

Newsletter



**Centres of
Excellence**
PARTNERS IN EDUCATION

EASTER FUN WITH SHANNEX AND THE COE FOR HEALTH

The COE for Health was thrilled to connect Shannex nursing home residents with 90 students from Gibson Neill Elementary for an Easter event. Over 60 residents of Neill Hall enjoyed hiding eggs in the courtyard and watching students hunt for them from the windows of the home. The students brought homemade Easter cards to give to the residents to thank them for the Easter activity and treats. We hope that events like this can help familiarize students with the nursing home environment and raise awareness about careers in long-term care.



"What an amazing experience! Very touching. We are looking forward to walking down again and maybe having lunch on the grass and delivering more mail. Looking forward to many more experiences with our friends from Shannex! Thank you!"

Mrs. Hoyt and class

HOW TO ENGAGE WITH THE CENTRES OF EXCELLENCE

- **COE Website** – Includes classroom activities, live events, experiential learning opportunities, career pathway information, and speaker series videos.
- **COE Newsletter** – Sent directly to your inbox on the last week of each month. It includes information about upcoming events, announcements, and stories from the Centres!
- **Twitter** - [@NBCOE](https://twitter.com/NBCOE)
- **Connect directly** with a COE Lead for collaboration and support, sign up for our mailing lists, or email COE@gnb.ca with your questions.



NBIF Innovation Challenge Winner – Congratulations to Kevin Cornell from Riverview Middle School (pictured) for winning the challenge with his submission.

EASTER FUN WITH SHANNEX AND THE COE FOR HEALTH

HOW TO ENGAGE WITH THE CENTRES OF EXCELLENCE

CENTRE OF EXCELLENCE FOR ENERGY

CENTRE OF EXCELLENCE FOR HEALTH

CENTRE OF EXCELLENCE FOR ENTREPRENEURSHIP

CONTACT THE COE LEADS

New Brunswick
Nouveau Brunswick

FUTURE
WABANAKI



FUTURE NB

CENTRES OF EXCELLENCE FOR ENERGY



STUDENT VISIT TO BELLEDUNE GENERATING STATION

Students from Bathurst High School attended a tour of the Belledune Generating Station this month with the COE for Energy, learning about the generating process and career pathways in the energy sector.



STUDENT VISIT TO NBCC SAINT JOHN'S SCHOOL OF ENGINEERING AND TECHNOLOGY

Students from Bayside Middle School and Barnhill Memorial School explored some of the labs at NBCC Saint John's School of Engineering Technology with the COE for Energy.



TEACHERS – WIN AN OUTDOOR EDUCATION RESOURCE FOR YOUR CLASSROOM!

Do you want to win an outdoor learning kit for educators? Send an email to COE@gnb.ca describing your favorite activity to do with students outdoors (pictures are optional but encouraged). All submissions will be entered into a draw to win a kit which includes: an outdoor sit pad, a recycled and weatherproof clipboard, a field journal with waterproof paper, a teacher resource titled “Dirty Teaching: A Beginner’s Guide to Learning Outdoors”, a teacher resource titled “A Walking Curriculum: Evoking Wonder and Developing a Sense of Place”, and a basic backpack made from recycled pop bottles! We look forward to hearing from you!



ENERGY SECTOR CATALOGUE CREATED

The Atlantica Centre for Energy has created a Resource Catalogue for Earth Day 2022 to raise awareness of all components enabling Atlantic Canada’s Energy Transition to a net-zero future.



The catalogue showcases Atlantic Canada’s energy infrastructure and highlights the region’s goals, plans, and advances in reducing greenhouse gas emissions with innovative clean-energy technology. Resources range from videos to articles, websites, and more!

[Explore this catalogue](#) to expand your knowledge of what Atlantic Canada’s energy sector is doing to enable our transition to a more sustainable future.

DID YOU KNOW?

While most power outages don’t last long, it is important to be prepared with an emergency plan. Do your student’s families have a 72 hour emergency kit? See NB Power’s Website for an emergency kit checklist: [Storm Preparation](https://www.nbpower.com/storm-preparation) ([nbpower.com](https://www.nbpower.com)).





THE COE FOR HEALTH IS CELEBRATING MENTAL HEALTH MONTH IN MAY

The COE for Health and the HORIZON NB Healthy Learners Program have collaborated to offer the following Mental Health information for teachers and staff in New Brunswick.

