



# Monthly Update



Students in Ms. Miller's Primary-1 class at Windsor Forks District School reflect on what they've learned during a Math Workshop about two-dimensional shapes. Math Workshops are a student-centred, hands-on approach to learning math concepts, integrating discussion and reflection, movement, cooperation and reasoning.

## Coming Up in February and Early March

- February 1-28: African Heritage Month 2019
- February 5-8: High School report cards go home
- February 18: Heritage Day Holiday: Honouring Maud Lewis
- February 20: African Youth Talent Night (storm date February 27)
- March 2: RCH Soul Gala

## What's Inside

- Highlighting African Heritage Month, African Youth Talent Show and The Soul Gala
- Math Workshops Aim to Create Student Mathematicians
- What to Do When Your Child Doesn't Want to Go to School

# February News

High school first semester exams wrapped up recently, and we are approaching the 100th day of the school year this month. Congratulations to all students for their hard work in reaching these milestones!

We are continuing to support the development of School Advisory Councils (SACs) in our region. Our Supervisor of School Support Services has been meeting with many schools and parent/guardian representatives to discuss the process to establish an SAC and to answer questions about new regulations.

February is African Heritage Month in Nova Scotia. This year's theme, *Our History is Your History*, recognizes the unique story of African Nova Scotians, and how this story is shared with all Nova Scotians. This month and

throughout the year, our schools honour the history, culture and contributions of African Nova Scotians. We are also recognizing the United Nations International Decade for People of African Descent (2015-2025).

A highlight this month is the annual African Youth Talent Show on February 20, 6 p.m. at Horton High School. It is the 15th anniversary of this all-ages event, featuring students in the Student Support Worker (SSW) and Native Student Advisor programs sharing their diverse talents, from music and dance to public speaking, comedy and sport.

This year's show will include the Imani Drummers, a group of students from New Minas Elementary and Evangeline Middle School who have been studying drumming throughout the year.

The talent show also brings together a choir of over 100 students from seven different schools, led by SSW Lawrence Parker and Music Teacher Olivia Frampton.

Early in March, our Student Support Worker program will present the Soul Gala, an evening to highlight student accomplishments and celebrate the African Nova Scotian community and Africentricity within the Annapolis Valley. For more information and tickets, please call 902-538-4675 or email [rch@avrce.ca](mailto:rch@avrce.ca).



## Primary and Pre-Primary Registration

Primary registration and orientation takes place from January to May 2019. Parents/guardians please contact your local school for details.

**To register for Primary**, your child must turn 5 years old on or before December 31, 2019

**To find your school**, go to [www.avrce.ca/our-schools](http://www.avrce.ca/our-schools), then click "Catchment Search" to search by your home address. You can also check with our Transportation Division at 902-538-4641 or toll-free 1-800-850-3887.

### Pre-Primary Registration

For Pre-Primary locations and eligibility, please visit [www.avrce.ca](http://www.avrce.ca) or contact the Pre-Primary Facilitator at 902-538-4629.

Please contact your local school any time to register your child for Pre-Primary and to find out when your Pre-Primary Open House is happening.



*The NMES/EMS Imani Drummers will perform at the February 20 African Youth Talent Show. Earlier this month, they were part of the Kings County African Heritage Month launch with the Honourable Tony Ince, Minister of African Nova Scotian Affairs, and AVRCE RCH Coordinator Krishinda McBride.*



## Parent/Guardian Questions or Concerns?

If you are a parent/guardian and have a question or concern about something at your child's school, we want to work with you to resolve it. Please start by speaking with your child's teacher. The next step is to follow up with the principal, if needed. If more action is required, contact AVRCE at 902.538.4617. For more information, please visit [www.avrce.ca/parentguardian-concerns](http://www.avrce.ca/parentguardian-concerns).



## Get in Touch with AVRCE

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## Math Workshops Aim to Create Student Mathematicians

As a Math Mentor focusing on grades Primary to 3, Shelley Muttart works with teachers to demonstrate approaches to teaching and learning, offer support, plan lessons and provide feedback, so teachers can support student success in math.

Math Workshops are one of the approaches she and other math mentors are bringing to elementary and middle level classrooms. A typical Math Workshop includes teaching, time to practice and explore through hands-on activities and small group instruction, then reflection on what was learned. Along the way, physical movement or a sing-a-long tied to the lesson is often built in.

In a P-1 class at Windsor Forks District School, Muttart worked with teacher Jacinda Miller to demonstrate this approach through a lesson on two-dimensional shapes. After introducing the lesson, students worked in pairs to develop a rule for sorting different shapes. Then, they did a “gallery walk” to view everyone’s work and discuss their observations, using reasoning and dialogue to deduce what sorting rule each pair used. After, the entire class reflected on what they learned, what they found challenging, or what was surprising about the lesson.

“One of the big things we’re trying to do is to change how people see math. It often gets a bad rap,” explains Muttart. “We want to develop a growth mindset in students, teaching them that everyone has the ability to learn math. We want to build confidence, flexible thinking and resilience to take risks and tackle problems. In the end, we want students to view themselves as student mathematicians.”



