



St. Mary's Education Centre/Academy

OCTOBER 2017 Newsletter

School Phone: 522-2035 jack.macdonald@srsb.ca Please visit our school website: <http://www.smec.srsb.ca>

Principal's Message:

Welcome to the month of October! I'm not sure what happened to September.

October is Mi'kmaq History Month. We are planning a number of school wide and classroom activities to celebrate Mi'kmaq History Month. Some of the activities include excursions and educational announcements. We will be acknowledging that we are in Mikma'ki, which is the traditional ancestral territory of the Mi'kmaq people. Stand up against bullying! Incidents of bullying including cyberbullying are frequent occurrences for many students in schools and in communities across the province and country. Students struggle with name-calling, with being picked on, and with exclusion from the peer group. Bullying has a detrimental impact on the overall school climate and on the personal health of students. It infringes on the right to learn in a safe and secure environment. Throughout the year at St. Mary's Education Centre Academy, we will continue efforts to educate and inform our students, parents/guardians and our school community on bullying and cyberbullying. We will also investigate and

administer consequences when warranted for incidents of bullying. The goal is to help students develop healthy relationships and become responsible citizens of our community. The RCMP will continue to assist us with education on bullying prevention this year.

Jack MacDonald
Principal

Photo Retakes will take place on Thursday, October 12th

SMECA Parent Teacher Association

On Tuesday October 3rd, from 6:00 to 7:30 we are planning our first meeting. The meeting will be held in the community room and your kids are welcome to come along and play while we chat. Meeting is open to all parents, loved ones, and community members. We have many topics to discuss from playground and scheduling, to SAC committee. Hope to have a good turn out! If you have any questions or a topic you'd like to discuss contact Kaytland (902)8332039 kaytland.smith@hotmail.com or just come out to the meeting!

Volunteers

We are always looking for volunteers for various activities and to support learning at St. Mary's. Volunteer Information Packages are available at the office outlining important policies in regards to volunteering. It is also available on the SRSB webpage. <http://www.srsb.ca/content/parentsguardians>
Please contact the office for if you have any questions.

School Advisory Council

Please find attached a nomination form if you know someone who may be interested in joining our School Advisory Council for the 2017-18 school year.

There will be no school for students on October 27th due to a Provincial Conference

Facebook/SMECA Website

Communication is very important to us at SMECA. This may come in the form of newsletters, memos, text bulletins, SMECA website and Facebook. We try to keep

parents/guardians as up to date as possible. Please check us out on FB

<https://www.facebook.com/MaryCentre123>

Or SMECA webpage

<http://smeca.srsb.ca/>

Library News

Our School Library will be hosting a Scholastic Book Fair, November 27th-30th. There will be hundreds of books for all reading levels. Please support this literary event and help us add new books and resources to our school library. There will be no Scholastic book orders for the month of November due to our Book Fair.

Roots of Empathy

Mrs. Mc Ginn's and her Grade One class are thrilled to have the Roots of Empathy Program back this year. We wish to welcome our Roots Baby Ben Rafuse son of Adrienne and Jonathan Rafuse. Thanks to this local family for volunteering their time for us. Also thanks to our facilitator Paula MacIsaac. We look forward to learning how to care about others through this excellent program.

Grandfriends

Mrs. Mills and Mrs. Mc Ginn's classes will be starting our monthly visits to the local High Crest Nursing Home in

October. We can't wait to reconnect with our "Grandfriends" at the Home through this "Community Connections" program

Halloween at SMECA

P-6 students will be having Halloween parties in their classrooms on the afternoon of October 31. Students are encouraged to bring their costume to school with them to change into. Please do not send children to school in costume as we will not be celebrating until the afternoon. Students' costumes will also be their own responsibility. They are to make sure that they have all the pieces when they leave at the end of the day to ensure that they have everything needed for Trick-or-Treating that evening. Teachers will communicate in each class what snacks are appropriate for their room.

Students' Council News

Wow! The first month flew by so fast hadn't it? Student council would like to thank any students who participated in Frosh Week theme days and activities and attended the dance! Also thank you to all of the teachers and students who helped out in any way. This month we will be having a grade 4-6 social and a grade 7-12 dance. At each of these there will be many prizes to be

won! Also on October 31st we will be having an orange and black day, we encourage all students to wear orange and black for Halloween spirit!

Grade 4-6 Social

Are you in grade 4, 5 or 6? Do you like prizes, games, challenges, music and dancing? If you do, don't miss the first social of the year for the grade 4 to 6 classes on October 19th from 2:45 - 4:30. Students will enjoy a healthy snack after school followed by grade challenges, games, music, dancing and prizes! Cost per student is only \$5.00. Mark the date on your home calendar now!!

