The 2019 provincial theme, Our History is Your History, recognizes the unique story of African Nova Scotians and how this story is interwoven throughout the past, present and future of all Nova Scotians. The theme reminds us that when we all acknowledge and understand the truths of our shared history through awareness, cooperation, dialogue and learning, we will be able to facilitate positive change in Nova Scotia.

This year’s theme also aligns with the United Nations’ International Decade for People of African Descent, commonly known as DPAD, with the goal to strengthen global cooperation in support of people of African descent as they strive for full inclusion in all aspects of society.

Provinces across Canada and countries across the world recognize February as African Heritage Month or Black History Month. This time of the year is very important because it is a time of celebration and reflection on the contribution that African descendants have made to this country and the world.

North Nova Education Centre has also joined in celebrating African Heritage Month with our own theme which is “Celebrating our Culture and Heritage; Say it Loud I am Black and I am Proud”.

We have a number of activities and performances scheduled for the month of February as we celebrate the rich and dynamic history and culture of African descendants.

We kicked things off by participating in the Town of New Glasgow’s Reading & Signing of the African Heritage Month Proclamation. The NNEC African NS Drummers played during the ceremony.

Throughout the month there will be various activities celebrating African Heritage. We will have African Drumming during Spirit Week, performances by Universal Soul, a school wide assembly and other various opportunities in the classroom for students to learn about African Heritage and its importance in our communities.

Pictured here are teachers Emily MacDougall, Shawna-Kay Lawrence & Myla Borden as well as a group photo with the teachers, students and staff who are a part of the Youth African Drumming Ensemble group. We encourage everyone to be part of the celebrations as we embrace diversity.

Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 4</td>
<td>Second Semester Begins - Day 1</td>
</tr>
<tr>
<td>Feb. 7</td>
<td>Student Dance 7:30 to 9:30 pm</td>
</tr>
<tr>
<td>Feb. 18</td>
<td>NO SCHOOL - Heritage Day</td>
</tr>
<tr>
<td>Mar. 18-22</td>
<td>NO SCHOOL - Spring Break</td>
</tr>
<tr>
<td>April 19</td>
<td>NO SCHOOL - Good Friday</td>
</tr>
<tr>
<td>April 22</td>
<td>NO SCHOOL - Easter Monday</td>
</tr>
<tr>
<td>April 25</td>
<td>Parent Teacher Visitation 1 to 3 pm</td>
</tr>
<tr>
<td>April 26</td>
<td>NO SCHOOL - Parent Teacher Visitation 5 to 7 pm</td>
</tr>
<tr>
<td>May 20</td>
<td>NO SCHOOL - Victoria Day</td>
</tr>
<tr>
<td>May 29-31</td>
<td>Student submits completed Exam Exemption Application Form</td>
</tr>
<tr>
<td>June 7</td>
<td>School Posts Exemption List</td>
</tr>
<tr>
<td>June 17</td>
<td>NS Virtual Exams</td>
</tr>
<tr>
<td>June 19-24</td>
<td>Final Examinations</td>
</tr>
<tr>
<td>June 24</td>
<td>Prom</td>
</tr>
<tr>
<td>June 26</td>
<td>NO SCHOOL - Evaluation &amp; Assessment Day</td>
</tr>
<tr>
<td>June 27</td>
<td>NO SCHOOL - Evaluation &amp; Assessment Day</td>
</tr>
<tr>
<td>June 28</td>
<td>Last Day of School - Approx. dismissal time 10:00 am</td>
</tr>
</tbody>
</table>
Report Cards Go Home
February 11th, 2019

Reminder: All fees, textbooks and library books were due January 31st, 2019. Students will be charged replacement costs for any outstanding books. Parents will be notified of the replacement cost and any outstanding fees prior to report card day on February 11th.

Construction Technology
Pictured right are Caleb MacCulloch & Brennan MacDonald. Caleb (left) is building an Arch Bridge in CNT10. Brennan (right) is working on the construction of a different project.

Fitness Leadership
Recently our Fitness Leadership class surprised the learning centre students at the bowling alley for an impromptu unified sport session! Much fun was had as you can see (pictured left) by the photos!

