



October Newsletter



Antigonish Education Centre
 30 Appleseed Drive., Antigonish, NS B2G 3B6
 867-8800 (P)
 867-8804 (F)

April Weaver, Principal
 Ellen Milner, Vice-Principal
 October 2019
 Website: www.aec.srsb.ca

Notes from the Office



Our new and returning students have settled nicely into routines and programs. As our morning routines are now well established, parents are no longer permitted to visit classrooms without signing into the office for a visitor tag. **All parents and visitors must sign in.** Any parent who is not wearing a tag will be asked to report to the office to get one.

We had a fantastic turn out for Meet the Teacher! It was wonderful to see so many families here that evening.

This month we will celebrate Mi'kmaq History Month at AEC in various ways throughout the school. September 30 was Orange Shirt Day at AEC. The orange shirt is a visual symbol of our awareness for the need for ongoing reconciliation among Indigenous and non-Indigenous Canadians.

April Weaver,
Principal



Bus Passes

Bus passes will only be issued if there are enough seats available on the requested bus. The bus pass request must be submitted, in writing, through a note or email, to the office. Please note that students can only be dropped off at scheduled, authorized bus stops. The following information must be included in your bus pass note:

- Date:
- Student's name:
- Driver's name & bus route number
- Civic number of drop off location
- Name and phone number of individual at drop off location
- Parent/Guardian signature

Without a bus note, students will follow their regular after school routines.

Dress for Weather

Just a reminder to parents to **dress** your children **appropriately**. The cooler weather is coming and the students will be outside at recess and lunch. If there is a light drizzle, we still go outside.

All students should have a change of clothes at school. This will save a call home if clothes get wet and/or muddy.

After-School Plans

Any time your child's after school plan is different from his/her regular routine, we require a note in the Student's agenda including St. F.X. Programs, AEC Choir or Running Club, Babysitting, pick-up etc.). This helps ensure your child arrives at the proper destination. Any changes in your child's after school routine should be written in your child's agenda. If, **on occasion, or in an emergency situation**, your plan changes during the day, please call the school **before 2:00 pm** so the teacher can inform your child and appropriate paperwork can be done, if applicable. **Please help us keep phone lines open for emergency and urgent calls only between 2:00-2:30 pm.**

Safe Arrival

Antigonish Education Centre will continue to run the **Safe Arrival Program**. In order for the program to work, we need parents to call the school (867-8800) between 7:30-8:30 a.m. when your child is not going to be attending or will be late arriving. If your child is absent with notification, you will receive a text message and/or email prompting you to notify the school. Thank you, in advance, for your co-operation to make our Safe Arrival Program successful. **Please remember, for safety reasons, students must not be dropped off by parents and guardians prior to 8:10 am, as there is no supervision.**

Student Attendance and Engagement Policy

In order for students to do their very best in school, and for teachers to help them succeed, students need to be in school. The Student Attendance and Engagement Policy can be found at <https://www.ednet.ns.ca/student-attendance-and-engagement-policy> or on the Strait Regional Centre for Education website at <https://srce.ca/>.

Lost & Found

Lost and found items that are not claimed by the last Friday of each month will be donated to a worthy cause (i.e., Opportunity Shop, etc.). Parents and students are invited to check the lost and found items on a regular basis, which is located just inside the cafeteria.

Guidance News

Teachers have been busy with Bucket Filling lessons at AEC... we are looking to fill buckets each and every day to people we meet. A smile is a good sign that you filled someone's bucket. Speaking of smiling... October 4th marks World Smile Day. Let's celebrate it! Smile at everyone you meet today (and everyday) and wear something bright on Friday, October 4th!



With Thanksgiving fast approaching, thankfulness is a common theme that will be discussed at home and school. Did you know that grateful students do better in school; experience more positive emotions; and, ultimately, go on to live more meaningful lives? Being grateful is bucket-filling. Practicing gratitude at a young age promotes later development of self-control and self-regulation. It also helps students feel more connected to their school, family, and community.

Focusing on what we are thankful for shifts the focus from the negative (what's going wrong) to the positive (what is going right!). As adults, we need to demonstrate this behaviour for children in order for them to learn it. When grateful, you tend to take yourself more seriously, value others more, and, being grateful, strengthens your relationships.

Family Activity Suggestion – at the supper table each night, go around the table and tell about one thing you were grateful for in the day, and why.

October 21-25 is School Bus Safety Week in Nova Scotia. All grade Primary to four students will take part in school bus safety and evacuation training this fall with staff of SRCE Transportation. We ask motorists to work together with us to keep our students safe: When a school bus has its red lights flashing, never pass the bus, and always stop in both directions. School bus drivers work hard to keep students safe on the roads, and motorists have to keep them safe, too! Fill your bus drivers bucket by greeting him/her in the morning and saying thank you!

"When you arise in the morning think of what a privilege it is to be alive: to breathe, to think, to enjoy, to love."

Marcus Aurelius

Kim Grant, M.Ed., CCC
Comprehensive Guidance and Counselling Program

AEC Breakfast Program

Our program runs five days a week. We are always seeking volunteers. For our fall cereal drive, we are asking Grade 3 and 4 students to donate, if possible, a box of cereal. The acceptable cereals are **Cheerios, Cornbran, Branflakes, Shreddies and Life.** **Please be sure the cereal is nut free and low sugar content.** Please bring your cereal into your classroom teacher. Thank you in advance for your support! If

you have any questions feel free to contact Bonnie Jean Fraser at 867-8800.

