



Fanning Education Centre/Canso Academy



## Newsletter

February 2024

### Message from the Office

Parents/Guardians:

February 1<sup>st</sup> marks the beginning of Semester Two for our high school students and officially means all students from Pre-Primary to Grade 12 are exactly halfway through the 2023-2024 academic year!

February is also African Heritage Month which provides us with the opportunity to celebrate African culture, legacy, achievements, and contributions of people of African descent – past and present. Staff will be integrating aspects of African Heritage throughout the learning experiences designed for your children.

Heritage Day on Feb. 19 acts as an annual reminder of our storied past and an opportunity to honour the remarkable people, places and events that have contributed to this province's unique heritage.

Throughout this month so steeped in Heritage, staff will continue to focus on growth mindset to increase students' sense of well being. Learning Support Teachers will be working collaboratively with teachers to enhance literacy and math strategies to work toward our goals to promote student success.

As always, parent/family input is important to us. If you have any questions or concerns, please contact us at your convenience.

All the best,

Ms. Richards and Mrs. MacLean



### Important Dates

Feb. 8	9-12 Report Cards Go Home
Feb. 19	Heritage Day (no classes)



Happy  
Heritage  
Day

## JAGAS Basketball Schedule

**Tuesday, Feb. 6:** Chedabucto Education Center/Guysborough Academy Hosts

**Monday, Feb.12<sup>th</sup>:** St. Mary's Education Centre Hosts

**Tuesday, Feb13<sup>th</sup>:** Fanning Education Centre/Canso Academy Hosts

**Tuesday, Feb. 20<sup>th</sup>:** St. Andrew Junior School Hosts Final Tournament

**Go Seahawks!**



## Scouts Canada

The Canadian Path Program with Scouts Canada embark on outdoor adventures like hikes, weekend activities, and canoeing. Youth (ages 8-14) are encouraged to try new and exciting activities including STEM projects and cultural experiences. Blaze your own trail. Delve into more leadership opportunities and develop self-confidence by planning adventures with your Troop and giving back to the community in a meaningful way.

Registration subsidies are available to all youth upon confirmation. For further information contact Harold Roberts @902-366-2287 or [www.scoutscanada.ca](http://www.scoutscanada.ca) or [myscouts.ca](http://myscouts.ca)



## FECCA Caring Closet

Our Caring Closet is officially open. The FECCA Caring Closet Committee has visited classrooms to explain how students can access this wonderful space.

A very special thank-you to two members of our Grade 9 Class, Emily George and Taylor Boudreau-Richards, for representing our school at the Uplift Conference in Halifax on Jan. 20. Emily and Taylor had the opportunity to share our project with other schools in the province while learning about other projects currently being supported through Uplift Grants. Great job, Emily and Taylor!



**The Caring Closet**

## Nova Scotia International Student Program (NSISP)

Since 1997, The NSISP has welcomed more than 12 000 students from 40 countries around the world into homes across Nova Scotia. Working in partnership with the Department of Education and Early Childhood Development, students are given the opportunity to improve their English language skills in one of the world's best public education systems. They are currently looking for host families to open their homes and hearts to an international student and be a part of this amazing program. Open your home and heart to an international student and bring the world home to you!

If you are interested in becoming a host family, please contact FECCA administration who will assist you with the process of contacting our homestay coordinator.



## FECCA Home & School Association

Our Home & School Association boasts 50 plus years of service to our children and entire school community. Funds raised by this dedicated group go towards programming and special events for our students. They are always looking for new members and ideas to continue offering programming and supports such as this. If you are interested, please call 902-366-2225.



## FECCA School Advisory Council (SAC)

Would you like to join our SAC? School Advisory Councils play an important role in supporting student success at the school community level. A School Advisory Council is an advisory body to the school principal, Regional Centre for Education, and the Conseil Scolaire Acadien Provincial on a range of issues related to the school and the school system. Membership can vary, but generally consists of the school principal, parents, teachers, and other community members. Please contact us at 902-366-2225, if you'd like to join.

## Green Schools

### Did you know that our school is a long-standing member of Green Schools Nova Scotia?

Green Schools Nova Scotia is an initiative supported by Efficiency Nova Scotia to enhance environmental sustainability at schools.

Did you know that approximately 60% of food produced in Canada is thrown away, a third of which is edible at the time it is tossed? Did you know that food waste emits gases that contribute to the greenhouse effect that affects climate change?

Therefore, our 2024 Green Schools goal is to **reduce food waste at school**. We can do this by: choosing portion sizes that we know we can eat, taking unopened/uneaten food back home when possible, and composting appropriately in our classrooms and cafeteria.

Green School leaders will be encouraging these efforts and updating our progress. Stay Green!



## Strait Regional Science Fair

Science Fairs help students develop their critical thinking, problem-solving skills and appreciation for science. Science Fairs can spark a lifelong interest in science, technology, engineering, and mathematics.

