Bedford and Forsyth Education Centres

November 2026



Principal's Message

As we reflect on our first quarter at Bedford and Forsyth Education Centres, there is much to celebrate! We have enjoyed a tremendous start to the school year, with students bringing enthusiasm, energy, and a willingness to embrace new opportunities across both campuses.

One of the most exciting developments has been the continued growth of **student voice and leadership**. Through our Student Success Team and increased opportunities for involvement, students are taking a more active role in shaping their school experience and strengthening our sense of community.

We have also placed a greater emphasis on **post-secondary education, career exploration, and employment pathways**. Through campus visits, presentations, and community partnerships, we are helping students discover the many possibilities available beyond high school.

I want to recognize the tremendous efforts of our staff, whose creativity, flexibility, and commitment to **meeting students where they are,** remains at the heart of BFEC. Their ability to build meaningful relationships and respond to individual learning needs, makes our school community special.

As we move into Quarter 2, we look forward to building on this momentum and continuing to create an environment where every learner feels valued, supported, and capable of success. Thank you to our students, staff, families, and community partners for such a wonderful start!

BFEC Holiday Giveaway – Donations Welcome!



We are collecting donations for our annual **BFEC Holiday Giveaway**, helping make the holidays brighter for students and families in our school community.

We welcome gently used items in good condition, including clothing, shoes, children's toys, books, kitchen items, artwork, decorations, jewelry, purses, and other items suitable for gifting. Families are encouraged to share this opportunity with friends and relatives.

Thank you for helping us support one another this holiday season!

Upcoming Dates

November 8 – Indigenous Veteran's Day

November 8 - Diwali

November 9 – Quarter 2 Begins

November 11 – Remembrance Day (No Classes)

November 13-19 – Transgender Awareness Week

December 4 – Progress Conferences (No Classes)

The Consent Project

BFEC recently welcomed representatives from the **Dalhousie Youth Legal Education Society**, a student-run and faculty-supervised organization from Dalhousie University's Schulich School of Law, to deliver *The Consent Project: The Law of Yes*.

This engaging workshop focused on sexual consent, healthy relationships, and how consent is understood within Canadian law. Students explored their rights and responsibilities while addressing common myths and misconceptions surrounding consent.

Our students were receptive, respectful, and attentive throughout the presentation, demonstrating their willingness to engage with important conversations about personal safety and healthy relationships.

We appreciate the Dalhousie students who took the time to share their knowledge and provide this valuable learning opportunity for our school community.

AARAO Post-Secondary Fair – Exploring Future Pathways

On October 16, our Bedford campus hosted the **AARAO Post-Secondary Fair**, welcoming representatives from approximately 25–30 colleges, universities, and other organizations, including the Canadian Armed Forces.

Students explored educational and career pathways, learned about programs and admission requirements, and connected directly with representatives. Staff also developed interactive activities and curriculum-connected assignments to encourage participation.

The event was another important step in helping students discover opportunities beyond graduation and begin planning for their futures. Thank you to everyone who helped make it possible!



Curriculum Nights – Connecting with Families

Both campuses enjoyed successful Curriculum Night events this fall, with Bedford hosting its **Sweets and Greet** and Dartmouth welcoming families for its **Family & Friends Night**.

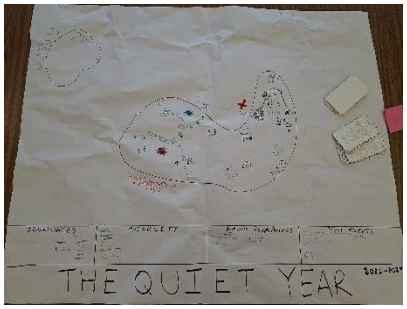
We were pleased to see increased attendance and appreciated the opportunity to connect with families, introduce staff, and showcase our learning environments. Thank you to everyone who joined us and helped strengthen the connections that support student success!







Dartmouth Board Games Club – The Quiet Year



Our Dartmouth Board Games Club has been exploring *The Quiet Year*, a collaborative storytelling game in which players work together to build and develop a fictional community.

Using a deck of cards to guide events, students make decisions, manage resources, navigate challenges, and contribute to a shared map that evolves throughout the game. It's a creative and engaging way to strengthen collaboration, problem-solving, and imagination

Student Success Team (SST) Update

Our Student Success Team continues to demonstrate leadership, teamwork, and school spirit! Recent initiatives included preparing Halloween treat bags for all students and completing Spirit Week posters. Students are also planning upcoming activities, including Wellness Day, the Youth Summit, a junior high mentorship program, and our Family Feast in early December. Thank you to all SST members for their enthusiasm and commitment to strengthening our school community!

Dartmouth Business Management

Sucha Padde from the Credit Union Atlantic kicked off October for our Business Management course with a comprehensive talk on the Small Business Loan Guarantee Program. We discussed the complexity of owning a small business and how to create a favourable loan application.



On Monday, October 19th, the Business class travelled to the Glitter Bean Cafe to learn about the challenges and benefits of a worker's co-operative business. We enjoyed tea, cookies and cake, great conversation, and even better company. Huge thank you to the folks at Glitter Bean for hosting us!



