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Parent-Child Guide

April/May 2024 Vol. 30 - No. 1 Est. 1995



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Learn a Second Language

By Claudette Bouman

If I could go back and redo my formal education, in addition to trying harder at maths and science, I'd really buckle down and learn a second language. It would probably be Spanish because French was not offered to me in high school. Ten years ago, I spent a year trying to learn a second language—German. It wasn't easy and I didn't fully succeed. In fact, I wrote a book about that humbling experience.

In an article entitled "Quebec's New French Revolution" journalist Mark Mann writes about his experience as an Anglophone, who has always loved French, living in Montreal. He uses his experiences as a segue into the complicated historical relationship English speakers have as Montrealers living in the Province of Quebec.

Montreal is a special cosmopolitan city in a French-speaking province where people from many different countries around the globe populate to live and speak a variety of languages. Mann points out it's important to be able to speak French there.

For Anglophone Canadians, the second most obvious national language to acquire is French. I think of it as a gift English-speaking parents can give to their children. There are many positives to learn-

ing French even if the goal is not to live in Quebec.

What are the benefits of being bilingual? Generally accepted benefits include: improving children's brain and memory functions, boosting their creativity and self-esteem, helping them in their career opportunities, as well as increasing their understanding of the language they already speak.

If you don't use it, you lose it. This is true of muscles as well as language facility. Getting kids interested in French, providing structured learning opportunities, and regularly exposing them to it sure help. As supplementals, reading French books, watching French movies, and knowing and conversing with French speakers build and extend brain and memory functions for retention. Here's an interesting phenomenon that I've noticed: whenever I'm introduced to a new word or idea, within the next day or two, it pops up in my reading or conversation. Language learning works this way.

Children love to show off new knowledge and giving them a chance to learn and demonstrate new words and phrases is a sure-fire way to boost their motivation and self-esteem. Career opportunities are not top priority for five or ten-year-olds, but this is the pay-

back investment that comes much later in life. English-speaking students who learn French, come to understand that about seventy percent of all words in their first language vocabulary resemble French words. Knowing French therefore greatly enhances the comprehension of written English.

The average child can learn a second language well. As parents, my husband and I wanted and could support this at home but could not do it ourselves. So, we were happy to enroll our son in late French Immersion and our daughter in CSAP schools. Our son did okay, and our daughter flourished. She went on to study in at a university in Quebec City, eager to keep up her second language and her view of what being a Canadian means. Another benefit not spoken of often enough is the nation-building function of shared languages.

Even though my language learning experience in Germany failed miserably, I wouldn't want to go back and rescue myself from it.

Claudette Bouman retired after teaching for 30 years in Barbados, Saskatchewan, and Nova Scotia. Her memoir, *Failing Forward in Saarland* published by FriesenPress is due out in Spring 2024.



Photo by Arthur Krijgsman, pexels.com

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HRM MLAs and MPs Working Hard for YOU!

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

ELECTORAL BOUNDARIES

My previous newsletter included errors about the upcoming electoral boundary changes that are taking effect this month.

Yes, the electoral boundary redistribution is taking effect on April 15th, 2024. However, these changes will not impact my role as your federal representative. Until Parliament is dissolved for an election, I will continue to proudly serve as Member of Parliament for communities on the Eastern Shore, and in Eastern Passage and Cow Bay.

I apologize for this miscommunication and for any confusion it has caused. It is an honour to continue my job as your voice on Parliament Hill, and I thank you for your continued support.



INTERNATIONAL WOMEN'S DAY

In celebration of International Women's Day, \$28.9 million in funding was announced towards fifteen projects across Canada supporting Women in the skilled trades, including...

- Atlantic Canada Regional Council's Sisters in the Skilled Trades Project
- Nova Scotia Apprenticeship Agency's Advancing Women in Apprenticeship project.



Learn more: www.canada.ca/en/employment-social-development/news/2024/03/canadian-apprenticeship-strategy-women-in-the-skilled-trades-initiative.html?fbclid=IwAR24AvlGmjYLppP0Ru38j4YMMlhn-r4-vMQDLDF6yRVAFNvwmNDsEs_PPwA

CANADIAN BREWERS

Canadian brewers are source of pride for communities and play an important part in supporting local economies. To support their operations, our government has decided to extend the cap on the excise duty adjustment for beer, wine and spirits, effective April 1, 2024.

Additionally, for two years, we are cutting the excise duty by half on the first 15,000 hectolitres for all Canadian brewers, providing a typical craft brewery with up to \$86,952 in tax relief.

