

October's News

Richmond Education Centre/Academy

Principal's Message



Fall is upon us, and it also brings the season of “digging in” at school. As part of the Department’s attempts to support students in school, they have developed an Attendance and Engagement Policy. More on this on page 3, but suffice it to say that students from grades primary to 12, particularly those in high school, will be held accountable in ways that may be different than what they’ve come to expect in the past.

Another thing the fall brings is the beginning of extra-curricular events that often give students a

sense of community and establish the school as a place to help develop well-rounded citizens as they move on to the outside world. While these extra-curricular are great offerings, teachers have been bearing the brunt of ensuring those took place. School dances, for instance, have only happened because teachers have been chaperoning them. With declining enrollment, however, comes a decline in the number of teachers working in the building. We cannot, unfortunately, continue to offer the same commitment to

extra-curricular events that we have in the past. We are looking to parents and guardians to help fill that void.

Our first challenge: the upcoming senior high Halloween Dance scheduled for October 25. We require a commitment from 6 parent/guardian chaperones via email by Wednesday, October 18 in order to host this event. If you can help with this, and have both a criminal record and child abuse registry check, please let us know!

Sincerely,
Lois Landry, Principal

All Call for School Textbooks

The weather has been great, and a check of the long-range weather forecast suggests more lovely weather ahead. What better time to do a little housekeeping and getting rid of some clutter!

One thing that may clutter your homes are textbooks from your kids’

former grades or classes that will do nothing to spruce up your décor but would do great things for our book budget!!

If you or your kids have any textbooks from days gone by lying around, we’d love to have them back. Having to replace textbooks has become

very expensive and means we cannot order other resources for students.

Thanks!



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Dates of Interest

- Treaty Day— Sun, Oct. 1
- Thanksgiving (No School)—Mon., Oct. 9
- RWM6 Assessment—Oct. 10 to 13
- October Conference (No school) —Fri., Oct. 27

Dietitian's Corner: Does Your Family Eat Together?

Family meals allow parents to be role models who create a supportive environment that promotes healthy eating. This can help with increasing children's food choices, being less picky, which in turn can help prevent chronic disease in the future, such as obesity. An added bonus to this is that the children can have this time to be closer to their parents.

How can it be done?

-Keep it simple. Get everyone involved. In choosing recipes and helping cook recipes that can be done within 30 minutes.

-Choose ingredients that multitask: making extras can be used in meals the following day. Chicken one day can be used for fajitas the next day-cook enough chicken for both meals.

-Say no to Take Out- Although it may seem convenient & easy, take out isn't always healthy, and it can be costly. Try to stick to making meals at home, including 3 out of 4 food groups

-Make it a habit: Making sure everyone is on the same page about what days the family is eating together and what time to be home for dinner.

-It's ok to ask for help: Get everyone

involved, no matter the age. There are roles and activities for helping for kids and adults of any age. Refer to 2nd reference below for tips.

-Making it fun- using food themes for meal nights can be a fun way to get everyone involved. Whether it is Taco Tuesday, or Fish Friday or Picnic Saturday, as a family choose what works for you.

Reference: <http://www.eatright.org/resource/food/nutrition/eating-as-a-family/family-meals-small-investment-big-payoff>
<http://www.eatright.org/~media/eatrightpro%20files/media/multimedia%20news%20center/infographics/kidfriendlykitchentasks.ashx>

Grade 12 Parent/Guardian Meeting

Each year, our school hosts an information session or parents and guardians of students in grade 12. While school is an important part of every student's life, senior year of high school is especially important.

Our information session, scheduled for Tuesday, October 17 at 6:30 pm, is intended to present information on two important topics:

(a) we will cover the process by which students apply for post-secondary programs, including stu-

Grade 12 Parent/Guardian Meeting

Tue., Oct. 17 at 6:30 pm

dent loans, community awards and bursaries, and (b) we will go over everything related to graduation

week activities (including how many tickets are available to families) and expenses involved with being a graduating student. We're hoping the school photographer will also be attending to discuss your options for Grad Photos.

We hope all parents/guardians of grads will be able to attend!

Skilled Trades Centre Opening September of 2018

We are very pleased to announce that of the seven Skilled Trades' Centres announced in the recent provincial budget, our school's proposal as been accepted in the first round of construction. This will allow us to begin offering Skilled Trades' courses as early as September of 2018.

A Skilled Trades' Centre exposes students who are interested to various skilled trades: plumbing, electrical, welding, carpentry, and other fabrication trades. Unlike programs like Options and Opportunities (O2) or French Immersion, students can enroll in one or several courses without committing to a

program that ties up many of their elective selections.

Construction is set to begin later this year, and our SAC will be actively involved in steering the committee that will finalize arrangements for the centre.

We'll keep you posted as the centre progresses!

