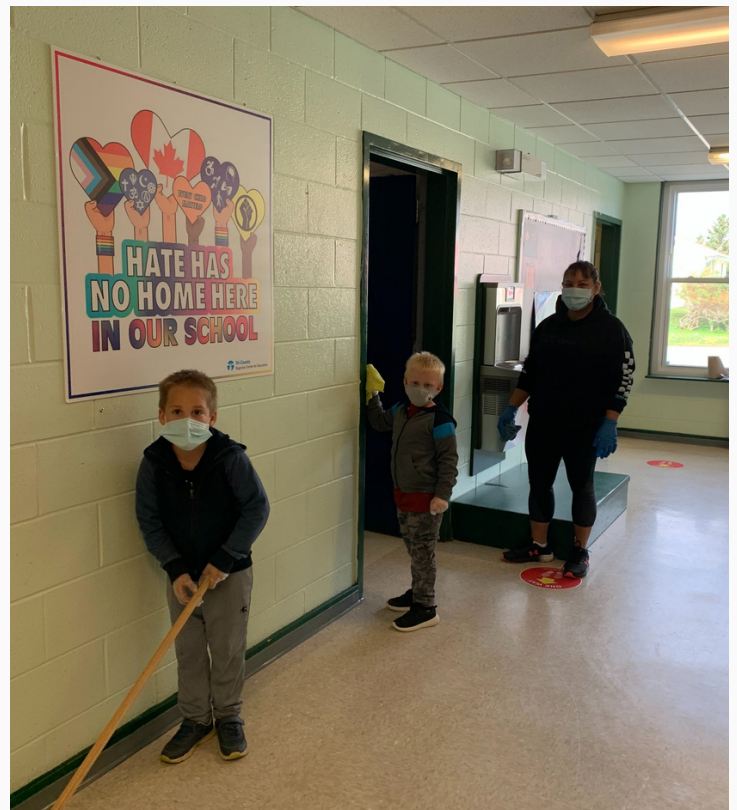
The 'Golden Turtle' is being awarded to people in TCRCE school buildings who make a difference to student well-being.

We'd like to recognize the work of school custodian, Tara Hebert at Lockeport Elementary.

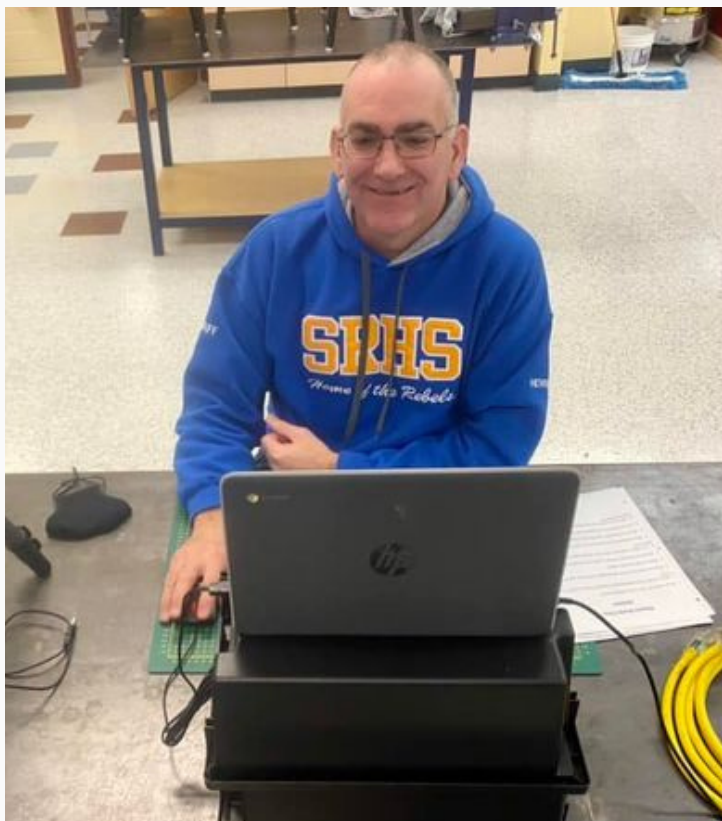
Tara has built extremely supportive relationships, particularly with two students who need a little extra time with their transitions in classes.

She offers a chance for the students to help her with her duties and the trust of being given a responsibility has made a huge impact on these students.

Thank you, Tara!

