



# Quarter 2 Recap

## PRINCIPAL'S MESSAGE

As the second quarter of the 2024-25 school year comes to a close, I'm thrilled to share some highlights from our two campuses! Over the past ten weeks, I've witnessed countless moments of student success, from enthusiastic participation in the classroom, to encouraging interactions in the hallways. Our students continue to demonstrate resilience, strength, and a dedication to their future.

This progress would not be possible without our incredible staff, who work tirelessly to create a supportive and nurturing environment. They meet each student where they are and guide them toward reaching their full potential. As we enter the third quarter, I encourage our students to maintain this positive momentum. Every class attended, assignment completed, and effort put forth helps pave the way for growth and achievement.

## HEALTH PROMOTING SCHOOLS GRANT

BFEC is excited to announce that we have received a \$1,000 Health Promoting Schools grant through Healthy School Communities. This funding is specifically intended to support initiatives that promote student well-being and foster the conditions for healthy, safe, and inclusive schools. With this generous endowment, we aim to enhance our efforts in creating a nurturing environment where students can thrive both academically and personally.

The grant will enable us to implement targeted programs and activities that address key areas of student health, such as physical activity, mental wellness, and social-emotional development. It also provides an opportunity to collaborate with staff, families, and community partners to build a school culture that values inclusivity and holistic well-being. Stay tuned as we share more details about the initiatives this funding will support and how they will positively impact our school community!

## UPCOMING DATES

- Feb 17 - Heritage day
- Feb 25 - (6-7 pm) Sweets & Greet
- Mar 10-14 - March Break
- Feb 28-Mar 29 - Ramadan
- April 3 - Professional development day (no classes)
- April 10-11 - Exams
- April 14 - Quarter 4 Begins



## HOLIDAY GIVEAWAY

A huge thank you to our school social worker, Carol, and students and staff who supported her, for organizing yet another fantastic Holiday Giveaway! In December, students were able to “shop” (completely free of charge) for themselves or others and choose from an enormous variety of new and/or gently-used options of clothing, games, winter gear, purses, toys, books, personal care items, holiday decorations and gift wrap, and more! Each year, our students look forward to this giveaway and this year's haul was a success for many!



## TEACHERS PLUS CREDIT UNION WISH LIST GRANT

Ms. MacDonald recently received a \$300 grant thanks to the Teachers Plus Credit Union to add to the classroom library in the Resource Room. We received a set of books from a particular series called “Orca Soundings”. They are short, high-interest novels written specifically for teens to adults that include edgy stories with compelling characters and gripping storylines. Each book features characters and narratives from diverse backgrounds, including those that represent trans issues, 2SLGBTQ+ experiences, and various racial and cultural identities.

These books are published in Orca's Ultra-Readable format with enhanced features like a dyslexia-friendly font, cream paper, larger trim size and increased spacing between lines of text to increase reading accessibility for dyslexic and other striving readers.



## HOLIDAY DINNER: A TEAM EFFORT IN THE KITCHEN

Our staff came together to divide and conquer in the kitchen, creating a beautiful holiday meal with all the fixings. From start to finish, everyone pitched in to make the meal a success, and it was enjoyed by all. The teamwork and delicious food made for a memorable holiday celebration!



## AFRICAN HERITAGE MONTH

Every year we recognize African Heritage Month in Nova Scotia during the month of February. It is a time to celebrate the culture, achievements, and contributions of people of African descent in the Province of Nova Scotia.

African Heritage Month is an opportunity for all Nova Scotians to learn more about our province's shared history as we strive to create a more inclusive province.

This year, African Heritage Month embraces the provincial theme, **"Legacy in Action: Celebrating Black Brilliance."** The theme celebrates the enduring legacy of Black Nova Scotians, paying tribute to the community's resilience, achievements, and impact throughout history. It reflects the brilliance within the community: the stories we share, the lessons passed down by our elders, the rhythms that drive progress, and the powerful ability to honor the past while shaping the future.

The theme also aligns with the culmination of the second United Nations' International Decade for People of African Descent (2025–2034). Over the past decade, this global initiative has emphasized empowerment, leadership, and increased awareness of the contributions of people of African descent worldwide. The decade's focus on justice, recognition, and development mirrors the progress and presence of African Nova Scotians in all facets of society.

Nova Scotia is home to 52 historic African Nova Scotian communities, with a rich and complex history that spans more than 200 years. African Heritage Month is a time to honor this heritage and celebrate the culture, achievements, and contributions of Black Nova Scotians—both past and present. It is a moment to recognize the strength of our shared legacy and the brilliance that continues to inspire future generations.

## MADDISON DESCHAMP'S LINO CUT HOLIDAY CARD PROJECT

Maddison Deschamp's creativity and dedication to her art were on full display through her impressive lino cut work supported from Mr. Barker. Inspired by the project and motivated to take her skills further, Maddison decided to create a holiday card project after meeting with artist Sarah Duggan, who shared the process of getting artwork professionally printed and sold.

Maddison crafted a beautiful lino cut holiday bell design and had it printed through Allen Print. She then took on the entrepreneurial challenge of packaging, promoting, and selling her cards right on campus. Her hard work paid off as she sold a total of 50 cards!

