



Quarter 1 Recap

PRINCIPAL'S MESSAGE

I'm excited to share some highlights from our two campuses as we wrap up the first quarter of the 2024-25 school year! Over the past ten weeks, I've seen countless examples of student success, from active engagement in the classroom to uplifting interactions in the hallways. Our students continue to show strength, resilience, and a commitment to their futures.

Our dedicated staff has been instrumental in creating a nurturing, supportive learning environment, meeting each student where they are and helping them reach their full potential. As we move into the second quarter, I hope our students keep building on this positive momentum. Every class attended, every assignment completed, and every effort made contributes to growth and achievement.

Keep up the great work, BFEC!

SWEETS AND GREET

Our semi-annual Curriculum Night which we called Sweets & Greet took place at both of our BFEC campuses on September 26th from 6-7 pm.

This was an important opportunity to connect with parents and guardians, share our goals for the year, and highlight the positive learning environment you've all worked so hard to create.

We had a very strong turn-out this year and were happy that many of our students also participated in the event.

UPCOMING DATES

- Nov. 19 - Report Cards
- Dec. 5 - Progress Conferences - NO SCHOOL
- Dec 20 - Last day before Holiday Break
- Jan. 3 - First day back for students
- Jan. 27-30 - Quarter 2 exams and multiple opportunities
- Feb. 3 - Quarter 3 begins





SOUP-MAKING PROJECT

Students in the Food and Nutrition class at Bedford BFEC will soon be helping to feed fellow students and their families through a soup-making project generously funded by the Cobequid Food Security Network.

Students will spend the morning preparing, cooking, and serving soup to the student body at lunch time. Soup not consumed during lunch will be packaged for students to take home or frozen for students to access at another time. This pilot project will likely span several weeks through November and December.

NSCC OPEN HOUSE

On Oct 17th, many BFEC students had the exciting opportunity to attend NSCC Open House events, giving them a firsthand look at the numerous programs and access to a free application. The events offered valuable insights into the various program options, as well as some hands-on learning opportunities.



Students had the chance to interact with current NSCC students, faculty and admissions representatives, asking questions and gaining a deeper understanding of different programs. Hopefully, the visit left our students feeling inspired and motivated, with a clearer vision of the next steps in their educational journeys.

NSCC is hosting another Open House at select campuses (Akerley, Institute of Technology, Ivany and Pictou) on Saturday November 16.

More information can be found at <https://www.nsc.ca/openhouse/>



FRESH FOOD CART PILOT

In late October we opened our Fresh Food Cart (FFC) as part of a 12-week pilot project at our Bedford location

From October 21st until January 24th, 2025, our school offers the FFC on Tuesdays and Thursdays. The FFC provides a variety of vegetables, fruits, and proteins which will serve as toppings and a side dish to a main meal served that day. Students and staff will serve themselves at the Fresh Food Cart.

The FFC is a fun and tasty way to serve lunch at school. Besides supporting health and learning, it's also a great addition to our school because it:

- empowers students to make their own food choices and build their own meals;
- encourages students to try new foods, or familiar foods in new ways;
- creates a positive, supportive school food environment;
- increases access for vegetables and fruit at school; and,
- reduces food waste

BFEC is pleased to offer a Universal Free School Food Program for the FFC. Universal Free School Food Programs offer students access to food in a way that is open and available to everyone; is not targeted based on perceived need; and removes barriers to food access and reduces stigma.

VIOLENCE PREVENTION PLAN - CELL PHONES

Last June, the Auditor General examined the escalating issue of violence in Nova Scotia public schools, reporting that incidents over the past seven years has spiked from 17,000 to 26,000 incidents, with half occurring in HRCE.

The audit identified challenges in current policies and deficiencies in strategies to address the rising violence. In response, the Minister of Education provided assurances that preventing and addressing violence in schools would be a priority for the 2024-25 school year.

As part of a proposed plan, the provincial government focused on four major areas, the first of which included a new cell phone directive for public schools.

The directive recognizes the importance of maintaining a learning environment that is free from unnecessary distractions so that students can focus, feel safe and be successful in school.

What does this mean for students at BFEC this year?

