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Parent-Child Guide

FREE February/March 2023 Vol. 28 - No. 6 Est. 1995 **FREE**



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What is the FHSA and how does it work?

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Report Cards

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Report Cards

By Claudette Bouman

What's the purpose of report cards? Over several decades, I dealt with them in different roles. I read, composed, and interpreted them as a student about me, as a teacher about my students, and as a parent about my children. I still keep a treasured copy of my own ancient school report booklet used between 1968 and 1974. Back then, the comments summed up "unsatisfactory", "satisfactory", "fair", "good", "very good", or "excellent" achievement. Of course, additional comments related to my behaviour, attitude, and aptitude. My parents looked quickly at the marks, read the flattering or unflattering subject-teachers' comments and took what the teachers wrote as truth. They asked few questions of me, none of the teachers and expected no conversation with educators as no tradition of parent-teacher interviews existed back then in Barbados. With our children the situation was very different except for their piano lessons reports which often read: "Fair effort. Keep at."

Over my period as teacher and parent, school reports big changes came to elementary, junior high, and high school reports. Assessment of student-achievement changed to become outcome-based. What is outcome-based assessment? This brand of assessment measures student progress towards specific learning outcomes. There is a belief that each student is unique and experiences success in different ways or on a different timeline compared to others. The process of gathering evidence on learning based on the number of learning outcomes

achieved rather than the sum of marks on different assessment tasks is more important.

In schools, actual marks became less significant and grades or grade-bands were substituted for percentages with mixed teacher and parental reception. Still, parents knew if their children achieved A's in most subjects they were doing fine; whereas, if they received mainly C's and D's, no matter what the paragraphs next to those grades said, achievement fell below par or was unsatisfactory.

Let's get back to the question of why report cards. A school report is a written account from a school about how a child is doing in their classes. It assesses their performance and provides a valuable tool to parents, students, and teachers. It shows what learning is being assessed and if the student is below grade level, at grade level, or above grade level. As teachers we were increasingly reminded: "Let there be no surprises, especially unpleasant ones, for parents." It meant we were required to communicate with parents, particularly if students were underperforming, well before report cards reached home. Parents with some prompting, and consequential action at home could encourage their children to talk with their teachers, up their effort, and hand in homework or late assignments.

When there's a big disconnection between how students are doing in school and what parents know about how they are doing, then there's reason for teacher-parent-child dialogue. If that fails, then the midterm re-



Photo: Andy Barbour / Pexels.com

port is clarification calls to action. Much can be achieved between midterm and end of term, semester or year-end, and the three parties can work together to achieve specific improvements. I've witnessed amazing progress triggered by candid midterm reports numerous times over the length of my career. Report cards are a great utility tool even if their reform marks a radical change from how parents and teachers experienced them as students.

Claudette Bouman retired after 30 years of teaching in Barbados, Saskatchewan and

Nova Scotia, mostly at senior high school. Her last thirteen years were spent at Cole Harbour District High School with a wonderful group of colleagues. There she taught chiefly English and Theory of Knowledge in the International Baccalaureate Program (IB). She enjoys writing and is in the process of writing a Memoir title: "Saarland Dream." It's about a year she took off from teaching (2013-2014) to live in Germany with her husband and daughter. She has two adult children and live in Dartmouth with her husband.

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For More Information Please Contact:
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What is the FHSA and how does it work?

Submitted by The Sutherland Wealth Management Group

What is a FHSA?

The Tax-Free First Home Savings Account (FHSA) is a savings account meant for home purchases. It's a new registered plan that'll allow first-time homebuyers to save up to \$40,000 tax-free. This new account is expected to be implemented in 2023, but there are still some unanswered questions about the details.

Here's what we know so far:

- Age limit: You should open your FHSA before reaching 71 years old or can be opened for 15 years.
- Contributions, deductions and taxes: Unlike an RRSP which allows contributors within the first 60 days of the following year, all your FSHA contributions should be made before December 31 for current year deductions.
- Deduction can be carried forward to future years to reduce taxable income.
- Once the account is opened, unused portions of the annual contribution limit will be allowed to be carried forward up to \$8,000. This means that an individual who makes less than \$8,000 in contributions in one year could contribute the following year, their annual contribution limit of \$8,000 plus \$8,000 minus their contributions made in the previous year (subject to their lifetime contribution limit).

How does it work, and what are the financial advantages?

The FHSA is a mix between an RRSP, a TFSA and the Home Buyer's Plan (HBP).

Like an RRSP, your contributions are tax-deductible, so you'll be able to reduce your taxable in-

come when you file your tax return. However, unlike the RRSP where your withdrawals are taxable, withdrawals from the FHSA to buy a home won't be taxable.

Like the TFSA: Investment income isn't taxable (if it's used to buy a home).

Example

If you contribute \$8,000 per year to buy a home, it's the equivalent of the government offering you a non-taxable gift.

