

# CENTRAL

NEWSLETTER  
2016



# KINGS

SEPTEMBER 16,

[www.centrankings.ednet.ns.ca](http://www.centrankings.ednet.ns.ca)



Welcome back! We are full swing into another school year. It was great to see all the new students as well as welcome back our returning students.

September is a busy month but we hope parents can squeeze in our SAC meeting on September 21<sup>st</sup> from 7-8:00 p.m. We are looking at continuing work on a school-based policy around students missing time for vacations and we'll be looking at who we'd like to invite as guest speakers throughout the year.

We are still looking for host parents for international students. Call us if you are interested in learning more.

Students should not arrive before 7:45 a.m. as there is no supervision unless your student is involved in early morning practices. Regional Office is looking at keeping doors locked until the first buses arrive in the morning. This will be announced when and if it happens.

Parking for students is limited and on a first come, first served basis. Spaces are not guaranteed.

We are looking for volunteers for our Breakfast Program. Please call the school if you can help.

Working together, we can provide the best education for your student. Please come and talk to us if there are any concerns or to provide positive feedback. (We all enjoy hearing something positive!)

Janice Foote, Principal

## DATES TO REMEMBER

Sept. 21 – SAC Meeting, 7:00 p.m.  
Sept. 23 – Terry Fox Event  
Sept. 27 – Gator Games (Grades 6-8)  
Sept. 28 – Gator Games (Rain Date)  
Sept. 28 – School Dance, Grades 9-12,  
7:30-10:30 p.m.  
Sept. 30 – Regional Inservice Day – No  
School for Students

Hello, CKRHS community! My name is Dan Diggins and I am a Counselling Intern at CK until Christmas Break. I am excited to have this opportunity to work with the students of this community.

This fall, I am planning to facilitate a support group to empower students to find effective options, other than resorting to anger. In the next couple of weeks, I will be interviewing interested students and planning an Options to Anger support group. If students are interested in participating, please contact me at (902) 825-9327 or Nova Keddy at (902) 538-4700 to enroll.

Please note that students are always expected to make up work missed due to participation in Options to Anger.



## **From the CK Cafeteria September's Menu:**

Monday, September 19<sup>th</sup>  
Luigi's Pizza, \$3.50  
Tuesday, September 20<sup>th</sup>  
Sweet & Sour Chicken Balls with  
Rice, \$4.00  
Wednesday, September 21<sup>st</sup>

Grilled Cheese Sandwich with  
Tomato Soup, \$4.00

Thursday, September 22<sup>nd</sup>  
Pulled Pork Bun with Coleslaw,  
\$4.00

Friday, September 23<sup>rd</sup>  
Jessy's Pizza, \$3.50

Monday, September 26<sup>th</sup>  
Luigi's Pizza, \$3.50

Tuesday, September 27<sup>th</sup>  
Spaghetti & Meatballs with  
Garlic Bread, \$4.00

Wednesday, September 28<sup>th</sup>  
Chicken on a Bun, \$3.50

Thursday, September 29<sup>th</sup>  
Hot Pizza Subs, \$3.50

Friday, September 30<sup>th</sup>  
Inservice Day – No School



## **Modelling Appropriate Social Media Behaviours for our Children**

Social media has become an important means of communication and of seeking information for most people. It is proving to be of particular importance for our youth as technology has become a significant part of the identity of this generation. Unfortunately, increased technology has also resulted in new social issues. It is sometimes used as a means of cyber-bullying or an exchange of inappropriate information. **It is up to us, as adults, to serve as proper role models with regards to technology use.** We need to teach our children to respect the use of technology and to be

good digital citizens. In order to do this properly, we as adults must also learn to be good social citizens and to model appropriate use of social media. We must use social media tools like Facebook, Twitter, Snapchat, Instagram, etc. appropriately, because our children are watching and emulating our behaviours.

For more information around proper use of social media and good digital citizenship, please visit our website at: [avrsb.ca/digital](http://avrsb.ca/digital)

### Volunteering

The AVRSB has had a *Volunteers in Schools* Policy since 1999. As stated in this policy, the Board takes its obligation seriously to ensure safe environments for learning by taking all reasonable steps to minimize risks and threats to students. Because student safety is a top priority, in January 2015, this policy underwent an extensive review to ensure that any potential gaps in practice are closed or minimized. All recommendations for change were presented to our school community members and were circulated to our school stakeholders for the opportunity to respond to the proposed changes and to provide further input. To highlight some of the changes:

- clearly defines volunteers versus visitors;
- requires volunteers to complete a standard application form for any volunteering;
- will continue to require the completion of Criminal Records Check (including the Vulnerable Sector) and Child Abuse Registry checks prior to working with students but will now require re-checks be completed every (3) three years; and,
- as of January 8, 2015, will require all current volunteers to renew their Criminal Records Check and Child Abuse Registry if over 3 years since last completion.

The recommended changes to the *Volunteers in Schools* policy are not to discourage volunteering in the AVRSB. It is to employ the best practices to ensure our policy is as effective as possible for decreasing the chances of student harm from volunteers. We will be reminding our volunteers throughout the remainder of

the school year so that we are well prepared for such events, as class trips.

