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# Halifax Regional Centre for Education Summer 2020

Workshops for Students Grades 2-8

Supportive Counselling / Skill Building for Students Grades P-12



JULY 6- AUGUST 28, 2020

Halifax Regional Centre For Education

[www.hrce.ca](http://www.hrce.ca)

NOVA SCOTIA  
**SchoolsPlus**  
A COLLABORATIVE INTERAGENCY APPROACH TO  
SUPPORTING THE WHOLE CHILD AND FAMILY



**Halifax**  
Regional Centre for Education

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# Summer Workshops for HRCE Students

## Grades 2-8

This summer we invite students in grades 2-8 to join our Schools Plus and Student Services Specialists for fun and engaging virtual summer workshops! Sign up for virtual workshops and meet other friends your age from schools across HRCE.

Each week our teams will meet with children and their same aged peers and use games, conversation, books, movement activities and all kinds of other fun ways to develop their social, emotional, and communication skills.

We have some great virtual activities in our weekly themes for students! For example: Back to School, Going to a New School, Get to Know Me, Learn to Chill, Follow Your Heart with Art, We are all Super Heroes, Let's Be Friends and Summer Fun!

### What do you need to participate in HRCE virtual summer workshops?

- A device that allows your child to connect to their school Google account so they can access Google Meet.
- Complete the online registration form.
- Complete and return our consent for participation form. (We will email this to you once you complete the registration form)
- All workshops are *free* and you can register for multiple weeks.
- Registration is for 1 week and for the same hour each day (either 9-10am, 10:30-11:30am, 12:30-1:30pm or 2:00-3:00pm).
- You can select from one morning session and / or one afternoon session per child
- Workshops are between 40 and 60 minutes long.

### Who is leading the HRCE Virtual Summer Workshop programming?

- Child and Youth Care Practitioners (CYCP)
- Speech-Language Pathologists (SLP)
- Social Workers / Counsellors
- School Psychologists

### Frequently Asked Questions About Virtual Workshops:

Q: Who do I contact if I have questions?

A: Please email [StudentSummerWorkshops@hrce.ca](mailto:StudentSummerWorkshops@hrce.ca) or call (902) 464-2000\_Extension 4362

Q: Where and how do I return the consent form for workshops?

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A: The consent form is a word document. You can type in your child’s name and your signature and date. Please return via email to [StudentSummerWorkshops@hrce.ca](mailto:StudentSummerWorkshops@hrce.ca). You can send as an attachment to the email or take a picture and send.

Q: Are the workshops an online therapy group?

A: No, workshops not a clinical or therapeutic group. The goal of the workshop group is to have fun and remind students of the positive social behaviors that are expected of them in various settings.

Q: Are these workshop groups private?

A: We are using the same Google Meet platform that your child’s teacher uses. We will take precautions to allow only registered children into the online workshop.

Q: Are these workshop groups confidential?

A: These are not therapeutic groups; the nature of these workshops limits the ability to insure that privacy and confidentiality are guaranteed. By registering your child in these social sessions, you are accepting these limitations – these are workshops only.

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# Supportive Counselling and Skill Building for HRCE Students

**Grades P-12 Beginning July 6**

This summer, students in grades P-12 can access HRCE School Psychologists for individual or small group supportive counselling, coaching or skill building sessions. School Psychologists support the development and use of coping skills, organizational skills, and positive peer relationships. These sessions are virtual through our confidential tele-education platform. Consent for Services is explained and obtained before a session begins. The psychologist reviews any exceptions to privacy/confidentiality with the student as part of the informed consent process. Parents/caregivers will also learn how session progress will be communicated. It will be important for participants to have access to a space for private/confidential conversation on this virtual platform. This is determined by the participant and caregiver.

This is not emergency mental health services. If your child is experiencing a mental health crisis, contact:

- Kids Help Phone [1-800-668-6868](tel:1-800-668-6868)

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- Mental Health Mobile Crisis Team (provides intervention and short-term crisis management for children, youth and adults experiencing a mental health crisis) at 902.429.8167 or 1.888.429.8167.
  - DIAL 911
  - Visit your local emergency department
  - In non-emergency situations, School Psychologists can also help you initiate a referral to our SchoolsPlus Program and / or IWK Mental Health and Addictions.

School Psychologists are available for afternoon appointments from 1:00pm – 4:00pm. To schedule an appointment with a school psychologist please contact us at [StudentSummerWorkshops@hrce.ca](mailto:StudentSummerWorkshops@hrce.ca) or call (902) 464-2000 Extension 4362.

### **Frequently Asked Questions About Supportive Counselling and Skills Building:**

Q: Who do I contact if I have non-emergency questions?

A: Please email [StudentSummerWorkshops@hrce.ca](mailto:StudentSummerWorkshops@hrce.ca) or call (902) 464-2000 Extension 4362

Q: Who do I contact if I have an emergency question?

A: See list of services above to contact in an emergency.

Q: Where and how do I return the consent form for School Psychologist?

A: The consent form is a word document. You can type in your child's name, your signature and date. The School psychologist will give you their email address to send the consent form.

Q: Are the sessions with the school psychologist private?

A: Yes. We use the provincial Tele-Education platform called Zoom Education that meets privacy and confidentiality requirements on our end. The student must have a private location on their end as well.

Q: Are the sessions with school psychologists confidential?

A: The psychologist reviews any exceptions to privacy/confidentiality with the student as part of the informed consent process. Confidentiality and consent are reviewed with you when you first speak with the school psychologist.

Q: What do you mean by supportive counselling?

A: Supportive counselling focuses on issues that are best addressed through positive relationships and problem solving support. Supportive counselling is appropriate for students who may have peer/relationship conflicts, under

developed coping skills, low self-esteem, are unsure how to manage stress and require a supportive adult to listen to them and help develop strategies to practice in their daily interactions. Supportive counselling is NOT a replacement for therapy associated with a diagnosed mental health disorder (e.g. trauma focused CBT, therapy for chronic depression/anxiety etc).

Q: What do you mean by skill building sessions?

A: Often, students are recommended to receive direct instruction in skills like organizational strategies, executive functioning strategies, social or emotional regulation or conflict resolution skills. Skill building sessions provide targeted support for the development of identified skills so that a student’s academic or social-emotional functioning improves based on their ability to generalize these learned skills.

# Virtual Summer Workshops for HRCE Students - Registration

**Week of Monday July 6 – Thursday July 9, 2020**

**9-10am OR 10:30 – 11:30am**

**Click link to register: <https://forms.gle/8L4LMshkHiZES4Bs5>**

Grades	Theme	Description
2-3	We Are the Champions	Get ready to participate in some fun, competitive games! Teamwork is all about communicating with each other to get closer to the finish line! This week we will be adding in all sorts of sports including hockey, baseball and soccer just to name a few! Let’s meet new people, play some sports like activities, and most importantly have some fun!
2-3	Chatter Boxes	Engage in fun, student-led discussions to build conversational skills through enjoyable activities such as Pictionary, show and tell, and snack and chat!
4	Grade 4 Book Clubs	These book clubs are intended to bring a group of students together in a social setting centered on reading and story telling. There will be two clubs with the 9:00am session being the Roald Dahl novel, Matilda. Students will read a chapter together, engage in a group discussion based on several reflection questions and then be challenged to read 1 or 2 chapters independently before the next session. The 10:30am group will read several afri-centric stories focusing on local (Nova Scotia) and other historical figures.
5/6	"I'm FEELING it"	Let us learn about feelings and what stresses us out; how it feels, and how to deal with it.

6-8	Get to Know Me	Let's chat about your strengths and what makes you uniquely you! We'll also complete some activities to learn about yourself and all of the things you have to offer!
6-8	Reach for the Stars	It can be challenging to get yourself organized and on task at the best of times, and may be even harder now with so much time spent on independent learning from home. This program will focus on setting goals, getting organized and planning for success. The skills that are explored in this program will help support students now, and in the future, as they learn to practice flexibility, and develop skills for managing their time and emotions. We will talk about reaching for the stars, and making a plan to get there!

### Week of Monday July 6 – Thursday July 9, 2020

12:30 - 1:30pm OR 2:00 – 3:00pm

Click link to register: <https://forms.gle/8L4LMshkHiZES4Bs5>

Grades	Theme	Description
2-3	We are all Superheroes!	Join us for a week of all things superheroes. Get to know your peers and their superpowers while engaging in exciting activities such as, comic book art, show and tell, and a talent show.
2-3	Chit Chat	Engage in fun, student-led discussions and activities such as "Red Light Green Light" and "Storytelling" to build conversational skills. Bring your imagination, your voice and prepare to chat your heart out!
5	Grade 5 Book Clubs	These book clubs are intended to bring a group of students together in a social setting centered on reading and story telling. There will be two clubs with the 2:00pm session being the Suzanne Collins novel, "Hunger Games". Students will read a chapter together, engage in a group discussion based on several reflection questions and then be challenged to read 1 or 2 chapters independently before the next session. The 12:30 pm group will read several Africentric stories focusing on local (Nova Scotia) and other historical figures.
4/5	Super Hero Friendships	Join us for a week of fun targeting how to make strong friendships, winning connections, and have dynamic interactions with your super peers.
6-8	All About Me	How well do you really know yourself? Come learn more about you, your strengths, and what you have to offer! Play virtual games including Kahoot, scattergories, would you rather, strange things on ebay and more!
6-8	Reach for the Stars	It can be challenging to get yourself organized and on task at the best of times, and may be even harder now with so much time spent on independent learning from home. We will focus on setting goals, getting organized and planning for success. The skills that are explored in this program will help support students now, and in the future, as they learn to practice flexibility, and develop skills for managing their time and emotions. We will talk about reaching for the stars, and making a plan to get there!



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## Week of Monday July 13 – Thursday July 16, 2020

9-10am OR 10:30 – 11:30am

Click link to register: <https://forms.gle/FCGfXB4cpoLvkezNA>

Grades	Theme	Description
2-3	Keep Calm and Breathe On	Come join us for a peaceful time to unwind and relax! Let us focus on the moment, learn some yoga moves, connect with our bodies, and breathe in all the good!
2-3	What is Your Super Power?	What makes you, you? Unsure of what makes you special? We all have it in us, let's find out! Share your super powers with the group and even uncover some new ones, while participating in some different fun activities and games.
4 /5	You have a friend in me!	Focus on what makes a good friend, how to say sorry, self-esteem and social justice. We will do fun stuff around communication, solving problems, and being safe on the internet.
5/6	Be a leader, join the community	Come explore what it takes to be a community leader through games, activities, and chat. You have this!
6-8	Mindfulness and other on-the-go exercises	Let's learn about how to keep your cool, some relaxation techniques, and other things you can try when you're in a pinch!
6-8	Self-Care Genius	Do you know what you need to do in order to take care of yourself? Become skilled in taking care of you! Self-care is any activity that we do, intentionally, in order to take care of our emotional, physical, and mental health. We will explore types of self-care through playing games, do it yourself projects and having fun! You will learn ways to refuel yourself, chill, cope with worry, and get a head start on handling the teenage years.

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## Week of Monday July 13 – Thursday July 16, 2020

12:30 - 1:30pm OR 2:00 – 3:00pm

Click link to register: <https://forms.gle/FCGfXB4cpoLvkezNA>

Grades	Theme	Description
2-3	Shake It Out!	Let us get our bodies moving! Come join us for a week of afternoon fitness fun! We will be moving our bodies with dancing, exercises and awesome games! You will not want to miss all this fun!
2-3	Superhero Training	Build confidence, develop your strengths, and discover your own super powers through fun superhero themed games and activities. Get your capes and masks ready for a week of super fun!
4/5	Good friend and caring citizen!	Open talk about our community, the environment, how to care for our neighbors and our schools.
5/6	Book Bonanza	Let us have fun with words, learn some joke telling skills, and enjoy some word games with our friends!

6-8	Learning to Chill	Learn about relaxation, keeping your cool, and other things you can do in a pinch!
6-8	Self-Care Genius	Do you know what you need to do in order to take care of yourself? Become skilled in taking care of you! Self-care is any activity that we do, intentionally, in order to take care of our emotional, physical, and mental health. We will explore types of self-care through playing games, do it yourself projects and having fun! You will learn ways to refuel yourself, chill, cope with worry, and get a head start on handling the teenage years.

### Week of Monday August 17 – Thursday August 20, 2020

Children attend both morning workshops: 9-10am AND 10:30 – 11:30am. There is an offline break from 10-10:30am.

Click the link to register: <https://forms.gle/jUuwyxw81PB1zZDD6>

Grades	Theme	Description
4-5	Off to a New School – Level Up Workshops!	Workshops for students at Bedford South and Basinview Elementary who will be attending Rocky Lake Elementary in the Fall.
5-6	Off to a New School – Level Up Workshops!	Workshops for students at Ash Lee Jefferson, Holland Road, Waverley Memorial, Oldfield who will be attending Georges P Vanier School in the Fall.
5-6	Off to a New School – Level Up Workshops!	Workshops for students at BBK and BBM who will be attending HT Barrett School in the Fall.
5-6	Off to a New School – Level Up Workshops!	Workshops for students at St. Margaret’s Bay Elementary and Tantallon Senior who will be attending Five Bridges School in the Fall.
6	Off to a New School – Level Up Workshops!	Workshops for students at Chebucto Heights and Central Spryfield who will be attending Junior High School in the Fall.
6	Off to a New School – Level Up Workshops!	Workshops for students at John MacNeil Elementary and Harbourview Elementary who will be attending John Martin Junior High in the Fall.

### Week of Monday August 17 – Thursday August 20, 2020

Both workshops this afternoon are the same. Children from any HRCE school in grades 3-8 who would like to participate will attend 1 workshop at the same time on Monday-Thursday this week. Workshops are at 12:30 – 1:30pm OR 2-3pm

Click the link to register: <https://forms.gle/jUuwyxw81PB1zZDD6>

Grade for 20-21	Theme	Description
3	Back to School	Join us for a session designed to motivate students to start thinking about and get excited for their journey back to school!! In this group, we will tackle



		strategies for confidence in returning to the classroom, engage in play-based activities to reignite social skills and have open dialogue for any questions students may have surrounding routine and their transition back to school.
4	Back to School	Join us for a session designed to motivate students to start thinking about and get excited for their journey back to school! In this group, we will tackle strategies for confidence in returning to the classroom, engage in play-based activities to reignite social skills and have open dialogue for any questions students may have surrounding routine and their transition back to school.
5	Back to School	Join us for a session designed to motivate students to start thinking about and get excited for their journey back to school! In this group, we will tackle strategies for confidence in returning to the classroom, engage in play-based activities to reignite social skills and have open dialogue for any questions students may have surrounding routine and their transition back to school.
6	Back to School	Join us for a session designed to motivate students to start thinking about and get excited for their journey back to school! In this group, we will tackle strategies for confidence in returning to the classroom, engage in play-based activities to reignite social skills and have open dialogue for any questions students may have surrounding routine and their transition back to school.
7	Back to School	Join us for a session designed to motivate students to start thinking about and get excited for their journey back to school! In this group, we will tackle strategies for confidence in returning to the classroom, engage in play-based activities to reignite social skills and have open dialogue for any questions students may have surrounding routine and their transition back to school.
8	Back to School	Join us for a session designed to motivate students to start thinking about and get excited for their journey back to school! In this group, we will tackle strategies for confidence in returning to the classroom, engage in play-based activities to reignite social skills and have open dialogue for any questions students may have surrounding routine and their transition back to school.

### Week of Monday August 24 – Thursday August 27, 2020

Children attend both morning workshops: 9-10am AND 10:30 – 11:30am. There is an offline break from 10-10:30am.

Click the link to register: <https://forms.gle/s2PZamthTxKR732D8>

Grades	Theme	Description
6	Off to a New School – Level Up Workshops!	Workshops for students at MVEC, Dutch and Upper Musquodoboit Elementary who will be attending Musquodoboit Rural in the Fall.
6	Off to a New School – Level Up Workshops!	Workshops for students at Joe Howe Elementary and St. Joseph’s A MacKay who will be attending Junior High School in the Fall.
6	Off to a New School – Level Up Workshops!	Workshops for students at St. Catherine’s and St. Stephens who will be attending Junior High School in the Fall.
6	Off to a New School – Level Up Workshops!	Workshops for students at Porters Lake and O’Connell Drive who will be attending Gaetz Brook in the Fall.
6	Off to a New School – Level Up Workshops!	Workshops for students at Nelson Whynder and Ross Road who will be attending Junior High School in the Fall.

6	Off to a New School – Level Up Workshops!	Workshops for students at Harry R Hamilton, Sackville Heights Elem, and Millwood Elem who will be attending Sackville Heights Junior High School in the Fall.
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### Week of Monday August 24 – Thursday August 27, 2020

Both workshops this afternoon are the same. Children from any HRCE school in grades 3-8 who would like to participate will attend 1 workshop at the same time on Monday-Thursday this week. Workshops are at 12:30 – 1:30pm OR 2-3pm

Click the link to register: <https://forms.gle/s2PZamthTxKR732D8>

Grade in 20-21	Theme	Description
3	Back to School	Join us for a session designed to motivate students to start thinking about and get excited for their journey back to school! In this group, we will tackle strategies for confidence in returning to the classroom, engage in play-based activities to reignite social skills and have open dialogue for any questions students may have surrounding routine and their transition back to school.
4	Back to School	Join us for a session designed to motivate students to start thinking about and get excited for their journey back to school! In this group, we will tackle strategies for confidence in returning to the classroom, engage in play-based activities to reignite social skills and have open dialogue for any questions students may have surrounding routine and their transition back to school.
5	Back to School	Join us for a session designed to motivate students to start thinking about and get excited for their journey back to school! In this group, we will tackle strategies for confidence in returning to the classroom, engage in play-based activities to reignite social skills and have open dialogue for any questions students may have surrounding routine and their transition back to school.
6	Back to School	Join us for a session designed to motivate students to start thinking about and get excited for their journey back to school! In this group, we will tackle strategies for confidence in returning to the classroom, engage in play-based activities to reignite social skills and have open dialogue for any questions students may have surrounding routine and their transition back to school.
7	Back to School	Join us for a session designed to motivate students to start thinking about and get excited for their journey back to school! In this group, we will tackle strategies for confidence in returning to the classroom, engage in play-based activities to reignite social skills and have open dialogue for any questions students may have surrounding routine and their transition back to school.
8	Back to School	Join us for a session designed to motivate students to start thinking about and get excited for their journey back to school! In this group, we will tackle strategies for confidence in returning to the classroom, engage in play-based activities to reignite social skills and have open dialogue for any questions students may have surrounding routine and their transition back to school.