Learn more: https://www.canada.ca/en/department-finance/news/2024/03/supporting-canadian-businesses-with-alcohol-excise-duty-relief.html?fbclid=IwAR1s3mlqsItosUKOXRU0LQ09AFCooiwd53Z_3j3pk5CLnowiJWXuqMXtBkting
Canadian businesses with alcohol excise duty relief - Canada.ca



HALIFAX TRANSIT MILL COVE FERRY SERVICE

Big news for Bedford: the long-awaited Halifax Transit Mill Cove Ferry Service project is coming to fruition.

Through a combined investment of nearly \$260 million from federal, provincial and municipal levels of government, the project is entering its second phase, which will focus on the design and construction of the terminals and procurement of ferries.

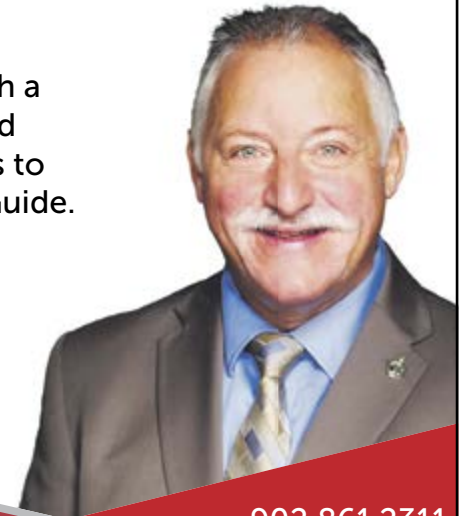
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I would like to wish a happy 29 years and continued success to the Parent Child Guide.

Darrell



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This project will bring positive changes to future housing developments in neighborhoods around the Bedford Basin, making it easier for both current and future residents to get around and stay connected.

Learn more: <https://news.novascotia.ca/en/2024/03/04/mill-cove-ferry-will-navigate-nova-scotians-bedford-downtown-halifax?fbclid=IwAR1od4OrrySrZEnZcohKzac5VlkgE-j0uxZQeKpUkD-csDEywJXuS4uKkdAI>



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HRM MLAs and MPs Working Hard for YOU!

Helping Young People Get Ahead

By: Hon. Lena Metlege Diab, Member of Parliament for Halifax West

Inflation has been cooling in Canada for months now. However, far too many younger Canadians are still anxious about their ability to afford to own a home and start a family. As someone who got into politics to make life better for my grandchildren's generation, that's a big concern for me. It's also why your federal government is acting now to ensure generational fairness.

Here are a few ways we're working to help young people get ahead:

EXPANDING AFFORDABLE CHILD CARE

Moms and dads deserve to be able to balance work with family, and kids deserve to get the best start in life. That's

why we're moving forward with \$10/day child care in Nova Scotia by 2026, helping to add thousands of new child care spaces by providing low-cost loans and grants to child care providers, and investing in training even more early childhood educators—all so you can find a space close to home that you can afford.

PROVIDING NUTRITIOUS FOOD FOR ALL KIDS

Success at school sets our kids up for success in life. But no child can succeed in the classroom when they're hungry. To give parents a break, and let kids focus on learning, we're funding a new National School Food Program that will provide meals to kids all

across the country—helping them reach their full potential.

HELPING FIRST-TIME HOME BUYERS

As we continue our work to help build thousands of new apartments and student housing units, we're also taking action to support those looking to buy their first home. By beginning to use renters' history of on-time rent payments in the calculation of credit scores, we're going to ensure renters finally get credit for their financial responsibility and make it easier for them to qualify for a mortgage. We've also made it easier to afford a downpayment by creating tax-free First Home Savings Accounts that are already helping young

Canadians save thousands on their taxes.

BUILDING NEW SOCIAL PROGRAMS

To strengthen Canada's social safety net, we're launching universal pharmacare—which will include public coverage for contraceptives and diabetes medications and supplies as a first step. We're also expanding

dental care to all uninsured people with household incomes under \$90,000/year in 2025, and delivering the new Canada Disability Benefit to better support work-

ing-age people with disabilities.

Stay tuned: Budget 2024 will include lots more to ensure fairness for all generations.

Spring Update

By: MLA Rafah DiCostanzo, MLA for Clayton Park West

Happy 29th Anniversary to the Parent-Child Guide! A special shout out to Robert Rockwell who works so hard with his team to put together this important community newspaper. Quite an accomplishment these days to have a family run free newspaper still in operation. Congratulations!

The snow is slowly disappearing from our neighborhood, but unfortunately, the litter from the winter will be visible. I am a passionate advocate for lit-

ter prevention, and we will begin our Litter Prevention Cleanups starting around Earth Day 2024. We have a wonderful group of volunteers that help to keep our community free of litter. If you have a passion for our environment and would like to help us with our First 2024 Litter Prevention Cleanup, please contact my office at Rafah@RafahDiCostanzo.com. We have people of all ages come out and have fun while cleaning up.

