



EAECA November 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 November 2023

Wednesday, November 1 – Picture retakes
Friday, November 3 – Marking and Admin Day; no classes for PP-8, regular classes for 9-12
Monday, November 6 – SAC meeting
Monday, November 13 – Remembrance Day Holiday
Tuesday, November 14 – Grad Photos
Thursday, November 16 – 9-12 report cards distributed
Monday, November 20 – P-8 report cards distributed
Thursday, November 23 – Inservice/Parent-teacher – no school for PP-12

Message from the Office:

November is here and it is a busy month! We will be having our Remembrance Day Ceremony, report cards will be going out for primary through twelve, parent-teacher will be happening on November 23, grad photos will be taking place November 14, and we will begin our preparations for Christmas Concert this month as well.

This year we are going to try something new. As a fundraiser for our breakfast program, we are going to host a fall craft fair/market here at the East. It will take place on Wednesday, November 22 from 7:00 - 9:00 p.m. Registration for a table is \$20 and cash donations will be accepted at the door. All proceeds will go to the breakfast program here at the East. There is more information 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 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.

Thank you!

Michelyn and Molly
EAECA Secretaires



Fall Craft Fair/Market

When: Wednesday, November 22, 2023

Time: 7:00-9:00 p.m.

Where: East Antigonish Education Centre/Academy Cafeteria

Admittance: Cash donations at the door

In Support of the breakfast program at East Antigonish

To Register a Table:

Contact: 902-232-2810

Or

dara.macdonald@srce.ca


Cost to register: \$20


We look forward to welcoming you into the school and thank you for supporting our breakfast program!




The worry monster box is an excellent tool for helping children manage worries and anxieties—encouraging them to express their feelings, giving them a sense of control, and promoting a positive shift in their perspective.

Here's how to make your own Worry Monster Box:

 Step 1: Kids jot down their worries and fears on paper, giving a voice to their anxious thoughts—bringing them out into the open.

 Step 2: They pop those worry-filled notes into the Worry Box. It's like they're putting their worries on temporary hold, giving them the space to breathe.

 Step 3: As worries rest inside the box, kids often begin to feel a sense of relief. It's as if they're saying, "Hey, worries, I've got this under control!"



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.



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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.