

BFEC News

For more information visit our website at bfec@hrce.ca

Follow us on Twitter @BFEC_HRSB



From the Principal

Hi everyone,

It is hard to believe that Spring is just around the corner. It is a busy time for us at BFEC as we plan for Quarter 3 exams and our final Quarter that will begin on April 14. Planning for graduation has begun for this special celebration that will be held on Monday June 29 at the Bedford Campus.

March Break will be a welcomed break for students and staff who have been working hard to be the best they can be (March 16 to March 20).

Please visit our web site and/or visit us at our web site (www.befec.ca) or follow us on Twitter (@BFEC_HRSB).

I can be located through the week at both the Bedford and Dartmouth campuses. My email address is cburton@hrce.ca and my desk number is 902-832-8630, extension 7509.
Cathy Burton

Quarter 2 Academic Awards:

Congratulations to the twenty-six students who received Honors, twenty-nine students who received High Honors and the thirty-five students who received Principal list awards for Quarter 2. That means ninety of our students had an average of 80% or greater! Wow!



Wrapping Up Quarter 3

It is hard to believe that Quarter 2 classes have finished and that we are nearing the end of Quarter 3.

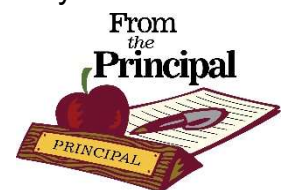
Expectations for students are for regular school attendance, being on time for classes, completing assigned course work and maintaining a positive and safe school environment. We want our students to be proud of their school, their community and to work towards graduation and transitioning to either the workplace or post-secondary options.

The staff of BFEC is here to support the learning and development of our students and to liaise and communicate with parent/guardians about learning. Please, do not hesitate to contact your teachers when you need extra help or support. Our social worker and guidance counsellors are available to support students and families.

I encourage you to log into the PowerSchool Student/Parent portal regularly to check attendance and marks (see Web-Based Student Information System below).

Please make sure that your most up to date address and phone number are in our system. I will be using Twitter, the school website, and School Messenger (the evening phone call system) to communicate with you on a regular basis throughout the school year.

Regards,
Cathy Burton
Principal
BFEC



School Closings and Delays

School Cancellations Due to Weather:

Guidelines for school and/or bus cancellations due to inclement weather

A 6:00 am announcement could be:

- ❖ All schools are closed for the day
OR
- ❖ Some schools (either individually or by family) are closed for the day
OR
- ❖ All schools are open, but some or all busses are not operating for the day
OR
- ❖ All schools are delayed in opening by 2 hours

If weather deteriorates, or is forecast to worsen throughout the morning:



Where can cancellation information be found?

Website: www.hrce.ca

Twitter: @HRCE_NS

Phone: 902-464-INFO (4636) Local media outlets

Subscribe to email/text notifications at www.hrce.ca

General School Information:

School Hours

The school doors are open at 9:20 am each morning and there is limited student supervision at this time.

Students who arrive to school in the morning are to be in the cafeteria or foyer (Bedford) or in the student lounge (Dartmouth) under teacher supervision.

There is no supervision after 3:20 pm each afternoon. All students must be off school premises unless in a school supported extra curricular activity.



Indigenous Art Workshops

During the Quarter, we were grateful to have Brittany Pennell and Terry Drysdale from the HRCE Fine Arts Team join our students to present and deliver a workshop focusing on the Mi'kmaq medicine wheel. Our students learned about the teachings of the medicine wheel and then each student made their own.



Daily Schedule:

9:20-9:40am- Students arrive and Breakfast Served.

9:40am- 12:05pm- Morning Class

12:05- 12:40pm- Lunch

12:45- 3:10pm- Afternoon Class.



Grants at BFEC

RBC Food Bank- This grant supports our students with food and clothing.

Healthy Living Grant- This grant provides our students healthy meal preparation on a budget and wellness activities for our students. We will have an instructor from the Circus School to run activities with our students.

