

MONTHLY UPDATE

From the AVRCE Regional Executive Director of Education



Annapolis Valley
Regional Centre for Education



Mixed media hearts by Reece Ronan, Grade 11
Bridgetown Regional Community School

THANK YOU!

Thank you to our families, teachers, and AVRCE staff for supporting children and youth through difficult times.

We also want to thank the many people in our school communities who are working hard to keep all of us as safe and healthy as possible. We are staying home to keep them safe, and do our part to help protect the health of all Nova Scotians.

Recognizing all of our essential workers, including:

Health Care and Long-Term Care Workers Custodians and Cleaners

Truckers and Delivery Drivers

Grocery Store and Pharmacy Staff Farmers and Agricultural Workers

Police, Fire Fighters and Paramedics

Tradespeople, Construction and Industrial Workers Restaurant and Retail Staff

Canadian Armed Forces Members

#NOVASCOTIASTRONG
#AVRCEPROUD

WHAT'S INSIDE

- Message from the Regional Executive Director of Education
- What does learning at home look like?
Snapshots of learning at home across the region
- Learning at Home: Ideas to try, recommended websites
- NS Homework Hub: Free math help online or over the phone for grade 9-12 students
- Mental Wellness: Communication is key
- #NovaScotiaStrong supports available 24/7

COMING UP

- May: Asian Heritage Month
- By May 14, schools with three terms (elementary and some middle level) will send mid-year report cards to students who would normally receive one at the end of second term in March
- May 18: Victoria Day holiday
- Friday, May 22: Schools remain closed until this date. Watch for updates later this month.

#AVRCEPROUD



I am pleased to share a new Monthly Update with you focusing on working and learning at home.

Over the last several weeks, we know many families have been persevering through challenges. As a province, we have all been touched in some way by the recent tragic events. I want to acknowledge and thank all families and staff for supporting our children and youth right now. By helping them to continue learning at home in any way you can, and through your compassion and caring, you are helping students through these challenging times.

On Friday, May 1, Premier Stephen McNeil updated the provincial school closure timeline. We now know that schools will remain closed until Friday, May 22. The province will reassess closer to this date and we will keep you updated as we receive information. Watch for information on our website and Twitter feed.

We have shared updated information on student assessment recently. Please know that no student will be penalized due to COVID-19. Students who are on track to graduate, will graduate, and students who are on track to move to the next grade will do so in the new school year. When we return to school, staff will work with students to keep them on track. You can read more on student assessment at www.avrce.ca/LearningAtHome.

Please continue to watch your weekly flyers for the Nova Scotia At-Home Learning Package. Distributed every other week, this package provides optional Pre-Primary to grade 9 school activities. You can also find ideas for well-being and learning at home in this Monthly Update.

As you can see from the photos on this page, learning at home can happen in many ways, and we encourage you to do what works for your family. Above all, whether at home or at school, we want learning to be positive. If school work is adding stress to your family's situation, please reach out to your teacher or principal. They will work with you to respond to your needs, and they can also help you find supports within the school or community, if appropriate.

Thank you, now more than ever, for working together with us for students.

Sincerely,

Dave Jones
Regional Executive Director of Education

@DaveJones_AVRCE

#WorkingTogetherforStudents

#AVRCEProud

Get in touch with AVRCE

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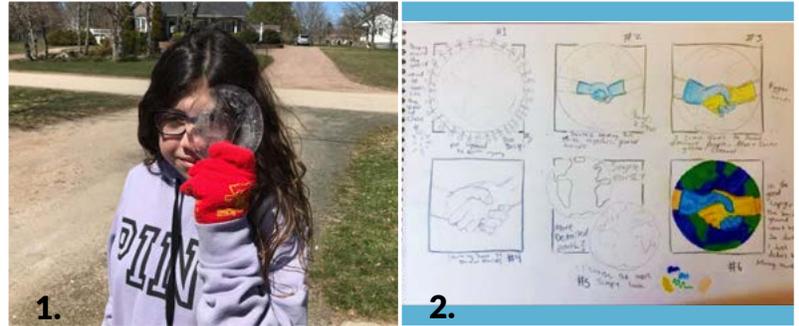
902.538.4600 or toll-free 1.800.850.3887

www.avrce.ca | @AVRCE_NS

Media Contact: 902.538.4614

WHAT DOES LEARNING AT HOME LOOK LIKE?

Learning can happen in many different ways. It may be spontaneous or planned, at a desk or on your front step. Here are some photos schools have shared, showing some of the ways students and families are learning at home.



1. This BRCS grade 8 student made an ice lens for a science assignment.
2. For Math at Work 10, an AVHS student designed a COVID-19 logo.
- 3, 4. SMES students finding creative ways to do math and science at home.
5. A SMES student's self-portrait using found objects.
6. This SMES student is proud of her writing.
7. An AWEC grade 7 student recreated a 16th century painting as part of an art project.
8. For Mode de Vie Actif 11, an AWEC student is journaling about her family's
9. Two LESES students work together with their parent on a school activity.
10. This LESES grade 2 student is learning about fractions as he follows his teacher's online paper folding lesson.



LEARNING AT HOME: IDEAS TO TRY

Learning isn't something that only happens in school, it can happen anywhere! Our Programs and Services staff and teachers have collaborated to provide activity and website suggestions to help you keep up your child's enjoyment and engagement in learning.

