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# Halifax Regional Centre for Education March Break 2021

## Virtual Workshops for Students Grades 2-9



MARCH 15-19, 2021

**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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# March Break Workshops for HRCE Students

## Grades 2-9

Over March Break we invite students in grades 2-9 to join our Schools Plus and Student Services Specialists for fun and engaging virtual March Break workshops! Sign up for virtual workshops and meet other friends your age from schools across HRCE.

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

### What do you need to participate in HRCE virtual March Break 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*.
- Registration is for 1 week and for the same hour each day (either 9-10am, 10:30-11:30am, 1:00-2:00pm or 2:15-3:15pm).
- You can select from one morning session and / or one afternoon session per child
- Workshops are about 60 minutes long.

### Who is leading the HRCE Virtual March Break Workshop programming?

- Child and Youth Care Practitioners (CYCP)
- School Psychologists

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## Frequently Asked Questions About Virtual Workshops:

Q: Who do I contact if I have questions before March Break?

A: Please email [ncreighton@hrce.ca](mailto:ncreighton@hrce.ca)

Q: Who do I contact if I have questions during March Break?

A: Please email [cathy.bird@hrce.ca](mailto:cathy.bird@hrce.ca)

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

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 [cathy.bird@hrce.ca](mailto:cathy.bird@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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# Virtual March Break Workshops for HRCE Students - Registration

**Week of Monday March 15 – Friday March 19, 2021**

**9-10am OR 10:30 – 11:30am**

**Click link to register: <https://forms.gle/Y9B1gsseFe9CuGQM9>**

Grades	Theme	Description
2-3	I'm FEELING it!	What are feelings? Everyone has feelings and everyone has big emotions. What are emotions? How do emotions feel in our bodies and what are our warning signs? Tips and strategies to manage how we are feeling.
4	Grade 4 Book Clubs	Students will have the opportunity to build and strengthen literacy skills while socializing with peers from all over HRCE. This workshop will begin with a small ice breaker activity and/or circle question. All club members will then be encouraged to take turns reading aloud to the group as we move through the chapters. Club leaders will build understanding of trickier vocabulary words and each chapter will end with several reflection questions for the group to think about and discuss. We will be discussing <i>Matilda</i> in the 9am group and <i>James and the Giant Peach</i> in the 10:30 group. Don't worry if you don't have a copy of the book, we have a virtual copy.
5/6	Discover the artist in you.	In this interactive and fun art-filled workshop, we will learn to draw, go over colouring techniques, play online games and much more! Please have paper, pencil, eraser and colored pencils.

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**1:00 – 2:00pm OR 2:15 – 3:15pm**

**Click link to register: <https://forms.gle/Y9B1gsseFe9CuGQM9>**

Grades	Theme	Description
2-3	Follow Your Heart With Art	Feeling artsy? Come join us in expressing ourselves with art! Art is unique just like every one of us! Let's let our feelings dance on paper and create something magical!

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4	Be a Leader, join the community	Come explore what it takes to be a leader through games, activities and exploration.
5/6	"One Sketchy Hour"	Students will have the opportunity to build and strengthen drawing/sketching skills alongside same age peers across the HRCE. Each day will feature 1 or 2 specific themes/subjects (Anime eyes, Old English lettering, forests, etc.) for students to work on. The workshop will begin with a quick ice breaker activity before the day's theme is introduced. Students will be guided through a particular exercise with video tutorials/ CYC-P facilitator feedback. Sessions will wind down with time for students to use the session's skill(s) in a creative way and share their piece with the group. All you need to bring is some paper, a pencil and your imagination!
7-9	Executive FUNctioning	It can be challenging to get yourself organized and on task at the best of times, and this year has been hard for many of us! This workshop will focus on setting goals, getting organized, and planning for success. The skills explored will help support students now and in the future as they learn to practice flexibility and develop skills for managing their time and emotions.