

CENTRES OF EXCELLENCE

Newsletter

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WORKING TOGETHER TO SUPPORT FUTURE TALENT

The New Brunswick Centres of Excellence initiative, part of Future NB / Future Wabanaki K-12, supports New Brunswick's students in discovering what they are passionate about.

In early 2016, The Department of Post-Secondary Education, Training & Labour (PETL) invested heavily in strengthening the province's workforce. Within this initiative, leadership identified a need to advance job-readiness among New Brunswick's youth by providing on-the-job skills development opportunities through workplace experiences at the secondary and post-secondary levels.

Fast forward to 2020: the Government of New Brunswick committed to grow the provincial population to 1 million through different mechanisms including: repatriation, retention, and attraction. Experiential learning has become an important strategy to support the retention of New Brunswick's youth and the development of a highly skilled workforce. Courses and programs like cooperative education, the [Centres of Excellence](#), [NBTAP](#), Enhanced Coops and the Essential Skills Achievement Pathway strive to offer career readiness training and experiential learning opportunities to K-12 students. In addition to these programs, District Experiential Learning Coordinators are working with schools to bring opportunities to students across the province.

These efforts are designed as a support to the incredible work that is already happening in New Brunswick classrooms every day, thanks to New Brunswick teachers. You are the mentors, educators, coaches, career influencers and connectors for New Brunswick youth, and your voice is critical in this collective drive to show students they can make a living and a life here in the province. The Centres of Excellence team thanks you for your engagement, your collaboration, and your feedback as we strive to build something positive together, as partners in education.



UPCOMING EVENTS

WOMEN IN RENEWABLE ENERGY (WiRE) LAUNCHES NB CHAPTER

On October 13th, join the COE Energy in Saint John to celebrate the launch of the latest chapter of WiRE. WiRE's mission is to advance the role and recognition of women and other under-represented groups working in the energy sector. We are excited to welcome WiRE as the COE Energy's newest partner and look forward to creating opportunities for NB students together.

WiRE New Brunswick Chapter Launch Tickets, Thu, 13 Oct 2022 at 6:00 PM | [Eventbrite](#)

NUCLEAR SCIENCE WEEK: OCTOBER 17 - 21, 2022

Join representatives from NB's booming nuclear industry in celebrating Nuclear Science Week. Webinars and presentations will take place all week. Visit our [Speaker Series](#) for recordings from last year as well.

BOOK STUDY

Join us this fall for a book study of Bill Gates' "How to Avoid a Climate Disaster"? Books will be provided. Meetings will be held monthly after school. Email adam.trider@gnb.ca to sign up. Spaces are limited.

NB ENERGY WEEK A SUCCESS!

During the week of September 19-23, 2022, COE Energy hosted eight webinars highlighting the innovative work happening in NB's energy sector. Presentations were provided by NB Power, Saint John Energy, UNB, The Gaia Project and Irving Oil. Recordings can be found on our [Speaker Series](#) page [Speaker series](#) | [Centre of Excellence for Energy \(centresofexcellencenb.ca\)](#).



GEO THERMAL CHALLENGE

Interested in a hands-on renewable energy activity for Grades 6-8? Check out the Geothermal Challenge. In this activity, students will design a model of a geothermal exchange mechanism to raise or lower the temperature of a solution. The success of the model will be determined by creating the greatest difference in temperature between the two containers.



COE ENERGY LEAD VISITS RHS

COE Energy Lead, Adam Trider, visited Science 10 classes at Riverview High School to discuss energy in New Brunswick and lead the students through an oil extraction activity. Click to check out the [Peak Oil Game](#).

UPCOMING EVENTS

FREE HIGH SCHOOL SKILL DEVELOPMENT WORKSHOPS FOR STUDENTS WORKING WITH SENIORS (NBCC RESEARCH PROJECT)

NBCC is looking for high school students to participate in a research project. From this experience, students will be exposed to and learn caregiving skills for a senior while in a supported Long Term Care Home with trained professionals. For more information, please go to the COE Health Website - [Free Highschool Skill Development Workshops for Informal Caregivers of Seniors \(NBCC Research Project\)](#) | Centre of Excellence for Health (centresofexcellencenb.ca).

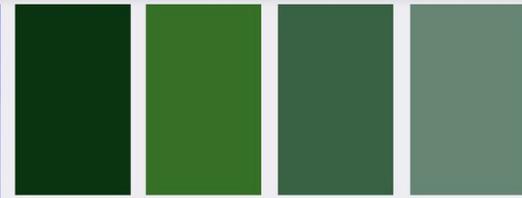
ATLANTIC CONCUSSION AWARENESS WEEK

The Atlantic Concussion Awareness Week Work Group is pleased to offer "A Conversation on Concussion" Webinar on Wednesday, October 5, 2022 (Concussion Awareness Day) from 7:00 pm – 8:00 pm AST (7:30 – 8:30 pm NST). Please see the free webinar opportunity available for teachers, students, athletes, coaches and parents below.

