

May 2023

South Woodside Elementary School

5 Everette Street, Dartmouth, NS B2W 1G2 Tel: 902-464-2090

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Website: <http://swes.hrce.ca>

Safe Arrival: 1-833-582-6940

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From Mrs. Haase MacLeod & Mrs. Greenwood

Thank you to Barbara Adams for making our school swimming trip possible through funds donated from the Music for Mental Health event! Thank you to all the volunteers and families for your support as well.

Any children turning 4 by the end of December are eligible to register for Pre-Primary and those turning 5 by the end of December are eligible to register for Grade Primary. **Information about registration can be found at <https://www.hrce.ca/registration> .**

Upcoming Events

May 5th – Red dress/red shirt day to honour missing and murdered Indigenous Women and Girls

May 8th – General EXCEL registration opens, South Woodside Community Association meeting 7pm

May 15th – Black Excellence Day

May 15th-23rd – Grade 3 Provincial Assessment

May 22nd – Victoria Day (No classes)

June 28th – Gr. 6 Celebration

June 29th – Assessment Day (No classes)

June 30th – Last day of school

EXCEL registration

The EXCEL program is a recreation-based, fee-for-service before and after school program run by the Halifax Regional Centre for Education, offering before and after school care for elementary-aged children.

At each school site, the dedicated and qualified staffing teams plan weekly games and activities that suit the needs and interests of the registered students. These individual plans are framed around EXCEL's overall philosophy which is focused on physical activity and positive social interaction in a safe and fun environment.

Highlights of our program include:

- EXCEL offers both structured and unstructured activities each afternoon.
- EXCEL provides a minimum of 45 minutes of structured physical activity every day.
- EXCEL offers outdoor physically active play opportunities each day, weather permitting.
- EXCEL provides an opportunity for individual choice in programming each day.
- EXCEL brings in our own special guest presenters and external programmers.
- EXCEL offers P.A.L.S. Playground Activity Leaders in Schools for participants in Grades 4-6.
- EXCEL offers HRQ/Gym (Homework/Reading/Quiet Time/Gym) time each afternoon from 5:30 to 6:00 pm enabling those who wish to complete homework the opportunity to do so.
- EXCEL is a "High Five" registered organization.

Registration for returning children began April 24 and registration for new EXCEL participants will begin on May 8. [Click here](#) for more information.

Registration for returning EXCEL participants begins April 24

Registration for new EXCEL participants begins May 8

Halifax Regional Centre for Education

RECREATION-BASED, FEE-FOR-SERVICE BEFORE AND AFTER SCHOOL PROGRAM RUN BY HRCE

2023-24 EXCEL REGISTRATION

Finish the year off strong with Homework Hub!

- **GNSPES Access**
Easy access to online resources and tutoring through your GNSPES account (gnspes.ca) by clicking on the Nova Scotia Homework Hub icon.
- **24/7 Access**
Anytime access to video tutorials, practice questions and vocabulary review.
- **Bilingual Tutors**
Tutors available for students in:
 - Grade 7-12 on school nights 5:30 to 9:30 p.m.
 - Grade 4-5 Monday, Tuesday and Wednesday 5:30 to 6:30 p.m.

Find the Homework Hub at gnspes.ca or call 1-888-444-6607

Halifax Regional Centre for Education

DID YOU KNOW?

The Technology Integration Leadership Team (TILT) supports technology integration & has visited more than 400 classrooms this year!

Learn more at tilt.hrce.ca and follow along on Twitter @TILTHRCE



Is your child interested in trying soccer? Join UDFC Sunday, May 7th to try out our Mini Program.

This is a free soccer event open to all children ages 2-8!

This event will be taking place in the East Coast Varsity Dome (10 Poseidon Ct, Dartmouth, NS B2Y 4T9). Players should wear athletic clothes, sneakers or cleats, and bring a water bottle. Any questions about the event can be sent to gracej@udfc.ca.

Date: Sunday May 7th
Time: U3-U5 (9AM-10AM), U6-U8 (10AM-11AM)
Location: East Coast Varsity Dome
Contact: gracej@udfc.ca
REGISTER [HERE](#).