Adolescent mental health is an important focus for educators; recent data demonstrates the need for ongoing support and education for youth in the area of mental health. In New Brunswick, only 23% of students in grades 6-12 reported having high levels of mental fitness with 77% reporting low to moderate levels. Additionally, 30% of youth reported needing help for a mental or emotional problem in the last 12 months. 70 % indicated that they were uncomfortable going for help and 22% reported that they did not know where to go for help. (New Brunswick Health Council; NB Student Wellness Survey Grades 6-12 2018-2019).

WHAT IS POSITIVE MENTAL HEALTH?

Traditionally, mental health was defined by the presence or absence of mental health problems. Recent research indicates that individual strengths also impact our ability to enjoy life, work through challenges, get along with others, and experience emotional wellbeing. The phrase Positive Mental Health has been used to describe this strength-based approach.

Positive Mental Health is in part dependent upon our ability to meet three psychological needs: (1) relatedness refers to the need to belong and connect with others, (2) autonomy is the need for personal freedom to make choices and control our own behavior, and (3) competence is the need to feel that we have strengths and abilities that are recognized.

Practical tips to promote positive mental health for students:

- Strong supportive relationships are foundational to promoting mental health in youth. Check-in regularly and encourage students to express thoughts and feelings. Demonstrate acceptance and ask questions to clarify understanding.
- Help students discover their unique strengths and abilities. Provide opportunities to develop skills and work to their potential.
- Provide choice when possible.
- Facilitate the development of problem-solving skills.
- Encourage students to pursue interests and hobbies.
- Communicate positively.
- Celebrate achievements and praise efforts.
- Incorporate instruction regarding relaxation techniques and emotional management.
- Encourage daily physical activity, healthy eating, and regular sleep.



For more information, see The Pan-Canadian Joint Consortium for School Health, by visiting <http://www.jcsh-cces.ca/en/resources/jcsh-priorities/#pmh>.

VIRTUAL LEARNING SESSIONS FOR TEACHERS AND STUDENTS

Virtual teacher professional learning sessions and classes for students will be offered during the month of May on the [NEW COE for Health website](#). Please see the list of upcoming events in this newsletter, visit the site for information and links, or reach out to the COE for Health with questions or feedback.



MENTAL HEALTH MONTH ROADMAP

Visit centresofexcellencenb.ca - COE for HEALTH
for session links and information

**MAY
2022**



10th

Hope for the Future - Tricia Berry

10:30 - 11am and 1:30-2pm

Audience: Middle and High School Students

11th

**Trauma and Covid
through a Teenager's
Lens - Sophia Abbass**

10:30 - 11am and 1:30-2pm

Audience: Middle and High
School Students

17th

Farming for Mental Health - John Fletcher

3:45-4:30pm

Audience: Teachers / School Staff

18th

Using CBT-I Strategies for Better Sleep -

Michael Leblanc

3:45 - 4:30pm

Audience: Teachers / School Staff

19th

**Using Restorative Circles
in the Classroom - Jessica
Bellis and Christine
Morgan-Ahearn**

3:45 - 4:30pm

Audience - Teachers / School Staff

24th

Living for Mindfulness -

Blair Abbais

10:30 - 11:00am

Audience: Middle and High
School Students

25th

**Mindfulness and Breathing Techniques
You Can Do At Your Desk! - Kathy Szo
and COE Lead Daneen Dymond**

10:30 - 11:00am

Audience: Elementary Students (K-5)

26th

**Mindful Movement to
Replenish the Body and
Mind - Jenny Kierstead**

4:00 - 5:00pm

Audience - Teachers / School
Staff



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UPCOMING EVENTS

CENTRES OF EXCELLENCE FOR ENTREPRENEURSHIP



FINANCIAL LITERACY PRESENTATION FOR GRADES 3-5 CLASSES

Elementary teachers of grades 3, 4 & 5 are invited to bring their classes to a live, virtual lesson on financial literacy titled "The Money Garden." The Lead for the COE for Entrepreneurship and an instructor from Junior Achievement will be presenting the live Teams session on **Friday, May 13th, from 9:30am to 10:00am and again from 1:30pm to 2:00pm.** Teachers and students are welcome to attend for all or any portion of the lesson, ask questions, and learn introductory aspects of financial literacy. A recording of the session will also be made available on the COE for Entrepreneurship website.

Click the link below to join:
[Money Garden Lesson for elementary school students](#)



Entrepreneurial Skillset

One of the key priority areas for the COE Entrepreneurship is to grow entrepreneurial spirit and skillset in New Brunswick Youth.

Check out the [COE Entrepreneurship](#) website for classroom activities designed to help students build and practice these skills.

SPEAKER SERIES VIDEO – SIMON OSMOND

On Friday, April 8th, classes from Moncton and Saint John received a virtual lesson from Kennebecasis Valley High School grad and successful entrepreneur Simon Osmond on how to grow a sole proprietorship into an expanding operation. His experience and journey were recorded and will be available on the COE for Entrepreneurship Website.