### Student Attendance

Consistent student attendance is important. When a child is frequently absent from school, he/she misses important learning experiences including specific skills and knowledge that may be necessary for further learning. The real danger of frequent absences from school is that students will develop gaps in their learning that will hinder future learning.

It is understood that there are legitimate reasons why students must miss school. When this occurs, the school will work with you to ensure your child does not fall behind. Please communicate these situations with the child's teacher and the school principal.

There are also many examples of students missing significant time when it is not necessary. Please take school attendance seriously. Be consistent in ensuring that your child values the importance of a good education. Make sure he/she goes to bed at a reasonable time and gets a good night's sleep. Plan your vacation at times that will have no or minimal impact on school attendance.

Do not hesitate to phone the school if you are encountering difficulties getting your child to attend school. Allow us to work with you to find solutions. We are willing to sit with you to look at your child's programming and school experiences as well as any other factors that may impact on your child attending school.



### **Jennifer Mahoney** CAP CRM

*Executive Assistant*

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[www.sip.ca](http://www.sip.ca)

**SIP EMERGENCY NUMBER 902-448-2840**

The Kingston/Greenwood Mental Health Association, in partnership with the Canadian Mental Health

Association - Kings Branch, and with funding provided by CIBC, is hosting Mental Health First Aid with youth component September 24<sup>th</sup> and 25<sup>th</sup>, 9 a.m. to 5 p.m. at Ecole Rose des Vents. Cost is a non-refundable fee of \$35. For more information, go to [www.mentalhealthfirstaid.ca](http://www.mentalhealthfirstaid.ca) or call Daisy Dwyer at 902-765-3902.

As you may know the Nova Scotia School Insurance Program (SIP) is the non-profit insurer owned by school boards across Nova Scotia. Since 1988, we have paid for basic student accident insurance for every student in the Province for school hours and activities. This year we would like to promote the Gold Plan only online in an effort to take the eco-friendly route, reduce costs and staff time.



### PUBLIC ANNOUNCEMENTS

We're looking for new players to come out and give Sledge Hockey a try. If you or someone you know might be interested, here are the details:

Where: Kentville Arena

When: Sundays 9-9:50 a.m.,  
October-March. Cost: \$100

Players of all ages and abilities are welcome. All equipment is provided if required, including sticks. For more information, please contact Todd Grant at [todd.grant26@gmail.com](mailto:todd.grant26@gmail.com).

**Acadia Dance Community Club** is a non-profit dance organization run out of Acadia University in Wolfville. Our program offers a unique dance experience, with classes taught by Acadia Students in a broad range of styles. We are pleased to provide an exciting and fun opportunity to the community at a very reasonable cost.

Styles Include: Ballet/ Tap/ Jazz/ Lyrical/  
Musical Theatre/ Hip-Hop/ Contemporary/  
Acro/ Irish

For More Information:

Facebook: Acadia Dance Community Club  
Email:  
[acadiadancecommunityclub@gmail.com](mailto:acadiadancecommunityclub@gmail.com)  
Website:  
[acadiadancecommunityclub.blogspot.ca](http://acadiadancecommunityclub.blogspot.ca)

Berwick registration event). Join us!  
Contact 902-341-2040.

## **2nd Berwick Scouting**

We are ready to begin another year of fun, games, camping, and adventure!! Start Dates and contact people for each section are as follows:

**Beavers (5-7yrs)** – Starts September 15th (Thursdays) 6:30pm-7:30pm @ Berwick Baptist Church

Contact: Kris Graham 538-9882 or [krissysflowers@hotmail.com](mailto:krissysflowers@hotmail.com)

**Cubs (8-10yrs)** – Starts September 13th (Tuesdays) 7:00pm -8:30pm @ Berwick Baptist Church

Contact: Jeff Reeves 538-0483 or [pltnav@hotmail.com](mailto:pltnav@hotmail.com)

**Scouts (11-14)** – September 7th (Wednesdays) 7:30pm-9:00pm @ Berwick United Church Basement

Contact: Lisa Steadman 680-1852 or [lsteadman@eastlink.ca](mailto:lsteadman@eastlink.ca)

**Venturers (14-17)** - September 7th (Wednesdays) 7:00pm-9:00pm @ Berwick United Church Basement

Contact: Robert Chittick 680-8753 or [robert.chittick@bellaliant.com](mailto:robert.chittick@bellaliant.com)

You are able to register your child on the first meeting night, or at the Town of Berwick Recreation Registration night, Friday September 9<sup>th</sup> 6-8pm or Saturday September 10<sup>th</sup> 9am-12pm. The registration fee for the year for scouting is \$200. There will also be Jump Start applications available at any of the registration times.

## **Girl Guide Registration - Berwick**

September 9, 6:30 p.m. to 8 p.m., and September 10, 9 a.m. to noon, Girl Guide units in Berwick will host registration for Sparks (ages 4-6), Brownies (ages 7-9), Guides (ages 9-12), Pathfinders (ages 12 to 15) and Rangers (ages 15-18) – and welcome any new women as unit leaders - at the Berwick Baptist Church (Town of