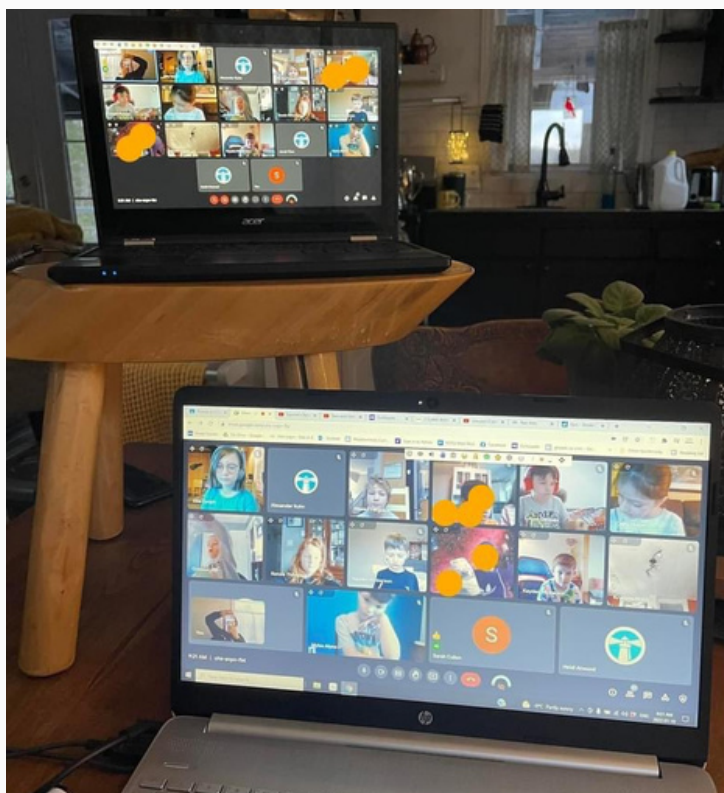


At-Home Learning Highlights



As sample of activity bags and snacks that were dropped off to Yarmouth Elementary School's pre-primaries during at-home learning (pictured above).

Shelburne Regional High School's Mr. Henneberry is smiling thanks to great attendance and engagement! (Pictured left).



Primaries at Hillcrest Academy were thrilled to welcome their librarian, Mrs. M to a google meet in their online class (pictured above).

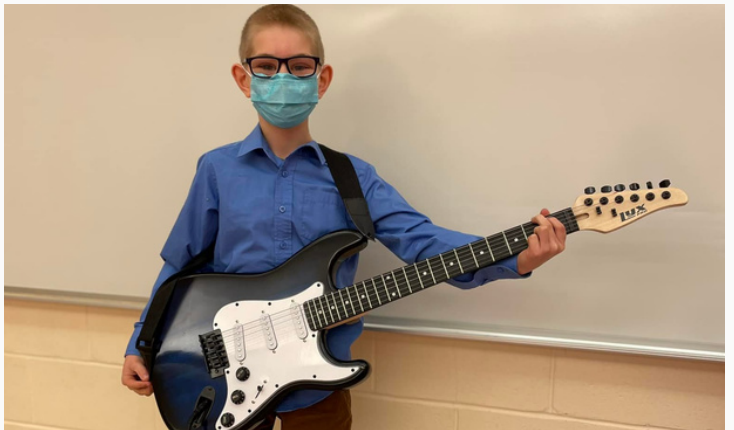
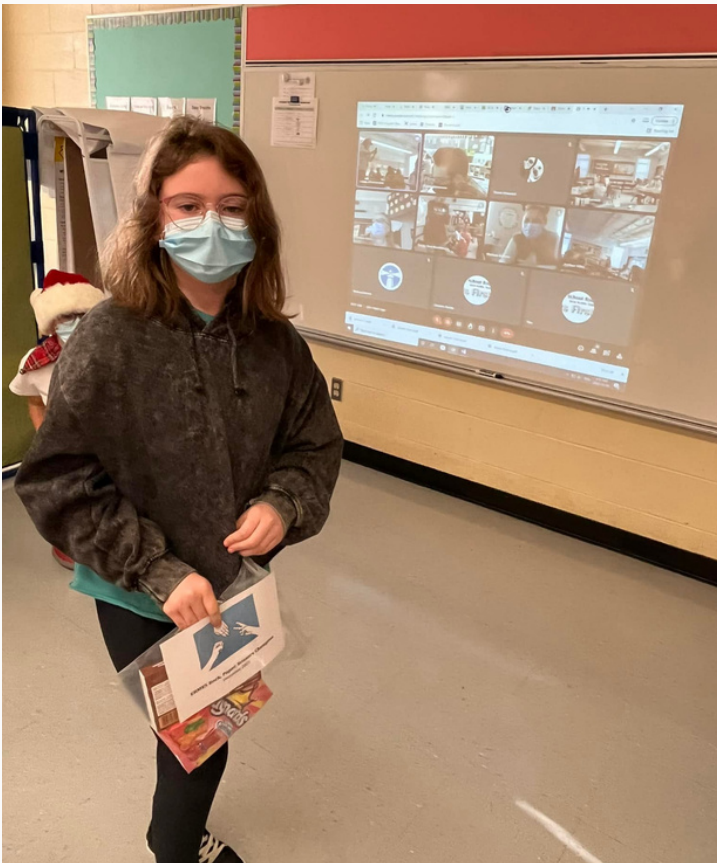
A peek of behind the scenes of at-home learning with Meadowfields Community School students (pictured left).

