



Antigonish Education Centre
30 Appleseed Drive
Antigonish NS B2G 3B6
September 2023

Newsletter

Joanne Landry, Principal
Sean Barker, Vice-Principal
Suzanne Davidson, Vice Principal
867-8800(P) 867-8804 (F)
Website: www.aec.srce.ca

Notes from the Office



Welcome back to all AEC families and a warm welcome to the new students joining our school community! It's wonderful to see such enthusiasm and positivity as we kick off the 2023-2024 academic year.

Mr. Barker and I are thrilled about the addition of Ms. Suzanne Davidson to our administrative team as a second vice principal. Her experience and dedication to AEC will undoubtedly enrich our school community.

The concept of "Bucket Filling" is truly heartwarming and central to our school. It's a reminder of the importance of kindness, empathy, and positive interactions in our daily lives. Filling each other's buckets with positivity not only creates a happier school environment but also helps nurture us into better individuals. This philosophy aligns with the values of respect, inclusion, and support that are so vital in any learning community.

As we embark on this new school year, let's all embrace the concept of Bucket Filling wholeheartedly. Whether you're a student, teacher, staff member, or parent/guardian, we all play a crucial role in making our school a nurturing and supportive place.

Here's to a year filled with overflowing buckets and boundless potential for personal and academic growth!

Joanne Landry, Principal

Welcome New Staff!

In addition to welcoming many new students at AEC, we are also thrilled to welcome some new staff. A full list of AEC teachers can be found on our website under "Our School".



Trudi Burns, Secretary
Solange Landry, 3/4 French Immersion Teacher
Dean Marchand, Grade 4 Teacher
Richie MacIsaac, Learning Support Teacher
Mandy Reid, 1/2 Teacher
Duncan Smith, Grade 3 Teacher
Jen Sampson, Learning Support Teacher
Angela Bray, Learning Support Teacher
Kelly McGrath-Delorey, Teacher Assistant
Melissa Bennett, Teacher Assistant
Annette Harpell, Teacher Assistant
Chantel Desmond, African Nova Scotian Student Support
Maegen Maclean, Child Youth Care Practitioner
Phyllis Wyler, English as Additional Language Teacher
Paige Kaiser, Early Childhood Educator
Aimee Benoit, Early Childhood Educator

Cafeteria

Our Chartwells Cafeteria will be opening Sept. 11th. This month's menu is included in our newsletter and can be found on our school website. Check out their **new** and **improved** chicken fingers this year, **homemade with boneless, skinless chicken breast!**



Website

AEC's website has current information about what is happening at school. Select your language of choice from the drop-down option in the top left hand menu bar. Go to aec.srce.ca

School Advisory Council

The First meeting Sept. 18th 6:30-7:30 This will be held in the upstairs conference room at AEC. All are welcome!

Attendance at AEC

If your child is going to be absent or late, please email aec.attendance@srce.ca or call one of our secretaries, instead of your child's teacher.

This helps us track attendance more efficiently. Classroom teachers will be made aware of student absences. (Feel free to cc your child's teacher if you wish but our aec. attendance email is first contact)

aec.attendance@srce.ca

or call phone 902-867-8800

We confirm attendance by 9:30am and will need to contact parents/guardians of unexcused students. Our contact could involve a text message or email reminding you to inform the school of your child's absence.

As part of the SRCE's Safe Arrival Plan, if we are unsuccessful reaching parents/guardians, appropriate action will be taken, which may involve contact with the RCMP.

Stand Up Against Bullying Day

Thursday, September 14, Stand Up Against Bullying Day. We are a bucket-filling school and want to reinforce the importance of kindness. We hope to see many pink shirts at AEC.

Volunteers

We are very grateful to the volunteers who joined us last year to help out with our Breakfast program and chaperone field trips. Our school is a better place because of your involvement. We are always looking for more volunteers, especially for our school Breakfast and Snack programs (morning or later in the day). **If you would like to be a school volunteer, please stop by the office to pick up a volunteer package to get the necessary paperwork done. (We can also send this home with your child in their backpack).**

Demographic Information

A Student Demographic form was sent home for updates. Parents/Guardians are asked to check these over to make sure the information is updated and correct, especially email and cell phone numbers as school ALERT messages are sent via these methods. Please return forms to the school by Thursday, September 22/23. These are necessary to keep your child's information up to date. Any changes which occur throughout the year should be reported to the office for our records.