Dartmouth Food Calendar - May

Food Banks		Meals	Programs	
Dartmouth Community Fridge Accessible 24/7 61 Dundas Street (Christ Church outdoors by food bank)	Demetrious Lane Food Bank Second Wednesday of each month, by appointment 12 Canso Lane (902) 407-5557	Margaret's House/Feeding Others of Dartmouth Take-away meals Mondays-Fridays, 11:30am-12:30pm 43 Wentworth Drive (902) 464-2919	Square Roots Produce Bundles Every two weeks. Next one, week of: May 1 Follow Tony Mancini on Facebook for sign-up page. Sign up page is updated closer to the program's date.	Food Demo The North Grove Wednesdays, 11am-12pm 6 Primrose Street (902) 464-8234 to register
Salvation Army Food Bank Tuesdays, 1-3pm by appointment 946 Main Street (902) 466-6176	Dartmouth North Christian Food Bank Thursdays, 9:30am-12pm 27 Farrell Street (902) 466-2475	The North Grove Family Supper Mondays*, 5:30-6:30pm *closed on Monday, May 22 6 Primrose Street (902) 464-8234	Youth Cooks The North Grove Tuesdays, 3:30-5:30pm Begins May 9 6 Primrose Street (902) 464-8234 to register	Crafts & Coffee: Earrings Dartmouth North Public Library Wednesday, May 31 6-7:30pm 105 Highfield Park Drive (902) 490-5840 to register
St. James United Food Bank Every other Tuesday 181 Portland Street (902) 464-8852	Christ Church Thursdays, 8am-10am & Wednesdays, 5:30-6:30pm 61 Dundas Street (902) 466-4354	The North Grove Community Lunch Tuesdays, 12-1pm 6 Primrose Street (902) 464-8234	Newcomer Cooking Club Dartmouth North Public Library Tuesdays, 5-7pm 105 Highfield Park Drive (902) 490-5840 to register	Seniors Coffee House Saturday, May 6 Dartmouth Seniors Service Centre 10am-1pm 45 Ochterloney Street
Cole Harbour Woodside United Church Food Bank 1 st and 3 rd Tuesday of each month, 1-3pm 15 Bissett Road (902) 434-7714	East Dartmouth Christian Food Bank Thursdays, 8am-11am 51 Woodlawn Road (902) 434-5819	The North Grove Drop-In Breakfast Wednesdays, 9-10:30am 6 Primrose Street (902) 464-8234	Pizza and Programming (for parents with young kids) The North Grove Wednesday, May 24, 5-6:30pm 6 Primrose Street (902) 464-8234 to register	
North Dartmouth Outreach Resource Centre (NDORC) Wednesdays, 8:30-10am 44 Hester Street (902) 469-2188		Dartmouth Seventh Day Adventist Church Supper & Dessert Wednesdays, 5:30-6:30pm, while supplies last 35 Lakecrest Drive	Family Playgroup The North Grove Wednesdays, 10-11:30am 6 Primrose Street (902) 464-8234 to register	
		The North Grove Café Drop-In Fridays, 10-11:30am 6 Primrose Street (902) 464-8234		
		Alderney Gate Public Library "Community Cafe" (features light breakfast) While supplies last Fridays, 10:30am-11:30am (902) 490-5745		

May 2023

Monday

Tuesday

Wednesday

Thursday

Friday

1
10-11:00 John Martin Youth
3-4:00 Volunteer Info Session
5:30-6:30 Family Supper

2 10-11:00 John Martin Youth
10-11:30 Coffee Talk
12-1:00 Community Lunch
1:30-3 Baby & Me/Well Baby
6-7:30 Scratching the Surface

3 9-10:30 Drop-in Breakfast
9:30-10:30 Acupuncture Clinic
10-11:30 Family Playgroup
11-12:00 Food Demo
5:00-6:30 Arts Night Out

4
9:30-11:30 Time for Me
10-11:30 Walk and Talk
1:30-3:30 Meal Kit Prep

5
10-11:30 Good Food Market & Café Drop-in

8
10-11:30 Picky Eaters
2-3:00 John Martin Youth
5-7:00 Garden Drop-In
5:30-6:30 Family Supper

9 10-11:30 Incredible Years(1)
12-1:00 Community Lunch
1:30-3 Baby & Me
3:30-5:30 Youth Cooks Program(1)
6-9:00 NSCC and Sobey Award Program Info Session

10 9-10:30 Drop-in Breakfast
9:30-10:30 Acupuncture Clinic
10-11:30 Family Playgroup
10-12:00 BFEC Youth program
11-12:00 Food Demo
6-8:00 Salon Talks

11
10-11:30 Pre-Primary Cooking Program at Harbourview
1:30-3:30 Meal Kit Prep

12
10-11:30 Good Food Market & Café Drop-in
1-2:00 Mother's Day Tea 

15 10-11:30 Special Time
1-2:00 John Martin Youth
5:30-6:30 Family Supper
5:30-6:30 Plotters Meal

16 10-11:30 Incredible Years(2)
12-1:00 Community Lunch
1:30-3 Baby & Me/Well Baby
3:30-5:30 Youth Cooks Program(2)

17 9-10:30 Drop-in Breakfast
9:30-10:30 Acupuncture Clinic
10-11:30 Family Playgroup
11-12:00 Food Demo

18
10-11:30 Food & Families
1:30-3:30 Meal Kit Prep
4:30-6 North Grove Campers

19
10-11:30 Good Food Market & Café Drop-in
10-11:30 PJ Connects

22


23 10-11:30 Incredible Years(3)
12-1:00 Community Lunch
1:30-3 Baby & Me

24 9-10:30 Drop-in Breakfast
9:30-10:30 Acupuncture Clinic
10-11:30 Family Playgroup
10-12:00 BFEC Youth Program
11-12:00 Food Demo
5-6:30 Pizza and Programming

