



## EAECA April 2024 Newsletter



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

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

Acting Principal: Mrs. Dara MacDonald  
Vice-Principal: Mrs. Amy Hudry  
Acting Vice-Principal: Mrs. Monica Murphy

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

### Important Dates in April 2024

Tuesday, April 2 – P-8 report cards distributed.

Thursday, April 4 – Inservice/Parent-Teacher for P-8 (no classes for PP-8)

Monday, April 15 – School Advisory Council Meeting at 6:00 p.m.

Thursday, April 18 – 9-12 report card distributed.

Thursday, April 25 – Inservice/Parent-Teacher for 9-12 (no classes for 9-12)

### Message from the Office:

March was a very fast month! With March Break and Easter weekend, we only had 15 teaching days over the course of the whole month. April is a busy month with report cards going out for all students in grades P-12 throughout the month and parent-teacher interviews happening as well.

This year we have been very fortunate to welcome some NSISP (Nova Scotia International Students) to our school. Students come to Canada from all over the world to learn about life in Canada and specifically, rural Nova Scotia. This year students at East Antigonish are from Germany, China, Japan, Brazil, and Korea. We are always looking for students to be student ambassadors for our NSISP students. Ambassadors help to make students feel welcome and act as a person NSISP students can go to if they have any questions or need help throughout the year. If any students want to be a student ambassador, please contact Mrs. Dara MacDonald at the school.

As always, we encourage students to reach out to their teachers if they feel they need support in any of their classes. With the end of the year fast approaching we want to make sure all our students feel successful.

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

Mrs. Dara MacDonald, Acting Principal  
Ms. Amy Hudry, Vice-Principal  
Mrs. Monica Murphy, Acting 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 can enter through the main doors of the school. The breakfast program cart will be in the cafeteria. 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 classrooms at this time.

## Dismissal Procedures

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.

## A Message from Michelyn and Molly

If you are calling to inform the office that your child is being picked up from school, either early or at the end of the day, it is important that, as much as possible, the office is called prior to 11:00 a.m. This would also be important if your child is getting off their bus at a different stop. The end of the day is a busy time at the office and sometimes it is difficult to communicate with your child's teacher or your child's bus driver. We know that sometimes it cannot be helped as situations change last minute but as much as possible, please call earlier in the day to let us know.

We also want to remind families that bus passes are no longer available in the SRCE. Students must have a pre-arranged childcare stop with transportation to take a different bus than their own.

Anyone wishing to excuse their child for the day is encouraged to use this website to do so: [eaeca.srce.ca](http://eaeca.srce.ca) and use the safe arrival tab.

Thank you!

Michelyn and Molly  
EAECA Secretaires



## From the Counseling Centre



**April is recognized as National Stress Awareness Month** to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration.
- Changes in appetite, energy, desires, and interests.
- Trouble concentrating and making decisions.
- Nightmares or problems sleeping.
- Physical reactions, such as headaches, body pains, stomach problems, or skin rashes.
- Worsening of chronic health problems and mental health conditions.

Here are some ways you can manage stress, anxiety, grief, or worry:

- Take breaks from news stories, including those on social media. It's good to be informed, but constant information about negative events can be upsetting.
- Take care of your body: Staying physically healthy can improve your emotional well-being. Here are some ways to improve your health:
  - Eat healthy.
  - Get enough sleep.
  - Move more and sit less
- Make time to unwind.
  - Take deep breaths, stretch, or meditate
  - Try to do some other activities you enjoy.
- Connect with others.
  - Talk with people you trust about your concerns and how you are feeling.

Mental Health American (MHA) provides some tips on how to reduce your stress by utilizing their stress screener tool.

Stress Screener

<https://mhanational.org/get-involved/stress-screener>

Information above is from the National Institute for Health.



## CONGRATULATIONS!!!

We are proud to share that Jakob DeGruchy from our school has been named a Loran Scholar.

Congratulations, Jakob! The Loran Award is Canada's largest and most comprehensive undergraduate award, granted to young people on the basis of character, commitment to service in their community, and leadership potential.

To see the full list of 2024 Loran Scholars and learn more about the Loran Award, visit [bit.ly/2024LoranScholars](https://bit.ly/2024LoranScholars). #Loran2024

## Cell Phones in School

Cell phones have become an important part of a lot of our lives. In many cases they are used as the only means of communicating with family and friends or are in our cars for safety purposes.

Cell phones are also a means of distraction for our students. We wanted to send out a reminder to families about cell phones in schools.

Students in grades 7-12 are permitted to have their cell phones in school, at their own risk of damage or loss. When in class, they are to follow the direction of the teacher regarding the phone and only use the phone in class when permitted by the teacher.

Students in grades P-6 are strongly encouraged to leave their cell phones at home. If students in these grades need to bring their phones with them because of after school plans or another family situation, they also do so at their own personal risk of loss or damage. Students in these grades should be leaving their cell phones in their backpacks for the day. Cell phones should not be out in the classroom or on the playground.

## From the Cafeteria

Ashley and her staff are asking that all students and staff order their lunches before the end of 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.



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## 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](mailto:paul.brown@srce.ca).

## Nova Scotia International Student Program

Dear School Community:

We are looking for families to host international students! **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! Students come to experience a true Nova Scotian lifestyle, they attend high school and participate in family events.

### 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 \$825 per month (per student)(starting September 2024) to cover incurred expenses while students are living with them, such as meals, providing transportation for activities, etc. This amount is non-taxable. [CLICK HERE](#) to fill out a form to receive more info or contact our SRCE-ISP Manager, Chris Penny at [chris.penny@srce.ca](mailto:chris.penny@srce.ca) or (902) 631-5170

**BECOME A HOST FAMILY**  
OPEN YOUR HOME AND HEART TO AN INTERNATIONAL STUDENT

<b>\$825</b> per month	PER STUDENT (Full Travel)	<b>\$925</b> per month	If you can also accommodate a vegetarian or lactose free diet	<b>\$1025</b> per month	If you can also accommodate a vegan or celiac diet
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**RECEIVE \$100 FOR EVERY SUCCESSFUL REFERRAL OF NEW HOST FAMILY**  
Just give us their name and contact details, and we will reach out to them.

Strait Regional Centre for Education | Learn More: [nslsp.ca/host](http://nslsp.ca/host) | Email Chris Penny: [chris.penny@srce.ca](mailto:chris.penny@srce.ca)



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**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.