



**PRECISION FOR EVERY SEASON.**



ATLANTIC ACURA

HRM's only independent dealership | 30 BEDFORD HWY., HALIFAX | 902-457-1555 | atlanticacura.com

# Parent-Child Guide

**FREE** October/November 2024 Vol. 30 - No. 4 Est. 1995 **FREE**

## BRIGHTER FUTURES BEGIN HERE

All Ages. All Grades. All Subjects. Enrol Today!



80 Hogan Court, Bedford | 6270 Quinpool Road, Halifax

[oxfordlearning.com](http://oxfordlearning.com)

### Classroom Management is About The 5 R's

**IS "GOOD ENOUGH" ENOUGH?**

**Discover the BEYOND TUTORING DIFFERENCE**

Image: Adobe Stock

*Driving the Community Forward Since 1983*



[macpheeford.com](http://macpheeford.com) | 580 Portland Street, Dartmouth | 902-434-7700

## Parent-Child GUIDE

94 Bayview Rd., Halifax, N.S. B3M 1N9 Business Line: 902-209-4461  
The Parent-Child Guide newspaper is published by Rockwell Publishing Incorporated.

We are Metro's Oldest Free Family Newspaper established in 1995.

[parentchild@ns.sympatico.ca](mailto:parentchild@ns.sympatico.ca) 902-209-4461

[www.parentchildguide.ca](http://www.parentchildguide.ca)

**NEXT PARENT-CHILD GUIDE Will Be Our**

**HOLIDAY/WINTER EDITION, featuring**

Fun Places to Go, Health & Wellness,

Seniors' Living Care, Education, and More!

**Printing on December 11, running to February 12, 2025**

**Advertising Deadline November 27, 2024**

ROBERT ROCKWELL, Owner/Publisher, Cell: 902-209-4461

Jennifer Park, General Manager

Design & layout: TC Transcontinental Printing Halifax

Funded by the Government of Canada

Canada

# Classroom Management Is About The 5 Rs

By Claudette Bouman

After 30 years of teaching in two countries and nine different schools, I retired. I've faced enough excitement, delights, challenges, and frustrations to fill a doorstopper. One thing I do know is that when I started out on a given school day to face a room full of eager young faces, I needed to have a plan. I needed to be ready to capture students' attention, to be organized to energize them, and to adapt if necessary to the fire alarm drill.

When I was evaluated at the end of a school year, my principal or head of department would comment on my "classroom management". More often than not, it was satisfactory without being necessarily outstanding. Sometimes it was a problem to be fixed.

When it was the latter, I already knew for the flipside of classroom management is effective student learning.

Dr. Joanne Foster, a gifted education specialist, says certain principles of "best practice", by parents and teachers, foster learning outcomes. These principles include being: 1) resourceful, 2) reasonable, 3) receptive to changes, 4) respectful of students' feelings and abilities, and 5) responsive to questions.

1. *Resourcefulness*: As the mass of knowledge is always changing, teachers and parents need to continue learning, finding relevant resources, and being proactive in engaging children.

2. *Reasonableness*: The best fit for learning prospects meet children's individual and diverse learning needs from one child to another, based on situation and subject. Opportunities for kids should be fitting and relevant. Parental and teacher expectations help to create fun, interest, creativity, appropriate challenge, technology usage, and adaptability. These are all factors to stimulate engagement and learning.

3. *Receptiveness*: My plans encouraged children to think, anticipate, monitor their own progress, and reflect on their choices and results. This fosters flexibility, and helps to clarify expectations, combine ideas, and investigate their own views and norms.

Trying to model open channels of communication, collaboration, creative problem-solving, and a willingness to entertain possibilities and puzzling ideas help children face changes and transitions with poise and strength.

4. *Respectfulness*: When we talk with children, engaging them in meaningful and respectful dialogue, remaining observant, and being warmly available and open to their questions, we show respect. This encourages them to demonstrate what they are thinking about and learning, and to discover what they don't yet know.

5. *Responsiveness*: Children's curiosity and enquiry fired by effort leads to learning. Inviting them to ask questions as they engage with material, experiences, and others enables them to give gauges to where they are conceptually. When we reflect on their questions, concerns, learning needs, and ideas, our children continue to invest in their own learning. Offering to discover answers together, assists them in finding answers themselves.

Dr. Joanne Foster's notions are not all that new. Parents and teachers through the ages have adopted and adapted many of her ideas to help children learn and grow as they march towards a future that is both predictable and unpredictable.

We know these strategies enhance their levels of knowledge, creative expression, and confidence.



BATH  
FITTER®

## A BETTER bath remodel

MADE IN  
CANADA  
SINCE 1984



## FITS YOUR schedule

When a normal day is anything but normal, we fit your schedule with our unique tub over tub process, installed in just a day. Why have over two million people brought Bath Fitter into their homes? *It Just Fits.*

### OUR BENEFITS



One-day installations†



Seamless wall for a watertight fit



Virtually maintenance-free



SAVE  
\$250\*

on a complete  
Bath Fitter system

Book your **FREE** design **CONSULTATION** today!

**902-454-9228** | 94 TRIDER CRESCENT, DARTMOUTH, NOVA SCOTIA B3B 1R6

*It Just Fits™* **BATHFITTER.COM**

© Registered trademark of Bath Fitter Franchising Inc. Bath Fitter Franchise. Independently owned and operated by Unicorn Restoration Limited. \*Save 250\$ off a bathtub, wall and valve. One offer per customer. May not be combined with any other offer. Offer must be presented at the time of estimate. Previous orders and estimates excluded. Offer valid only at the above location. Affordable payments plans available. †Lifetime Warranty on Bath Fitter® -manufactured acrylic products. See Warranty terms at [bathfitter.com/warranty](http://bathfitter.com/warranty). Offer expires 2024-12-31. ‡Most Bath Fitter tub installations are completed in one day. Some exceptions apply. See location for full details. 1 May contain imported components in limited quantities.



