

Amherst SchoolsPlus Monthly Newsletter

COMMUNITY ROOM DROP-IN

The Community Room is located in room 107 at Amherst Regional High (190 Willow Street).

The Community Room is open to all ARHS students during lunch hour Monday and Wednesdays unless otherwise noted on the Community Room door.

The Community Room is also open each Wednesday after school until 7pm to all E.B. Chandler Junior High and Amherst Regional High School students.

After School Activity Schedule

Wednesday, March 6

Today we are making small sculptures with Apoxie Sculpt.

Wednesday, March 13

Candle Making

Wednesday, March 20

MARCH BREAK – CLOSED

Wednesday, March 27

Perler bead art

Feelings Group @ West Highlands School is currently being run until the end of March.

The feelings program is designed to help students recognize and identify feelings and emotions. It is also provides students with strategic tools they can use when they are frustrated or struggling to cope with a situation. The program is completed throughout six sessions covering the following topics:

- Introduction to feelings and emotions.
- Bottling – Bottling emotions and feelings can be explosive, depressive, and bad for our health. What can we do instead of bottling?
- The anger rules – It's ok to feel angry but it's not ok to hurt others, yourself, or property. Don't forget to talk about whatever is making you angry.
- Time-outs – Removing yourself from an unpleasant situation to give yourself time to calm down.
- Dirty and clean anger – Everybody gets angry. How do we express our anger in safe and healthy ways?

What is SchoolsPlus?

SchoolsPlus is a comprehensive and collaborative interagency approach to educating and providing service to the whole child and family, with the school as the center of service.

The focus of Amherst SchoolsPlus is to support referred students and families by helping them attain timely and effective services that meet their identified needs.

Additionally, SchoolsPlus provides a variety of different programs and activities to students and families within the 10 schools it serves (Spring Street Academy, Cumberland North Academy, West Highlands School, Northport Consolidated Elementary, E.B. Chandler Junior High, Amherst Regional High, Springhill Junior/Senior High, Oxford Regional Education Centre, Parrsboro Elementary, and Parrsboro Regional High).



THE KITCHEN BRIGADES (GRADES 9-12)

The Kitchen Brigades program consists of 12 culinary workshops, 3 culinary challenges and local, provincial and national iron chef type competitions. The 12 culinary workshops are held as extra-curricular activities from February to May and allow students to develop their culinary skills and food knowledge. The three culinary challenges focus on three main areas of teaching: community engagement, local food sourcing, and an international food fair.

This program runs each Wednesday after school at Amherst Regional High School and includes 17 participants.



Students listen to instructions before preparing their weekly dish on February 20.



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Social groups are a great way for students to meet new friends, participate in new activities, and socialize in a safe supervised setting.

Amherst SchoolsPlus is currently running social groups at:

- Northport Consolidated Elementary
- Parrsboro Regional Elementary
- Oxford Regional Education Centre

PAINT NIGHT

Amherst SchoolsPlus will be offering a free paint night session each month at a different schools to the first 15 participants who sign up.

This month, it will be offered at ARHS to E.B. Chandler and ARHS students on Thursday, March 28 immediately after school in the SchoolsPlus Community Room. To sign up for this activity, talk to Marvin.

FOOD CLUB AT NORTHPORT CONSOLIDATED ELEMENTARY

This 10 week cooking program will educate students around healthy food choices and safe food handling. Students also document their learning through various media means.

This program began at Northport Consolidated Elementary on February 5 and with Photographer, Catherine Bussiere and will continue to run until the middle of April. For more information about this program talk to Mike Hudson (902) 397-2719.



Skate Pass is a program that meets the National Association for Sport and Physical Education (NASPE) activity guidelines, national standards for physical education, and all school safety requirements. The Skate Pass curriculum caters to the New PE, which school systems across the world are embracing. The New P.E. gives students an opportunity to participate in alternative activities in a non-competitive, individual sporting environment.

This program is currently being run at West Highlands School.

Voices (self-empowerment for girls) program

The first 9 of 18 sessions for this program has been completed and the group has resumed for the final 9 sessions the week of February 11. This program is facilitated by the ARHS Youth Health Centre Nurse and SchoolsPlus Faciliator.

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