Grade 7-12 Graveyard Gala

Thursday, October 19th student council presents our Halloween dance "Graveyard Gala" for all grades 7-12. The doors open at 7:00 and the music will run from 7:30-10:30, tickets will be sold that week at lunch for \$6 advanced and \$8 at the door. Snacks and drinks will be available at extra cost. There will be prizes for different categories such as best group, best couple, best makeup, most creative and best overall! We encourage everyone to dress up!

HALT NEWS

Tree of Life Campaign

St. Mary's HALT team will be selling leaves in support of Sherbrooke's Shoppers Drug Mart "Tree of Life" Campaign. Leaves will be sold October 4th – 18th for \$0.50. Students are encouraged to buy a leaf to support women's health and make a difference in our community. HALT would like to thank you for your support in this initiative.

Guest Speaker

Travis Price and David Shepard of Berwick, Nova Scotia, took a stand against bullying in 2007 by organizing a high-school protest. They bought and distributed 75 pink shirts after a male student in ninth grade was bullied for wearing a pink shirt on the first day of school. Travis started from humble beginnings, supporting one bullied teenager in Nova Scotia, to helping thousands of youth in Canada. St. Mary's Education Centre/Academy is proud to have the opportunity to have Travis visit our school [on October 4th, 2017](#). We encourage everyone to wear pink that day.

Breakfast Program

The Breakfast Program continues to be a great success and will continue to be offered 5 days a week until its funding resources dictate otherwise.

Students will have a choice of homemade muffins, cheese, homemade granola bar, yogurt, fruit and milk. Staff and Gr. 12 Food Science students will be overseeing the breakfast programs for elementary and high school together. Thank you to the Freemasons for their generous donation of \$3200.00 to our program.

Indoor Footwear

Students in Grades Primary to Six are reminded that they need a pair of indoor footwear to use in the gymnasium for physical education and to go to music. We want to keep our floors as clean and in as good a condition as possible so your co-operation is much appreciated.

Grade 3-6 Social

Are you in grade 3, 4, 5 or 6? Do you like prizes, games, challenges, music and dancing? If you do, don't miss the first social of the year for the grade 3 to 6 classes on **October 19th**



from 2:45 - 4:30. Students will enjoy a healthy snack after school followed by grade challenges, games, music, dancing and prizes! Cost per student is only \$5.00. Mark the

date on your home calendar now!!

Happy October Musicians and Families!

I just wanted to send out a little note to let everybody know what is happening in our music room! At lunchtimes on days A, D and E, we have a choir program that is for grades 7-12. Students can eat their lunch, and then come into choir to sing! We will be doing performances at school, as well as around the community.

More details to come!

With our grade 10/11/12 music class, each student has an instrument that we are going to start to learn in class. We are learning instruments such as Flute, clarinet, Saxophone, Trumpet, Trombone, French Horn, Tuba and Percussion! We hope to do a few concerts later in the year.

If you have any questions or concerns, please let me know by contacting me at school (902)522-2035
Janet O'Brien

St. Mary's Youth Health Centre News

WHY Visit the Youth Health Center (YHC)?

- Sometimes it is hard to be a youth.
- Sometimes it is hard to be in a relationship.
- Sometimes we feel worried or stressed.

- Sometimes we need to talk to someone about feelings.
- Sometimes we have questions about sexual health.
- Sometimes we have questions about eating or activity.
- Sometimes we have concerns about abuse (physical, emotional, or sexual).
- Sometimes we need more information and support about drugs and alcohol.
- Sometimes we want to get involved in activities such as the many volunteering options.
- Sometimes we just need to talk.

All youth face challenges and sometimes it helps to have someone to go to for information and support. The YHC at St. Mary's offers safe, confidential and professional care to all youth. As a Registered Nurse, the YHC coordinator can work with youth directly or help access other health professionals like a physician/nurse practitioner, an addictions counselor, mental health counselor, men's/women's health centres, or others upon request. Youth Health Centres provide information, support and referrals to youth in a safe, confidential environment.

The Youth Health Centre is open at recess and lunch break for any students in grade 7-12.

Please see Jen in the YHC anytime to book the space.

O2 News

On September 26th, Teri De Man, Coordinator for Industry Relations Youth Apprenticeship, Nova Scotia Apprenticeship Agency met with O2 students. The presentation was intended to promote the program and to inform students about Youth Apprenticeship. The Grade 11-12 O2 Students will be travelling on October 12th to the Trades Hall in Halifax. At the Trades hall they will get to experience several hands on trades. As well the students will be travelling to the NSCC Strait Campus in Port Hawkesbury on October 19th for an open house session. Students will be invited to sign up for their particular program of interest to visit. On this Open House day, the student application fee will be waived for grade 11 & 12 students who apply on site. Students can bring filled out applications with them or fill out the info online when they arrive. Lunch will be provided for \$5.00 per student or if they wish, they can bring a bagged lunch or buy their lunch in the cafeteria.