[Atlantic Concussion Awareness Day – October 5, 2022 Webinar](#) | Centre of Excellence for Health (centresofexcellencenb.ca).



**Centre of
Excellence**
HEALTH



WILDlife Wednesdays



INTRODUCING WILDLIFE WEDNESDAY CLASSES FOR MIDDLE/HIGH SCHOOL STUDENTS

The Department of Tourism, Heritage, and Culture and the Department of Education and Early Childhood Development's Centre of Excellence for Health is extremely excited to partner with the Department of Natural Resources and Energy Development to offer LIVE "WildLIFE Wednesday" classes for students and teachers across the province of New Brunswick.

"WildLIFE Wednesday" is a new offering for middle and high school students for the 2022-2023 school year. There will be eight free educational sessions focused on New Brunswick wildlife. Students will learn about biology, habitats, conservation, career opportunities, and more in these fun and interactive live lessons hosted by local experts.

Learning outdoors and being in nature are strong drivers of mental health. The "WildLIFE Wednesday" learning presentations allow students to learn practical skills and explore outdoor activities that have the potential to improve their mental well-being.

Experts from across the province will also be offering training opportunities for students and highlighting what a typical day in their career looks like. Digital resources and locations will be shared with students and teachers, so they can take their learning outside and explore the outdoors more intimately and with increased knowledge.

The full schedule and Teams links to the live classes can be found on the [COE Health Website - WildLIFE Wednesday LIVE Classes](#) | Centre of Excellence for Health (centresofexcellencenb.ca)

FREE COGNITIVE BEHAVIOUR THERAPY FOR INSOMNIA (CBT-I) TRAINING FOR EDUCATORS AND STAFF THIS FALL

We now know that sleeping pills are not the solution to insomnia and that it is possible to successfully treat insomnia using cognitive-behavioral therapy (CBT). CBT-I has been endorsed by the National Institutes of Health as an effective and preferred method for treating insomnia. Research on CBT-I shows the following:

- 75% of insomnia patients experience significantly improved sleep
- The majority become normal sleepers
- 85- 90% reduce or eliminate sleeping pills
- CBT-I is more effective than sleeping pills

CBT-I achieves these results because it is based on the idea that insomnia can only be treated effectively by addressing the underlying causes of insomnia; thoughts and behaviors which are learned and can be unlearned.

For more information regarding the FREE Webinar series and training, please visit the COE Health Website - [Cognitive Behavioural Therapy for Insomnia – 5 FREE Recorded Sessions for Educators](#) | Centre of Excellence for Health (centresofexcellencenb.ca).



NATIONAL SENIORS' WEEK: OCTOBER 3-7, 2022

October 1st is National Seniors' Day and NB Schools will be celebrating from October 3-7, 2022. It is an occasion to recognize the important contributions of seniors in our schools, communities, and workplaces. For more information, please go to the COE Health Website - [National Seniors Week – October 3-7, 2022](#) | Centre of Excellence for Health (centresofexcellencenb.ca) students can view.

SLEEP WORKS

Difficulty falling asleep?

Struggling to stay asleep?

Waking up unrefreshed?

TRY COGNITIVE BEHAVIOURAL THERAPY FOR INSOMNIA!

CENTRE OF EXCELLENCE FOR ENTREPRENEURSHIP

FINANCIAL LITERACY RESOURCES FOR NEW BRUNSWICK TEACHERS

Every instructor knows that learning involves more than simply imparting facts and figures. A balanced education offers a wealth of valuable life skills. To support instructors as they seek to enhance financial literacy in our youth, The Financial and Consumer Services Commission (FCNB) has developed a series of bilingual resources called Make It Count. The series includes [on-demand presentation videos](#) for Grades 2 to 12 about needs versus wants, budgeting, saving and spending goals and more. ([French playlist available here.](#)) If you are looking for in-class activities that align with the curriculum, [FCNB's Make It Count instructors guide](#) is a fantastic resource! It includes teacher tips, discussion points, and detailed activities with handouts. ([French instructors guide found here.](#))

For more information, resources and tools, visit [FCNB's guide: Financial Literacy: A Guide for New Brunswick Teachers.](#)



WELCOME JILL SHAW TO THE CENTRE OF EXCELLENCE FOR ENTREPRENEURSHIP

Jill Shaw is excited to be assuming the role of Lead for the Center of Excellence for Entrepreneurship. Jill brings a wealth of experience and knowledge in the financial and entrepreneurial literacy realm. She has enjoyed the past 15 years teaching high school Math, Business and Cooperative Education at St. Malachy's High School in Saint John. She has worked in corporate accounting, has an MBA in Finance and is excited to put these skills to use by helping to facilitate experiential learning opportunities for students. In her spare time, Jill is also a registered yoga instructor and fitness enthusiast. Jill brings energy, expertise, and passion to this role and looks forward to collaborating with our partners to bring new opportunities to students and teachers in NB.



MIDDLE AND HIGH SCHOOL IDEA MARKET KITS ARE COMPLETE!

The [FREE IDEA Market Kit](#) – A comprehensive guide to supporting enquiry-based meaningful projects.