- During class/instructional time, cell phones must be turned off and stored out of sight. Devices are not permitted to be stored on a student's person.
- At no time during the school day are cell phones permitted in washrooms.
- Students are permitted to use their cell phones during non-instructional times (A.M/P.M break and lunch). Note: If a teacher provides students with a break during a class, the break is NOT considered non-instructional time.

Exceptions may be made for students with specific medical needs when determined in consultation with the Student Planning Team (which includes parents / caregivers).

Communicating with your child during the school day

We understand that a quick text or call to your child's phone is an efficient and easy way to communicate during the school day. You may contact the main office at (902) 832-8630 if there is an emergency.

Response to inappropriate cell phone use

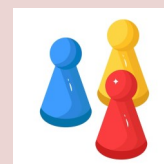
As stated, the expectation is that cell phones are turned off and not used during instructional time. Students using cell phones during class time will be referred to the office. Insubordination will be addressed in a progressive manner with responses that align with the Provincial Code of Conduct.

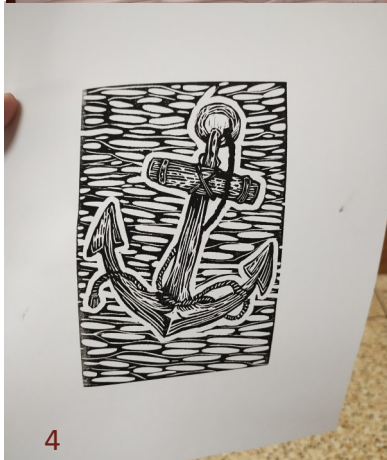
We recognize that cell phones add convenience to our day-to-day lives. However, in the school setting, pervasive use can lead to distractions that disrupt the learning environment and impact student success. Our staff will continue to educate and model appropriate, responsible use, as we understand that this will be a significant adjustment. We are looking forward to partnering with parents and guardians to successfully implement this change in expectations because we believe strongly that it is in everyone's best interest.

GAMESPOT

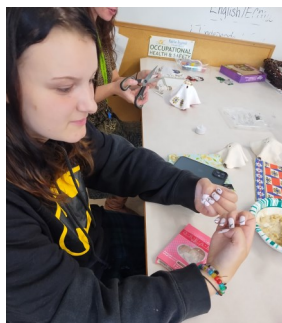
Thanks to a grant from the Capital Health Wellness Fund, we have been able to set up a games spot for students to get together and play some old favourites or try a new one! There are quite a few games that link to curriculum outcomes, so there is opportunity for the games to be incorporated into the classroom. To encourage students to socialize, Joelle and I are running a Games Club on Mondays at lunch.

Also through the grant, we are providing a nutritious meal for students as they gather to play. We are featuring a couple of "games of the week" to encourage students to come and try out a new game or play with people even if they arrive solo. We have had some busy days and some quiet days. We are hoping to have more busy than quiet in the future!





CREATIVE ARTS TUESDAYS



On October 15th, 2024, our Dartmouth BFEC campus hosted its first Creative Arts Tuesdays (CAT) at lunch. Our incredible child and youth worker Lisa and traveling BFEC teacher Ms. Bailey developed the idea for CAT back in September and are excited to see their little dream come true.

Our first three workshops focused on creating ghost candle holders in honor of the spooky season, and the turnout was incredible! We saw some great ghosts from students and teachers alike.

On October 29th, we welcomed the MacPhee Centre for Creative Learning, which was organized by Lisa, and heard all about the exciting and FREE programming they offer to youth including a weekly BIPOC drop in, Indigenous art workshops, theater arts, clothing upcycling, quilting, and even sailing lessons. The MacPhee Centre has generously offered to send art specialists to BFEC to hold periodic workshops based on student interest in collaboration with Creative Arts Tuesdays.

Our fourth workshop on November 5th will focus on crocheted and felted poppies in honor of Remembrance Day and will be led by Ms. Meredith. We welcome all students and teachers to join us and learn a new skill, or practice an existing skill.



GENDER AND SEXUALITY ALLIANCE UPDATE



The GSA has been very active on Thursdays at lunch. This is a safe space for students to discuss the issues of the day and chit chat about what's happening in their lives. We have been creating community standards, making miniature cakes, carving pumpkins, and creating Hallowe'en decorations for relaxing fun times.