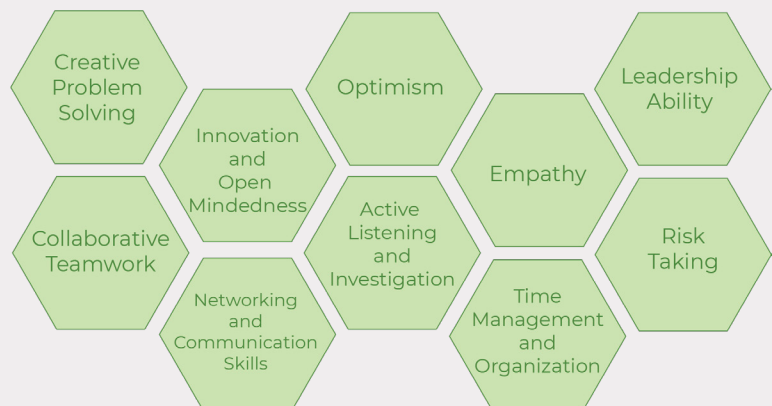


After Simon's chat, students from both classes shared their business pitches and gave feedback in preparation for the upcoming NB PITCHFest competition. Damien (right), a Harbourview High School student, presented his pitch to the students at the IDEA Centre Moncton for feedback and improvement.



ENTREPRENEURIAL MINDSET PRESENTATION

Students across New Brunswick were invited to join an international presentation on the Entrepreneurial Mindset. This seminar, which discussed the importance of entrepreneurial skills and thinking in the 21st century economy, was made available through the Centre of Excellence's partnership with NBCC. A prominent definition of entrepreneurship is: "a self-directed pursuit to create value for others; by creating value for others, we empower ourselves to live with purpose and meaning." If you missed this webinar, it can be seen and shared with your students through the video and PowerPoint slides which have been shared on the [COE for Entrepreneurship Website](#).



LEARNING OPPORTUNITY - NB PITCHFEST

The NB PITCHFest contest submission deadline has been extended to Friday, May 13th. All submissions must be in video form and submitted through Teams at the link below. Videos must be no more than 2 minutes in length. All videos will be evaluated by a combination of students and local entrepreneurs. The finalists will be judged by a panel of 3 local entrepreneurs and one student.

Classroom resources for PITCHFest can be found here - [PITCHFest Contest Folder and Files 2022](#). For more information about the contest and supporting resources, contact Ries Van Beek at ries.vanbeek@nbed.nb.ca.

The top three pitches will be recognized and awarded prizes by The Centre of Excellence for Entrepreneurship and Junior Achievement (\$500 for first place, \$300 for second place, \$100 for third place).

DEADLINE FRIDAY, MAY 13
N.B. PUBLIC SCHOOL CONTEST





PITCH YOUR IDEA TO A PANEL OF EXPERTS. GET FEEDBACK, GUIDANCE AND TRY TO WIN CASH PRIZES!

VIDEO ENTRIES CAN BE A MAXIMUM OF 120 SECONDS

TOP PRIZE IS \$500!

BUSINESS, SOCIAL ACTION, & SOLUTIONS TO PROBLEMS

IMAGINE. PITCH. WIN!

ALL IDEAS MUST BE ORIGINAL, HAVE AN OVERALL POSITIVE IMPACT ON THE COMMUNITY AND BE LED BY A NEW BRUNSWICK PUBLIC SCHOOL STUDENT

FOR INFO CONTACT: [RIES.VANBEEK@NBED.NB.CA](mailto:ries.vanbeek@nbed.nb.ca)

CENTRES OF EXCELLENCE FOR ENTREPRENEURSHIP

WHY PURPOSE-DRIVEN ENTREPRENEURIAL WOMEN RISE TO THE TOP – WEBINAR FOR HIGH SCHOOL CLASSES

This live webinar, offered through partnership with NBCC and the Entrepreneurial Learning Initiative, features Barbara Kurshan, an author and education entrepreneur. Join Ms. Kurshan in this live Zoom presentation on May 18th at 2:00pm as she discusses her work to understand the intersection of being purpose-driven and successful for women. Please register in advance for this session.



NBCC and the Entrepreneurial Learning Initiative have invited high school classes to view or attend any of their upcoming webinar sessions on the growth of entrepreneurship in education. Find a complete list here – 2022 Entrepreneurship in Education Webinar Series - ELI Mindset

QUESTIONS? CONTACT THE COE LEADS



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