Tips From Ace the Owl

- Be sure to **label belongings** to avoid the Lost and Found!
- Don't forget to send a **water bottle**; AEC does not have fountains, but filling stations are available.
- Be sure to stay on the safe side of the yellow line when in the bus loop!

Meet the Teacher

Our **Meet the Teacher** evening is scheduled from 6:00-7:00 PM on Thursday, September 14th. Meet the Teacher provides an opportunity for parents and guardians to meet the staff and learn about the programs and community partnerships we offer at AEC. Please join us!

Terry Fox Run/Walk

Antigonish will host a Terry Fox/Run event on Sunday, September 18th at 10:30am starting at Columbus Field. We encourage our AEC families to participate. AEC will be having a school wide event to honor our hero Terry Fox on Friday, September 15th. Students may choose to send in donations during that week. All donations collected at AEC will be sent to the Terry Fox Foundation.



Every Child Matters -Orange Shirt Day

Will be held on Friday, September 29th. Orange Shirt Day is an event, created in 2013, designed to educate people and promote awareness in Canada about the Indian residential school system and the impact it has had on Indigenous communities for over a century—an impact that continues today.



Milk Program

Free milk is provided daily to students during both the breakfast program and lunch.

Medication

If your child requires medication at school, please contact the school office for an information package or check out the Medication Policy IV-B-2 on the SRCE website. *Please do not send unmarked medication to school with your child. **All medication to be administered at school must be documented in our office.***



SRCE Stay Informed Notification System (Bus Route and Class Announcements by Email and/or Text)

Please be advised that effective immediately subscribers to the SRCE Stay Informed Notification System (Bus Route and Class Announcements) must now re-subscribe annually to continue to receive notifications by email and/or text. To renew your subscription or to subscribe for the first time, please look for the SRCE Stay Informed graphic image (included above) on the SRCE website, www.srce.ca, and follow the steps outlined to subscribe or re-subscribe to this service; or click [here](#).

SRCE Stay Informed

By
Email
and/or
Text



Stratford
Regional Centre for Education

Early Dismissal Plan

In the event school is closed during the day parents must have an early dismissal plan in place. School may be closed for power or water outage, plant failure, weather conditions, etc. The school should know the plan if it means special arrangements and your child should know the plan too. Students will be sent home on their regular buses if there is no plan in place.

Alternate Bus Route / Bus Passes

Bus passes are not issued within the SRCE. Students are permitted two stops, one main and one alternate. Students must be registered on the bus driver's bus roster to travel on that bus. These arrangements are made through SRCE transportation. You can contact them at 902-747-3645.



Safe Drop Off Zones & School Parking Lot

Drop off: Parents may drop off students between 8:10 a.m. and 8:30 a.m. Please ring the front bell if you are dropping off after 8:40 am. Our Parent Drop Off Loop is for quick goodbyes. If you need to get out of your vehicle or need longer to help your child, please park. Those who park are asked to walk their child to the sidewalk to ensure safety. Students should not walk through the parking lot alone.



Pick Up: Students will be at the basketball nets for pick up at 2:25 p.m. ***Students will not be permitted to enter the parking lot area unless accompanied by a parent/guardian or approved adult.*** For the safety of our students, please come out of your car to meet your child.

When walking between SAJS and AEC please use the sidewalk. DO NOT WALK THROUGH THE PARKING LOT.

If you have questions related to the above information, please do not hesitate to contact School Administration

Footwear/Phys Ed. Clothing

AEC encourages safety and fitness for all our students. In keeping with this theme, we have instituted a "proper footwear policy". All students should have indoor sneakers and outdoor sneakers - ***no sandals, flip flops, high heels, or other unsafe footwear should be worn to school.***

Many Phys Ed classes are held outside. **Students are asked to dress for the weather!**

Crosswalk Safety

A reminder from the crosswalk guards to all students who bring their bikes to school – you must walk your bike across the crosswalk and our school sidewalks to avoid injury.



Students with Severe Allergies

The Strait Regional Centre for Education is making every effort to support students and staff with severe allergies through staff training, various accommodations, and information-sharing within our school communities.

As we begin a new school year, we are asking for your continued cooperation to keep our school community safe for all students and staff.

Throughout our schools, a number of students and staff have severe and life-threatening allergies to food and scents. We are also a nutsmart school. Please do not send food with nuts or that may contain nuts.

Avoiding the allergen is key in preventing an allergic reaction.