Don't worry about recreating a school day. Do your best to make learning part of your child's day in a way that works for your family. Focus on well-being, literacy and numeracy. Offer kids choice in what they do, and encourage them to explore things that interest them. Most of all, try to make it fun!

WELL-BEING



- If you haven't already, follow a schedule and keep some structure in your day. This helps things feel normal in an unusual time.
- Keep waking and bed times as consistent as possible.
- Try to include physical activity and time outside each day.
- Create a menu of healthy snacks your child can choose from.
- Let your child have some choice in their day, such as choosing the order for school work.
- Talk to your teacher or principal if learning is adding stress at home.
- Most of all, let your child know they are safe, secure and loved!

LITERACY



- Read at least 20 minutes every day. Talk about what you read: What is the main idea of the story? What do you like about the characters?
- Interview a friend or relative (over the phone or by email) about an interesting, funny or challenging time in their life. Create a poster or write a news article about their story.
- Share positive messages and artwork in your window, or in chalk on your driveway/sidewalk.
- Play word games like Scrabble or Boggle, or try a crossword puzzle.
- Try to write something every day. Keep a journal about your day.
- Record yourself reading to a family member (pets count, too!).

MATHEMATICS



- Play card games like Cribbage, Crazy Eights, or Go Fish, or try games like Yahtzee and SkipBo.
- Use objects around the house to create patterns, and draw your patterns.
- Take a survey of at least five people (over the phone or by email) and make a graph to show your results.
- Practice telling time on analog and digital clocks.
- Calculate the perimeter and area of your bedroom, or make a map of your home. Try to make it to scale!
- Use weekly store flyers to practice adding and making a budget. Try calculating fractions and percentages using items on sale.

If you have internet/technology access at home, check out these recommended websites for more resources:

- Annapolis Valley Regional Library: <https://www.valleylibrary.ca/download-ebooks-audiobooks>
- Quill (free writing and grammar activities): <https://www.quill.org/>
- BrainPOP animated videos and interactive resources for literacy, math, and other subjects: <https://www.brainpop.com/>
French version also available: <https://fr.brainpop.com/>
- Common Sense Media resources to manage kids' learning and media use at home: <https://www.commonsensemedia.org/resources-for-families-during-the-coronavirus-pandemic>
- Centre for Education in Mathematics and Computing (CEMC): <https://cemc.uwaterloo.ca/resources/cemc-at-home.php>
- YouCubed by Jo Boaler: <https://www.youcubed.org/tasks/>
Free Math Course for students: <https://www.youcubed.org/online-student-course/>
- Greg Tang Math Games: <https://www.gregtangmath.com/games>
- Duolingo free resources to support French language learning: <https://www.duolingo.com/learn>



Pre-Primary & Primary Registration

Register online at www.avrce.ca or contact your local school by phone or email.

If you have a little one ready to start Primary or Pre-Primary in the fall and you haven't registered yet, please contact your local school or register online at www.avrce.ca as soon as possible.

Registering now helps us to plan transportation and staffing for the next school year.

Need help with Grade 9-12 Mathematics? Free Online Resources & Tutoring

- ✔ Online mathematics resources available with anytime access to video tutorials, practice questions and vocabulary review.
- ✔ Resources are being created this year, so check often for updates and additions to content.
- ✔ Free one to one online tutoring sessions at gnsps.ca or toll free call 1-888-444-6607 to speak to a live tutor.
- ✔ Tutors available from 5:30 p.m. - 9:30 p.m. Sunday through Thursday. French speaking tutors available.
- ✔ Easy access to online resources and tutoring through your [gnsps](http://gnsps.ca) account (gnsps.ca) by clicking on the Nova Scotia Homework Hub icon.



Nova Scotia HomeworkHUB

APPUI aux devoirs Nouvelle-Écosse

1-888-444-6607



gnsps.ca

MENTAL WELLNESS: COMMUNICATION IS KEY

Dealing with self-isolation and difficult events out of our control can be challenging for our sense of well-being. Here are some tips from teenmentalhealth.org for talking to your child/teen about COVID-19 and traumatic events.

-  Check in with your child about how they are feeling. Keep the conversation curious, relaxed and reassuring.
-  Find out what your child already understands about COVID-19 or events in the news.
-  Follow their lead. Allow your child's questions or comments to guide the information you share. Keep information consistent and appropriate for their age.
-  Validate their feelings. "It is sad you can't visit grandma," or "I can understand that you miss your friends."
-  Try to avoid "over-sharing" detailed information about events in the news.
-  Focus on what your child can do to help, and how their actions matter. Let them brainstorm creative ideas to give back or lift others' spirits in this challenging time.

At any time, if you or your child needs mental health support, please reach out for help. **The Nova Scotia Mental Health Crisis Line is available 24/7 at 1-888-429-8167**, or contact one of the #NovaScotiaStrong resources below. For non-emergency help, your teacher or principal can refer you to school or community resources.



#NovaScotiaStrong: Support is available 24/7

All services are free, confidential, and in English and French.

Kids Help Phone  1-800-668-6868 Text NSSTRONG to 686868	CRISIS TEXT LINE Texting support for adults Text NSSTRONG to 741741	 1.833.292.3698 Nova Scotia Post-Secondary Student Helpline Text GOOD2TALKNS to 686868
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Frontline workers can text **FRONTLINE** to **741741**

For more information and resources, visit: KidsHelpPhone.ca

