



## EAECA March 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 March 2024

Friday, March 8– Marking and Admin Day (No classes for PP-8)

Monday, March 11-15 – MARCH BREAK (No classes)

Monday, March 18 – Classes resume after March Break

Friday, March 29 – Good Friday (No classes PP-12)

### Message from the Office:

February saw the start of the new semester. For our grade 12 students this means their last semester at the East! February also saw lots and lots of snow, was African Canadian History month and course selections were started for students in grades 9, 10 and 11 for the 2024-2025 school year.

The month of March is going to fly by! We have our marking and admin day on March 8 (this means no classes for students in PP-8), March Break takes place from March 11-15 and Good Friday is Friday, March 29. March is also the end of term 2 for our P-8 students and we will be preparing report cards to be distributed to students in April.

Students are encouraged to reach out to their teachers if they feel they need support in their classes. Also, if students wish to discuss course selections and plans for after high school, they are encouraged to reach out to our school counselor for support with this.

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.

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: [eaca.srce.ca](http://eaca.srce.ca) and use the safe arrival tab.

Thank you!

Michelyn and Molly  
EAECA Secretaires

## From the Counseling Centre



### Getting Your Students Post Secondary Ready

#### Did you know?

- Nova Scotia has 11 colleges and universities.
- All residents who attend a NS university receive the NS university student bursary, it's worth \$1283 for full time students.
- The Nova Scotia Government offers loan forgiveness to students who stay here to study, which could be worth \$20, 000. Visit this website for more information <https://novascotia.ca/student-loan-forgiveness/>

#### Advice for students in grades 10-12 on getting ready for post secondary education

List taken from My NS Future. For more information, please visit this useful website at <https://www.mynsfuture.ca/>

#### Grade 10

- **Challenge yourself.** Consider taking challenging courses in high school that relate to your strengths, personality, and interests.
- **Volunteer.** Get involved! Volunteer, join clubs or teams, job shadow, or complete other activities that match your interests and will give you valuable experience and give you skills.
- **Get Advice.** Talk to your parents, teachers, and school counselor early. They will have information and insights that could help you make an informed decision.
- **Know Your Interests.** Make a list of the programs that interest you and make note of any prerequisites or program requirements. Select your high school courses to meet those prerequisites.



## Grade 11

- **Go Online.** This website is a great place to start but also check out other websites, view books, calendars, and social media channels of the universities and colleges. See who offers the programs you are interested in.
- **Talk About Money.** Talk to your parents and figure out how you will pay for university or college. You can apply for many bursaries and scholarships while in high school. Develop a budget and start planning now.
- **List Achievements.** Organize your work, achievements, and accomplishments so that you're ready to apply for admission and scholarships.

## Grade 12

- **Take a Campus Tour.** Visit universities that interest you. Many have "open house" days that let you explore what they have to offer. You can also schedule a campus tour or take part in special events.
- **Review Applications.** Even before you are ready to apply, browse university and college applications and get a sense of what is required. Keep track of all application deadlines.
- **Think About Your Career.** If you like to plan ahead, there are many career resources that provide advice and answers. Check out <https://explorecareers.novascotia.ca> and <https://careersatlanticcanada.ca>
- **Apply to More Than One.** Don't "put all your eggs in one basket." Instead of just one school, plan on applying for a few so that you have choice and opportunity when the time comes.
- **Keep Track of Deadlines.** There are deadlines, not only for university and college applications for admissions, but also for bursary and scholarship applications.
- **Transcripts.** If you are applying to a school in Nova Scotia your transcripts (a listing of your course and grades) will be electronically sent to schools to which you are applying. Any schools outside of Nova Scotia will need a paper copy.



## 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](mailto: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](mailto: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.