Halloween

Each class will host their own Halloween Party sometime during the day of October 31st. Students may dress for school in the spirit of Halloween under the following guidelines: **no masks, no makeup and no toy weapons.** The school is not responsible for lost items. Also, please remember that we are a scant free environment. We are promoting healthy snacks at AEC. A healthy snack will be provided, by the school, for class parties. **Please do not send treats or baked goods**, as this puts our students with food allergies at risk.



Volunteers

We welcome volunteers! If you would like to become a chaperone/volunteer at AEC drop into our office for the necessary paperwork. You will require a Vulnerable Sector Check and Child Abuse Registry Check. Volunteers are always needed for Breakfast Program, school trips and supervision. We are also actively seeking Lunch Supervisors for 1 hour, 45 minutes per day.

Electronics and Toys

Students are not permitted to bring electronics or toys to school. This includes music devices, tablets, cellphones as well as trading cards and other toys. They are often distracting for students and we would like to avoid items getting broken or misplaced. If students arrive at school with personal electronic devices, they will be kept in the office for parent pick up. Each classroom is supplied with balls, skipping ropes, etc. for playground use. Thank you for your cooperation!

School Bus Safety Program Presentation with "Buster"

The School Bus Safety Program presentation will be held in our gym on October 9th for Pre-Primary to grade four. Members of the SRCE Transportation department will discuss bus safety with all students.



Mi'kmaq History Month

Treaty Day, (October 1st) marks the beginning of Mi'kmaq History Month in Nova Scotia as proclaimed in 1993 by then Premier John Savage and Mi'kmaq Grand Chief Ben Sylliboy. Its purpose is to promote public awareness about the Mi'kmaq culture and heritage for all citizens of Nova Scotia. Teachers will be using this opportunity to discuss the cultural diversity of our community. We will be celebrating in various ways throughout our school and classrooms. Students are encouraged to sing along to O'Canada in Mi'kmaq each morning in October. More information about Mi'kmaq History Month is available at <http://mikmaqhistorymonth.com/>.



Pre Primary Program

We have four Pre Primary rooms here at Antigonish Education Centre with 88 children enrolled. Our staff are all trained Early Childhood Educators. We are still accepting applications for Pre Primary. Our number to contact is 902-870-9766. Our staff are always willing to talk to anyone about the program. Pre Primary is a play based learning environment. We follow the Nova Scotia Early Learning Curriculum Program.

Cafeteria News

We will be having Turkey dinner in the Cafeteria on **Thursday, October 10th**. The dinner will include, turkey, mashed potatoes, veggies, cranberry sauce, stuffing, gravy and dessert. The cost is \$5.75 and orders are due Friday, October 4th. Please include your child's name and class with your order.



Nourish Your Roots

This year, Antigonish Education Centre will be participating in the **Nourish Your Roots** fundraiser. Nourish Your Roots is a farm-to-school fundraiser created and facilitated by Nourish Nova Scotia to help schools and non-profit child cares support their own healthy eating programs and initiatives. Students sell boxes of fresh produce from local farms to their family and the greater community.

Farmers are paid fairly for their produce, customers enjoy the harvest while supporting the school. The money raised will support our Breakfast Program. It's a win-win-win for schools, farmers and families! Grade 3 and 4 students will receive an order envelope on Monday, September 30th. They are asked to check with family members and friends to see if they are interested in purchasing a Nourish Your Roots box of fresh, seasonal Nova Scotia produce, for a cost of \$30.00. Antigonish Education Centre is partnered with Noggins Corner Farm. The selling period will be from September 30-October 11. Orders must be picked up on Wednesday, October 23, 2019 between 2:30-5:30 p.m. More information can be found at:

<https://www.nourishns.ca/nourish-your-roots>

FREE FAMILY SKATE CELEBRATING NATIONAL FAMILY WEEK

HOSTED BY:

Family Service of Eastern Nova Scotia & Kids First Family Resource Centre

DATE: Monday Oct. 7th, 2019

TIME: 3 to 4 pm

LOCATION: ANTIGONISH ARENA



Please bring a non-perishable food item for the FOOD BANK!!
HELMETS ARE MADATORY!
Hot Chocolate and snacks

Birthdays



Happy Birthday to all who celebrated in September and will celebrate in October from our sponsor **Atlantic Super Store** who provide a popsicle for all students on their birthday



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 look forward to meeting new students and seeing old friends as programming begins again!

Family Service of Eastern Nova Scotia and Kids First Family Resource Centre will be hosting a FREE family skate at the Antigonish Arena on October 7th from 3-4pm to celebrate National Family Week. Helmets are mandatory, hot chocolate and snacks will be served. Please bring a non-perishable donation for the Antigonish Foodbank.

October is International Walk to/at School Month. To find out more information on how your family can participate, visit:

www.ecologyaction.ca/iwalk

Marguerite MacGillivray

-SchoolsPlus Facilitator

Innis MacDonald

-SchoolsPlus Community Outreach Worker

Tara Hassin

-SchoolsPlus Community Outreach Worker