# CENTURY MAZDA

Locally Owned & Operated

## CHOOSE MAZDA



**2.9%**  
**PURCHASE FINANCING**  
FOR 36 MONTHS

+

**\$1,000**  
**MAZDA BONUS**  
ON 2025  
CX-70 AND CX-90

2672 Robie Street Halifax, NS  
www.centurymazda.ca

902-453-4115



us on Facebook  
@centurymazdans



\*To learn more about the Mazda Unlimited Warranty, go to mazdaunlimited.ca.

▼Connected vehicle service is available for a 2-year trial period from your vehicle's in-service date; a paid subscription is required upon expiry of the trial period.

# INSIDE

- 2 **Classroom Management Is About The 5 Rs**  
By Claudette Bouman
- 8-11 **Fun Places To Go**
- 10 **From Farm to Festivities: Celebrating Christmas in Country at Ross Farm**  
By Rhea Hamlin, *Ross Farm Museum*
- 12 **Young Girl is a War Amps "CHAMP"**  
Submitted by The War Amps
- 13 **Education**
- 13 **Discover the Beyond Tutoring Difference**  
Submitted by Oxford Learning
- 14 **Health & Wellness**
- 14 **Is "good enough" Enough?**  
By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C)
- 15 **Nova Scotia Nature Trust is Raising Hope for the Coast**  
Submitted by NS Nature Trust



## Exceptional Home Care



Helping families support children, teens and adults with complex care needs

**Bayshore**<sup>®</sup>  
Home Health

- ~ Responsive, caring professionals you can trust.
- ~ Support through every step of the care process.
- ~ Personalized services suited to each individual's needs.
- ~ Bonded, insured caregivers.

Support in Nova Scotia is just a phone call away.

**902.425.3351**

[homecarens@bayshore.ca](mailto:homecarens@bayshore.ca)

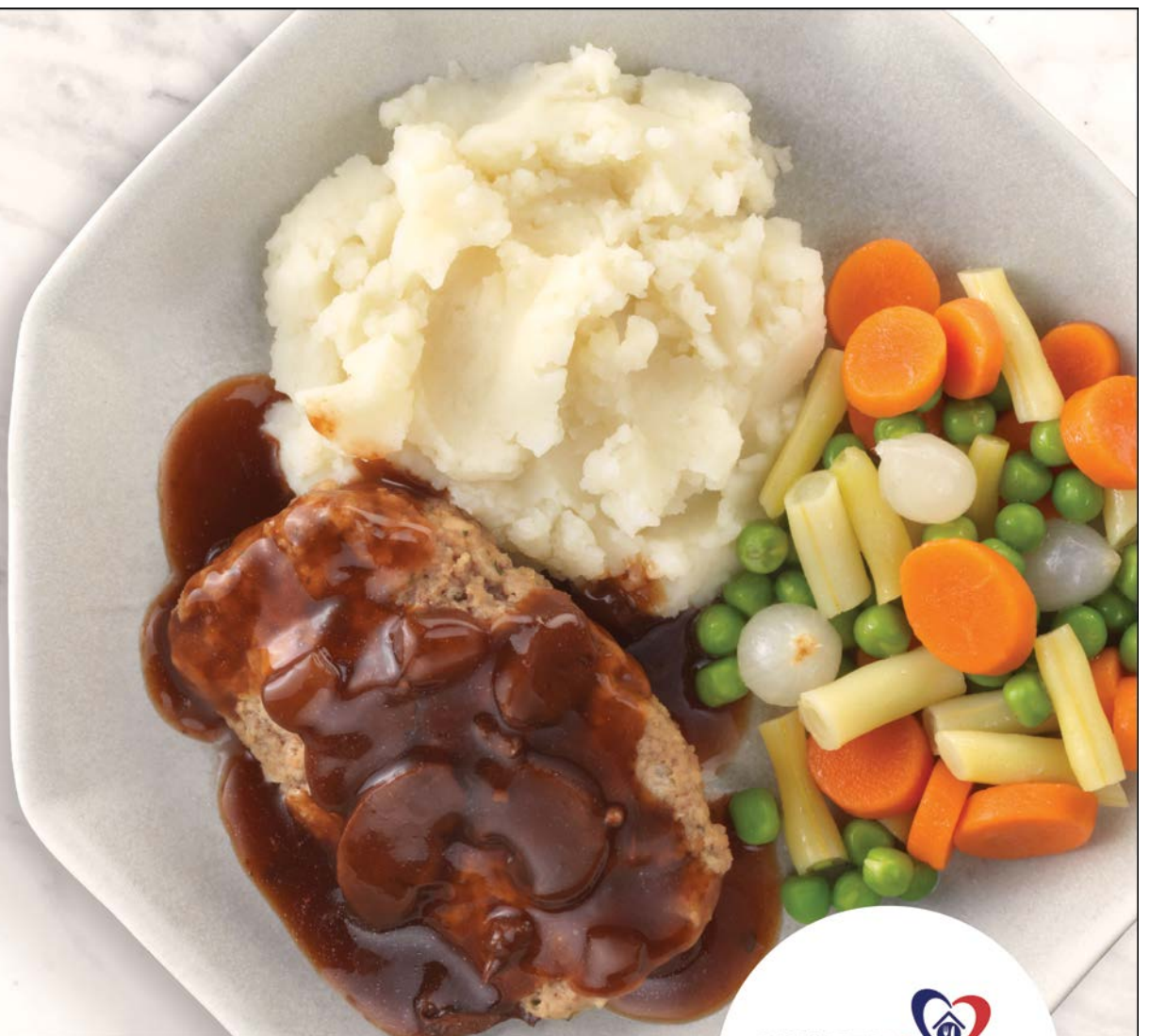
Bayshore Home Health is a division of Bayshore HealthCare, a leading provider of home and community health care services. As a Canadian-owned company, Bayshore has been enhancing the quality of life, well-being, dignity and independence of Canadians since 1966.