Library Report
Students are reminded that all outstanding library books are overdue and need to be returned to the library as soon as possible.

CCRCE Library Services Teen Reader’s Choice Award top ten titles for 2019 have been released. This years’ top ten titles are:

- The 57 Bus: A True Story of Two Teenagers and the Crime That Changed Their Lives by Dashka Slater
- City of Saints & Thieves by Natalie C. Anderson
- Eliza and Her Monsters by Francesca Zappia
- Far from the Tree by Robin Benway
- Goodbye Days by Jeff Zentner
- The Librarian of Auschwitz by Antonio Iturbe
- Long Way Down by Jason Reynolds
- One of Us Is Lying by Kearen McManus
- The Poet X by Elizabeth Acevedo
- Speak: The Graphic Novel by Laurie Halse Anderson; illus. by Emily Carroll

Check out the TRCA blog at https://ccrsbteenchoice.wordpress.com/ for more information about each title and their authors. Each week a top ten title will be featured on the CCRCE page and all top ten titles are available for check out now in the NNEC library. New this year – each top ten title has their own book mark – be sure to collect them all! Stop by and have a look – read one, read some or read them all and have your say in this years’ TRCA vote.

Beginning in the new semester there are some exiting new titles available. Realistic fiction, mystery, historical and sports fiction, graphic novels, non-fiction, and an anthology of stories, poems and art representing native women are just some of what you will find! Stop in and see what is available, you just might find your new favorite book.
Winter Weather

With January now behind us, we look forward to Spring. The late winter weather is often unpredictable and with each dip in the thermometer we are challenged with the icy roads, snow and freezing rain. For CCRCE schools, winter weather means the potential closure of schools when conditions are considered unsuitable for our students and staff.

Decisions regarding school cancellations are made by 6:30 am or at times mid-day. Cancellations due to weather conditions will be communicated in several ways:

- The "All Schools Open" button on the CCRCE home page (www.ccrce.ca) changes to red. By clicking on the button, you can get closure information specific to your school.
- A message regarding the cancellation is posted to the CCRCE home page under "News"; to the CCRCE Facebook page (www.facebook.com/CCRCE), and to our Twitter feed (@CCRCE_NS).
- Information is sent to all local radio and television stations within CCRCE, including CBC radio in Nova Scotia.

Welcome back to second semester!

The GSA will be starting back up on Wednesdays at lunch. Come join us for some planning and just hanging out in the teen health centre! Things we will be starting to plan for are: Coldest Night walk and Pride week, which takes place in the spring!

Mental Health committee is needing new members. Drop in on Thursdays at lunch to check us out! If you have a mental health initiative you’d like to plan or share, come talk to Kathy, Ms Giles or Mr. Whyte. We would like to start planning for Mental Health week in May.

Anyone interested in taking part in the “Coldest Night” walk, in support of Roots House, please come to one of the above meetings. Let’s support this great cause that helps so many in our community. Together, we can make a difference!

Pictou County Rivers Association
12th Annual Ice-Fishing Derby
Saturday, February 16, 2019
9:00 am until Noon
Registration $5.00/adults Teenagers & Children 12 and under/FREE

Bring your chairs and shelters to enjoy a day of ice fishing for brook & rainbow trout. There is a daily bag limit for of two (2) fish. The holiday weekend of February is the free-fishing weekend in Nova Scotia therefore Derby participants will not require a Nova Scotia fishing license to participate. All other fishing regulations will apply. Prizes & refreshments provided.

If the weather is stormy on Saturday, the PCRA will try to hold the event on Sunday, February 17th. For more information: call Alfred White, Jr., President 902-921-1101 pcra92@gmail.com or Matt Dort, River Coordinator, 902-971-0390.

Winter Weather

With January now behind us, we look forward to Spring. The late winter weather is often unpredictable and with each dip in the thermometer we are challenged with the icy roads, snow and freezing rain. For CCRCE schools, winter weather means the potential closure of schools when conditions are considered unsuitable for our students and staff.

