



Mi'kmaq History Month

Students and Staff Celebrate Mi'kmaq Culture and Heritage

October | 2011



This month, students at Clark Rutherford Memorial School were honoured with a drumming presentation by Sara Swinimer, visiting from the Bear River First Nation, and Kadajah Photiades, a drumkeeper with the World Drum Project.

Photiades brought her engaging style to CRMS with the World Drum, and Swinimer joined her with a Mi'kmaq style drum. After performing a smudging ceremony and blessing the World Drum, Swinimer and Photiades performed the Honour Song, with students dancing and playing shaker instruments.

CRMS Grade 2/3 students also visited the Bear River Heritage and Cultural Centre in October.

Since 2004, AVRSB has hosted a Mi'kmaq Cultural Education Event for staff in October, to provide insight into and a better understanding of Mi'kmaq culture and traditions.

This year, the event was held at Stone Bear Tracks and Trails at the Bear River First Nation. Two two-day sessions drew 40 participants in total. Facilitators included Frank Meuse, former Chief of Bear River First Nation, and shalan joudry. Elder Maryann Melanson, a member of the RCH Elders Group, also took part. Sessions included discussions on cultural values and traditions in education, ecology and environmental issues, as well as craft demonstrations, drumming and sharing circles.

AVRSB Mi'kmaq Services Specialist Jude Gerrard says interest in this cultural learning experience is growing every year, as it provides valuable insight for everyone.

"We always look at October as one month of celebration, combined with 12 months of education," says Gerrard. "As we share our Mi'kmaq history and culture, we are not just sharing the history of our ancestors, but the history of the land. For that reason, it is not just the history of the Mi'kmaq, but the history of all Nova Scotians."



shalan joudry discusses the connection between ecology and traditional stories at the Mi'kmaq Cultural Education Event.

Dawne MacLeod, AVRSB Consultant of Active Healthy Living, took part in the event and says it was unique opportunity to learn and reflect.

"I loved it. The location is tucked in the woods: no cell phones, no computers, no internet and no electricity," said MacLeod. "It's a wonderful opportunity to slow down, be present, connect with everyone there, and to connect with yourself. The two days are about discovering the Mi'kmaq culture through storytelling, and learning about each other through the same process. Walks in the woods, eating outdoors, sleeping in traditional wigwams, trying your hand at a traditional craft, and really connecting all add up to a relaxing and informative two days."

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Celebrating the Harvest:

Dr. Arthur Hines Elementary Students Get Creative with Carrots at Annual Harvest Festival

For the eighth year in a row, Dr. Arthur Hines Elementary students and staff hosted a Harvest Festival in October. This year, the humble carrot was the star of the day.



Clockwise from top left:

- A student helps wash green beans for the Harvest Festival meal;

- The carrot trivia board;

- Chef Michael Howell explains how all senses help us "taste" food while students sample different carrot varieties;

- A "garden" of carrot poetry by Grade 1-2 students.

The Harvest Festival celebrates the bounty of fresh fruits and vegetables grown in the school's garden. The Harvest Festival and school garden give students the opportunity to learn about food and where it comes from, and to discover that preparing healthy, local food can be a lot of fun. The day included student project displays and a gourmet meal prepared by Grade 6 students (with a little help from local chef, Michael Howell).

Thanks to local gardeners who donated five different carrot seed varieties, the school had an excellent crop of carrots this year....along with peppers, leeks, turnips, watermelons, lettuce, potatoes, herbs and much more. In fact, this mouth-watering array of produce helped DAHES win a first place ribbon for their school garden display at the Maritime Fall Fair!

The Harvest Festival carrot theme inspired Grade 1-2 students to create a carrot poetry garden. Other students created carrot-related science experiments and carrot trivia, while another class conducted a taste test of all five carrot varieties. School community members were invited to view projects during the Harvest Festival Open House.

For the gourmet meal, the menu included a honey-glazed carrot, green bean and dried cranberry salad, stuffed green peppers and, of course, carrot cake. Chef Howell also participated in the carrot taste test and discussed with students how all our senses help us "taste" food. Special guests for the meal included AVRSB Board Member Pat Parker, West Hants Warden Richard Dauphinee, and the gardeners who donated the carrot seeds.

The Festival also included a special assembly to recognize Kathy Aldous, a coordinator with the local community health centre who helped initiate and support the school garden project. An apple tree and bench will be placed on the school grounds.



We want to hear from you!

- Send news/events for the November issue by Nov. 10 to communications@avrsb.ca

- Tell us what you think about In Touch: <http://www.avrsb.ca/webform/touch-newsletter-survey>



Did you know you can receive important announcements from AVRSB by text or email? Sign up at www.avrsb.ca/content/notify-me

Central Kings Students

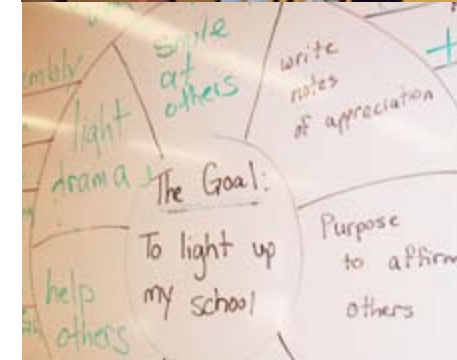
Light Up Their World

Students Learn to Make a Positive Difference.

Over three days at the end of September, Grade Seven students at Central Kings Rural High School participated in a program called "Light Up Your World". It aims to empower students to have a positive influence on their world. The message? "You have the power to make a choice, therefore, you have the power to bring change."

The program consists of three sessions: the first session shows students they have the power to create a positive world through the choices they make. The second session is all about discovering the value that each person has, and learning to acknowledge that value in others.