I am looking forward to getting out

this Spring into our community and attending the many events that happen in the Spring/Summer. If you have an event, please let our office know and we can help promote it for you through our social media channels.

Once a month, I hold coffee and conversation with constituents to discuss issues, new businesses or just to connect. If you would like to meet me for coffee, please contact my office for an appointment.

OUR OFFICE

Our Office is here to help you with any provincial issues. We also have COVID tests available at the office if you need them. We can help you with government forms. We also offer notary services free of charge to citizens of Clayton Park West.

I send out regular E-newsletters to constituents with all the latest updates for Clayton Park West. Please consider signing up by calling or writing my office – **Rafah@RafahDiCostanzo.com**

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HRM MLAs and MPs Working Hard for YOU!

A Message from Hon. Tim Halman, MLA Dartmouth East

Happy Spring to all constituents and readers of the Parent-Child Guide!

The return of spring is a wonderful time of year, and it serves as a great reminder of all the opportunities in Dartmouth to enjoy outdoor recreation.

As warmer weather is now upon us, please be aware and safe when you

are considering having any kind of fire. Nova Scotia's Department of Natural Resources and Renewables maintains burning restrictions during wildfire season, which stretches from March 15th to October 15th.

From 8:00AM to 2:00PM, domestic burns are not allowed on any day during the wildfire season. As for after 2:00PM, restrictions are updated every day. Depending on the risk,

there are three possibilities.

On days of least concern, NRR will allow burning from 2:00PM to 8:00AM. On days of moderate concern, burning will have to wait until 7:00PM, and on days where the highest risk is present, burning will not be allowed.

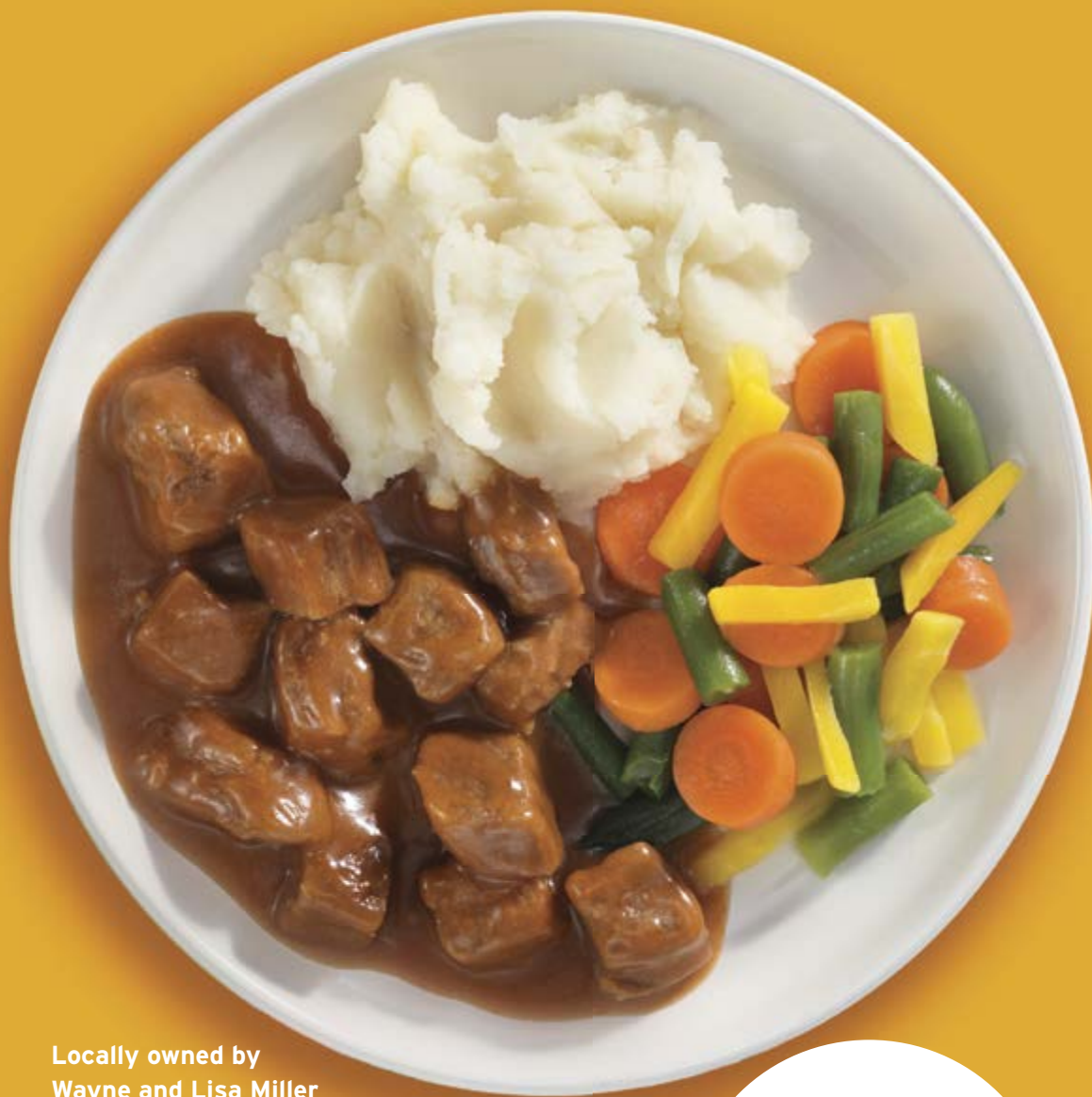
Each day at 2:00PM the daily restrictions are updated. These restrictions

are broken down and specialized by county, so please check what restrictions are in place for your specific location.

I highly encourage you to check these restrictions before proceeding with any campfire, or any other kind of open domestic burn. These restrictions are in place for the safety of all Nova Scotians, to prevent as many wildfires as we can.

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HRM MLAs and MPs Working Hard for YOU!

A Message from Lisa Lachance MLA, Halifax Citadel-Sable Island

There has been a lot of talk lately about rights for children and students – and I want to take a moment to dive a bit deeper into that. Some of you will know that during the Spring Legislative Sitting, the government included the establishment of an office for children and youth in their Financial Measures Act omnibus bill. Having an advocate for children and youth in Nova Scotia is something I've been fighting for since long before my time as a politician. Lots of other provinces have this and it's proven useful many a time.

It's crucial that any monitor appointed by the government reports directly to the Legislature. That

way, they can assess children's rights issues through a non-partisan lens; whether that's in health care, education, housing, the foster care system, and more. We don't fully understand what the government's plan is for this new office but rest assured that I will keep my ear to the ground.

Children's rights are being called into question around the world, and that's not just in places one might assume. It's also here in Canada. We see it with discriminatory legislation being imposed in other provinces. Children deserve the right to a safe space when they come to school, and that includes being respected in the identity they choose and use.

I will be keeping a close eye on how Nova Scotia moves forward on the issue of children's rights. Children's rights are sacred, and it's all of our jobs as parents to advocate for this.



A Message from Braedon Clark MLA, Bedford South

CONGRATULATIONS ROBERT AND JENNIFER ROCKWELL AND PARENT CHILD GUIDE ON 29 YEARS OF SERVING OUR COMMUNITIES!

Parent Child Guide speaks to how the Rockwells are great community leaders. Their never-ending generosity and positive outlook are very much appreciated. Not only is the guide a wealth of knowledge and useful information for families and people of all ages, but it is free. Keep up the great work. Your community loves you and values your ongoing service.

As the MLA for Bedford South, one of my most important roles is to advocate for good public policy.

Since introducing legislation on this in October 2022, I have been advocating for a residential tenancies enforcement unit to better protect both tenants and landlords. This commonsense approach is supported by both landlords and tenants and would mean disputes are resolved faster, with less cost and organization on both sides. I am asking the government to take action on this and make a difference in the ongoing housing crisis.

In early March it was announced that our district will be home to The Mill Cove Ferry Terminal and a new, environmentally friendly, high speed ferry service for

travel between Bedford and downtown Halifax, with the first sailings planned to start in 2027-2028. This is a transformational investment for Bedford South and beyond, and a prime example of what can be accomplished when all levels of government work together to achieve big things. I have been advocating for this project since before I was elected, but there are so many more who have been working on this idea for decades.

I am extremely happy that this critical and long awaited for funding of the sensor-based Continuous Glucose Monitoring (CGM) supplies will be available through a new income based program and existing pharmacare programs. This will be open to Nova Scotians with Type 1 and Type 2 diabetes who meet specific criteria, including the need for multiple daily injections of insulin or insulin pumps to manage their diabetes. This is such great news that more Nova Scotians living with diabetes will soon be able to better afford the equipment and supplies they need.

We are running the free tax clinic again this year through my constituency office, until the end of April. It's best to call or email to arrange a time to drop off your tax documents.

My office and I are always here to help you in any

way that we can. So please feel free to reach out. As always if you know of anyone celebrating a special occasion or if a new business is opening up, please let us know so we can share their great news with everyone.

Bedford South and area have many wonderful diverse cultures and traditions. So, let's share in some of these with our neighbours and friends. Enjoy our beautiful Spring season and I hope many of you are able to get out and about to participate in the many activities organized throughout our communities or to just be out in nature.

All the very best,

Braedon Clark, MLA Bedford South



A Message from Suzy Hansen – MLA for Halifax Needham

Greetings from Halifax Needham. With the arrival of spring, it seems that after a cold, windy winter, Maritimers really get into the spirit of welcoming warmer weather.

As the weather warms up and the days are longer, getting outside with the kids should be a top priority. Our family always finds time to get outside to be active together as a family. But please don't forget your spring jacket as this is Nova Scotia and the weather can change at anytime.

Go for a walk to a Community garden. During the first months of spring, the gardens come to life. All the flowers and plants wake up after the winter, and you begin to see blooms from the flowerbeds and bushes throughout.

While you are out, go and grab a coffee and a treat from the local coffee shop or cafe on your walk.

Spring is also a time to bring the bikes back out. If you haven't already.

Some cyclists don't let winter slow them down, but for the warmer weather souls, spring is the best time to get back out on the roads and trails.

Make some time for self care, the cold weather typically keeps folks indoors for longer periods of time. Take some time to do something for yourself.

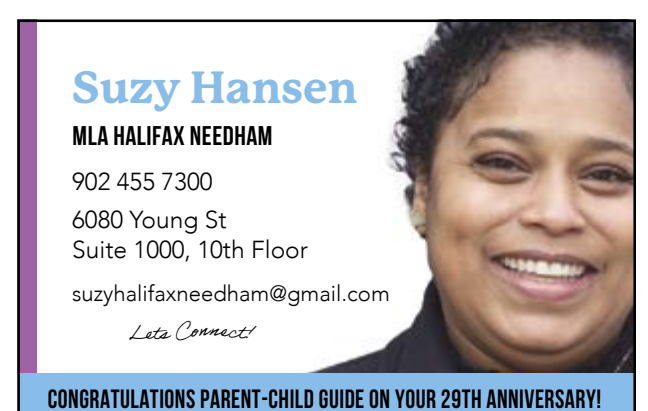
Get some fresh air and enjoy the small things around you. Pay attention to your surroundings enjoy the birds chirping in the morning and the dew on the leaves.

Whatever you decide to do, do it together. You have so much more fun when you have company to do it with.

Make sure you, your family, and friends get outside

this spring. Being outdoors and connecting with nature is so important for our mental health and well-being.

Let us all welcome Spring and connect with me @suzyhalifaxneedham to stay updated Please take care of yourself in 2024.



Summer Camp Guide

Parent-Child Guide



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SUMMER CAMP GUIDE

Fun Places To Go, Health & Wellness, Education, Seniors' Living Care, and More!

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Benefits of attending summer camp

Submitted by Royal City Soccer Club

The benefits of attending summer camp might seem obvious – healthy, physical activity, but summer camp is so much more. Here are a few of the other benefits:

- **Develop life skills** – Camps provide the right atmosphere, equipment and facilities for kids to enhance their sports abilities, their artistic talents, and their adventure skills.
- **Builds confidence** – Camp helps children build self-confidence and self-esteem by removing some of the competitive barriers found in school.
- **Promotes independence** – Managing their daily decisions in the safe, caring environment of camp, children welcome this as a freedom to blossom in new directions.

- **Makes time for play** – Children are often overly scheduled and activities overly-structured. Camp life gives children much needed free time to just play.
- **Screen-free fun** – When kids take a break from TV & cell phones, they rediscover their creative powers and engage the real world.
- **Connection with outdoors** – Camp reconnects children with the outdoors. Outdoor experience enriches kid’s perception of the world and supports healthy child development.
- **Build friendships** – Free from the social expectations pressuring them at school, camp encourages kids to relax and make friends easily. Everyday, camp creates friendships

• **Teaches teamwork** – What better place to learn how teamwork works. Camp allows children the opportunity to observe the importance of working as a team in accomplishing a goal.

At Royal City Soccer Club, we try to promote all of these benefits of attending camp. Join us at one of our locations in the Halifax area this summer by visiting royalsoccer.com or call 800-427-0536.



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Summer Activities Are Fun and Essential to Learning!

Submitted Canadian Parents for French, Nova Scotia

Many factors will contribute to your child's success during the school year, such as curriculum, learning materials, teachers, school setting, administrative support, your child's motivation, as well as your support and encouragement.

However, additional exposure to French is important when trying to achieve the fluency in French second language. Therefore, experiencing French at home and within the community will enhance your child's abilities in French, their understanding of Francophone culture, and their confidence

in using the language. With summer just around the corner, many parents are looking for summertime activities to keep their child occupied and on the path to success. Extracurricular activities, such as summer camps, regardless of a student's age, are a great way to do this.

There are a wide range of things you can do to enrich your child's French language learning. Many aren't expensive or time consuming. Help your child to use French during the summer! Watch French TV and DVDs, borrow or buy French books, and choose activities

in French like plays, courses and sport activities. Borrow French cookbooks from the library and make a recipe, or work on a family tree in French. Play board games in French. Many activities can be done in French as a family.

Your child will learn new skills from summer activities, and integrate these skills into their time at school. They will develop life-long relationships with their peers and learn how to lead others. These skills will be beneficial in later life and in the workplace. No matter what summer activities a student becomes in-



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Family Camp	All ages	July 21-26
Day Camp 1	5-12	July 22-26
Multi-age 1	7-14	July 28-Aug 2
Day Camp 2	5-12	July 29-Aug 2
Multi-age 2	7-14	Aug 4-9
Day Camp 3	5-12	Aug 5-9
Multi-age 3	7-14	Aug 11-16
Day Camp 4	5-12	Aug 12-16

Register online @ www.campmush.ca

Camp Office (902) 624-9649 Office email: office@campmush.ca



involved in, it is best to start early.

Remember learning any language is a life-long experience! Just as your child's

first-language skills will mature and expand with age and new experiences, the same factors will affect the development of their second language.

A long-term commitment to learning will produce the best results! Be supportive and enthusiastic. Make French a part of your child's life!

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Session 3: August 19-23 | Session 4: August 26-30

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Session 1: July 29-August 2
Session 2: August 12-16

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Session Date: TBA



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Submitted by Stagecoach

Nova Scotia Kids Return in Triumph From the Stagecoach Canada National Showcase

Stagecoach Halifax, renowned for nurturing young talent in the performing arts, recently concluded a remarkable showcase that left audiences spellbound. Featuring a diverse array of performances, the event showcased the exceptional skills and unwavering passion of Nova Scotia's budding artists. This March, over 20 students from across the network of Nova Scotia Stagecoach Schools traveled to Toronto, Ontario, to perform in the annual Stagecoach Canada Showcase at the Meridian Arts Centre. They showcased their talents with sections from the hit, Queen-inspired musical 'We Will Rock You' as well as a medley from

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the Broadway musical 'Big Fish'. The participation of these students added a dynamic element to the showcase, highlighting the collaborative spirit and nationwide reach of Stagecoach.

The Stagecoach Canada Showcase is a flagship event spanning two days, bringing together schools from across the Stagecoach network, providing an opportunity for these talented students to get together and create a collaborative piece of theatre.

According to Julie Thomas, Artistic Director of Stagecoach Halifax, "The showcase was a testament to the incredible dedication and talent of our students. From captivating performances to displays of creative courage, they truly shone on stage, leaving a lasting impression on everyone present."

Kristi Wenaus, CEO of Stagecoach Canada, echoed Thomas's sentiments, stating, "We are immensely proud of the achievements of our Halifax cast. Their unity and support for one another throughout the event exempli-

fy the core values of Stagecoach. It's heartening to see our students not only excel in their performances but also foster a spirit of camaraderie within the community."

The two-day showcase not only highlighted the technical prowess of the performers but also underscored their deep-seated passion for the arts. With each act, the students demonstrated their commitment to excellence and left a lasting impact on the audience.

Stagecoach Halifax continues to be a beacon of creativity and talent in Nova Scotia, providing aspiring artists with the platform to thrive and showcase their abilities. The success of the recent showcase serves as a testament to the dedication of the students and the unwavering support of the Stagecoach community.

For more information about Stagecoach Halifax, its weekly programs, summer camps and its upcoming events, please visit www.stagecoach-schools.ca/halifax or contact 902-266-2601.

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Health & Wellness

Don't Miss Out! Lightforce 3D Imaging Printed Braces

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax Orthodontic Specialist Group



We have all heard of braces and Invisalign, but what about the latest new style of braces, 3D custom digitally printed braces that are custom designed for each patient? The name is LightForce and it is making history! By implementing a revolutionary new style of braces technology, local Orthodontists have taken us into a new age of orthodontics, and we are excited about it for our patients! There was the introduction of Invisalign, but not since 25 years has there been any drastic change in the design and function of conventional braces. And we have needed this, as not everyone is suited for Invisalign. LightForce was created by Orthodontists for Orthodontists, so they knew the challenges that both patients and they, themselves, were facing. As a result, this braces technology has hit the orthodontic world with a great deal of excitement and promise. Just recently, LightForce Orthodontics secured \$50 million series C funding led by Kleiner Perki. They, and other investors believe in this revolutionary new 'one size fits one' braces!

Always being on the cutting edge of technology and education the Orthodontists at The Brace Space were one of the first offices in Canada to be part of the limited release of the crystal clear bracket!

But what exactly is LightForce and what does this mean to our patients? To begin with, they are fully customizable. The perfect fit for any tooth, no matter the size, the shape or surface.

Planning for LightForce braces is entirely digital, meaning no uncomfortable impressions or plaster models! LightForce treatment also takes a patient's jawline, lips and facial layout into account,

which improves the final outcome and appearance.

LightForce customized braces are created with 3D-printing technology that results in the only true custom braces system, providing true personalization in 3D bracket technology. By offering 3D-printed brackets that can adapt to every change in tooth position, the custom treatment can be carried out with precision and accuracy, enhancing the final outcome. In orthodontics a millimeter is a big deal!

Furthermore, the brackets are white, patient-specific 3D-printed ceramic polycrystalline alumina brackets with no more metal!

And finally, because of the 3D digital printed bracket, there are fewer office visits required, fewer broken brackets and generally shorter treatment times. A clear win/win for everyone! It is thrilling to know

that we have access to this amazing new clear, cutting edge and custom technology right in our own local communities! Check it out, it may be just what you or your family have been waiting for!

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with The Brace Space Orthodontists. She is a co-owner of The Brace Space @ Bedford, The Brace Space @ Sackville, The Brace Space @ Dartmouth (formerly Stuart & Davidson) and The Brace Space @ Halifax (newly opened), offering conventional braces, LightForce braces and Invisalign for children, teens and adults. For more information, contact (902) 455-7222 or (902) 252-7222

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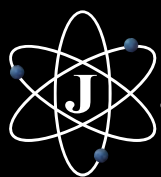
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Celebrating Our 29TH Anniversary



Publisher's Message

Parent-Child Guide is Celebrating it's 29th Year Anniversary Edition, Thank You Very Much to Everyone!

Welcome to our Special 29th Anniversary Edition! We are humbled by the support we've received from you, our loyal readers, advertisers, and contributors for the last 29 years.

We are so very grateful to all who have advertised, contributed articles, and read our newspaper. And we're overwhelmed from all the kind words that readers and advertisers have sent to the Parent-Child Guide, without the support

we would not be able to provide our readers with local and informative content they have come to expect. We will continue to provide the quality content you've come to expect from the Parent-Child Guide for many

years to come.

Once again, from me, Jennifer, and the team at the Parent-Child Guide, thank you from the bottom of our hearts.

Robert Rockwell
Owner/Publisher



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Education

5 Tips for Staying Motivated This Spring

Submitted by Oxford Learning

After months spent indoors, spring's arrival can distract students and lead to spring fever. Thanks in part to extra daylight, many students begin to feel the urge to get outside and move around. Spring fever can look like restlessness, distraction, and even procrastination for students.

Even though the weather may be nicer, the school year isn't over yet! There are still classes to attend, projects to complete, and homework to finish. Maintaining good learning habits and routines remains essential: keeping school skills sharp and staying focused on learning will benefit students—after all, the final report card is not that far off.

Thankfully, keeping spring fever in check is possible. These five tips can help students of all ages beat spring fever and stay motivated in school until the final school bell rings.

5 Tips for Staying Motivated This Spring

1: Spring Cleaning

Spring can also bring the urge to get organized. Put the bonus energy from the increased sunlight to good use with some spring cleaning! Students can stay mo-

tivated by sorting through their learning spaces, tidying their rooms and backpacks, and purging any school supplies that no longer work or that they no longer need.

2: Stay on a Schedule

Sticking to a learning routine can feel extra challenging after March Break. Avoid procrastination by sticking to a learning schedule and following routines as much as possible. However, rather than being restrictive, schedules allow students to accomplish more, giving them more free time to get outside and enjoy the nice weather.

3: Set New Learning Goals

Spring is the season of renewal, making it the ideal time to set learning goals for the rest of the school year. Discuss goals together for the final report card and start planning for achieving those goals this summer. See how students can stay motivated and set new learning goals in five easy steps.

4: Use Organization Tools

There are many tools out there to help keep students organized. From agendas to calendars to planners, even online apps help keep students organized and on track. For extra motivation, flip through past months for a reminder

of everything that has been achieved so far this year.

5: Get Extra Help

Homework, end-of-year projects, and final exams can stress even the most organized student. Enlist the use of a professional tutor to help manage the current workload and learn helpful tips to manage spring fever and seasonal distractions while staying motivated.

Need Help with Staying Motivated?

At Oxford Learning, we can help students stay motivated, get through the year's end, and continue learning all summer long.