Grants at BFEC

This school year staff have worked tirelessly to secure several grants that support the well-being of our students. These grants are listed below:

Inspiring Relationships Grant Bedford

Students will be given opportunities to create wooden carved signs and sculptures to display throughout the community and the school. Both CNC machining and Hand carving will be used to do this. The monies would be used to buy a new CNC machine, different types of woods, wood carving tools, mounting materials and displays, and bring in guest instructors on wood carving and local culture. The products would range from beautiful wooden signs of encouraging words and inspiring quotes from local heroes and hand carved sculptures displayed prominently throughout the school and community.

Healthy School Community Grant- We were granted money to support an incentive program for our students to be involved in noon hour activities. We will gift students a water bottle for their involvement in healthy noon hour activities.

Cobequid Health Board Grant- Staff have purchased a Cricut machine that allows students to come together and work on art related activities. This machine allows students to create positive messaging for the walls at our school, card making, and so much more.

PDAF Grant- At our Dartmouth Campus staff have created a room that is intended to be a comfortable space to support the mental health for our students.

Inspiring Relationships Grant Dartmouth

Our grant will allow for learning opportunities within our school and community that focus on building skills and strategies for developing effective, meaningful and lasting community connections and relationships. Many of our students wish to learn how to effectively navigate, create and nurture positive relationships within their community and we hope to address this. These opportunities will empower students to build skills that will also contribute to developing their abilities to participate as a productive member of the future workforce.

Our learning opportunities will take place both on and off our school site. Through offering a variety of opportunities in conjunction with community partners, our students will learn new skills and make connections with community members and their peers.



Student Support:

Bedford Campus:

Vice Principal- Jamie Taylor
Guidance- Lisa Ritcey
Social Worker- Carol Boyd
Resource- Elizabeth Sheridan
YHC- Gina Makadris
Administrative Assistant: Patsy Bartlett

Dartmouth Campus:

Vice Principal- Joanne Rushton
Guidance- Shawn Mantley
Social Worker- Carol Boyd
Resource- Kathy Howse
YHC- Gina Makadris
Administrative Assistant: Annette D’Aguiar

BFEC Breakfast Program:

Bedford and Dartmouth campuses are both running a very healthy and busy breakfast program. Healthy meals to start the day is a great way to fuel learning. We would like to thank all of our supporters and contributors for their continued shared belief around the value of Breakfast! A thank you as well to staff who arrive early and help feed our learners! Thank you!!!

We also have snacks available through the day for our students!

Important Upcoming Dates:

- March 16- Marc Break Begins
- March 23- Students return to Classes
- March 26- Registration for Quarter 4
- April 2- Registration for Quarter 4
- April 8 and 9- Quarter 3 Exams
- April 9- Registration for Quarter 4
- April 10- Good Friday- no classes
- April 13- Easter Monday- no classes
- April 14- Quarter 4 Begins
- April 16- Registration for Quarter 4

School Advisory Council:

BFEC has an active SAC that meet six times each year. The council advises the school Principal throughout the year with school related, HRCE related and EECD related issues and topics. Please contact Cathy Burton if you are interested to be a part. Guest are welcome.

Upcoming SAC Meeting dates:

- Thursday April 30 - Bedford at 3:45pm
- Thursday June 4 - Dartmouth at 3:45pm.

Students, parents, guardians, and community members are welcome. Any question reach out to Cathy Burton (cburton@hrce.ca)



Health Center Update

YHC Activities

After slowing down around Christmas time, the GSA in Bedford has come back to life with many students attending weekly. YHC will be working to invite LGBTQ guests in from various professions that our students are interested in, so they can get information and ask questions. The GSA members are very excited about this! GSA in Dartmouth continues strong. They recently completed a bulletin board project featuring LGBTQ fictional characters.