The best way to provide a safe environment is to enlist the support of our students, staff and parents/guardians to make sure we avoid sending allergens to school. There are a number of measures that you and your child/children can take to ensure the safety of all members of our school community:

- Encourage your child to wash their hands with soap and water before eating and wash their hands and rinse their mouth after eating (including breakfast and snacks).
- Read food labels and learn how to identify allergen ingredients. If you are unsure about a product, choose something else. For information on the many common names that identify allergen ingredients on food labels, refer to the Health Canada Fact Sheets at: http://www.hc-sc.gc.ca/fn-an/securit/allerg/fa-aa/index_e.html. In addition, please refer to the Anaphylaxis Canada website at www.anaphylaxis.ca;
- Teach your child not to share his/her food, drink, or utensils with classmates.
- Encourage your child to help clean his/her eating area after meals and snacks.
- Allergies are serious! Never play tricks or dare friends with allergies to try foods; and
- Get help if your friend with an allergy doesn't feel well.



We recognize that creating and maintaining an allergy aware school takes effort and diligence on everyone's part. Thank you for your cooperation and assistance as we work together to make Antigonish Education Centre a safe, healthy and welcoming learning environment for all students, staff and families.

School Insurance Program

Every eligible child attending public school in Nova Scotia is automatically insured by the School Insurance Program's Basic Plan (student accident coverage). This coverage is provided without deductible and at no cost. Basic Plan coverage can cover things such as physiotherapy, dental and medical equipment expenses, up to policy limits.



However, if parents/guardians wish to purchase additional coverage, the Gold Plan increases the time that your child is covered to 24/7 including summer vacations. Many of the specific loss accident payments are triple those of the Basic Plan.

Please visit www.sip.ca for policy & limit information and for more information on how to purchase the optional Gold Plan.

SchoolsPlus

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 would like to welcome back all students to AEC. We hope you all had a great summer and are back feeling rested and ready to take on a new year! In particular, we would like to welcome any new students in grade Primary, as well as any students new to the area. We look forward to seeing you all at Meet the Teacher night!

Tiffany Hallet
SchoolsPlus Facilitator

Running Club

AEC is implementing the Kids Run Club beginning September 14th – October 12th. Tuesdays and Thursdays from 2:30 pm – 3:15. Students in grades 3 and 4 are invited to join. Students must complete a permission form to attend. Please pick-up your child promptly at 3:15 pm.



French Immersion

As part of the French Retention procedures in the Strait Regional Centre for Education, parents and guardians must meet with school administration to discuss any requests to transfer to the English program. We must ensure all needed supports are in place for students to be successful in immersion. We want to ensure strong retention in our immersion program.

Mark Your **CALENDAR**



Event, Day, Description	School Days
Term 1: September 6 - November 17	
School Orientation Day for Staff	Friday, Sep. 1
Labor Day	Monday, Sep 4
Regional In-service Day	Tuesday, Sep 5
First Day of School for Students	Wednesday, Sep 6
Meet the Teacher (6:00 p.m.-7:00 p.m.)	Thursday, Sep 14
AEC Picture Day	Thurs, September 21
School-Based In-Service Day	Friday, Sep 22
Truth and Reconciliation Day Observance	Monday, Oct. 2
Thanksgiving Day	Monday, Oct 9
NSTU Provincial Conference Day	Friday, Oct 27
Administration and Evaluation Day	Friday, Nov. 3
Remembrance Day Observance	Monday, Nov 13
Term 2: November 20 - March 8	
Reports cards distributed	Monday, Nov 20
In-service AM./Parent Teacher PM. (1:00-3:00 and 6:00-8:00)	Thursday, Nov 23
Last Day of School prior to Holiday Break	Wed., Dec. 20
Holiday Break	Dec 21- Jan 1
School resumes after Holiday Break	Tuesday, Jan 2
Heritage Day Provincial Holiday	Monday, Feb 19
Administration and Evaluation Day	Friday, March 8
Term 3: March 11 - June 28	
March Break	March 11-15
School Resumes after March Break	Monday, March 18
Good Friday	Friday, March 29
Easter Monday	Monday, April 1
Report Cards Distributed	Tuesday, April 2
In-service AM/Parent-Teacher PM (1:00-3:00 and 6:00-8:00)	Thursday, April 4
Regional In-Service Day	Friday, May 17
Victoria Day	Monday, May 20
Administration and Evaluation Day	Thursday, June 27
Final Day of School, early dismissal	Friday, June 28



I AM A
BUCKET FILLER

Welcome to the School Counselor's Corner



Welcome everyone!!