Did you know that students tend to lose 30% of what they learned during the summer months? A summer tutoring program allows students to maintain an educational routine, develop new learning skills, and get ahead with an introduction to next-grade concepts.

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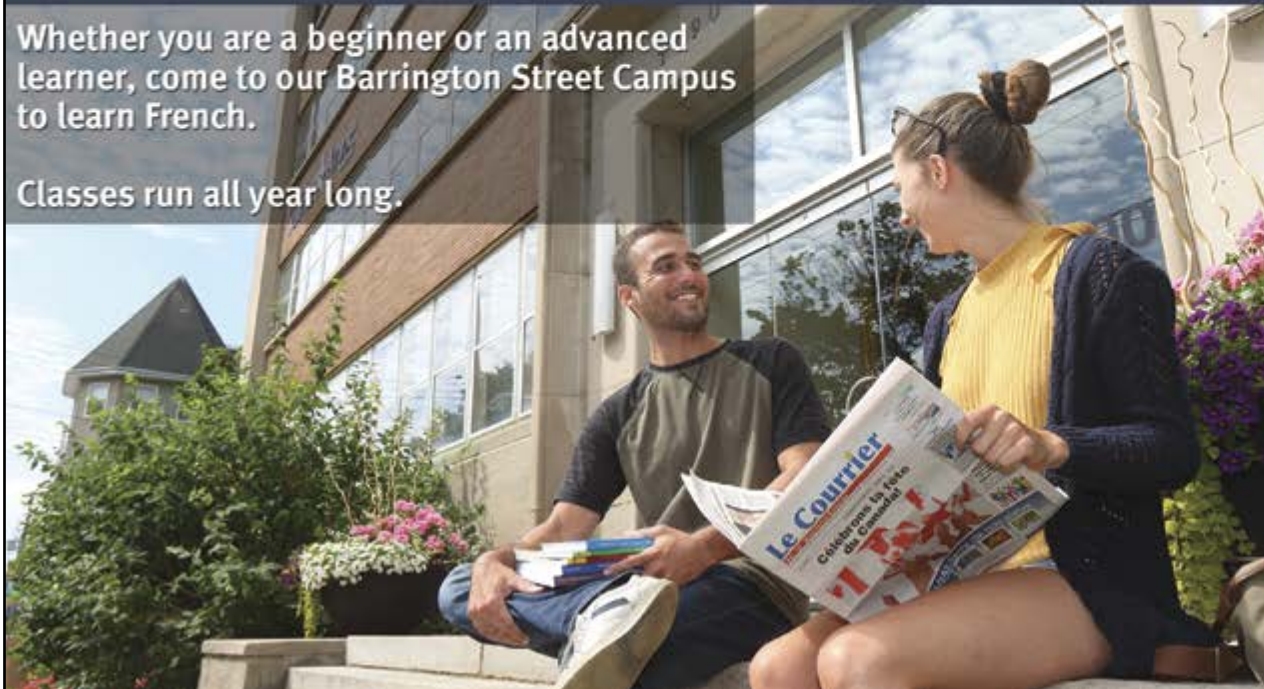
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HOME Décor

Get in Focus

By Holly Gouthro, Interior Consultant, DWD Interiors

Education

Focal points are necessary within any room, they are used to draw your eyes to the main feature of the room. While you still want key elements

throughout the room you want one spot to be where everyone's eyes come to land.

Focal points in living rooms are the most notable ones, this is usually where the majority of the furniture is pointed and what people first notice when they enter the space. Fireplaces are one of the most used focal points, which is great because there are so many finishes available. Create your own unique style with finishes such as tiles, stone, marble, granite or even wood panelling if it's to code.

But what happens when you don't have a fireplace and it is not in the plans to get one? One thing that a lot of people set their furniture around is a tv and one of the best solutions is the Samsung frame tv. This tv has a feature that makes the screen look like a piece of art when it is not on and has different frames to accommodate your decor. The best thing about it is that it has sensors so when no one is in the room it turns off.

Another area that can sometimes be tricky is the kitchen. There are a

few different solutions for this space, some of my favourites are to do a custom decorative range hood or an island with an accent countertop and lovely large pendant lighting.

For bedrooms, the bed wall is usually the go to and I like to accent it with a dramatic headboard, interesting art or even wallpaper that draws you in. If you really want to switch it up you can make the ceiling the focal point with a feature like wallpaper, paint or even a wood accent paired with unique lighting.

Keeping repeating elements such as colours, shapes and texture throughout a space is what makes a space feel cohesive as your eyes drift across the room. But you always want your eyes to land somewhere and designating that area so your eyes aren't darting from one thing to the next is the key that will make your space feel cohesive and complete.

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