



Saint Mary's Education Centre/Academy

May 2017 Newsletter

Phone Number 902-522-2035

Please visit our school websites: <http://smeca.srsb.ca/>

Principal's Message:

As the end of the school year approaches, the number of activities taking place at the school increases dramatically. Please check the calendar closely to ensure that you are aware when activities are taking place. Updates to planned events can be found on our website or Facebook page. Given the number of distractions that can occur due to the many extracurricular activities taking place at this time of year, staff members encourage all students to stay focused on their academics until the end of June.

I would like to thank staff for all their hard work in planning the many extras for students at the school. I would also like to thank parents and guardians for supporting the activities at the school.

Jack MacDonald, Principal

Visual Arts 12 Showcase

Thursday, June 15th 6:30-8pm
Come for support our talented grade 12 Visual Arts class as they display and discuss their art work. This showcase will highlight the various art movements and techniques they have learned over the past several months. Little refreshments will be included. Hope to see you there.

SMECA Spring Concert

Wednesday, June 14th 6:30
We were sad to have missed out on our annual Christmas Concert this year. In its place, we are putting on a Spring Concert. This concert will feature grades Primary-6 and our new High School Choir. Come enjoy songs which celebrate Canada's 150 Anniversary. Donations for our developing music program and/or a non-perishable food item for the food bank will be accepted at the door.

P-Six News

Grades Primary-6 will be participating in our third annual Healthy Mind Healthy Me Day on Friday May 19th. Students will be participating in many activities that promote mental and physical well being including: Zumba, Meditation, Teddy Bear Therapy, Aromatherapy, positive affirmations, and healthy food choices are some of this years' activities. Students have pre-ordered for BBQ. The cafeteria will still be open with full services on this day.

Congratulations to Nolan Feltmate a Grade Five student in our school who had a trip of a lifetime recently. He was selected by the "Dreams Take Flight" organization to travel to Disney World in Florida for the day!!! If

you see Nolan, be sure to ask him about his amazing experience.

Grade One Author's Tea will be held June 1st at 12:30 in the music room. Grade Ones are looking forward to celebrating their writing accomplishments with family and friends.

Grade One and Two's will be participating in the Grandfriends Walk-a Thon at High Crest Nursing Home in mid-June. Further information will be sent home as the date draws closer. We look forward to supporting our friends at the nursing home.

Library News

I would like to say a huge Thank You, to Students, Parents, Guardians and Staff for their tremendous support during our Spring Book Fair. As a result of our sales, our library will receive over \$1300.00 in free books.

Congratulations to Chase Fraser on winning the \$50.00 in free books. He won \$25.00 for himself and \$25. for his Grade 1 classroom. We also had 14 winners of \$5.00 to use at the Book Fair. The winners were: Jaydien White, Lily Horne, Alaya Sceles, Zaydien Stewart, Kasy Kirk, Nathan MacDonald, Gabe Cook, Jacob McDonald, Abby Jewers, Nick Spears, Sadie Beaver, Ava Anderson, Malcolm Pye and Drake Craig.

Special Thanks to Volunteers Samantha Dort, June Tate, Noah Baker, Alyssa Wilson, Spencer Barron

and Grace Baker, your help was greatly appreciated. Thanks also to the many student volunteers, for delivering and removing the boxes of books.

Thanks as well to the folks who recently donated books to our library, with all the new and lightly used books we have a great selection for the students enjoyment, so please drop in and check them out.

Marilyn Feltmate, Library Technician

HALT CORE DAY

St. Mary's Healthy Active Lifestyle Team (HALT) which was established in 2005 has been very active in the promotion of Health and Wellness among their student body. Presenters and activities were organized by this group of students until 2010 when St. Mary's held their first Mental Health Day, since renamed C.O.R.E. Day (COPE WITH AN OPEN MIND, RELAX, ESCAPE THE STIGMA) This day is held annually in the spring during Mental Health Week with guidance from Health Nurse; Jen Lukeman, in which the HALT Team organizes and executes the day for the student body from grades seven to twelve. In 2016 a Healthy Mind, Healthy Me Day dedicated to the promotion of mental health for students grades primary to six was held and will also become an annual event. This day involves initiatives aimed at increasing mental health awareness and decreasing stigmas, within the school community and community at large. It is dedicated to promoting

positive well being in a way that youth can relate and creates an opportunity for HALT to partner with other groups, including both peers and adults, creating positive therapeutic relationships, partnerships, and important networks. This collaboration includes School administration, staff, community partners, and other school groups such as Student Council, GSA, and the JACK Chapter. The Guysborough Community Health Board is instrumental in the success of CORE Day. This day not only starts the conversations among youth to help break down barriers but also creates a safe environment in which to have these discussions. Such youth led initiatives contribute to the development of strong leadership skills, essential to both school and home environments. Youth contribute to daily conversations in the classroom and encourage positive mental health for themselves and others. CORE Day empowers youth and encourages them to be leaders in the fight to decrease mental health stigmas. CORE Day 2017 took place May 3rd and included presentations by mental health advocate Michelle MacDonald, JACK Talk Speakers Julissa Stewart and Lacey Koughan, as well as NSHA Mental Health and Addictions Clinician, Meghan Mulcahy. Breakout sessions including physical activities, art, music, nutrition, and self-care, were incorporated into the day, aimed at promoting well-being and positive mental health.