YMCA Youth Educational Support Program (YESP)

We are pleased to welcome back the **YMCA's Youth Educational Support Program (YESP)** to both BFEC campuses.

Through personalized guidance and workshops, YESP supports students with post-secondary planning, career exploration, employment readiness, financial literacy, academic success, and wellness.

This valuable partnership helps students recognize their strengths, explore opportunities, and build confidence as they prepare for life beyond high school. We appreciate the YMCA's continued commitment to supporting our students and their futures.

YMCA Canada

Campus Wellness Highlights

In Dartmouth, our campus continues to offer opportunities for students to connect, learn, and grow. Working Wednesdays, in collaboration with YESP, helps students develop workplace skills and explore future opportunities. Creative Arts Thursdays encourage creativity and self-expression and student-lead projects, while weekly visits from Tilly the therapy dog bring comfort and connection to campus. Games club is on Fridays and GSA takes place on Tuesdays.

HRCE Youth Summit – Student Leadership in Action

We are excited that **10 students from our BFEC Student Success Team** will represent our school at the **2nd Annual HRCE Youth Summit on November 17**.

Hosted in partnership with Nova Scotia Health Public Health, the Summit will bring together student leaders from across HRCE to explore student voice, leadership, inclusion, and well-being.

Our students will have opportunities to share ideas, strengthen their leadership skills, and connect with peers from other schools. We look forward to seeing them bring fresh perspectives and inspiration back to BFEC!

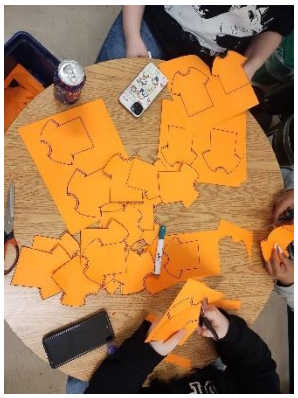
High School Lunch Program – A Welcome Addition!

September marked the launch of our new **daily high school lunch program** at both BFEC campuses!

The program provides students with consistent access to nutritious meals, supporting food security, wellness, and readiness to learn. Student feedback has been overwhelmingly positive, particularly regarding the menu options and meal quality.

We are thrilled to see students embracing this initiative, which reflects our commitment to supporting the whole student.

Truth and Reconciliation





Truth and Reconciliation learning was incorporated into classroom lessons across campus in collaboration with our Indigenous Support Worker. Students were encouraged to reflect on the importance of learning about Truth and Reconciliation and recognizing that reconciliation is a shared responsibility. Rowan's English class completed an assignment exploring the 94 Calls to Action, deepening their understanding of the ongoing work of reconciliation. The PAL 11 class did a school yard clean up as a way to give back to the community and take care of the space.

As part of a campus-wide initiative, students also shared what *Every Child Matters* means to them by writing their reflections on T-shirts, which are now displayed throughout the hallways. This project will continue to grow each year, with plans to add a QR code linking students to educational resources and upcoming Truth and Reconciliation events.

Dartmouth's Lunch Person



We love Sara! Students absolutely adore her, and staff do too! Sara goes above and beyond to connect with everyone, and we feel the love and care she puts into preparing and serving every meal.

Students took a moment to create a gratitude card for Sara, and we were blown away by the number of students who took the time to sign a star and share what she means to them. The students presented it to her, and she was thrilled!



It was a very special moment for a very special member of our team. We are so lucky to have her!

Spirit Week and Halloween Fun

Students and staff at both campuses had a great time celebrating all things Halloween. Theme days for clothes, makeup, and hair; pumpkin and cookie decorating; trick-or-treating from classroom to classroom; and (of course) lots of costumes filled the week with festive fun.











BFEC School Advisory Council (SAC)

Our School Advisory Council held its first meeting of the year on October 15. We are pleased to welcome **Lucia Andrea as SAC Chair** and thank our members for their commitment to BFEC.

The SAC brings together parents, staff, students, and community representatives to provide input on school initiatives, student well-being, and school improvement. The council meets six times annually, from 3:20–4:00 p.m., to review our Student Success Plan, discuss school priorities, and consider how SAC funding can best support students.

Meeting minutes are available on our school website, and families are encouraged to stay informed about the work of the council.

ReachAbility – One Step Closer Program

BFEC is excited to partner with **ReachAbility** to offer its *One Step Closer* program to small groups of students throughout the school year.

Through interactive workshops, students will build self-confidence, recognize their strengths, and develop practical strategies for managing stress and conflict. The program also supports positive relationships, personal wellness, and employment readiness.

This partnership provides another meaningful opportunity to help students develop the skills and confidence needed for success beyond the classroom.

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
Bedford Place Mall
Suite 0070
1658 Bedford Highway
Bedford, NS B4A 2X9

Dartmouth Campus
136 Pinecrest Drive
Dartmouth, NS B3A 2J9

902-832-8630



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
- Non-bussed 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 Instagram

It's important to always have a plan in place for childcare in the event of any cancellation. Please remember: As a parent or guardian you always have the choice of whether or not to send your child to school.

For more information on how HRCE manages during inclement weather, visit hrce.ca/families/cancellations.



DID YOU KNOW?

Winter jackets and personal hygiene items are available for students who may need them. Please contact school staff if these resources would be helpful.