

PROGRAMS AND STUDENT SERVICES

Updates on Education, Innovation, Programs and Services

A Monthly E-Newsletter

OCTOBER 2018

Strait Regional Centre for Education Literacy Strategy 2018-19

Resources to support oral language development have been provided to all teachers in Grades P-3. Follow this link to learn more! <https://sites.google.com/gnspes.ca/letsgettalking/home?pli=1&authuser=1>.

Self-identified, School-based Professional Learning for Teachers

The SRCE Programs Team has forwarded a professional development survey to teachers of Grades 4-6 (these grade levels will be the focus of PD support for Semester 1). The professional development options are connected to the SRCE Literacy, Mental Health and Culturally Responsive Practices Strategies and are aimed at supporting teachers in their work of increasing student achievement. The responses to the survey will be used to assist with planning and implementing PD opportunities within schools or families of schools. Additional grade levels will be the focus of support in Semester 2. **Please complete and submit the survey by Tuesday, October 30, 2018.**

Upcoming Regional Professional Learning Opportunities

PATHS and Social Emotional Learning — October 23/November 5, 2018

KAIROS Blanket Exercise for School Principals—October 30, 2018

Healthy Living 9, Mental Health Curriculum—November 14, 2018

Go To Training—November 21, 2018

New Teacher Support Workshop—November 22, 2018

Strait Regional Centre for Education Mental Health Strategy 2018-19

Providing support for staff and students in promoting positive mental health through wider access to physical activity



Scott Goyetche, HPS Consultant, organized a day of physical activity for the students at Pleasant Bay School. Some new interactive games in different settings had the students very much engaged. Ashley Crowley (Teacher at Pleasant Bay) and Ashley Stone (Teacher at FMEC) had the opportunity to collaborate about various techniques, ideas and strategies for combined classes. A time well spent for all!

Celebrating World Mental Health Day: Wednesday, October 10, 2018



Students at St. Andrew Junior School and Richmond Education Centre/Academy promote caring, thoughtful messages to support positive mental health for all students through the *Let's Chalk About It* activity.

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Strait Regional Centre for Education Mental Health Strategy 2018-19



There is a **HUGE** difference between the normal ups and down of life and a mental disorder. Clarity of language is important!

Examples of words that can be used to demonstrate the continuum of mental health states:

- ◆ **Mental Distress** may be described as feeling apprehensive, concerned or uneasy.
- ◆ **Mental Problems** may be described as feeling worried, disquieted or perturbed.
- ◆ Anxiety is an example of a **Mental Disorder/illness**. We can feel anxious, but saying we have anxiety means that we have been diagnosed by a medical doctor and have a mental illness/disorder.

Good mental health does not mean feeling happy all the time. Being able to cope with the normal stressors of everyday life helps build resiliency and is a sign of good mental health.

Use the right words.....It matters!!

Get Mental Health Literate and Discover Approaches to Promoting Good Mental Health in Your School and Classroom!

Check out this **FREE** online modular course. <https://www.teachmentalhealth.org/>

SRCE Culturally Responsive Practices Strategy 2018-19



Miranda Gould, Coordinator of Mi'kmaq Education Services, hosted cultural workshops for students at Dalbrae Academy and East Antigonish Education Centre/Academy. These workshops provide exploratory experiences rooted in contemporary and traditional practices that are authentic to Mi'kmaq ways, including traditional foods, drumming, playing waltzes, and the opportunity to work with natural materials. What an excellent learning opportunity to experience and celebrate diversity within our schools!

Teachers Tell Us How They Have Been VABBULOUS with Their Students

I tried *Call and Response* to increase engagement!
I am going to get to know my students better!
I know the difference between culture and race, and that CRP is for ALL students!
I know that I can still teach appropriate behavior while validating and affirming cultural behavior!
I know that some students need OUTRAGEOUS LOVE!

Stay tuned for further initiatives that will support you on your journey to cultural responsiveness!

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