[www.bayshore.ca](http://www.bayshore.ca)

We've got  
**comfort food**  
**cravings**  
covered.

Choose from **hundreds**  
of delicious fall and winter  
comfort food classics  
- all with free delivery.\*

Get your **FREE Menu**  
**902-444-2230**  
[HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)



**HEART TO HOME MEALS**  
DELICIOUS MEALS MADE FOR SENIORS™

Made for Seniors

\*Some conditions may apply.

# Passion, Purpose, Advice for Life

sutherlandgroup.ca



**Terry Sutherland, CIM®**  
Portfolio Manager

**Steve Sutherland, CIM®**  
Portfolio Manager

## The Sutherland Wealth Management Group

1969 Upper Water Street, Suite 1601, Halifax, NS B3J 3R7

› Phone: 902-496-0856 › Toll free: 1-800-499-8801 › Fax: 902-496-7701



National Bank Financial – Wealth Management (NBFWM) is a division of National Bank Financial Inc. (NBF), as well as a trademark owned by National Bank of Canada (NBC) that is used under licence by NBF. NBF is a member of the Investment Industry Regulatory Organization of Canada (IIROC) and the Canadian Investor Protection Fund (CIPF), and is a wholly-owned subsidiary of NBC, a public company listed on the Toronto Stock Exchange (TSX: NA).

# HRM MLAs and MPs Working Hard for YOU!

A Message from Darrell Samson, the Member of Parliament for Sackville-Preston-Chezzetcook

## HAPPY HALLOWEEN, SACKVILLE-PRESTON-CHEZZETCOOK!



Whether you're spending Halloween trick-or-treating, passing out some candy, carving pumpkins, or enjoying some autumn festivities, I wish you all a safe and fun-filled "spooky season."

For the last month, I've been busy on Parliament Hill working with my colleagues to bring positive change to all Canadians. We remain highly focused on building more affordable homes and boosting our economy towards growth.

There is much more to be done, and by working together, we will help more Canadians prosper.

### CANADIAN DENTAL CARE PLAN (CDCP)

The Canadian Dental Care Plan is making a real difference for Canadians coast-to-coast-to-coast, with over 2 million people registered, including 3,533 right here in Sackville-Preston-Chezzetcook. Applications for children and youth under 19 are open now!

Learn more: [www.canada.ca/en/services/benefits/dental/dental-care-plan](http://www.canada.ca/en/services/benefits/dental/dental-care-plan).

Find an oral health care provider near you: [www.sunlife.ca/sl/cdcp/en/member/provider-search](http://www.sunlife.ca/sl/cdcp/en/member/provider-search)



### BACK TO SCHOOL

Back-to-school season can be expensive.

While students focus on their studies, our government is focused on supporting them, and their families, so that everyone can have the best chance at success.

## SUPPORTING FAMILIES DURING BACK-TO-SCHOOL SEASON



- Boosting the Canada Child Benefit
- Implementing a National School Food Program
- Helping children and youth access oral health care services through the Canadian Dental Care Plan

- Building and expanding child care facilities, and increasing the number of early childhood educators in rural and remote communities
- Investing in more after-school learning programs and supports, such as mentorship and academic assistance
- Increasing Canada Student Grants and Canada Student Loans
- Better protecting student renters, and working with post-secondary institutions and municipalities to build more housing on and around university and college campuses

### THANKSGIVING

Sending warm wishes to everyone in the riding this Thanksgiving.

I hope you all have a safe and enjoyable day connecting with friends and family and reflecting on everything we have to be thankful for this year.

Je souhaite une joyeuse action de grâce à tous !



### HALLOWEEN SAFETY TIPS

1. Choose the right costume
  - Over-sized costumes and accessories can be hazardous around candles or other ignition sources
  - Use face paint instead of masks—improperly-fitted masks can interfere with your child's vision or breathing

**DARRELL SAMSON**  
MEMBER OF PARLIAMENT • DÉPUTÉ  
SACKVILLE-PRESTON-CHEZZETCOOK

*I would like to wish everyone in the riding a safe, healthy and happy season!*

902-861-2311  
Darrell.Samson@parl.gc.ca

- Pick brightly colored costumes that can be clearly seen by motorists or add reflective tape to increase visibility



- Dress for the weather—make sure children can fit warm clothing over or under their costumes in order to keep them warm and dry!
2. Avoid danger when decorating
    - Help children carve pumpkins to avoid injuries
    - Candles, jack-o-lanterns, lighters and matches are all fire hazards. Keep them away from flammable objects
  3. Stay alert while trick-or-treating
    - Keep your children safe by teaching them to stay visible and to be aware of their surroundings.
  4. Be cautious with candy and toys
    - Always examine treats and toys that are brought home before giving them to your children.

## A Message from Rafah DiCostanzo, MLA for Clayton Park West

### Fall is here...

What an exciting summer we had in Clayton Park West. The highlight was our Annual Community Barbecue with Friends of Clayton Park. Over one thousand residents enjoyed the BBQ, bouncy castle, and entertainment. It was great to connect with so many of you that day.