Grade 12 News

The Grade 12 class will be starting off their fundraising with a bottle drive. It will be held on Saturday, October 28th from 9:00-4:00. They will have a drop off location at the Rec Plex in Sherbrooke. If you can't make it to their drop off location please leave your bottles at the end of your

driveway by 12:30 and they will pick them up. If you live out a dirt road and would like bottles picked up please contact a grade 12 student.

Guidance News

Open House Season!! Time for a Road Trip!!

Dalhousie

On October 21st, Dalhousie will be hosting a large Open House event in Halifax. Dalhousie Truro Campus will host an event on October 28. For more information, check the website at: .

SMU

Saint Mary's University will hold Open Campus sessions at their Halifax Campus on October 27, November 18, and November 23

NSCC

Nova Scotia Community College Strait Campus will be holding an Open House Day on October 19th. Application Fee will be waived.

St FX

St. FX will hold an Open House on Saturday October 14. Application fee will be waived.

UNB

University of New Brunswick is holding an Information Session in New Glasgow on Wednesday October 12, 2016 at 7:00 PM at the Holiday Inn.

Mount A

Mount Allison is hosting an Open House Friday October 13 mta.ca/visit

St. Thomas

Fall Open House: Fredericton
Saturday November 4
Information Session: Holiday In
Express New Glasgow Thursday
October 19 7:00-9:00 PM

Loran and Morehead-Cain Scholarships

The Loran Scholarship is a leadership scholarship for students achieving an 85+ average over their high school career and have exceptional leadership skills and experience. Contact the Guidance office for information, applications for Sponsored applicants must arrive at their office no later than October 18, Direct Pool by October 25.

St Mary's Recreation News

Trail Blazers – Outdoor Education for Youth

Trail Blazers is returning this fall! If you are interested in the outdoors and would be willing to lead one of our 8 weeks, please contact (902)522-2598. Trail Blazers will take place on Monday in Stonewall Park starting on October 2nd for grades 4-7.

After the Bell

After the Bell will be returning this fall for youth ages 13-18! ATB is a program for youth, by youth. It takes place after school and in the evenings and

includes lots of unique programming opportunities. To kick things off, we will be hosting a free pizza party this October. Keep your eyes out for a date and location of this event.

Happy Feet

Happy Feet is a free, afterschool running program designed to get kids moving and inspire children to be active for life! The program is for children in grades P-3. Happy Feet will take place on Thursday's at SMECA from 2:30-3:15pm starting on Oct. 5th and running for 8 weeks. Participants are encouraged to dress for indoor/outdoor running conditions and bring water bottles.

Community Trail Clean-Up Day

Join us for a clean-up day in Stonewall Park on October 28th at 10am. Community members are encouraged to bring their tools and work gloves and help to tidy up the park. All are welcome! Snacks and water will be provided.

International Walk to School Day

October 4th is International Walk to School Day. **SMECA will be walking to school from the Sherbrooke Village on Thursday October 5th! Keep your eye out for all the students walking!**

Open Gym

Open Gym will be returning this fall to St. Mary's Education Centre and Academy. The program will take place each Tuesday evening from 6-7 p.m. starting September 19th and running 10 weeks until November 21st. If this program is successful, it will return in the New Year. All school aged children are invited to attend. Parents are encouraged to take part as well. Registration forms are necessary for all students. Students are not permitted in the school until the program begins.

Pound Fitness Classes

POUND is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. This program will take place at St. Mary's Education Centre/Academy on Wednesday evenings from 6-7 p.m. Five, 10 and 20 class punch cards are available for purchase at the Municipal Office. You can use punch cards for both POUND Fitness and Salsation classes.

Salsation

Salsation is a fun and addictive dance fitness program based on functional training with a very strong focus on musicality and lyrical expression as well as how the human body functions. No dance experience required! Salsation will take place each week on Monday evenings from

6-7 p.m. Five, 10 and 20 class punch cards are available for purchase at the Municipal Office. You can use punch cards for both Salsation and POUND Fitness classes. Salsation will be taught by Instructors Abigail Tate and Maria Tate.

Halloween Parties

Join us for our annual Halloween Parties! Children and parents are asked to dig out your favorite costume and treat bucket! Parties are for the whole family! We will be playing games, making some Halloween crafts and of course eating Halloween treats!
Saturday, October 28th – Port Bickerton CC 1:30-3:00pm

Goshen Comm. Ctr. 3-4:30pm
Sunday, October 29th –
Liscomb Legion 3:00-4:30pm
Tuesday, October 31st -
Greenfield Oldsters Club
6:00pm