



EAECA February 2024 Newsletter



10128 Route #4, Monastery, Nova Scotia, BOH 1W0

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 February 2024

Thursday, February 1 – Marking and Admin Day (no classes for 9-12, regular classes PP-8)
Thursday, February 1 – Grade 9 parent meeting for course selections at 6:00 p.m.
Friday, February 2 – First Day of Semester 2 (grades 9-12)
Monday, February 5 – Friday, February 9 – Book fair
Thursday, February 8 – Report cards distributed (grades 9-12)
Monday, February 12 – Friday, February 16 – cereal drive for breakfast program (details below)
Monday, February 19 – Heritage Day (no classes PP-12)

Message from the Office:

January was a busy month! We got back to business after our holiday break, our grade 5s started a very successful hat fundraiser for our breakfast program, we completed semester 1 and had our summative assessments. We are looking forward to the start of semester 2 on February 2.

To any of our grade 12s who have chosen to graduate early, we wish you the best of luck in whatever path you go down through the next few months and look forward to seeing you at graduation. Remember to keep checking the Google Classroom for updates about grad events and scholarships and bursaries. Please return your chrome book as well. For our grade 12s who are sticking around for second semester, information regarding courses and free periods will be going home on Friday, February 2.

February is also going to bring some changes to the office. Mr. Brown will be taking a short parental leave. His last day will be February 14 and will return May 13. Mrs. Dara MacDonald will be taking over as acting principal. Ms. Amy Hudry will remain in her Vice-Principal role, and we welcome Mrs. Monica Murphy as acting Vice-Principal.

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



Student Course Selections for 2023-2024

Students who are currently in grades 9, 10 and 11 will be selecting their courses for 2024-2025 school year in February. Administration and our school counselor will be meeting with students to discuss options for courses and help guide students to take the courses necessary for graduation and to gain admission to the program of their choice. Students who are thinking about early graduation or are looking for support in determining a post-secondary plan are encouraged to make an appointment with Rachel Kuramoto, our school counselor.

Students in grade 9 will have the option to choose the Options and Opportunities Program (O2) for their programming in high school. This is a program designed to prepare students better for post secondary by giving them co-op work placements and upon completion of their O2 certificate, will be granted a preferred seat at NSCC should that be their choice for post-secondary studies.

For grade 9 students and their parents, we are going to be having an information night to help with the course selection process. Members of the administration will be there as well as the school counselor and a teacher or teachers from our O2 program. This information session will take place on **Thursday, February 1 at 6:00 p.m.**

Cereal Drive for Breakfast Program February 12-16

Grades primary – six

- The class that donates the most boxes of cereal will receive a pizza party (student choice of pepperoni and cheese, cheese or garlic wedge) with a canned drink or small chocolate milk
- The runner up class will receive a cookie platter.

Grades 9-12

- The individual who donate the most boxes of instant oatmeal will receive a free lunch including drink and dessert





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 and use the safe arrival tab.

Thank you!

Michelyn and Molly
EAECA Secretaires

From the Counseling Centre

Positive self-talk can benefit mental health, performance, and relationships. Many studies on positive self-talk suggest that it is beneficial for anxiety and is an effective strategy to cope with emotions and mental stress. Healthy positive self-talk can be an easy way to help with anyone's mental health.

healthy Self-Talk	
THIS	NOT THAT
✓ Whoops. I made a mistake.	✗ I'm so stupid.
✓ I like me.	✗ No one likes me.
✓ I did something bad.	✗ I'm a bad person.
✓ This is really hard, but I'm going to keep trying.	✗ I give up. I'll never be able to do this.
✓ I haven't figured it out...yet.	✗ I never get anything right.
✓ I am enough. And worthy, too.	✗ I'm not good enough.

From the Library

Save The Date!

Dear families,

Mark your calendars! The fun and excitement of a **Scholastic Book Fair** is coming to our school!

So save the date! Our **Scholastic Book Fair** will take place on **Feb.5th-8th 2024**.

THIS IS A CASH ONLY EVENT!

Happy Reading!





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.

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.



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.