### NEW SCHOOL

A new school is coming

to Clayton Park West! I am ecstatic to finally announce that the new Junior High School on Radcliffe Drive is now advancing to the planning and design phase. It will have capacity for 950 students in Grades 6 to 9.

This school has been a long time coming. Both levels of government should learn from the challenges we faced in this project. I really hope we see shovels in the ground soon - our kids

cannot wait any longer for the space they need!

### PALLET SHELTERS

Our community has learned that we have been selected as a location for forty pallet shelters to house our most vulnerable beside the Canada Games Centre. I am extremely upset that the community and I as the MLA were not engaged in this process. During the Legislative session I asked questions daily

on this issue and I have written to the Minister demanding that proper safety and protocols are put in place. I will also be posting regular updates on my Facebook, so be sure to follow me.

### HERE TO SERVE YOU

Our office can assist with any provincial issues. Once a month, I have coffee and conversations with constituents where we discuss the matters most important to them.

*If you would like to have coffee with Rafah, reach out to our office for an appointment by email at Rafah@RafahDiCostanzo.com or by telephone at 902-443-8318.*

**Rafah Di Costanzo**  
MLA - CLAYTON PARK WEST

397 Bedford Highway Suite 201, B3M 2L3  
(902) 443 8318  
Rafah@RafahDiCostanzo.com  
@RafahDiCostanzo @RafahDiCostanzoNS

# HRM MLAs and MPs Working Hard for YOU!

## Halifax West MP Report

By: Hon. Lena Metlege Diab, Member of Parliament

I want to wish my constituents and all Nova Scotians a very happy fall. As we approach Remembrance Day, I encourage you to plan to attend a ceremony in your community. Stay tuned to my social media, where I'll be sharing details on local ceremonies being held on November 11.

### HELPING FAMILIES

Raising kids is expensive. To help families make ends meet, the federal government provides direct financial support to parents through the Canada Child Benefit (CCB)—a monthly, tax-free payment. In the summer, the CCB increased to keep up with inflation. This year, families can receive up to \$7,787 per child through the benefit. The amount of your monthly payment is based on your family income, the number of kids you have, and their ages. That's great news for the more than 13,000 CCB recipients in Halifax West!

Another way we support families is by funding the creation of new child care spaces and the reduction in child care fees. That work continues. By March 2026, we'll have helped add 9,500 new spaces across Nova Scotia, and will have reached our goal of \$10/day child care fees. Some Nova Scotian families are already saving up to \$6,000/year per child, and we can't slow down now.

### SUPPORTING CHILDREN'S HEALTH

Our kids deserve the best possible start in life. That

means ensuring they can grow and learn in a healthy environment, and that they have support available to them when they struggle. These are important priorities for me as your MP. It's why your federal government is launching a \$500 million Youth Mental Health Fund to expand the services provided by mental health organizations in our communities. It's also why we're investing new money into a National School Food Program that will feed 400,000 more Canadian kids a year and save the average participating family as much as \$800 every school year.

### VETERANS WEEK

Veterans Week (November 5-11) is a special time to honour the courage of our veterans. To mark it, I'm proud to be offering free learning resources to Halifax West residents. Principals, teachers, students, and community organizations are welcome to contact my office for Veterans Week posters, newspapers,



recognition cards, and activity booklets. Quantities are limited, so don't wait to reach out to me!

Thank you for your continued support. It's an honour to work for you.

## A Message from Hon. Tim Halman, MLA Dartmouth East

Thanksgiving is a cherished holiday that invites us to pause and reflect on our blessings. It's a time to gather with loved ones, share meals, and express gratitude for the abundance in our lives. At its core, Thanksgiving is about recognizing the good things we have and appreciating the people that support us.

As we gather around our tables this year, it's important to remember those who may not have the same opportunities. Many families face food insecurity, and this is where our community can make a significant impact. We extend our heartfelt gratitude to everyone donating to food banks. Your generosity ensures that those in need have access to nutritious meals, helping alleviate hunger and bring hope to many during the holiday season.

We are also proud to highlight our NS School Lunch Program. This is a provincial lunch program that offers

public school students free nutritious lunch every school day. This program ensures that all students have access to healthy meals during the school day. This initiative is vital in supporting our children's well-being and learning, allowing them to focus on their education without the worry of hunger.

We also want to shine a light on the incredible volunteers at food banks who dedicate countless hours to this vital work. Your commitment to serving others is inspiring. Your efforts make a real difference.

This holiday season, consider ways you can contribute, whether through volunteering your time, donating food, or simply spreading awareness about local needs. Together, we can create a stronger, more compassionate community. Thank you to everyone who plays a role in making this holiday meaningful for all. Your kindness is the heart of thanksgiving.

*Cosy Snack Bar*

FRESH HADDOCK DAILY SPECIAL OF THE DAY

EST. 1986

**Cosy's 38th Annual Christmas Turkey Dinner With All The Fixins**

On Friday, Dec. 6th & Friday, Dec 13th, 11am to 8pm  
Serving Turkey Dinner Only from 3pm to 8pm

**\$25.00 Tax In**

Breakfast Served All Day – Every Day  
Tuesday to Saturday, 7 am to 3 pm, Sunday, 8:30 to 2:30  
Open Friday and Saturday, 5pm to 8pm

411 Liverpool St. (on the corner Oxford and Liverpool)  
Halifax, 902-455-5119

All Taxes are Included in the Price. Eat in or Take out.

