



EAECA September 2023 Newsletter



10128 Route #4, Monastery, Nova Scotia, BOH 1WO

Phone: 902-232-2810 Fax: 902-232-3829

Principal: Mr. Paul Brown
Vice-Principal: Mrs. Dara MacDonald
Vice-Principal: Ms. Amy Hudry

School Counsellor: Ms. Rachel Kuramoto
School Secretary: Ms. Michelyn Grenier
School Secretary: Mrs. Molly O'Brien

Important Dates in September 2023

Wednesday, September 6 – First Day of classes for students in P-12
Thursday, September 7 – Fire Drill at 9:15 a.m. (This is the first practice of the year)
Monday, September 11 – Last day for course changes for students in grades 10-12
Thursday, September 14 – Stand Up to Bullying Day – **Pink shirt day**
Thursday, September 21 – Meet the Teacher
Friday, September 22 – School Based Inservice Day – No school for students
Friday, September 29 – Every Child Matters Day – **Orange shirt day**

Message from the Office:

Welcome to the 2023-2024 school year! We are excited to welcome back all our students. We hope that summer was a time of relaxation and recharge and that everyone is ready for the year ahead.

We want to say a special welcome back to our grade 12 students. We encourage all of you to fully participate in grad meetings, check in with our school counselor, check the grade 12 Google classroom regularly, and to work hard towards completing all your credits for your grade 12 year. Graduation information will be released to families by the end of the month, so please keep an eye out for that.

We had a change in our administrative team for the 2023-2024 school year. Ms. Amy Hudry will join the admin team at the East for the year in place of Ms. Pauline MacKinnon. Ms. MacKinnon joins the staff at SAERC for the year and we wish her the best as she starts on her new adventure.

As with every year, we have also had some changes in our teaching staff. The list of new and returning staff members is listed in the newsletter below.

We encourage all parents to get in touch with their child's teacher should you have any questions about the year. Staff e-mails are listed on the school's website: <https://eaeca.srce.ca>.

Please do not hesitate to contact us at the office if you have any questions.

Mr. Paul Brown, Principal
Mrs. Dara MacDonald, Vice-Principal
Ms. Amy Hudry, Vice-Principal



Morning Arrival

Students who are being dropped off in the morning should be dropped off between 8:10 a.m. and 8:25 a.m. Prior to 8:10, there is no supervision for students.

When getting off the bus in the morning, students in grades 9-12 will enter through the door closest to the gym, students in grades 4-8 will enter through the main doors, and students in grades P-3 will enter through the doors closest to the front playground. Students can get food from the breakfast program and sit in the cafeteria to eat.

Students in grades P-6 who are choosing not to eat or who have finished eating, are to go outside and play until the 8:25 bell. Students should be dressed appropriately for the weather. Students in grades 7-12 should remain in the cafeteria in the morning. Students should not be in the hallways or

Dismissal Procedures

Students who are taking the bus after school will be dismissed at 2:15. Students in grades 9-12 will use the doors closest to the gym, students in grade 4-8 will use the main door and students in grades P-3 will use the door closest to the front playground.

If you are picking up your child from school, please call the office between 9:00 a.m. and 11:00 a.m. to ensure clear communication with your child's teacher. Students who are being picked up will gather in the cafeteria at 2:12, administration will take attendance and walk the students out to the parking lot at 2:15.

New/Returning Staff for 2023-2024

We would like to say welcome/welcome back to the following staff members:

Molly O'Brien – School Secretary

Megan Ryan – Teacher Assistant

Kathryn Ryan – Grade Primary

Patricia Connolly – Grade 1

Courtney Ellis – Grade 3

Jillian Kennedy – Grade 4 & 5 ELA

Alex Capson – Grade 6 Integrated Math and Global Geography 12

Jana Kennedy – Grade 6 ELA, Grade 9 & 11 English

Zack Pettipas – 4-8 LST Teacher

Tania Gould- P-3 Mi'kmaq Language Teacher



From the Counseling Centre



Welcome back from the counseling center! A new school year is an exciting time but can also be a big change for students. We can validate their feelings by acknowledging any big emotions without judgment or expectation about what they 'should' be feeling. Just listening to their feelings helps, as the fear of separation that they feel is very real to them. Your connection with your child is the most important support you can give!

But we can also put in place some rituals which can help at times of separation. Here are three small but very effective ways to support those who might struggle a little with separation anxiety.

Matching Love Hearts:

Draw a little heart on your wrist, and a matching one on theirs. If they are missing you during the day, or just feel the need to connect with you, they put their fingers on the little heart. They will feel their pulse, like a reassuring heartbeat, when they touch their wrist. Let them know that you will press your love heart if you are missing them. You can also add a spray of your perfume or aftershave to their wrist, as another little connection to you.

Pebble in my Pocket:

Find two very similar pebbles, gem-stones or crystals. You keep one in your pocket and the child keeps the other in their pocket. Tell them that any time they feel a little nervous or are missing you they give their pebble a little squeeze. It is a very concrete reminder of their connection to you. [Some alternatives to a pebble that they might like to keep in their pocket are a little photo of mum/dad/family, or a hankie with your perfume/aftershave on it]

Worries in My Pocket:

Talk to your child about any worries they have about starting school. Write the worries down on pieces of paper. Then you put the pieces of paper in your pocket. Tell your child you are going to carry their worries for the day while they are in school, so they don't have to carry them alone. This can really help to ease any fears they may have.

Looking forward to a great year!



Notice to Families Information Sharing Agreement with Chief Electoral Officer of Nova Scotia

In accordance with Sections 42(4), 42A and 43(5) of the *Elections Act*, the Chief Electoral Officer of Nova Scotia is authorized to gather and maintain information about 16- and 17-year-olds who would qualify as electors when they become 18 years of age. In addition, it authorizes for Elections Nova Scotia to be provided the personal information held by a public body as required to create, revise or update the Register of Electors. The Register of Electors is a database of Nova Scotians who are qualified to vote in provincial elections.

An Information Sharing Agreement signed by the Strait Regional Centre for Education (SRCE) with the Chief Electoral Officer of Nova Scotia authorizes the SRCE to share, on an annual basis, information about 16- and 17-year-old students directly with Elections Nova Scotia for the sole purpose of adding them to the electoral list when they become eligible at the age of 18. The specific information to be shared includes student ID, school name, student's full name, gender, date of birth, mailing address, civic address and indicates if a student is currently enrolled in school.

Elections Nova Scotia is subject to the Freedom of Information and Protection of Privacy (FOIPOP) Act and collects information under this agreement for electoral purposes only. Please note that as students reach 18 years of age and are added to the Register of Electors, they may correct and/or update their information and/or opt out of the registry at that time if they wish by application to the Elections Nova Scotia Office.

If you have any questions or require clarification, please contact Elections Nova Scotia by phone at 902-424-8584 or by email at elections@novascotia.ca or the Regional Centre's Information Access and Privacy Manager at 902-625-2191.



After School Program

Dear parents,

There has been changes made to the afterschool program regarding billing and scheduling. We will require new registration forms to be filled out and payments made to date before attending the 23-24 ASAP. You can email me at patricia.bouchie@srce.ca and I will send the updated information to you. Thank you!

Patricia Bouchie

From the Cafeteria

Ashley and her staff is asking that all students and staff order their lunches before the end of the their recess. This is to ensure enough food is ready for all students who need it. It helps to make sure that there is no wasted food at the end of lunch as well.

Ordering can still happen online through the school website. This will be up and running for the first day of school.

Milk will be paid for again this year. Students will be provided milk with their snack or lunch if they like.

An updated price list from the cafeteria has been uploaded to the school website. Please check the website for an updated list.

School Advisory Council (SAC)

Our school advisory council is looking for new members! The school advisory council is a unique opportunity for parents and community members to come together with school-based staff to discuss the needs of the school and how to best support the school. The purpose of a school advisory council is to act as an advisory body to the school itself and the Regional Centre for Education. We are looking for community volunteer members (who do not have children who attend the East), and parent members (your child/children currently attend the East). If you are interested in joining this committee, please don't hesitate to reach out to the principal, Mr. Paul Brown. You can e-mail him at paul.brown@srce.ca.



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Nova Scotia International Student Program

Dear School Community,

We are looking for families to host international students for February 2023.

Interested?

Your hospitality can make all the difference to a student's experience, and it is our hope that by becoming a host family, it will mark the beginning of a relationship that will last a lifetime!

What's Required of a Host Family?

Families interested in hosting must provide the student with an approved bedroom, three healthy meals per day, and treat them like a member of their family. All family members 18 and older need to provide a Criminal Record Check and Child Abuse Registry Check.

Financial Compensation

Host families volunteer to host International Students. Families receive \$725 per month (per student) to cover incurred expenses while students are living with them, such as meals, providing transportation for activities, etc. This amount is non-taxable. Contact our SRCE-ISP Manager, Chris Penny at chris.penny@srce.ca or (902)631-5170 for more information.



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 that meet their identified needs. Please call the school for more information.

All Gender Care Products

The Strait Regional Centre for Education provides free all-gender care products in all schools with Grades 5 to 12 students. These products are located in all female and all-gender washrooms.