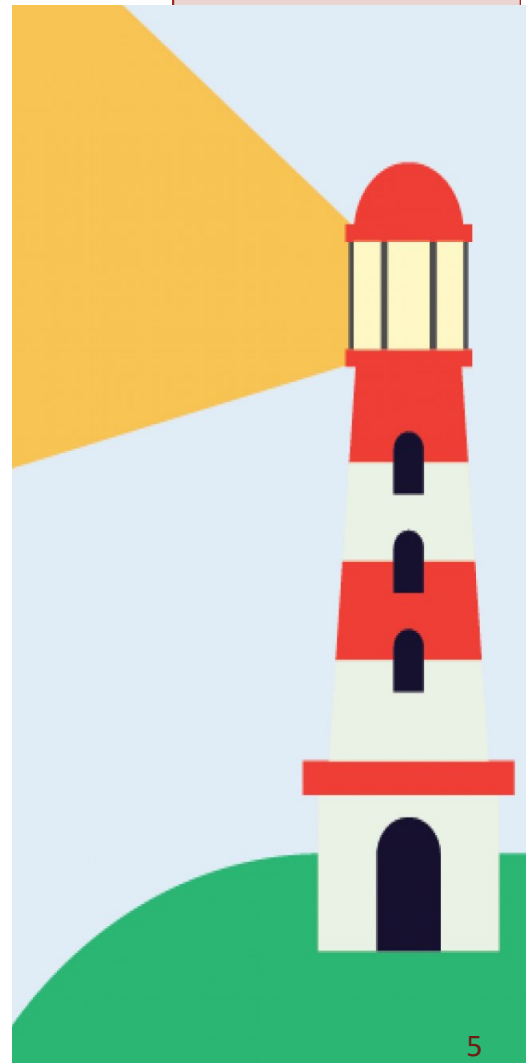
NOVA SCOTIA LIGHTHOUSE PROJECT GRANT

The [Nova Scotia Lighthouse Project Grant](#) is an innovative initiative focused on tackling chronic diseases, starting with obesity in children and youth, through community-based solutions that promote wellness and health equity. Inspired by the Danish Lighthouse Partnership, this project encourages creative approaches to chronic disease prevention by addressing root causes such as poor nutrition, food insecurity and inactivity.

BFEC Dartmouth Campus submitted a grant proposal we called "Come to the Table" which aims to transform our school kitchen

into a community-centered space that not only supports our existing breakfast and lunch programs but also introduces a dinner meal kit initiative. Through this program, students will learn hands-on culinary skills and create nutritious take-home meal kits for themselves and their families. By encouraging healthy eating habits and food literacy, this project seeks to address local food security challenges and empower students with lifelong wellness skills.

We will find out if our grant moves on to the final stage of the project within the upcoming weeks.



OCEANS 11

Our Oceans 11 Dartmouth class travelled to Alderney Landing to sample plankton and discover the microscopic world of the ocean next door. This year we were able to find more diversity of planktonic life than ever before. Big thanks to the staff at the Alderney Landing Library for taking good care of our microscopes while we were out sampling. Future Marine Biologists in the making!



STUDENT TRANSIT

BFEC is pleased to be participating in the Student Transit Pass Pilot Program for the 2024-25 school year. The expansion of the program has been made possible through a funding agreement between the Halifax Regional Municipality and the Province of Nova Scotia.

Student Transit Passes are valid on all Halifax Transit buses, Access-A-Bus, and ferries between September 5, 2024, and June 30, 2025.

This pilot program will be reevaluated in spring 2025 for the next school year.

The program was first approved by Halifax Regional Council in May 2021, and was expanded for the 2024-2025 academic year through a funding agreement with the Province of Nova Scotia.

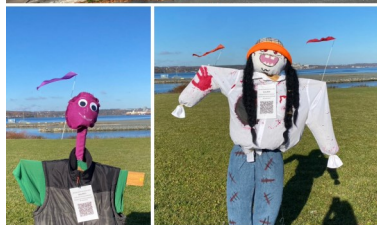


AFRICVILLE FIELD TRIP



Our ACS 11 class took a field trip to Africville. On the front lawn, there is an art installation of “scarecrows” that were created by John Martin Jr High students, to keep Canadian Geese from overtaking the area. Students had the opportunity to see the creations before entering the Africville Museum.