Citizenship and Communication, two of the essential graduation competencies set out by the Nova Scotia Dept. of Education and Early Childhood Development, have become a main focus of the Comprehensive School Counselling Program at AEC. Building community is a life-long outcome, as we learn how to become socially responsible. Individual actions and words influence other members within a community. In creating a peaceful, caring community at AEC, community members will be more willing to take risks, such as, making mistakes and trying new ideas. Risk taking encourages growth and assists in building confidence.

As we begin another year, we will continue to build a peaceful, caring community at AEC through 'Bucket Filling'. Students from grades 1-4 will be reacquainted with the concept and the new primaries will learn all about being 'bucket fillers'. Bucket filling is a strength-based approach to creating happiness in our own lives and for the people around us. Bucket filling is in our actions and our words. Saying or doing something kind fills buckets. The bucket represents our mental and emotional self. If we can focus on the positive and doing things that make us happy, we will be happier and so will those around us. When we have a full bucket, we feel happy! Think about the times when you are happy and how your happiness spreads to those around you... a 'ripple effect'. This makes for a peaceful, caring community where children and adults enjoy coming together and learning.

I believe early elementary is the foundation of a child's education. These early years; school experiences, shape a child's educational career. Children enjoy school through their positive experiences and attitudes to which they are exposed. Research has demonstrated the connection between student school engagement and parent/guardian school engagement. Children learn through the actions of others in their life. When children see their

parents/guardians interested, and actively involved with the school, they learn to trust and become better participants who are more engaged and willing to take risks. As a parent/guardian of a child at AEC, and therefore a community partner, I encourage you to become involved in your child(ren)'s education.

How parents can become more involved:

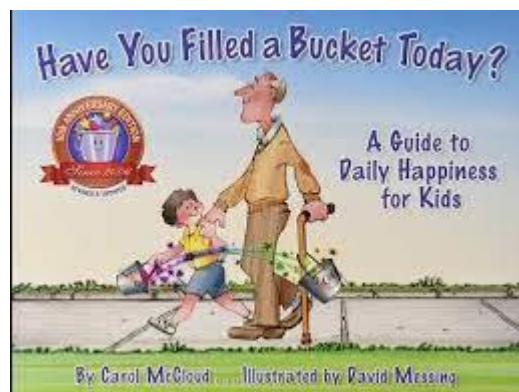
- Show an interest in your child's day
- Attend parent/teacher meetings at the school
- Attend open house
- Volunteer for school activities, special occasions
- Become involved by attending school advisory committee meetings
- Share your talent with a small group during Lunch & Learns in the School Counselling area.
- Participate in evening workshops that are organized for parents
- Set aside a time and space for your child to read to you and/or you to them each night

Check out the school calendar for two significant days to keep in mind this month; September 14th; Stand Up to Bullying Day and September 21st; International Day of Peace.

I invite you to stop by the school counselling space during Meet the Teacher and learn more about 'Bucket Filling' and my role as School Counsellor at AEC.

All the best for a successful school year,

Kim Grant, MEd, RCT-C, CCC
AEC School Counsellor
kim.grant@srce.ca



Who Do I Contact with Questions or Concerns?

1 Start with your child's teacher.

2 Follow up with the school principal, if required.

3 For general inquiries:

Please contact the Strait Regional Centre for Education where we will be happy to connect you with the right member of staff:

902-625-2191/1-800-650-4448
srce@srce.ca

4 For questions related to student behaviour and/or discipline:

Please contact Elizabeth Teasdale, Coordinator of Student Discipline at 902-625-7065;
elizabeth.teasdale@srce.ca.

5 For all other matters and media inquiries:

Please contact Deanna Gillis, Coordinator of Communications at 902-625-7065;
deanna.gillis@srce.ca.

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Port Hawkesbury, NS B9A 2T9
902-625-2191/1-800-650-4448; 902-625-2281 (fax)
www.srce.ca/srce@srce.ca
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Our September
Calendar is
below!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>September 2023</h1> 					1	2 
3	4 Labour Day	5 Inservice No School	6 First Day of School	7	8	9
10 Grandparents Day	11	12	13 Positive Thinking Day	14 Stand Up for Bullying Meet The Teacher 6-7PM	15 	16
17	18	19	20	21 Day of Peace World Gratitude Day AEC Picture Day! 	22 Inservice No School	23 First Day of Fall
24 	25 Math Story Telling Day	26	27	28	29 	30 National Day of Truth and Reconciliation