GSAs at both campuses will also be working toward International Day against Homophobia and Transphobia, and an all-high school trip to the Glitter Bean Café in May.

A Paws Room (Therapy Dogs) is booked for Bedford on April 1 to provide students some stress relief ahead of exam week.

The YHC is developing an incentive program for students to attend extracurricular events in the school. Students will receive a punch card, and once they attend any five lunch time events they can get a reusable water bottle with the school logo. This program will cover all activities, including those facilitated by the YHC, Outreach, and other staff.

New students continue to access the YHC for the first time. Through the year, the Coordinator has noticed a need for sexual health education at both campuses. Some sexual health classes have been booked for students.

Individual Support

Students from both campuses are utilizing the YHC for individual support. The YHC consistently sees both new and repeat students. Students are seeking support for a variety of reasons, with life skills and mental health, and relationships being among the top topics.

COVID-19 and School!

Earlier this week, Canada's Chief Public Health Officer said Canadian schools have a critical role to play in slowing the potential spread of COVID-19.

While the risk of COVID-19 remains low in Nova Scotia, the international situation is rapidly evolving. HRCE has been taking a number of strategic measures, including a recent update to our system pandemic plan. This plan outlines how to best support schools under a variety of emergency scenarios that may arise.

Health officials tell us that frequent hand washing with soap and warm water remains the best defense against the spread of respiratory illnesses. **This is a call to action for us all.**

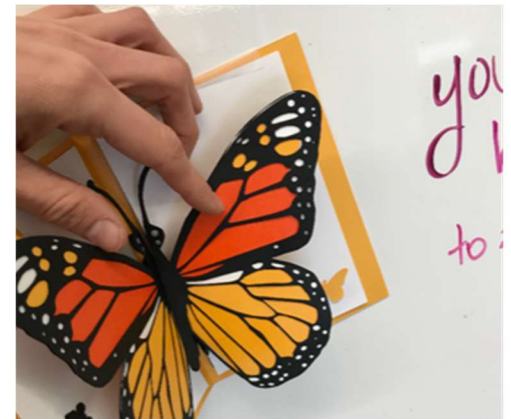
Here's what HRCE are doing to help:

- Our caretaking/custodial team is focused on disinfecting high-touch surfaces including washrooms, doorknobs, handrails and desktops.
- Schools will receive an enhanced cleaning during March Break.
- Hand sanitizer and pumps are on the way.
- Frequent updates and directives.
- Stock Transportation is disinfecting high-touch surfaces on their buses between and after all morning and afternoon routes.

For the latest information on COVID-19, please visit

- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>
- www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html
- novascotia.ca/coronavirus/

More Grants:



Weekly Wellness Grant:

This year we applied for a grant through the Dartmouth Community Health Board and the Cobequid Community Health Board to promote mental wellness within the school, with the connected goal of building a stronger school community. With this grant, we will provide students with a variety of recreational activities, through which they can connect with their peers, be exposed to various possible hobbies, and learn about wellness resources available in their communities. We hope to include visits from Therapeutic Paws of Atlantic Canada, spoken word artist Kanaar Bell, Registered Massage Therapy students, and Laing House. We are also organizing a number of other activities within the school, including preparing and eating meals together, rock painting, crocheting, and the like. There is room for these activities to evolve according to the students' interests and needs. A portion of our grant funding will provide food, as nothing builds a community or gets a youth through the door faster than a good meal! Thank you to the Dartmouth and Cobequid Community Health Boards for continuing to support the health of our youth through Wellness Grant funding





What's After Graduation?

What's myBlueprint?