After listening to our guide explain the history of Africville, one key takeaway for students was the importance of acknowledging history. Many students expressed a newfound understanding of how historical injustices shape present realities.



BRAID HAIRAPY

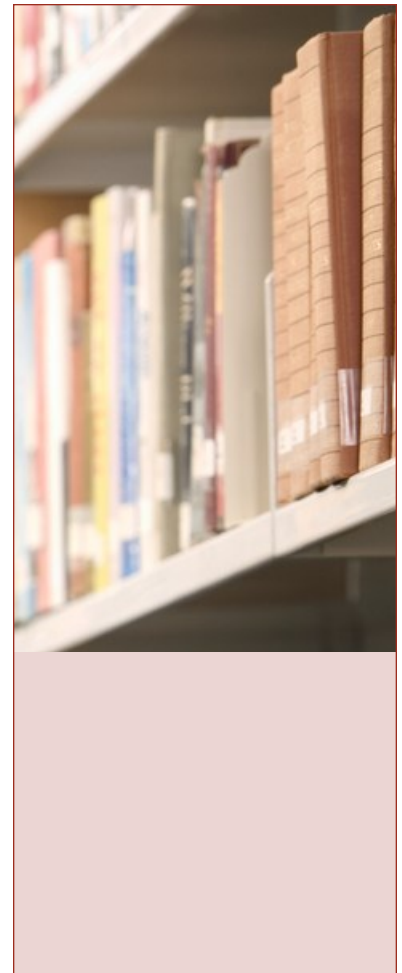
BFEC was thrilled to have Cindy Cain, a Fine Arts Specialist with a Focus in African Nova Scotian Art to bring Braid Hairapy to our BFEC Dartmouth campus

In describing the intent of the class, Cindy shared that hair braiding plays a major role in the ANS community, whether bringing families together, creating jobs and economic growth, or helping children establish a sense of self. Throughout centuries, people across different civilizations and continents have embraced braiding as a form of expression, identity, and artistry. Exploring the origin and history of braids allows us to understand the cultural significance behind

these intricate weavings.

Hairapy is a 3-week program for aspiring young braiders. From mastering the fundamentals of braiding to creating sleek crochet styles. Participants will develop a solid foundation and unleash students' creativity in a supportive and engaging learning environment. Local beauticians will be leading the class and assist them in becoming the best crochet/braider/entrepreneur.

This opportunity offered a non-judgement zone encouraging students to come as they are and be prepared to walk away with a new skill that will last a lifetime.



ATARAXY FARM FIELD TRIP



ABOUT BFEC

BFEC invites high school learners, 16 years and older, and adults of any age, to a student-centered high school model leading to completion of Nova Scotia high school credits. BFEC is a self-referral school for students who can make the commitment to regular school attendance, positive course participation, and a safe and healthy learning environment.

There are on-going opportunities to register throughout the year. There are multiple starting points and you can commit to one course or several. All demonstrations of learning must be completed in class.

Courses focus on outcomes – what the student must know and demonstrate – and are marked on a scale of one to four. At reporting time, these scores are turned into a percentage grade indicating how well students have done on what they have accomplished to date.

Daytime offerings vary from campus to campus. Students who have already graduated may apply to attend. To express interest in BFEC, please submit the online [Expression of Interest](#).

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INCLEMENT WEATHER



6:00 a.m. as possible.

A 6:00 a.m. announcement could be:

- All schools are delayed in opening by two hours and bus pickups are delayed by two hours; or
- All schools are open, but some or all busses are not operating for the day; or
- Some schools (either individually or by family) are closed for the day; or
- All schools are closed for the day.

If the weather deteriorates or is forecasted to worsen throughout the morning, **an 11:00 a.m. announcement could be:**

- Bussed students will be picked up two hours earlier than their regular dismissal time; and
- Walking students will be dismissed at their regularly scheduled lunch hour.

How will I find out?

By email to the addresses in PowerSchool

By text message, **if you have opted-in**. If you aren't sure if you have opted-in, text Y to the following number: **978338**

[On the HRCE website](#)

[On X \(formerly Twitter\)](#)

[On Instagram](#)

Did you know? HRCE takes great care when making the decision to alter the regular operations of schools and school buses in the event of severe or inclement weather.

It is HRCE's goal to communicate any changes to the regular operations of schools and/or buses as close to