**Timothy Halman**  
MLA, Dartmouth East

timhalmanmla@gmail.com  
(902) 469-7353  
99 Main Street, Suite 1  
Dartmouth, B2X 1R4

**Braedon Clark**  
MLA, Bedford South

(902) 405-3518  
braedonclark.ca

**DARREN FISHER**  
MP for Dartmouth—Cole Harbour

@DarrenFisherNS

DarrenFisher.ca 902-462-6453 darren.fisher@parl.gc.ca

**Tony Ince**  
MLA Cole Harbour

1081 Cole Harbour Rd Unit 6  
Dartmouth, NS  
B2V 1E8

**902.406.3288**  
tonyince@tonyincemla.ca

# HRM MLAs and MPs Working Hard for YOU!

## A Message from Claudia Chender, MLA Dartmouth South

As the crisp autumn air rolls in, families across Nova Scotia are settling into their fall routines. For many, this season represents a fresh start – new school years, changing leaves, and the comfort of cozy sweaters.

This fall, the province has launched Phase 1 of its school lunch program, designed to provide nutritious meals that meet the School Food and Nutrition Policy guidelines, with options for students with dietary limitations, and exciting options like Mi'kmaw, Acadian, Lebanese, and Indian dishes. From soft-shell beef or black bean tacos to mini veggie or cheese pizzas, the menu rotates on a four-week sched-

ule, ensuring variety for all.

The program is a pay-what-you-can system. The idea is for every child in the province to take advantage of this program, so now is the time to register at <https://nslunch.ca/>! You can pay full cost, a portion of the cost, or nothing at all. A good rule of thumb is figuring out what it costs you to provide your children's lunches now, and paying similar or less if that amount is a burden. With the current rise in everyday expenses, it's important to remember that choosing not to pay anything is completely okay.

The information is kept confidential, so there's no need to worry about judgment or

explanations. Every child gets the food, no one knows what the payment is.

For families in the HRCE, ordering opens on October 18th, while some CSAP schools can start as early as October 4th. If this program could give your family the break it deserves, don't hesitate to sign up! Every child deserves access to a nutritious lunch, and this initiative makes that possible for all. If you need help navigating

the sign-up process (it is a bit complex), my office is here to assist you. Please feel free to reach out at [claudiachendermla@gmail.com](mailto:claudiachendermla@gmail.com) or call 902-406-2301. You can also order meals online at [NSLunch.ca](https://nslunch.ca), where you can select up to 10 school days of meals at a time. Orders open every Friday at noon and close the following Wednesday at noon.

This is a chance for families across the province to breathe

**Claudia Chender**  
**MLA**  
**Dartmouth South**

*Your Voice in the  
 Nova Scotia Legislature*

[claudiachendermla@gmail.com](mailto:claudiachendermla@gmail.com) | 902-406-2301



a little easier, knowing their children are well-fed and cared for. So, take advantage of this wonderful program and give your family the break it deserves this fall.

## FUN Places To Go!

**Wendy's**   
**NOW  
HIRING**

**On the spot  
interviews for:**

- FULL TIME
- PART TIME
- SUPERVISORS

**APPLY AT:**

[wendys\\_ns@outlook.com](mailto:wendys_ns@outlook.com)  
[wendysdartmouth@outlook.com](mailto:wendysdartmouth@outlook.com)

© 2021 Quality Is Our Recipe, LLC



*Alderney Landing's*  
**Traditional German Market**  
 December 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup>



**Kick off this holiday season with  
fun for the whole family!**

*Specialty gifts, local artisan vendors,  
festive food, drinks, and Christmas Cheer!*



CELEBRATING  
**25**  
 YEARS



Alderney Landing  
Community Cultural Centre

**WWW.ALDERNEYLANDING.COM**



**FUN** Places To Go! **FUN** Places To Go! **FUN** Places To Go! **FUN** Places To Go! **FUN** Places To Go! **FUN** Places To Go!

# STEP INTO A DICKENS CHRISTMAS:

Where Timeless Tradition Meets Nova Scotia's Coast



Step Back in Time and Experience the Charm of a Dickens Christmas at White Point Beach Resort!

## A Dickens of a Christmas – Our Packages!

Celebrate the holiday season with a magical stay at White Point Beach Resort!

2-Night Stay:  
December 24 & 25, 2024

Includes:

- Christmas Eve Dinner
- Christmas Day Brunch
- Christmas Day Dinner
- Boxing Day Breakfast

Starting at \$774\*

2-Night Stay:  
December 25 & 26, 2024

Includes:

- Christmas Day Dinner
- Boxing Day Breakfast
- Boxing Day Dinner
- Breakfast on December 27

Starting at \$780\*

3-Night Stay:  
December 24-26, 2024

Includes:

- Christmas Eve Dinner
- Christmas Day Brunch
- Christmas Day Dinner
- Boxing Day Breakfast
- Boxing Day Dinner
- Breakfast on December 27

Starting at \$1082\*

2-Night Stay:  
December 27 & 28, 2024

Includes:

- Daily Breakfast for two

Starting at \$516



## The Roaring 20s New Year's Bash!

Step back in time and celebrate the new year with glamour, style, and seaside elegance!

2-Night Stay

Choose from:

December 30 & 31 OR December 31 & January 1

Includes:

- New Year's Eve Dinner
- New Year's Day Brunch
- Adult-Only Dance in the Atlantic Room  
By DJ Rod Hull from Sound Choice Entertainment
- Champagne toast at midnight!

Starting at \$724\*



\*All the packages are for 2 Adults. This price is subject to change based on the number of guests and accommodation type.

**FUN** Places To Go! **FUN** Places To Go! **FUN** Places To Go! **FUN** Places To Go! **FUN** Places To Go! **FUN** Places To Go!