The third session, "Making World Changers", is where it all comes together. Using what they learned in the first two sessions, students build a plan to change their school and world in a positive way. By putting it all down on paper with dates, names and specific actions, students can start making a positive impact right away. Some of the actions

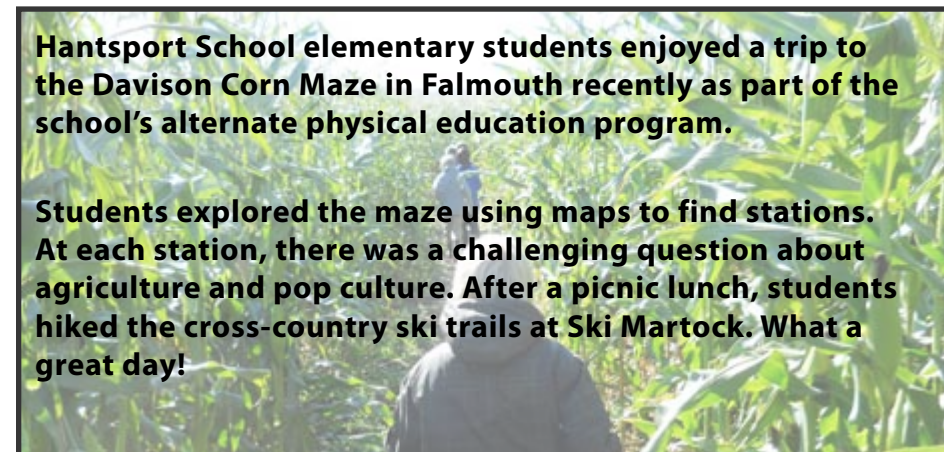


were as simple as smiling at others, saying thank-you, and writing notes of appreciation.

"All sessions were very interactive," said Ruth Manning, Vice Principal. "This was an excellent experience for our students. We will be referring to it for the rest of the year with them."

Hantsport School elementary students enjoyed a trip to the Davison Corn Maze in Falmouth recently as part of the school's alternate physical education program.

Students explored the maze using maps to find stations. At each station, there was a challenging question about agriculture and pop culture. After a picnic lunch, students hiked the cross-country ski trails at Ski Martock. What a great day!



LEC Runs for the Cure



A team of six students and three staff from Lawrencetown Education Centre participated in the Run for the Cure in Wolfville recently. Together, they raised more than \$1,000 for breast cancer research in honour of a school staff member. Congratulations to the LEC team for their hard work!

West Kings Wins by Wearing Pink



In September, over 75 per cent of West Kings District High School students and staff dressed in pink for Stand Up Against Bullying Day. The Students' Council submitted a picture and story to Halifax-area radio station 101.3 The Bounce, to show the school's strong stance against bullying. Visitors to the station's website voted for West Kings to receive a \$500 prize and a free road show by the radio station!



BRHS Teacher Named "French Second Language Educator of the Year"

Congratulations to Bridgetown Regional High School teacher Glen Melanson, the 2011 recipient of the French Second Language Educator of the Year Award, presented by *Canadian Parents for French -- Nova Scotia*.

Known as "Mr. Motivation" at BRHS, Mr. Melanson began his teaching career in 1995. Since that time, he has demonstrated his passion for education through teaching a range of French classes to different grade levels. He loves to use technology in his classes, and students credit his enthusiasm and innovative teaching for broadening their horizons and engaging them in learning.

In addition to his teaching duties, Mr. Melanson is a volunteer coach in volleyball, cross-country running, soccer and hockey. He is also part of the school's graduation committee, and started the BRHS Film Club.

Photo: NSSBA President and AVRSB Board Member Vic Fleury (left) congratulates Glen Melanson.

October 5 Board Meeting Highlights

Complete minutes at www.avrsb.ca/content/meeting-information.

Educational Presentation: Ryan Hainstock, Coordinator of Education Technology/Student Data gave an overview of E-learning and the NS Virtual School.

Successful Schools: Board Members accepted the Successful Schools for Successful Students Report. The Board will now move forward to public consultation (meeting details below).

Managerial Appointment: The Board ratified Patricia Cornwall's appointment as SchoolsPlus Facilitator, Champlain Elementary School.

Revised Non-Union Wage/Salary Scale: Revised scales for the Terms and Conditions of Employment for Non-Union Employees approved effective April 1, 2011.

Next Board Meeting: Annual Meeting on Wednesday, November 2, 7:00 p.m. at AVRSB Regional Office, Berwick.

Bell Aliant Pioneers Supporting Literacy in Grade 4 Classrooms

At the October 12 Education Committee Meeting, AVRSB Board Members welcomed members of the Bell Aliant Pioneers for a book presentation.



Pioneers Peter MacFarlane, Judith Graves and Roxanne Poole presented packages of books for every Grade 4 classroom in AVRSB. The books focus on language, and were selected from the Department of Education's authorized list. A book presentation also took place at Aldershot Elementary School, and similar packages will go to all Grade 4 classrooms in Nova Scotia and Prince Edward Island, as part of the organization's Centennial Literacy Project.

Following the presentation, Board Chair Lavinia Parrish Zwicker thanked the Pioneers for their support. "You are a partner in education, and on behalf of AVRSB, I thank you for supporting students in Nova Scotia."

Successful Schools Public Meetings

At the October 5 Regular Board Meeting, AVRSB Board Members accepted a report for the Successful Schools for Successful Students long-range planning process for Central Kings Rural High School and West Kings District High School and their respective families of schools.

The Board is now moving forward with public consultation. Public meetings to receive input are scheduled for:

- West Kings District High School, November 28, 2011 at 7:00 p.m.
 - Central Kings Rural High School, November 29, 2011 at 7:00 p.m.
- School community members are encouraged to participate!**