The Strait Regional Science Fair will take place this year on April 9, 2024, in Port Hawkesbury, NS. It will be hybrid model again this year with both in-person and virtual judging. The SRCE Science Fair Committee encourages students to begin thinking about completing a project for one of the following categories: Environment, Energy, and Resources; Information Technology and Innovation; Health and Social Sciences; or Discovery. The Strait Regional Centre for Education recognizes the science behind traditional Indigenous Knowledge. A new prize will be awarded this year to a project that shares Indigenous Knowledge about environmental management or relates Indigenous Knowledge to any of the project categories above; or Connects Two-Eyed Seeing to a scientific concept; or is relevant to Indigenous community needs. For more information about the Regional Science Fair, check out the [SRSF website!](#)



### Second Term is here!

Congratulations to all the high school students for working hard through another successful exam term, especially the grade 9s who wrote their first set of exams! The start of a new term is a great time to reflect on the first term and celebrate our successes and identify areas for growth. It is not too late to start practicing habits that will help you be successful and achieve your goals. Some helpful habits include, taking notes in class, organizing course materials, saving assignments and tests to study from, and keeping track of assignment dates and deadlines.

February is a great month to celebrate friendship and self-love. Too often we forget about the importance of self-love. I encourage you and your family to practice some self-love this month. I have included 10 Ways to Love Me for Me activities that you can complete this month at home.

### Growth Mindset

In January students from grade 4-8 learned about Growth Mindset. Growth mindset is a belief that you can get smarter when you work hard, even if something is really challenging, you keep trying. A fixed mindset is a belief that a person can't change their intelligence. People with a fixed mindset may give up more easily and avoid challenging tasks. There are things that we can do to develop a growth mindset. I have included a Parent's Guide to Growth Mindset and 10 Growth Mindset Questions to ask your child from the Big Life Journal.

### This Month...

- Kids in the Know Safety Program – P-5
- Self Confidence Sessions – 6-8
- Zones of Regulation Program – grades P-3 - continued
- Kelso's Problem-Solving Lessons - P-5
- Kelso Kindness Assembly - P-5
- Just Talking Substance Use workshops – Grade 9-12 – delivered by Danya Overmars – Mental Health & Addictions Outreach

**Please see the attachments to guide conversations with your child to promote Growth Mindset:**

- Parent's Guide to a Growth Mindset
- 10 Growth Mindset Questions
- 10 Ways to Love Me for Me



# PARENT'S GUIDE TO A GROWTH MINDSET

## Big Life Journal

[www.biglifejournal.com](http://www.biglifejournal.com)

### PRAISE

FOR:

EFFORT  
STRATEGIES  
PROGRESS  
HARD WORK  
PERSISTENCE

RIISING TO A CHALLENGE  
LEARNING FROM A MISTAKE



NOT FOR:

BEING SMART  
BORN GIFTED  
TALENT  
FIXED ABILITIES  
NOT MAKING MISTAKES

SAY:

"YOU TRIED VERY HARD AND YOU USED THE RIGHT STRATEGY!"  
"WHAT A CREATIVE WAY TO SOLVE THAT PROBLEM."



GROWTH MINDSET

YOU CAN  
GROW YOUR  
INTELLIGENCE

VS

FIXED MINDSET  
YOU CAN'T  
IMPROVE  
NATURAL ABILITIES

YOU WERE  
BORN WITH



FAILURES AND MISTAKES = LEARNING

SAY:

"YOU CAN LEARN FROM YOUR MISTAKES."  
"MISTAKES HELP YOU IMPROVE."  
"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

ASK

"WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"  
"WHAT NEW STRATEGIES DID YOU TRY?"



BRAIN CAN GROW

SAY:

"YOUR BRAIN IS LIKE A MUSCLE. WHEN YOU LEARN, YOUR BRAIN GROWS. THE FEELING OF THIS BEING HARD IS THE FEELING OF YOUR BRAIN GROWING!"



"WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"  
"WHAT DID YOU TRY HARD AT TODAY?"

THE POWER OF "NOT YET"

SAY:

"YOU CAN'T DO IT YET."  
"YOU DON'T KNOW IT YET."  
"BUT IF YOU LEARN AND PRACTICE, YOU WILL!"



RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND OF THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.



BASED ON CAROL DWECK'S BOOK "MINDSET: THE NEW PSYCHOLOGY OF SUCCESS"

# 10 GROWTH MINDSET QUESTIONS

TO ASK YOUR KIDS AT THE DINNER TABLE

1. What did you do today that made you think hard?
2. What challenge or problem have you worked on today?
3. Can you think of something new you tried today? What was it?
4. Was there anything that made you feel stuck today?...  
Great! What other ways might be there to solve this?
5. What did you learn today outside of school?
6. Can you think of a mistake you made today? ... Great!  
How can you use this mistake to do better next time?
7. Is there anything you are struggling with? ... Excellent!  
What new strategies can you try next?
8. Can you think of something you could have done better today?... Great! Who can you seek feedback from to make it better?
9. What would you like to become better at?
10. Did you do anything today that was easy for you? ...  
How can you make this more challenging for you?

Big Life Journal





Start each day with a



Think of 5 things that make me



Hang out with FRIENDS that make me



Remember a time when I was



Be PATIENT with myself



Think about what I like about myself



Spend time doing my FAVORITE hobby

# 10 WAYS to LOVE for Me

Big Life Journal



Feed my body food and drink plenty of water



Think about something I did that makes me PROUD



Give myself a screen break and spend time in