Spotlight on Schools



Students at Maple Grove Education Centre participate in 'twin day.' (Pictured above).

Art 11 students at Liverpool Regional High school welcomed Melissa Strachan-Boutin to their class to teach them about working with clay. Students made wonderful creations and will add colour to them soon (pictured left).



Jacob of Forest Ridge Academy showed off his amazing guitar skills for his music class (pictured above).

Congratulations to Morgan in grade 4 at Evelyn Richardson Memorial Elementary School who was the school-wide Rock, Paper, Scissors champion after a virtual competition (pictured left).



Various TCRCE Regional staff participated in a visit from Nova Scotia Minister of Education, Becky Druhan, and the Deputy Minister of Education, Cathy Montreuil.

TCRCE Welcomed NS Minister & Deputy Minister of Education

In December, TCRCE was pleased to host a visit from both the Minister of Education, Becky Druhan, and the Deputy Minister of Education, Cathy Montreuil. This visit took place before additional public health measures were introduced.

The Minister and Deputy Minister toured Meadowfields Community School and Yarmouth Consolidated Memorial High School and met with various members of the TCRCE team. Their visit was filled with great discussion and collaboration along with a presentation from Technology Advantage Program students, who stole the show!

A special thanks to everyone who participated and so proudly represented TCRCE.



Technology Advantage Program students proudly showcase their skills.



Entries accepted from December 1, 2021 to February 18, 2022

Awards include bursaries totalling \$3,000.00, prizes and gifts.



Literally Nutritious Recipe



Pork Pot Roast

Prep Time: 20 minutes
Cook Time: 6-8 hours



You Will Use

Pork Roast

- 6 Potatoes, quartered
- 1 Onion, chopped
- 6 Carrots, peeled and cut into 4 pieces each
- 4 Garlic cloves, roughly chopped
- 3 lbs (1.36 kg) Pork shoulder roast, boneless
- 2 Tbsp (30 mL) Vegetable oil
- 2 Tbsp (30 mL) Balsamic vinegar
- 1 Cup (250 mL) Vegetable broth

Pork Dry Rub

- ¼ Cup (60 mL) Brown sugar
- 1 Tbsp (15 mL) Garlic powder
- 2 tsp (10 mL) Onion powder
- 1 tsp (5 mL) Salt
- 1 tsp (5 mL) Pepper
- 1 tsp (5 mL) Ground cinnamon
- 2 tsp (10 mL) Dried thyme

You Will Need

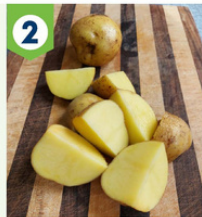
- Small bowl
- Large mixing bowl
- Vegetable peeler
- Garlic press (optional)
- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Slow cooker
- Frying pan
- Mixing spoon

Tips and Tricks

- Pork shoulder is cooked when internal temperature reaches 160°F (71°C).
- Fully cooked meat is tender when pierced with a fork.



1. Prepare pork rub by mixing dry rub spices in a bowl. Rub over pork shoulder. Set aside.



2. Wash and prepare all vegetables: (a) quarter potatoes, (b) chop onions, (c) peel and chop carrots.



2. Wash and prepare vegetables (continued): (d) roughly chop garlic.



3. Place vegetables into slow cooker.



4. Heat 2 Tbsp (30 mL) of oil in a large pan over medium high heat. When oil is hot, sear and brown pork shoulder for 2 minutes on each side.



5. Transfer pork into your slow cooker on top of vegetables. Pour balsamic vinegar and broth on top of the pork. Cook on HIGH for 6-8 hours. If possible, flip pork roast at 3 hours.



6. Serve and enjoy.

COVID-19 Daily Checklist

It is important to closely monitor your health and the health of those you care for to help prevent the spread of COVID-19 and other illnesses like the flu.

Vaccination is your best defense against COVID-19 and some other illnesses like the flu.

NOTE: If you are in a school or child care setting, you need to follow this checklist AND instructions for the [Test to Protect Program](#).

1

Do you feel sick?

If yes, stay home or put a mask on right away and go home. Keep doing healthy habits like washing your hands and coughing or sneezing into your elbow. Avoid school, work, child care settings and public spaces. Do not return until you feel better (without fever medications) for at least 24 hours. It's ok if you still have a mild cough or runny nose, unless you are in one of the situations below.

2

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, go home or stay home as noted above. Follow [Public Health instructions](#) for testing and isolation.

3

Have you visited a COVID-19 exposure site?

Check the list of [COVID-19 exposure sites](#) and follow Public Health instructions. You may need to be tested. You may also need to self-isolate.

4

Have you been outside Nova Scotia in the past 14 days?

If yes, check if you are required to [isolate due to travel](#).

5

Has someone who tested positive for COVID-19 told you that you are one of their close contacts?

If yes, follow [Public Health instructions](#).