## CKRHS HEADSTRONG Leaders Reducing Stigma

Central Kings HEADSTRONG leaders, including Emma Johnson and Grace Garrigan, marked January 27, Bell Let’s Talk Day, with outreach and displays aimed at reducing mental health stigma.



## Falmouth District School Celebrates Family Literacy

On January 31, Falmouth District School welcomed students and families for Family Literacy Night.

The event has been a tradition for more than 20 years, in celebration of the national Family Literacy Day on January 27.

Families were invited to come in pyjamas to hear stories read by staff and special guests (some dressed as book characters!), followed by a snack and book swap.



# WHAT TO DO WHEN YOUR CHILD DOESN'T WANT TO GO TO SCHOOL

Missing time from school can have a significant impact on a student's academic progress. Some of the reasons why students refuse to go to school include:

TO ESCAPE FROM SCHOOL SITUATIONS THAT CAUSE DISTRESS  
TO AVOID STRESSFUL SOCIAL OR PERFORMANCE SITUATIONS



TO GET ATTENTION FROM OTHERS  
TO PURSUE FUN ACTIVITIES OUTSIDE OF SCHOOL

Some warning signs to watch for:

FREQUENT ABSENCES, ESPECIALLY AFTER VACATIONS,  
ILLNESS, MAJOR TRANSITIONS OR FAMILY CHANGE  
ABSENCES ON SPECIFIC DAYS (TESTS, SPEECHES)

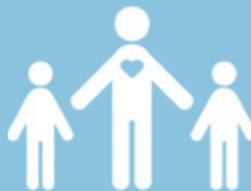


FREQUENT REQUESTS TO CALL HOME  
SLEEP DIFFICULTIES, LOW MOOD, IRRITABILITY

School administrators, counsellors, teachers, SchoolsPlus, Attendance Support Workers and other school staff work collaboratively with families to support good attendance. If you have concerns about attendance, here's how you can take action:

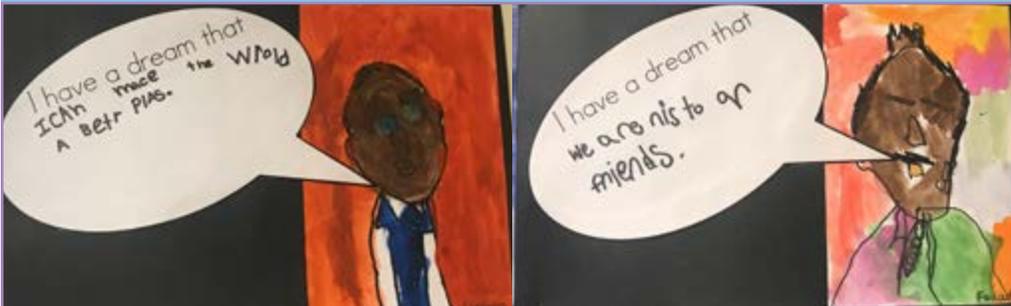
TALK TO YOUR SCHOOL AS SOON AS POSSIBLE  
ABOUT YOUR CONCERNS

DISCUSS A HOME-SCHOOL COMMUNICATION BOOK  
OR SIMILAR PROCESS WITH SCHOOL STAFF  
SET UP REGULAR MORNING AND EVENING ROUTINES



TALK TO YOUR CHILD - LISTEN TO THEIR WORRIES  
AND RESPECT THEIR FEELINGS

WORK TOGETHER TO FIND ACTIVITIES OR OTHER  
OUTLETS TO RELIEVE STRESS



## Inspired by Dr. Martin Luther King Jr., CRMS Students Share their Dreams

Students in Ms. Doyle's P-1 at Clark Rutherford Memorial School class honoured Martin Luther King Jr. Day on January 21 by learning about Dr. King's fight for civil rights for all and an end to racism. After talking about his ideas and life, students created art to express their own dreams for a better world.



## French Program Information Sessions

Schools offering specialized French Language programs, including Regional French Immersion, Intensive French and Integrated French, will host parent/guardian information sessions in February and March. Please visit [www.avrce.ca](http://www.avrce.ca) or contact participating schools for more information.

## Eight AVRCE Educators Recognized for Completing Aspiring Leaders Program

Eight AVRCE educators have successfully completed the third cohort of the Nova Scotia Aspiring Leaders Program (ALP). Congratulations to Jodi Durling, Raeanne Fletcher, Kay Greene, Nova Keddy, Karen Lander-Pinard, Chad LeBlanc, Sarah Leslie and Ian Morrison, who received their completion certificates on January 14.

The ALP is designed to support teachers, mentors and regional centre for education consultants who are interested in becoming effective school principals and/or vice principals. It is offered by the Department of Education and Early Childhood Development in partnership with the Nova Scotia Educational Leadership Consortium and regional centres for education.