## From Farm to Festivities: Celebrating Christmas in Country at Ross Farm

By Rhea Hamlin, Ross Farm Museum

Ross Farm Museum brings history to life in the picturesque countryside of rural Nova Scotia. The muse-

um spans 60 acres and features an authentic 19th-century farm setting with traditional buildings such as the Rosebank Cottage,

the farm workshop, and others that reflect daily life in the 1800s and early 1900s. Visitors can enjoy hands-on experiences, captivating exhibits, and beautiful landscapes, making Ross Farm a must-visit destination for history enthusiasts and families.

On December 7th and 8th, we are excited to host Christmas in the Country during the 31st New Ross Christmas Festival. Join us for sweets and hot cider in Rosebank Cottage, craft activities in the Schoolhouse and Farm Workshop, find gnomes around the museum, and meet Father Christmas. Take the chance to engage with our knowledgeable interpreters, who bring these stories to life with their passion and expertise! We will also have our annual Craft & Gift Market on December 8th from 10 am to 3 pm.

We also have a series of workshops scheduled for this winter, focusing on skills like cooking, textile arts, and woodworking. There will be workshops for all ages, providing a wonderful opportunity to learn about historical practices. Please stay updated by visiting our website and following our social media accounts for more information.

While you're here, be sure to explore our natural trails, visit our gift shop and our café (The Hearth Room Café).

Plan a Visit to

# ROSS FARM MUSEUM

FOR CURRENT HOURS AND INFORMATION, PLEASE VISIT US ONLINE!

Find us on

<https://rossfarm.novascotia.ca/>

4568 Highway 12, New Ross, NS B0J 2M0

For More Info: 902-689-2210

HALIFAX DANCE SYMPHONY NOVA SCOTIA MERMAID THEATRE OF NOVA SCOTIA

# THE Nutcracker

A FAMILY TRADITION

DECEMBER 6 - 15 | REBECCA COHN AUDITORIUM, DALHOUSIE CAMPUS

TICKETS AT [SYMPHONYNOVASCOTIA.CA](https://symphonynovascotia.ca) OR 902.494.3820

# Sharing Nova Scotia's Stories

Traveling and Local Exhibits  
Public Programs and Events  
School Programs  
Community Outreach and Partnerships

MUSEUM OF NATURAL HISTORY

1747 Summer St, Halifax, NS [naturalhistory.novascotia.ca](https://naturalhistory.novascotia.ca) A PART OF THE NOVA SCOTIA MUSEUM

# CREATIVE COURAGE FOR LIFE!

SING

ACT



DANCE

## Sign up today!

Spots are limited.

HALIFAX, BEDFORD,  
DARTMOUTH & TRURO

Stagecoachschools.ca | 902-266-2601

STAGE  
COACH



INTRODUCING THE ALL NEW

# MYCAR 2

CONTROL YOUR CAR FROM VIRTUALLY ANYWHERE WITH YOUR SMARTPHONE

## Call to Book your Remote Starter Today!



26 Lakecrest Drive, Dartmouth Nova Scotia 902-435-0600

## YOUNG GIRL IS A WAR AMPS “CHAMP”

Seven-year-old Michaela Monsigneur is a double leg amputee, and a member of The War Amps Child Amputee (CHAMP) Program. As a Champ, she receives financial assistance for artificial limbs and specialized devices, peer support from other amputees “just like me,” and the opportunity to attend regional seminars where Champs and their parents learn about amputation and access valuable resources.

Her parents Michael and Lyndsay describe how The War Amps has supported their family.

“We attended our first CHAMP Seminar when Michaela was three months old. While there was a lot of information to take in, it was also very empowering. Seeing the older child amputees really showed us that everything would be OK and that Michaela would have a great childhood.”

“Whenever we’ve reached out to The War Amps since then, they’ve always provided the help we need to make life a little bit easier for Michaela and our family. Michaela was one and a half years old when she started wearing artificial legs, and it didn’t take her long to start walking with them. She has everyday legs that she wears to school and for playing sports, as well as water legs to keep her safe on wet, slippery surfaces. Her artificial limbs are costly and need to be replaced often as she grows.”



Michaela Monsigneur

The War Amps encourages Champs to develop a positive outlook on their amputation and to pursue any activity they desire. “Michaela’s determination and enthusiasm for life inspire everyone around her,” says Danita Chisholm, Executive Director of the CHAMP Program. “Thanks to the public’s support of The War Amps Key Tag Service, we are helping young amputees achieve their goals.”

The War Amps does not receive government grants. Its programs are made possible through the public’s support of the Key Tag Service.

**For more information, or to order key tags, visit [waramps.ca](http://waramps.ca) or call toll-free at 1 800 250-3030.**



The War Amps

Protect your keys and support amputees  
with a War Amps key tag.



Order free key tags at [waramps.ca](http://waramps.ca)

# We Remember

On November 11, Nova Scotia’s  
teachers pause to remember the  
service and sacrifice of those who  
fought to preserve our freedom.



Nova Scotia  
Teachers Union

# Education Education Education Education Education

Pre-Prim to Grade 12 Reading Writing Math French SAT/ACT Prep



**Your Child Will Love to Learn**  
... with Oxford Learning!

Contact Your Local Centre Today!