[IDEA Markets](#) (virtual and face-to-face) are an evolution from the traditional market model to elevate the rigour and relevance of the students' work. These markets are rooted in student passions and in the problems and interests of their communities. In the spirit of the CARR Model (competency, autonomy, relatedness and relevancy), teachers invite students to research and conduct significantly more meaningful and engaging work than the traditional model. IDEA Markets focus student projects on a problem-based learning experience to engage and amplify student creativity and innovation. IDEA Markets are suitable for students from Grades 6 – 12 and the rigour and sophistication of the projects should be personalized to suit the skill and aptitude of each student.

The core of this project is to challenge students to identify problems and opportunities in their communities and then take action to engage and improve the issue they have chosen to focus on. Students gain a deep understanding of an issue, share this knowledge and, in some cases, help improve the conditions in the community. A successful IDEA Market project could still feature a product or service for sale. Equally, it might include survey work, petitions, awareness-raising campaigns, or fundraising. If you have any questions, concerns or would like to contribute to this kit, please contact jill.shaw@gnb.ca.

CENTRE OF EXCELLENCE FOR DIGITAL INNOVATION

UPCOMING EVENTS

CYBERTITAN

CyberTitan IV is Canada's largest hands-on cybersecurity competition, and registration is open until October 5, 2022! Teams composed of 2-6 middle or high school students compete in real-world cybersecurity challenges. Each team is given a set of virtual images representing operating systems and is tasked with finding cybersecurity vulnerabilities and hardening the system. From October to February, students participate in the competition and compete worldwide with 5000+ teams. Teams of girls, female-identified students, or non-binary students are free, and EECD will cover the cost of one team fee per school. Visit www.cybertitan.ca or email adam.binet@gnb.ca for more information.

WELCOME ADAM BINET TO THE CENTRE OF DIGITAL INNOVATION!

We are excited to introduce Adam Binet as the new lead for the forthcoming Centre of Excellence for Digital Innovation, launching in November 2022. Adam has been a middle and high school technology teacher in ASD- E for the past 12 years. He also spent two years in a secondment as a K-12 Cybersecurity Education Specialist at CyberNB. Adam hails from Amherst, NS, and has an extensive technology and digital media background. He is keen to help provide experiential digital learning opportunities for students in K-12 across the province in the coming weeks and months. Adam holds an undergraduate degree from Mount Allison University and a B.Ed. and M.Ed (IT) from Memorial University. During his time at university, Adam participated in student governance, had a radio show, was the graphic designer for the student union, was the lead computer helpdesk advisor for three years and held the role of Entertainment Director. In his spare time, Adam is an avid hockey player and a die-hard music enthusiast who also plays drums in a mostly-teacher band, "Bored of Education."



DID YOU KNOW?

Ransomware impacted over 70% of Canadian organizations within the last year.

Canadian businesses reported spending a total of \$7 billion on measures to prevent, detect and recover from such incidents.

Globally, there are 3.5 million unfilled jobs in cybersecurity; 25,000 jobs in cybersecurity are vacant in Canada as of May 2022.

ICTC's National CyberDay



ICTC'S NATIONAL CYBERDAY 2022

ICTC's National CyberDay 2022 takes place on October 18. There are activities and challenges planned for students of all ages across Canada. Additional resources will be available to teachers and parents for the school year. Click below to submit a question to our panel of cybersecurity experts. Answers will be included in the CyberSprints section on October 18. For more information, go to: <https://knowledgeflow.org/initiative/national-cyber-day/registration/>

PROFESSIONAL LEARNING OPPORTUNITY - NB PARKS

Join EECD Climate Champion Winnie Hsu, the COE Health, NB Parks Guest Experience Guide Brendan McGuire, and The Gaia Project Executive director, Geoff MacDonald on October 18th from 3:45 - 4:30pm for a LIVE and interactive Professional Learning session.

During the session teachers and staff will learn about the new Outdoor Learning Resource Package created to promote and encourage teachers to take their classrooms outside. Educators will also learn about transportation funding opportunities available for the school year and have a chance to win outdoor learning prizes!! The live session is just in time to help support Take Me Outside day on October 19th.

For more information, please go to the COE Health Website or contact the COE Health Lead, Daneen Dymond (daneen.dymond@gnb.ca). Centre of Excellence for Health (centresofexcellencenb.ca)

Please see the link below for the LIVE Professional Learning Session on October 18th, 3:45-4:30pm. [Click here to join the meeting](#)

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
- > **Connect directly** with a COE Lead for collaboration and support, sign up for our mailing lists, or email COE@gnb.ca with your questions.

WELCOME AMY TOMPKINS

K-5 Learning Specialist for Centres of Excellence, Curriculum Planning, and Professional Learning

Stay tuned for our October newsletter, when we will formally introduce Amy Tompkins! Amy is working to develop and expand Centres of Excellence learning activities and opportunities for K-5 teachers and students. Welcome to the team Amy!



QUESTIONS? CONTACT THE COE LEADS



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