As a Christmas gift, Maddison's family gave her more lino cut supplies, and she plans to continue her entrepreneurial journey, creating more art and exploring new opportunities.

## STUDENT SUCCESS

Each quarter, BFEC recognizes the academic achievements of our students by awarding certificates to honor their hard work and success. Students who achieve an average of 90% or higher will receive a Principal's List certificate. Those with an average of 85% or higher will earn a High Honours certificate, and students with an average of 80% or higher will receive an Honours certificate. In quarter 2 we had 43 students on the Principal's List, 22 with High Honours and 35 students with Honours. Way to go Falcons! These certificates will be presented by the end of February for Quarter 2.







## FRESH FOOD CART

Tuesdays and Thursdays at BFEC are Fresh Food Cart days! A healthy, delicious lunch is served from our kitchen at the Bedford Campus on those days, completely free of charge for students and staff.

Some of our favourite meals so far have been macaroni and cheese, chili, tacos, and chicken wraps!

There is always a large selection of fruits, vegetables, and healthy toppings to pair with these meals and plenty to go

around, and students are welcome to come back for seconds (or thirds) if they'd like!

Thank you to Alyssa for providing our school with nutritious food and great service and company!

## CDAF GRANT

Ms. Humber's class received the CDAF grant to purchase textiles supplies for the classroom. We have lap looms for weaving, hoops for embroidery, needles for knitting, crochet, and rug hooking, and supplies for machine sewing!

These activities give students new skills and a deeper understanding of textile industry, culture, and history.

Embroidery has been a big hit in the classroom! Students have mentioned how it helps their mental health and how they love the hands-on work. In Quarter 1, we made a quilt as a class which we hope to donate soon.



## STUDENT VOICE COMMITTEE

Since the beginning of the school year, our goal for well-being has been focused on exploring avenues to provide students with the means to share their concerns in both a safe and meaningful way.

Over the last month, our well-being leads have held focus groups with our student voice committee, a group who represent various student populations from both campuses. In our meeting, we examined areas of concern within our Student Success Survey to determine how we could better support the student experience.

During our focus group, students emphasized the need for BFEC spe-

cific surveys, using targeted questions from the survey to identify potential issues as well as enable timely intervention and support, all in the spirit of school improvement.

In January, we introduced BFEC Speaks, a QR accessible Google form that asks students to answer questions about their general school experience. From the responses, we hope to explore and implement ways to improve the BFEC experience for all students. We hope that this process will foster a sense of belonging and encourage a positive school environment, where students feel valued and understood.

## NSTU PDAF GRANT



Ms. MacDonald and Ms. Jones were excited to learn their NSTU PDAF grant application, *Microscopes in Motion: Exploring Science Through Digital Discovery*, was approved! \$5000 in funding will go towards the purchase of new compound microscopes, digital microscope cameras, Raspberry Pi single board computers, as well as a variety of microscopy supplies.

The combination of traditional microscopes with digital microscope cameras, along with the Raspberry Pi programmable computers, will allow students to explore microscopic samples in detail, capture and analyze data digitally, and engage in coding to automate parts of their experiments. This setup enables hands-on, real-time learning that integrates biology, environmental science, and technology, cultivating both scientific understanding and digital literacy.

## COME TO THE TABLE: BUILDING COMMUNITY THROUGH FOOD

Thanks to a generous grant from Nourish Nova Scotia, we've been able to strengthen our school community through the shared experience of food this quarter. Meals have a way of bringing warmth, comfort, and connection, and our students have embraced this idea by sharing and celebrating their family recipes.

In one standout moment, a student proudly prepared their Mom's Fettuccine Alfredo recipe for the entire school, and it was a huge hit! Inspired by this experience, other students have stepped up to share meaningful recipes, building confidence in their cooking skills while fostering connections both in school and at home through take-home meal kits, while also addressing food security.

A key focus of this program is making the most of what we have. We encourage students to use ingredients from our Feed Nova Scotia drop-off and pantry to create delicious, accessible meals. By preparing and sharing recipe ideas, students gain practical cooking skills while learning how to make nutritious meals with available resources.

Beyond cooking, students have been engaged in leadership opportunities, like one student who made smoothies for snacks over several weeks. We've also been upgrading our kitchen with new equipment and supplies to support these hands-on experiences.

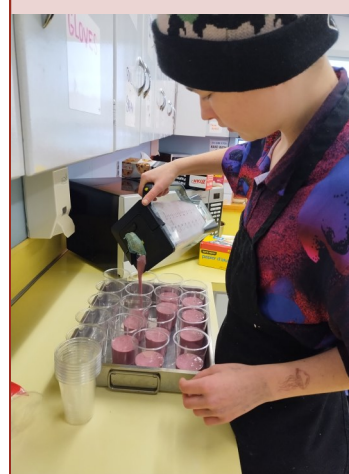
Food is something we all share, and this program creates space for students to connect, lead, and honor the meals and traditions that mean the most to them. We look forward to seeing how this initiative continues to grow!

