



Ellen Milner, Principal
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February 2020
 30 Appleseed Drive
 Antigonish NS
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Notes from the Office



We welcome the month of February by celebrating African Heritage Month. The theme this year is “The Ties That Bind: Faith, Family and Community.” As well as classroom-based activities for all students, our grade fours will visit the Afrikan Nova Scotian Friendship Centre in Guysborough.

Our Family Literacy Day was filled with lots of reading and literacy activities, as well as giggles and fun. We know that literacy support at home sets students up for success. This support includes reading to your child, language games, modelling reading, and listening to your child read. Fostering a love of books and reading is one of the best gifts you can give.

Primary registration took place last week, but we are still accepting registrations. **It is important that children planning to attend primary for the 2020-21 school year register as soon as possible**, as we are staffed based on the number of students registered. Please help spread the word, and encourage anyone with a child who is considering attending primary in the fall to contact the school.

Happy Valentine’s Day!

Ellen Milner,
 Principal

Comprehensive and Guidance Counselling

Internet Safety Day is February 11th! As a lead up to this day, Constable MacPherson will be in to present to all the classes. Children are on the internet via multiple devices and playing games that allow them to communicate with others (some they know and some they don’t). The focus of the presentation will be on providing students with ways of staying safe on the Internet. The big take-aways are to never give out personal information and to always close down and tell your parents/guardians when there is an

inappropriate pop up or conversation happening. As a follow-up, information will be going home with students. Constable MacPherson has graciously offered to do an evening presentation If this is of interest to you. please contact me and we will set a date.

Pink Shirt Day is celebrated each year on February 26th! If you are unfamiliar with Pink Shirt Day, it comes from two Nova Scotia high school students who took a stand for another student they saw being bullied. I encourage you to visit the website:



<https://www.pinkshirtday.ca/about/>. At AEC, as a bucket-filling community that practices kindness, we stand up against bullying. Everyone should be able to feel comfortable being themselves without the worry of being ‘picked on’ or bullied. Accepting others differences means everyone has the right to their own feelings, thoughts and opinions. Everyone is different in one way or another. Let us continue to be different, accepting and empathic of one another. Students, staff and parents are encouraged to show your support on February 26th by wearing PINK!

The Peer Helpers are doing a fabulous job supporting students and staff. They are inside and outside playing games with students and filling buckets. A service learning project we would like to work on is collecting stamps for the Lions Foundation of Canada. They use the money to provide Service Dogs, free of charge, to any Canadian citizen that is in need. Money also goes to help send children with diabetes to Camp Lion Maxwell, help fund a Lion’s Cabin at Camp Brigadoon, and many other community projects. Please send any stamps that come to you to school with your child (attention: Mrs. Grant).

Just a reminder that the wind can be very cold out back on the playground. Students are strongly encouraged to bundle up so they can go outside for fresh air. With wearing extra clothing, comes more lost clothes in the lost and found. Please put your child’s initials and grade level on the labels of sweaters, snow pants, and jackets. Feel free to visit the lost and found to recover lost items your child has misplaced.

Thanks,

Kim Grant, M.Ed., CCC
 Comprehensive School Counselling Program
 kim.grant@srce.ca

Importance of Oral Language for Elementary Students

Good listening and speaking skills are important for the development of reading and writing. Parents can support oral language development at home by:

- Limiting screen time
- Playing games such as “Hedbanz”, “Guess Who?”, “Simon Says”, etc.
- Playing memory games, opposites, I Spy
- Having conversation over meals
- Retelling stories
- Playing rhyming games
- Singing, chanting, saying nursery rhymes
- Having children follow one and two step directions
- Asking questions that require more than a “yes” or “no” answer
- Joining your child in imaginative play

Have fun!

SAC Meeting

Our next SAC meeting will be held on February 18th at 7:00 pm in the upstairs conference room. All are welcome!



February Birthdays



Happy Birthday to all celebrating in February. Thank you to our sponsor – Atlantic Superstore- for their generous donation of popsicles.

Family Literacy Day Photos

Thanks for all the great photos of home reading. Students, staff and guests enjoyed looking at them on our bulletin boards. The winners chosen to select a book at our Book Fair in April were: Avery S, Dwayne G and Nick M.