Lots of BFEC students, at both campuses, are up and running on "myBlueprint"! MyBlueprint is a new comprehensive education and career/life planning online program for students that is being implemented across Nova Scotia. This program allows students to discover their learning and personality styles, interests, and motivation factors which lead to job specific compatibility surveys for their occupation matches. There is a high school course planner which allows students to visually plan for graduation requirements and see their eligibility for post-secondary education and employment in Canada. MyBlueprint also includes the most current information about post-secondary opportunities including: specific program requirements, tuition cost, and links to program information allowing students to compare local and province-specific information on apprenticeships, programs. Guidance counsellors, Mr. Mantley and Ms. Ritcey, love talking to students about life after graduation and are excited to keep exploring myBlueprint with BFEC students!

What's After Graduation?

As you make your way through high school, it's important to plan what you are going to do after graduation! There are many options available to you including: heading straight to the work force, attending trades programs, colleges or university. Guidance counsellors Mr. Mantley and Ms. Ritcey can help you with that!

If you have no idea what you would like to do, we can complete some simple assessments of your interests, abilities and skills together that might give you some ideas about suitable career options. If you know what you want to do and where you want to go, we can help with applications, references and looking at funding options.

Student Success Planning

Student Success Plan (SSP) is a mandated component of school administration at the Halifax Regional Center for Education as part of realizing the HRCE's belief that all students can learn and all schools can improve.

The process identifies areas for growth within the school in consultation with all stakeholders along the lines of literacy, numeracy and effectiveness within the community. From this consultation, goals are developed with the intent that data will be collected in a variety of ways throughout the year to explore what progress is being made towards reaching these goals and how it can be enhanced.

SSP data is collected by a team of staff members and reported to staff, students and parents/guardians through a number of channels (staff meetings, assemblies, newsletters, email distribution list, website.)

BFEC continues to work on two goals. These are:

Goal 1: To improve student achievement in literacy and mathematics through the use of assessment *of, for, and as* learning.

Goal 2: To improve student well-being at Bedford and Forsyth Education Centres.



Student Life

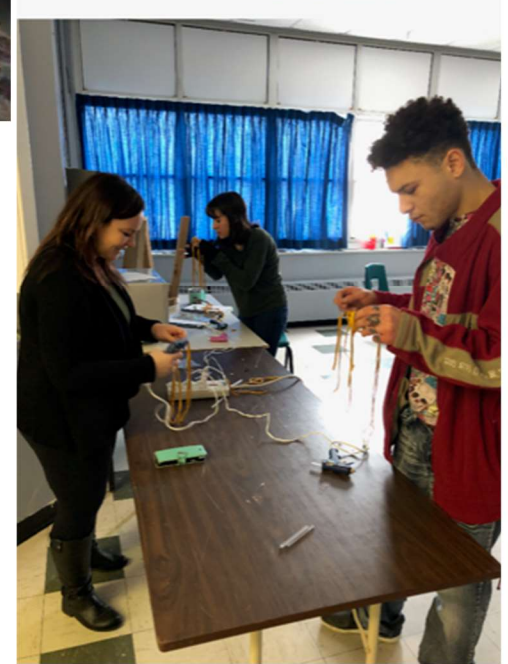
The Circus is Coming to BFEC!

We are excited to have Circus Workshops for our students in the coming weeks. Halifax Circus teachers (halifaxcircus.com) have toured with Cirque du Soleil, Ringling Brothers, and Cirque Surreal in England, and have performed in India, Singapore, Jamaica, Qatar, Mexico, Costa Rica and throughout Europe, Canada and the U.S. They are the most experienced teachers and performers in Atlantic Canada and take their work and responsibility to students seriously!

The Basic Circus workshop is geared for the beginner, and emphasizes fun, clear instruction and safety. The workshop is designed for people new to circus.

They begin every workshop with a warmup to introduce the dynamics of flexibility and strength training. Participants are then split into groups and rotate through two or three different activities. There are opportunities for the students to show what they have learned, and to see the teachers demonstrate these skills at a professional level.

It is an exciting, fun and challenging activity, with a strong emphasis on safety and learning skills progressively. We look forward to our time with the Circus!



Bedford and Forsyth Education Center

Bedford Campus:

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