### HALIFAX TRANSIT PASSES



Student Transit Passes area available

for all students in the school office. If a student loses their Student Transit Pass, they should go to their school's office to receive a replacement. A second replacement is only available by contacting [transportation@hrce.ca](mailto:transportation@hrce.ca) and requesting a new pass. Student Transit Passes are valid on all Halifax Transit buses, Access-A-Bus, and ferries between September 5, 2024, and June 30, 2025.





## SPIRIT WEEK

During the days leading up to the holiday break, we had a variety of activities and theme days for students to participate in. Themes we participated in were: Pajama Day, Wacky Hat Day, Anything But a Backpack/Anything But a Cup Day, Dress as Your Favourite Holiday Day, cookie decorating, gingerbread house building, and movie and popcorn lunch breaks! Teachers were even assigned different holiday characters and students got to guess who each character was!

## BUSINESS MANAGEMENT FIELD TRIP

On Tuesday, January 21st, our Business Technology and Business Management classes toured the Glitter Bean Cafe and Worker Co-Operative. We learned about their process of creating a unionized worker co-op from a struggling privately owned business, how their business survived the pandemic shutdowns and how the quality of life has been en-

riched for each co-op member and the surrounding community. Students were also treated to a tour of the upstairs thrift shop and warmly invited to stop by any time!

## CO-OP EDUCATION

For the first time in a long time, BFEC is rolling out a Co-operative Education program in Quarter 3! We have 9 students participating in the program from the Bedford campus and 10 students from the Dartmouth campus.

Students that were selected for the program completed necessary application forms and took part in an interview process with our staff co-op team.

We have students that will be learning hands-on skills in the fields of: welding, construction transportation, baking and customer service, veterinary, continuing care, and immigration services. Students are starting to secure their placements, and will continue to do so in the coming weeks.

Some of the businesses that will be hosting our students this year are: Kali Cakes Bake Shop, Municipal Group of Companies (Dexter Construction), Atlantic Mechanical Contractors, HRCE's Newcomer Welcome Centre, Rocky Hollow Ranch, and the SPCA!

We are very excited for this program to launch and to see our BFEC students flourish in a hands-on learning environment!





## FEBRUARY IS REGISTRATION MONTH

Do you have a child who will be starting pre-primary or primary this fall? It's time to register!

**Registration for the 2025-26 school year begins on February 3.** To ensure we have the right staff and supports in place for September, it's important that we gather enrolment numbers now.

**Tip:** Before you begin, make sure you have the following documents in electronic form (image, PDF or Word document):

- Proof of identity/age with one of the following: birth certificate, passport, immigration papers, or legal adoption papers) if you are new to the HRCE;

- Proof of home address (a recently dated official government or utility document with your current address that includes your name and date, such as water bill, power bill, internet bill, home fuel bill, a tax receipt, property assessment or a mortgage contract); and

- Nova Scotia Health Card or Canadian Province Health Card or, for non-citizens while in Canada, proof of Medical Insurance Information.

Visit the [HRCE website](https://www.hrce.ca/our-schools/families/powerschool) for more information and to enrol your child today through PowerSchool Enrollment!

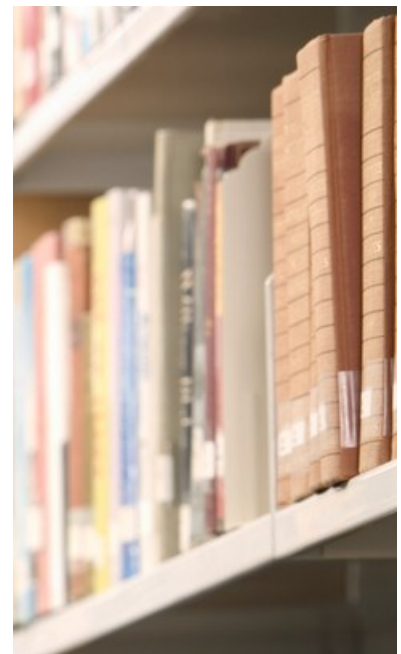
## POWERSCHOOL ACCESS

**Student Access:** Students can reset their own password using their username and student number. Many students have chosen to use their student email without the @gnspes.ca as their student portal username. If you are unsure of your username, please email [mparis@hrce.ca](mailto:mparis@hrce.ca). Your student number is available from your teacher. Attached are instructions on how to reset your password.

**Parent/Guardian Access:** Your username is your email on file. You can reset your password using your email. If you don't have access please contact [mparis@hrce.ca](mailto:mparis@hrce.ca) to get access.

Additional information from HRCE on Powerschool can be found here:

<https://www.hrce.ca/our-schools/families/powerschool>



## HOLIDAY BAKING



## ABOUT BFEC

BFEC invites high school learners, 16 years and older, including 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](#).

Bedford Campus  
Suite 0070  
1658 Bedford Highway  
Bedford, NS B4A 2X9

Dartmouth Campus  
136 Pinecrest Drive  
Dartmouth, NS B3A 2J9

Phone: 902-832-8630  
Fax: 902-832-8409  
E-mail: [BFEC@hrce.ca](mailto:BFEC@hrce.ca)



## INCLEMENT WEATHER



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 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 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](#)