**Bedford 902.700.6489**

6-80 Hogan Court, Bedford, Nova Scotia  
bedford@oxfordlearning.com

**Halifax 902.701.9254**

6270 Quinpool Road, Halifax, Nova Scotia  
halifax@oxfordlearning.com

 **Now Enrolling!**

**OXFORD** Since 1984  
**LEARNING**

   [oxfordlearning.com](http://oxfordlearning.com)

Proudly Canadian 

## Discover the Beyond Tutoring Difference

Submitted by Oxford Learning

There's more to learning in school than memorizing facts and numbers. Learning is about understanding, problem-solving, and enjoying the process of discovery. That's where Beyond Tutoring comes in—a program designed for Primary to Grade 9 students that goes beyond traditional tutoring to help students become better learners and gain a comprehensive education.

So, what exactly is Beyond Tutoring?

Beyond Tutoring isn't just another tutoring program—it's a gateway to academic excellence and personal growth. Unlike traditional tutoring, which aims to patch knowledge gaps, Beyond Tutoring seeks to empower students with the tools and confidence to tackle any academic challenge head-on.

It's about fostering a love for learning that extends far beyond the classroom, instilling a sense of curi-

osity and resilience that propels students toward success.

Core principles include:

- Nurturing active thinking
- Fostering intrinsic motivation
- Honing organizational skills
- Sharpening cognitive abilities

More than just improving grades, Beyond Tutoring seeks to create well-rounded individuals who are equipped with the skills and mindset needed to thrive in an ever-changing world.

What sets our program apart is its innovative approach to teaching and learning. Through personalized instruction, interactive sessions, and hands-on activities, students are engaged in a dynamic educational journey that caters to their individual learning styles and preferences.

Beyond Tutoring harness-

es the power of cognitive learning to deliver engaging and interactive lessons.

Using our cognitive approach, our tutoring lessons help captivate students' attention and foster a deep learning experience.

Plus, Beyond Tutoring recognizes that learning doesn't just happen in the classroom—it's a continuous process that extends into all aspects of life. That's why we encourage students to apply their newfound knowledge and skills to real-world situations. This helps to foster a deeper understanding of concepts and promotes lifelong learning habits, thus providing a comprehensive education.

Whether a student is just starting their academic journey in Grade 1 or navigating the complexities of middle school in Grade 8, Beyond Tutoring is tailored to meet their individual needs. The Beyond Tutoring program allows

*continued on page 15*

## Learn French in Halifax

### PART-TIME DAY AND EVENING CLASSES

Whether you are a beginner or an advanced learner, come to our Barrington Street Campus to learn French.

Classes run all year long.



**10 weeks, 22.5 hours**  
**\$200!**

FOR MORE INFORMATION  
[fls@usainteanne.ca](mailto:fls@usainteanne.ca)  
902-424-4344

Université  
**Sainte Anne**  
Campus de Halifax

# Health & Wellness

## Is “good enough” Enough?

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C)  
The Brace Space



I recently had a very open and candid conversation with a friend and fellow parent about the need for braces, and while we looked at his daughter’s teeth, he uttered the phrase: “I think they are good enough.” It is a phrase I often hear. As an orthodontist and as a parent I understand. Some patients we see are ‘good enough.’ In fact, their occlusion is correct and there would be no benefit from braces. But there are many others who would greatly benefit from a correction and timeliness of this treatment can limit invasiveness. I can appreciate that it seems every teen you see is sporting braces and that many young kids these days are excited to get their braces, if for no other reason than all of their friends have them. Some people even call braces “a rite of passage.” While I disagree with the notion of braces being a rite of passage, there are some very solid reasons why braces are so widespread these days.

and future oral health, not to mention the improved self-confidence that comes with a beautiful smile.

Any orthodontist will tell you that braces are never “needed.” True needs in life are few: food, shelter, water. Braces are almost always elective in some nature but that does not mean that they are “just cosmetic” and are not indicated to improve function, decrease breakdown and wear of teeth and to foster a healthy bite and smile. Most orthodontists are focused on the occlusion or bite first and esthetics second. The truth is, teeth that are aligned and in a proper bite look better and last longer. Minor rotations or deviations in tooth position can have a large impact on the health and prognosis of teeth.

So, I would ask is “good enough” enough?” For all that we do to set up our youth for the future, oral health should not be neglected. It is not the place

to cut corners. We get one permanent set of teeth and we need to protect them to maintain them for a lifetime. Given the opportunity to do this at an early age, when damage to the teeth can be minimized and a young person can reap the rewards of having a beautiful and healthy smile for their lifetime, is invaluable.

*Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist. She is a co-owner of The Brace Space Bedford (Larry Uteck), The Brace Space Dartmouth, The Brace Space Sackville and The Brace Space Halifax, offering conventional braces and Invisalign for children, teens and adults. For more information, contact 902-455-7222.*

There are two main reasons braces have become so prevalent. It is a fact that malocclusions, or the deviation from a normal bite, are on the rise. Genetics and a host of other factors have ensured that bite and excessive crowding or spacing issues are part of our genetic makeup. The second reason is that oral health has finally received due recognition for its importance to overall health. With this acknowledgement there has been an increased value placed on teeth and their surrounding structures. There is an awareness that teeth can be maintained throughout life and that maintenance means that today’s youth should never need to wear dentures, which were commonplace in the elderly not so long ago. The reason you see more braces is because more people are choosing to set up their children or themselves for excellent present day

## WE ARE REDEFINING HEALTHCARE



**(902) 293-0963**

[www.bayshore.ca](http://www.bayshore.ca)

EMAIL [advocate@bayshore.ca](mailto:advocate@bayshore.ca)

**Bayshore®**  
Home Health



## Our Patients Smile with Confidence

thebracespace  
ORTHODONTISTS

Dr. Dan Stuart & Dr. Sarah Davidson  
[www.thebracespace.com](http://www.thebracespace.com)

### Fine Print

- no referral needed
- free consultations
- treatment for all ages
- 0% financing
- 4 locations to serve you better



# Nova Scotia Nature Trust is Raising Hope for the Coast

Submitted by NS Nature Trust

What does childhood look like, when you grow up in a place called “Canada’s Ocean Playground?”