Provincial Attendance and Engagement Policy (NEW)

One of the many things that came out of last year's job action by the NSTU was a Working Conditions' Council that has been consulting with the Department of Education and Early Childhood Development on several issues raised by teachers across the province that making teaching and learning difficult. One issue that came up loud and clear: student attendance. Students cannot learn if they are not in school.

In an effort to address both attend-

ance and engagement, the Department has put together a policy that ENCOURAGES attendance, SUPPORTS students and families who are struggling to get to school, and holds students who do not attend ACCOUNTABLE. There are many facets to this policy, and it can be viewed in its entirety by going to reca.srsb.ca and clicking on the link to the policy, just below the menu bar.

Of particular note is that students in grades 10 to 12 who miss more

than 20% of their classes (which includes all absences, whether excused or not) will lose their credits. This is a significant development, and we encourage all students and parents/guardians to familiarize themselves with the policy. You can view a bit more information by clicking on the link on our webpage that will take you to the PowerPoint file summarizing our *Meet the Teacher* presentation.

If you have any questions about this policy, do not hesitate to contact us.

Grade 6 Literacy Assessment

It's assessment season again at our school, and this fall the province is continuing with the strategy of assessing grade 6 students in the areas of reading, writing, and mathematics. Each morning across four days, students will write one of the four subtests that make up the provincial RWM6 Assessment which looks at whether students have met out-

comes addressed up to that point.

Our students will be writing that assessment on Tuesday October 10 through to Friday, October 13. The individual subtests take about 90 minutes to administer, and teachers have provided students with practice questions so they are more familiar with the format.

We are pleased to offer free breakfast to each grade 6 student on each of the mornings for this assessment, funded in part by donations from the community and a grant from the Strait Regional School Board.



A Call for SAC Members

The province of Nova Scotia requires each public school to have a School Advisory Council in place that provides support and guidance to school administration.

Each year, School Advisory Councils consider important issues related to how schools function. While more and more policies from the Department of Education and Early

Childhood Development come without opportunities for individualizing them to specific schools, there is still much that these Councils debate and consider. On the agenda this year, for instance, are the particulars for our school's new Skilled Trades' Centre (see above).

We have had some great parents/guardians and community

members on our SAC, who have moved on this year, so we are looking for new members. We have six more meetings scheduled this year, and we're open to when meetings are held. If you think you might be interested in joining our Council, please contact Lois Landry or Jason MacLean at the school! We'd love to hear from you!

Richmond Education Centre/Academy

3238 Whiteside Road
PO Box 599
Louisdale, NS B0E 1V0

Phone: (902) 345-4949
Fax: (902) 345-4948
E-mail: lois.landry@srsb.ca

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Guidance News:

GRADE 5-8: YOUR SCHOOL GUIDANCE COUNSELLOR

School guidance counsellors are people you can turn to when you need help. They are good listeners, and they want to help you get the most out of school. School guidance counsellors help students handle all types of problems:

*being bullied at school; struggling in school and needs extra help; new to the school and doesn't have friends yet; upset about a family problem, such as divorce or passing of a loved one/pet; having trouble concentrating on homework; having friendship troubles; feeling nervous about what to expect next year at middle school/high school

If you're going through any type of problem, you can first talk with your parents about it. However, another person to share your thoughts and feelings with is the school guidance counsellor. If you want to talk privately with Mrs. MacMillan, ask your teacher or parent. You can also sign up in the Guidance Office to re-

quest a meeting.

Adapted from: <https://kidshealth.org/en/kids/school-counselors.html?WT.ac=ctg#catschool>

GRADE 9-12: STARTING THE APPLICATION PROCESS

MEETINGS WITH GRADS: I will continue to meet with Grade 12 students throughout the school year to discuss their current graduation path and post-secondary plans. Many are already in the process of applying to and/or contacting colleges and universities. Please come see me for help!

COLLEGE & UNIVERSITY APPLICATIONS: Many colleges don't have a set application deadline, however most are first come, first served – some even let you apply in Grade 11 to hold a spot (i.e. NSCC)! Most universities will open their online applications this month for early admissions – having strong Grade 11 marks is a requirement. As well, some specialized programs fill up more quickly than others, so check with guidance or the institution to

find out if you should be applying for early acceptance.

TRANSCRIPTS: A reminder that any students who need transcripts **MUST** order them in the Guidance Office as soon as they know they need them. We can email or fax them, however it is the student's responsibility to confirm that the institution received it.

SCHOLARSHIPS & BURSARIES: Graduating students should keep an eye on the RECA website (reca.srsb.ca) located under the Guidance Tab. All opportunities sent to me are posted as they become available. It is your responsibility to apply by deadlines! Most universities have an entrance scholarship deadline sometime in March, so please be aware of your application timeline.

As the school year progresses, please feel free to contact the guidance counselors at the school if you have any questions or concerns. You can reach guidance at (902)345-4949 or by email: margie.macmillan@srsb.ca.