Decisions regarding school cancellations are made by 6:30 am or at times mid-day. Cancellations due to weather conditions will be communicated in several ways:

The “All Schools Open” button on the CCRCE home page (www.ccrce.ca) changes to red. By clicking on the button, you can get closure information specific to your school.

- A message regarding the cancellation is posted to the CCRCE home page under “News”; to the CCRCE Facebook page (www.facebook.com/CCRCE), and to our Twitter feed (@CCRCE_NS).
- Information is sent to all local radio and television stations within CCRCE, including CBC radio in Nova Scotia.

Minister’s Entrepreneurship Award of Excellence

Education and Early Childhood Development has partnered with the Business Education Council to recognize students in grades 6-12 who show an interest in entrepreneurship. Three winners of the Minister’s Entrepreneurship Award of Excellence will receive a $1,000 grant and mentorship to help them start or grow their business.

Have you ever thought about starting your own business? The Minister’s Entrepreneurship Award of Excellence is your chance to show your entrepreneurial spirit and get real-world experience pitching your idea and making it a reality.

Deadline for applications is Feb 26, 2018. Check out this link for more information: http://novascotia.ca/entrepreneuraward/
BEFORE THE TALK: GET THE FACTS

Vaping is not harmless
- Vaping can increase your exposure to harmful chemicals.
- Vaping can lead to nicotine addiction.
- The long-term consequences of vaping are unknown.
- It’s rare, but defective batteries in vaping products have caused fires and explosions.

Risks of nicotine
Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it is known to alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Not all vaping products contain nicotine, but for those that do, the level of nicotine can vary widely. Some mixtures have very low levels, while others can contain more nicotine than in a typical cigarette. Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.

Vaping versus smoking
For smokers, vaping is less harmful than smoking. However, it is not safe for youth to use any nicotine products, including cigarettes and vaping products. If you suspect your child is addicted to nicotine, talk to your healthcare provider.

Vaping liquids
The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine. The long-term safety of inhaling these substances in vaping products is unknown and continues to be assessed.

There is no burning during vaping, instead, the liquid is heated. This process can cause reactions and create new chemicals, such as formaldehyde. Some contaminants, such as metals, might also get into the vaping products and then into the vapour.

Set a positive example
If you use tobacco or vaping products, be honest with your child about the risks, and any regrets, difficulties and health effects resulting from your experience. Talk to your child about when and why you started to smoke/vape and explain how you thought it would make you feel, and how it is affecting your health.

It is never too late to quit smoking. If you are vaping to help you quit smoking, talk to your teen about it. Talk to them about addiction and how hard it can be to quit smoking. And remember, quitting smoking is possible. For free help, visit gosmokefree.gc.ca/quit or call 1-866-366-3667.

START THE CONVERSATION

Find the right moment
Take advantage of situations where you can talk about vaping. It doesn’t have to be formal. For example, when passing a group of teenagers who are vaping, take the opportunity to have a conversation with your teen about it. Discuss the facts and correct any misconceptions.

Be patient and ready to listen
- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a meaningful conversation, not to give a lecture.

Get support
Not sure where to begin? Ask your healthcare provider to talk to your teen about the risks of vaping.

You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counsellors whom you know are aware of the risks of vaping. These supportive adults can help reinforce your message as a parent.

KEEP THE CONVERSATION GOING
Don’t expect to have just one conversation with your child. Odds are you will probably need to talk about the subject many times and in many different places. Whenever you have some time together, you can strike up the conversation again. You will also find that as your child grows, your conversations about vaping will change and reflect their growing maturity, intellectual abilities and the pressures they face. Keep in mind that talking about it can also set the stage for important discussions about tobacco, alcohol, drugs and other risky behaviours.

WORK WITH YOUR CHILD’S SCHOOL
- Confirm that there is no tobacco or vaping product use at school events.
- Ask the principal if the school has a program to educate students about the effects of tobacco and vaping product use.
- Lobby for tobacco and vaping prevention and cessation training for teachers.
- Encourage other parents to get involved in school-based tobac-