With 13,000 kilometres of coastline and 3,800 islands (yes, you read that number correctly), Nova Scotia’s coasts are an integral part of who we are – and who we grow up to be. Our rugged rocky shores, rich salt marshes, dramatic coastal headlands, and wind-swept beaches support vibrant, living communities and thousands of species of wildlife, including huge numbers of migratory birds on their long journeys. Coastal habitats also provide ecological services we all depend on, buffering us from storms, controlling floods, and storing carbon.

But growing pressures like development and invasive species threaten these fragile ecosystems. Intact, wild

coastlines have been disappearing for decades. So, too, has public access to our beloved coast. Nearly 90% of Nova Scotia’s coastal lands and islands are privately owned and facing increasing development, destruction and fragmentation.

Only 5% of our coast is protected, but the Nova Scotia Nature Trust is on a mission to change that. Local, focused, and agile, the organization can act swiftly to acquire private land and protect it forever, and the Hope for the Coast campaign aims to save at least 5,000 acres of critical coastal habitat – before it’s too late.

“We know that Nova Scotians are deeply concerned about coastal protection and public access to the coast,” says Bonnie Sutherland,



Executive Director of the Nova Scotia Nature Trust. “The outpouring of support we’ve seen from the community and from our partners in conservation to save coastline and islands has been deeply inspiring. Saving nature makes a real and tangible difference, and it’s heartening to see so many people stepping up to raise Hope for the Coast.”

“Our natural legacy is something we want to protect for our children and theirs, so they too can enjoy all the wild adventures and beauty of growing up on an ocean playground,” she adds. Donating to the Nova Scotia Nature Trust can make a lasting impact today. **To learn more, visit nsnt.ca.**

continued from page 13

students to experience a comprehensive education.

We deeply understand the developmental stages and learning styles of students at each grade level. Our program provides customized support and guidance to help students reach their full potential.

Enrolling in Beyond Tutoring isn’t just about improving grades—it’s about unlocking the limitless potential within every student. Through personalized instruction, innovative teaching methods, and a supportive learning environment. Oxford Learning empowers students to reach new heights of academic excellence and personal growth.

Instilling a love for learning and fostering essential skills such as critical thinking, problem-solving, and resilience, Beyond Tutoring equips students with the tools they need to succeed not only in school but also in life.

Ready to embark on an exciting journey of discovery and growth? Beyond Tutoring awaits! Experience the transfor-

mative power of personalized learning. Unlock the potential within your child and pave the way for a brighter academic future.

Contact us today at [bedford@oxfordlearning.com](mailto:bedford@oxfordlearning.com) 902-405-4116 or [halifax@oxfordlearning.com](mailto:halifax@oxfordlearning.com) 902-423-4484

## HRM BUSINESS DIRECTORY



**BURNSIDE WINDOWS & DOORS LTD.**

Retail & Contractors, Sales of Windows, Doors, Skylights & Patio Doors

75 Akerley Blvd., Unit G, Dartmouth  
Tel: 902-468-7114 Fax: 902-468-7108

### Fredericks Insurance Ltd.

For All Your Insurance Needs

- Home & Auto
  - Condo
  - Tenants
  - Commercial
  - Marine
  - Life & Disability
- Office Hours**  
Weekdays 8:30 -4:30pm  
1356 Bedford Highway  
**902-835-3321**  
Fax: 902-835-7998  
[www.fredericksinsurance.ca](http://www.fredericksinsurance.ca)



### ATLANTIC FUNERAL HOMES

771 Main St., Dartmouth  
902-462-1434

6552 Bayers Rd., Halifax  
902-453-1434

125 Sackville Dr., Lr. Sackville  
902-864-1434

[atlanticdartmouthfh@arbormemorial.com](mailto:atlanticdartmouthfh@arbormemorial.com)

### LAURIE'S COMPLETE AUTOMOTIVE

Where Service & Honesty Come First.  
We Use "WAGNER" Brake Products.

219 Wyse Rd, Dartmouth  
Tel: 902-466-1444

### CENTENNIAL ARENA

27 Vimy Ave., Halifax

- Ice Rental 24 Hrs. a Day
- After 5 pm to 8 am, Call 430-8221
- Multi Purpose Room Available to Rent for Your Functions
- Senior Skating Wednesday to Friday 10 am to 12 noon
- Pet Friendly

For Further Information, Please Call 902-490-4926

Book Ice Online [centennialarena.ca](http://centennialarena.ca)



**WE BUY:**  
COPPER, BRASS,  
ALUMINUM,  
BATTERIES,  
SCRAP METAL &  
CAST IRON

FIND US AT:

14 DAWN DR,  
DARTMOUTH, NS

(902) 468-1995

DartmouthMetals.com  
[Info@dartmouthmetals.com](mailto:Info@dartmouthmetals.com)

# GREEN LIGHT LEASING

## HOW LEASING SHOULD BE



SHOP HERE

### WHY GO WITH GREEN LIGHT?

- Huge selection of Green Light Certified used vehicles
- New choices are being added weekly.
- Comprehensive inspection, 6 month/10,000 km powertrain warranty
- 7 day/1,500 exchange privilege
- VIP Discounts at O'Regan's Service Centres
- Grad Rebates
- One year of complimentary Job Loss Protection

**O'REGAN'S**  
DRIVING HIGHER STANDARDS®

 **GREEN LIGHT**  
USED CARS