25
10-11:30 Pre-Primary Cooking Program at Harbourview
10-11:30 Walk and Talk
1:30-3:30 Meal Kit Prep


26
10-11:30 Good Food Market & Café Drop-in
1-3:30 Primrose Preserves

29
10-11:30 Co-parenting
5:30-6:30 Gardening 101
5:30-6:30 Family Supper

30 10-11:30 Incredible Years(4)
12-1:00 Community Lunch
1:30-3 Baby & Me/Well Baby
3:30-5:30 Youth Cooks Program(3)

31
9-10:30 Drop-in Breakfast
9:30-10:30 Acupuncture Clinic
10-11:30 Family Playgroup
11-12:00 Food Demo

Legal Aid Navigator
Wednesdays May 3, 10, 17, 24,
from 10-11:30 by appointment only
Assistance with Legal Aid applications for and accessing information and support for family law and child protection issues.

Welcome Housing Drop In 
Wednesdays, May 3, 10, 17, 24, 31
9-10:30
If you are homeless or at risk of homelessness and need support, come chat with the Welcome Housing staff during breakfast.

Picky Eaters

Monday, May 8
10:00-11:30am

Picky eating during childhood is 100% normal and often frustrating for parents. Join us to discuss challenges and share tips to encourage healthy eating.

Special Time

Monday, May 15
10:00-11:30am

Join us to explore why spending quality time with your child is so important and the difference it can make in your relationship.

Co-Parenting

Monday, May 29
10:00-11:30am

Co-parenting presents many challenges and with the right strategies you can create a healthy and effective co-parenting relationship. Join us to discuss co-parenting and strategies.

Pizza and Programming

(for parents with young children)
Wednesday, May 24
5:00-6:30pm

Join the family programs team to talk about ideas for family programming and enjoy pizza.

The Incredible Years Program

(for parents with 3-6 year olds)
Tuesday, May 9, 16, 23, 30
10-11:30 am

This 8-week program focuses on improving your child's social and emotional skills and reducing behavior problems.

Please call 902 464-8234 to join our interest list and ask about childcare.

Mother's Day Tea

Friday, May 12
1:00-2:00pm



In honour of Mother's Day, we are hosting an afternoon tea to celebrate all the mothers and mother figures in our lives. For "mothers" of all ages. Please call to join our interest list.

Farm Season Opener

Saturday, June 3
12:00-2:00pm



Join us to celebrate the start of the farm season. Let's gather together to share good food and great music on our beautiful community farm.

Community Acupuncture Clinic

Wednesday, May 3, 10, 17, 24, 31, 9:30-10:30am



This six week clinic is for treating all acute & chronic pain, arthritis, migraines, period pain, as well stress and mood related disorders such as sleep issues, and anxiety.

The only areas needled are the hands, feet, and ears so there is no need to undress or lie down Everyone will be treated whilst seated in a community setting.

Please call for an appointment.

How to register



Call us at 902-464-8234 ext. 0 to go on a program's interest list. We will notify you if there is a space for you to attend. Meals, Drop-in programs and the Good Food Market do not require registration.



May 2023



Garden Drop-in

Monday, May 8
5-7:00pm

Drop by the farm to get advice from our farm team about your garden.

Plotter Meal

(for those with garden plots)
Monday, May 15
5:30-6:30pm

Join us for a meal and to socialize with other community gardeners

Gardening 101

(open to all)
Monday, May 29
5:30-6:30pm



Join us to learn tips and tricks for starting your own vegetable garden. Childcare is available.

Youth Cooks Program (13-15 yrs)

Tuesday, May 9, 16, 30, June 4
3:30-5:30pm

A 4-week cooking program just for youth! Come grow your culinary skills and enjoy food through fun cooking projects.

NSCC and the Sobey Award Program

Tuesday, May 9
6-7:00pm



Come learn about Nova Scotia Community College programs and the awards and bursaries available for students. The session will be led by Tyree Haley from NSCC who will discuss the Sobey's Award Program and tell you how to apply to NSCC.

Salon Talks

Wednesday, May 10
6-8:00pm

This is a safe space for Black women to uplift and empower each other through open and honest conversations about mental health. Come join us for a relaxing self-care experience; enjoy a free manicure and meaningful connections. Please email vanessa.thomas@nshealth.ca to register.

Scratching the Surface

Tuesday, May 2
6-7:30pm



The North Grove is pleased to be hosting a screening of Guyleigh Johnson's short film "Scratching the Surface," a film about mental health in African Nova Scotian communities. There will be a panel discussion afterwards, with a Question and Answer discussion. Please call 902-464-8234 ext. 0 to register.