Encounters with Canada

Encounters with Canada is our country's largest and foremost youth forum! Every week of the school year, 120 to 148 teens from across Canada, aged 14 to 17 years, come to Ottawa. Here they discover their country through each other, learn about Canadian institutions, meet famous and accomplished Canadians, explore exciting career options, develop their civic leadership skills and live an extraordinary bilingual experience. This year we were able to send three of our grade eleven students. Jordan Laing, Cameron Muise and Nicole Burns spent a great week in Ottawa. We would like to thank the local businesses who always sponsor which helps provide our students with this great experience.

**The St. Mary's Education
Centre/Academy
Drama class proudly
presents:**

Lucy Canary, the mayor's daughter, loves Lester Goodbe, a likeable cowboy. But Lucy's father insists that she marry Otis Lackginger – a rich, old coot! Lucy pretends to lose her voice to stall the marriage and everyone goes on a search to find a doctor to cure her. Will Lucy be able to keep up the charade? Will a quack doctor be able to cure her? Will she be forced to marry Otis?

Date: May 12, 2017

Time: 7pm

Place: SMEC/A Main Gym

Cost: \$10/adult and \$5/students



**Grade 12/
Guidance News**

Graduation Practice

We will be holding **one** practice for graduation exercises on May 31 at 1:30. We will only have one practice, so don't miss it.

Student Loans

The Student Loan Website is

<http://novascotia.ca/studentassistance/>

You can access it through the Guidance page of the school website. You can apply on-line if you want a quicker answer.

Scholarship Recipients

If you have received and plan to accept a scholarship offer from a university or college, please bring in your letter so that we can get accurate information to give out during the graduation.

Other Info

**Bring the World into Your
Home by Hosting an
International Student**

The Strait Regional School Board's International Student Program invites you and your family to join other families in the Strait Region who enjoy the enriching and rewarding experience of becoming a host family.

Imagine sharing the beauty, history and culture of the Strait

Region and Canada with a young student from Colombia, Germany, or Korea, and developing lifelong friendships between your two families.

See Nova Scotia through the youthful eyes of an inquisitive teen, and rediscover the simple things that we often take for granted such as sporting events, outdoor activities and cultural experiences. Explore your differences, discover surprising similarities, and teach your new son or daughter about Canadian values and beliefs.

The students become part of your family and participate in all the activities that you do as a family. They attend school daily and on some occasions are taken on weekday outings. They have health insurance and their own spending money. Host families receive a stipend to cover the additional costs that occur when inviting another student into one's home. As a host family, you provide a room, three meals a day and the experience of a lifetime.

To learn more about the Nova Scotia International Student Program (NSISP) and this wonderful opportunity to become a host family, please visit www.nsisp.ca and contact:

Chuck Boudreau
NSISP Program Manager
[902-747-3670](tel:902-747-3670), ext. 2223/902-631-0158 (cell)

Create Friends for Life!

X-Chem Science Camp

When: July 6-7, 2017 from

9:00am-3:00pm

Who: Students going into grades 1-8

Where: St. Mary's Education Centre/Academy

Cost: \$40 for the first child, \$30 for the second, \$20 for the third child in the same family. There is an extra cost for a t-shirt of \$15 per shirt. *Bursaries are available by contacting Krista, SchoolsPlus (see below).*

Registration forms will be going out to classes in mid-May. If you have any questions, you can contact Krista with SchoolsPlus at (902) 533-3609 or

Krista.MacEachern@srsb.ca.

More information can also be found at:

<http://sites.stfx.ca/chemistry/camps>

Monday, May 8th

Wednesday, May 10th

Thursday, May 25th

- All registration sessions take place at Antigonish Cleve's Source for Sports from 6:00 – 8:00 pm

- For more information, please visit

<http://www.antigonishbaseball.com/registration.html>

If you require anything further please let me know. We greatly appreciate your support for local youth sports.

Baseball

The Antigonish Baseball Association will be continuing registration for the 2017 season in the next few weeks and we are hoping that you might be able to include a notice about this in your next monthly school newsletter if space allows. You were able to do this for us for the past two years and it greatly helped us to get the word out and involve more youth in our program.

The relevant information is as follows:

Antigonish Minor Baseball will be holding registration for Kinsmen Minor Baseball and Challenger Baseball for the 2017 season on the following dates: