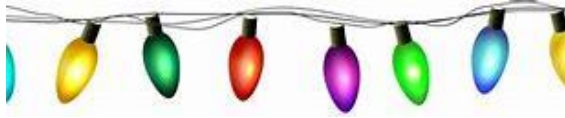


RICHMOND EDUCATION CENTRE/ACADEMY

December NEWS 2023

PRINCIPAL'S MESSAGE:



Welcome to December!!

We had a busy November, with report cards and parent-teacher conferences. Reminder to any parent/guardian who hasn't already made their way onto the Parent Portal that you can contact Shelley at the office and get yourself set up anytime!

We have lots of great activities happening in December-our craft fair on December 5th-where members of our sports teams will be assisting vendors and customers with setting up displays and carrying all your goodies to your vehicles. Please come out and support our local vendors, our school breakfast program and families at Christmas.



Richmond County Recreation Department is graciously offering a free skate for all of our students 😊 This will take place on December 19th. Permission forms will be sent out closer to the date.

Students in gr. 5-8 are excited to be participating in LEGO Club at recess as well as after school Music Café. Our newest club is the Board Game Café, which is happening at lunchtime. So many wonderful opportunities for students to

enjoy a variety of activities! Thank you to all of our volunteers.

On behalf of the staff at RECA, we wish everyone a peaceful and restful holiday season.

Sincerely,

Lisette MacDonald, Principal



One of the main benefits of the Fresh Food Cart Program is to provide more access to vegetables and fruits to help build lifelong health habits. We know from research that having access to healthy food at schools has many benefits for student well-being and achievement. Fresh Food Cart is a great addition to our school cafeteria as it:

- enables students to make their own food choices;
- offers a variety of foods and encourages students to try new foods;
- can help reduce food waste;
- creates a positive, supportive environment; and
- is fun and tastes great!

The Fresh Food Cart will be offered at \$4 to offer students a healthy meal at an affordable price. Parents/guardians are encouraged to submit online ordering as normal. The menu will include Taco Tuesdays, spaghetti and loaded baked potatoes with chili.

We are very excited to offer this opportunity for-students.

Sincerely,

Scott Goyetche, Mackenzie Wright and the Health Promoting Schools Team
E: hps@srce.ca

Absences and Student Sign-In/Out

If you are picking up your child, please come to the office and sign them out. Shelley/Karen will call them down to the office when you arrive.

If your child is sick/absent, please email RECA.office@srce.ca to report the absence or call 902-345-4949

Guidance News



GRADE 5-8: YOUR SCHOOL GUIDANCE COUNSELLOR

Sometimes our children become overwhelmed. There are benefits of mindfulness for kids:

1. Increased focus, attention, self-control, classroom participation, compassion.
2. Improved academic performance, ability to resolve conflict, overall well-being.

What are the 4 mindfulness techniques?

Next time you find your mind racing with stress, try the acronym S.T.O.P.:



- S – Stop what you are doing, put things down for a minute.
 - T – Take a breath. ...
 - O – Observe your thoughts, feelings, and emotions. ...
- P – Proceed with something that will support you in the moment.

GRADE 9-12: STARTING THE APPLICATION PROCESS

We are more than halfway through the first semester which means that exams will creep up on you quickly when we return from break. If you are having difficulties, be sure to reach out to your teachers. Do NOT wait until the last minute!

Students have already started looking at making course changes for second semester. It is always best to do that sooner rather than



later.

TRANSCRIPTS: A reminder that any students who need transcripts MUST order

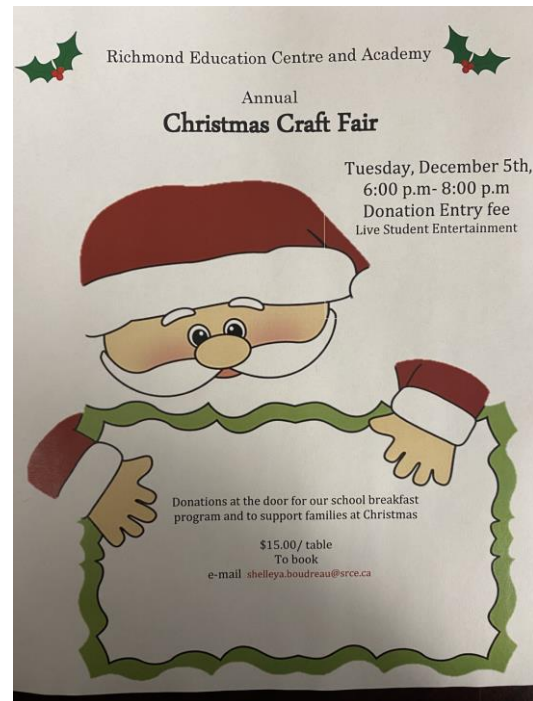
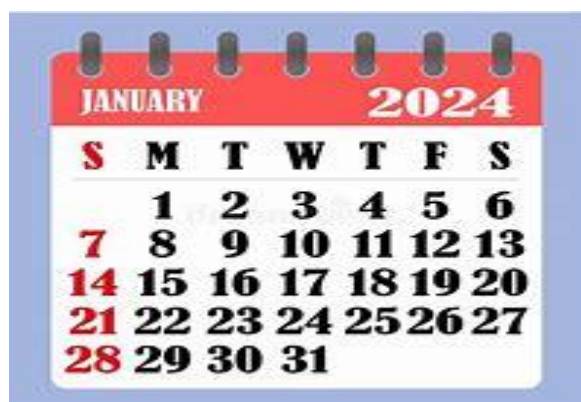
RECA News**December, 2023**

them in the Guidance Office as soon as they know they need them. We can email or fax them, however it is the student's responsibility to confirm that the institution received it.

As the school year progresses, please feel free to contact the guidance counsellors at the school if you have any questions or concerns. You can reach guidance at (902)345-4949 or by email: denise.chiasson@srce.ca

Important Dates to Remember:

- December 5th Craft Fair
- December 7th Turkey Dinner (free!!)
- December 19th Skating
 12:30-1:30 gr. 5-8
 1:30- 2:30 gr. 9-12
- Last Day before break DECEMBER 20th
- Students return JANUARY 2nd



Please contact the school if you have any questions/comments or concerns:

902-345-4949

RECA.office@srce.ca

Lisette.macdonald@srce.ca

Robert.macdonald@srce.ca