On Valentine’s Day, students will be able to exchange cards with their classmates. Please do not send in treats, for the safety of our students with allergies. We will provide a healthy treat (fruit/veggies) to all classroom.

African Heritage Month



The month of February is a time to pay tribute to the important contributions of black heroes, throughout the settlement, growth and development of Canada. The cultural diversity of the black community in Canada adds a unique and proud importance to the history of this country.

The commemoration of African Heritage Month in Canada can be traced to 1926 when Harvard-educated black historian Carter G. Woodson founded Negro History Week to recognize the achievements of African Americans. Woodson purposefully chose February for the birthdays of Frederick Douglas and Abraham Lincoln, both key figures in the emancipation of enslaved blacks: In 1976, as part of the American Bicentennial celebrations, Negro History Week was expanded to Black History.

The 2020 African Heritage Month theme “**The Ties that Bind: Faith, Family and Community**” will honour and pay homage to African Nova Scotians and their long legacy of uniting a passion that has provided a base to educate and celebrate an important part of Nova Scotia’s culture and Heritage. The theme embraces and reminds us to celebrate our faith and spirituality, acknowledge our strong family ties, and honour our connection to Nova Scotia as people of African descent. “**NOT EASILY BROKEN**” Together, we can unite and ignite the culture and heritage we share as a community as we observe the United Nations International Decade for People of African Descent from 2015-2024 and beyond. This observation focuses on three pillars: Recognition, Justice, and Development.

The province of Nova Scotia has over 50 historic African Nova Scotian communities, dating back over 400 years. These communities have a unique and rich legacy of resistance, resilience and triumph that needs to be shared with all of Nova Scotia. It is for this reason we must continue to Educate, Unite and celebrate not only during African Heritage Month but throughout the months ahead.

I invite you to join with us at AEC and the community to connect with many of the celebrations that are featured local and throughout the Nova Scotian communities celebrating and recognizing African History Month.

<http://www.bccns.com>

Submitted by: Lorraine Reddick, African Canadian Student Support Worker

African Proverb: *Children are the reward of life.*
Unity (Umoja) – (oo- MO-jah)



A big thank you to George Baxter for the generous donation to our Breakfast Program. George made the donation on behalf of the students on his bus. Even as he heads into retirement, George is still looking after our AEC students. We will miss you, George!

Skating

Skating this month will be taking place from February 3rd-14th at the Antigonish Arena. It is very much appreciated when parents and family members help tie skates. Students are expected to stay on the ice during their skating time. It is our hope that the weather will cooperate for the remaining skating dates as we are unable to make up missed days. We are still accepting donations of skates and helmets. Parents/volunteers are not permitted on ice.

Skating Schedule

Day	Dates	Classes
Mondays	Feb. 3	1-1, 2F
	Feb. 10	P-2, P-4
	Mar. 2	1-1, 2F
	Mar. 9	P-2, P-4
Tuesday	Feb. 4	P/1E, P-3
	Feb. 11	2/3F, 3-1, 3's of the 3/4 class
	Mar. 3	P/1E, P-3
	Mar. 10	2/3F, 3-1, 3's of the 3/4 class
Wednesday	Feb. 5	1-2, 2-3
	Feb. 12	1-3, 2-1
	Feb. 12	4-1 & 4-2, 4's of the 3/4F (Guys. Complex)
	Mar. 4	1-2, 2-3
	Mar. 11	1-3, 2-1
Thursday	Feb. 6	2-2, 3-4
	Feb. 13	3-4, 2-4
	Feb. 13	4-3 & 4-4 Guys. Complex
	Mar. 5	2-2, 3-4
	Mar. 12	3-4, 2-4, 3-3
Friday	Feb. 7	PF, P/1F
	Feb. 14	1F, 3-3,
	Mar. 6	PF, P/1F, 1F

Scent Awareness



AEC would like to remind you that we are a scent aware building. Scented products such as hair spray, perfume, cologne and deodorant can trigger reactions such as respiratory distress and headaches. Staff, students and visitors are asked to not use these products when entering the school.



HomeWarming offers no-charge energy assessments and free home upgrades to eligible Nova Scotians. It's important to us that people living on lower incomes benefit from energy efficiency and feel comfortable at home. HomeWarming offers a no-charge energy assessment and potential upgrades to income-qualified homeowners. You can apply with a paper form ([found here](https://homewarming.ca/wp-content/uploads/2019/11/HWapplicationWebsite.pdf)) or through the [HomeWarming website](https://homewarming.ca/) (<https://homewarming.ca/>).



SchoolsPlus is a comprehensive and collaborative interagency approach to educating and providing service to the whole child and family with the school as the centre of service. The focus of SchoolsPlus is to support students and families by helping them in attaining timely and effective services which meet their identified needs

We will be starting some new groups in the month of February. We look forward to getting to know participants and learning so new skills!

Antigonish Town and County Recreation will be hosting Open Gym free-play on Sundays from 9:00am to 11:00am at the Saint Andrew Junior School Gymnasium. Students and families can take advantage of FREE family swims at the Alumni Aquatic Centre at STFX in on Saturdays from 1:00-2:55, and FREE family skates at the Antigonish Arena on Sundays from 4:30-6:00, throughout the winter.

Marguerite MacGillivray--SchoolsPlus Facilitator
Innis MacDonald and Tara Hassin--
-SchoolsPlus Community Outreach Workers

Cafeteria News



We will be having a hotdog day in the cafeteria on Friday, February 14th. The cost is \$1.75 each. All orders are due by Friday, February 7th. No other main menu item will be available that day.

Sun Mon Tue Wed Thu Fri Sat

February

2020



African Heritage Month

<p>2</p> <p>Groundhog Day</p>	<p>3 Day B</p> <p>Skating 10:30 – 11:30 Classes 1-1 & 2F</p>	<p>4 Day C</p> <p>Skating 10:30 – 11:30 Classes P1/E & P-3</p>	<p>5 Day D</p> <p>Skating 10:30 – 11:30 Classes 1-2 & 2-3</p> <p>Credit Union </p>	<p>6 Day E</p> <p>Skating 10:30 – 11:30 Classes 2-2 & 3-4</p>	<p>7 Day F</p> <p>Skating 10:30 – 11:30 Classes PF & P1/F</p> <p>Last day to order Hotdogs \$1.75 </p>	<p>8</p> <p>Family Swim 1:00 –2:55 pm St. FX</p>
<p>9</p> <p>Free Family skate Ant Arena 430-6:00 pm</p> <p>Open gym SAJS 9-11am</p>	<p>10 Day A</p> <p>Skating 10:30 – 11:30 Classes P-2 & P-4</p>	<p>11 Day B</p> <p>Skating 10:30 – 11:30 Classes 2/3F, 3-1 & Gr 3's of 3/4F</p> <p>Internet Safety Day </p>	<p>12 Day C</p> <p>Skating 10:30 – 11:30 Classes 1-3 & 2-1</p> <p>Gr 4-1, 4-2 & 4's from 3/4F trip to Guysborough 8:45-2:15 pm </p>	<p>13 Day D</p> <p>Skating 10:30 – 11:30 Classes 3-2 & 2-4</p> <p>Gr 4-3 & 4-4 trip to Guysborough 8:45-2:15 pm</p>	<p>14 Day E </p> <p>FUN DAY!</p> <p>Skating 10:30 – 11:30 am Classes 1F & 3-3</p> <p>Happy Valentine's Day!</p> <p>Hotdog Day</p>	<p>15</p> <p>Family Swim 1:00 –2:55 pm St. FX</p>
<p>16</p> <p>Free Family skate Ant Arena 430-6:00 pm</p> <p>Open gym SAJS 9-11am</p>	<p>17</p> <p>Heritage Day</p> <p>Holiday No School</p>	<p>18 Day F</p> <p>School Advisory Council Meeting 7:00 pm</p>	<p>19 Day A</p> <p>Credit Union </p>	<p>20 Day B</p>	<p>21 Day C</p>	<p>22</p> <p>Family Swim 1:00 –2:55 pm St. FX</p>
<p>23</p> <p>Free Family skate Ant Arena 430-6:00 pm</p> <p>Open gym SAJS 9-11am</p>	<p>24 Day D</p>	<p>25 Day E</p>	<p>26 Day F</p> <p>Pink Shirt Day </p> <p>Credit Union </p>	<p>27 Day A</p>	<p>28 Day F</p>	<p>29</p> <p>Family Swim 1:00 –2:55 pm St. FX</p>