Unlike the HBP, you don't need to pay back the amount, even if the withdrawals are not used on a down payment for a home. However, those withdrawals will be taxable.

Good to know

If you decide to use this amount for something other than a house, you can transfer the money to an RRSP or RRIF without affecting your contribution room.

Should I wait for the FHSA before buying a home?

Considering the account won't arrive until 2023, and that annual contributions are capped at \$8,000; it's strongly recommended that you start saving now using a different savings account like a TFSA. However, if you want to take advantage of the HBP, you'll have to use your RRSP.

Can I combine the HBP and FHSA to help me buy my first home?

Yes. You can combine the HBP and FHSA to buy the same property.

If you have any other questions please feel free to reach out to us at terry.sutherland@nbc.ca.

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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



Black History Month

The month of February is a time to celebrate the many contributions of Black Canadians to our history, identity, and strength as a nation.

We are home to the largest indigenous Black Community in Canada, making February a particularly special month here. Black History month recognizes the sacrifices and perseverance of racial equality in Canada.

Happy Black History Month!

Family Day Skate

Come join us for a **FREE Skate** and **FREE Chili!**

Date: Mon., Feb. 20, 2023

Time: 11am to 1pm

Location: Sackville Arena,
91 First Lake Dr, Lower Sackville NS

Bring your helmet!



Valentines for Vets

You can show your appreciation to a Canadian Veteran this February.

Send a Valentine's Day card to say thank you.

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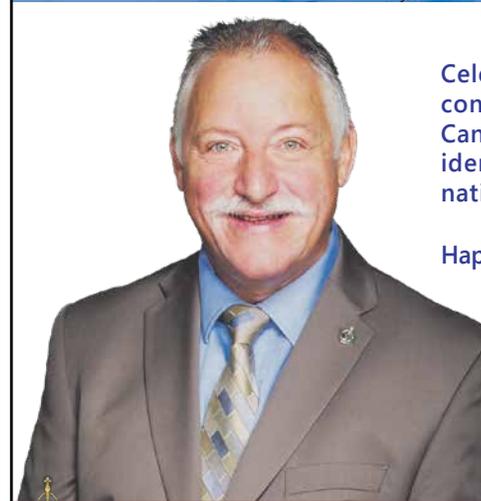
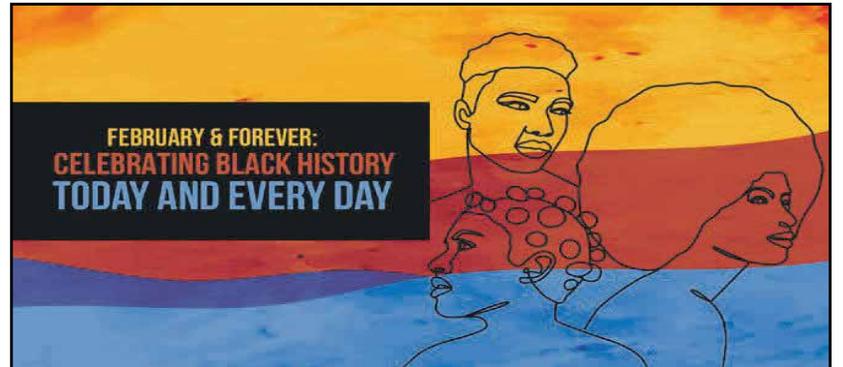
New Home Heating Grant

We've just announced the Oil to Heat Pump Affordability Grant which will give low-to-medium-income homes the opportunity to switch from oil to heat pumps.



It is my understanding that the program will provide funding of up to \$5,000 to eligible homeowners before the installations take place, as many folks aren't able to finance the upfront costs.

The program is scheduled to open up in early 2023, and more information, including eligibility, can be found here:



Celebrating the many contributions of Black Canadians to our history, identity and strength as a nation.

Happy Black History Month!

Darrell



DARRELL SAMSON

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<https://www.nrcan.gc.ca/energy-efficiency/homes/canada-greener-homes-grant/23441>

MP Report: Investing in a Stronger Halifax West

By Hon. Lena Metlege Diab, Member of Parliament

As your MP, I spend a lot of time listening to community members about the projects they envision that will make Halifax West a better place to live. My goal is always to find a way for the federal government to help these ideas come to life. Over the last few weeks, I've been proud to share news of \$918,000 in federal investments towards community projects that will support the cultural, economic, and social development of our riding.

For the 17,000+ residents who rely on the Fairview Resource Centre to access everything from housing support to parenting programs, I was excited to share some big news: By working together, we have secured \$446,000 in funding for renovations that will improve the organization's capacity and make their space more welcoming. This work includes the addition of a lift that will make their community kitchen and second-floor programs accessible to more residents. The work

will also increase the building's energy efficiency, ensuring a comfortable environment for all who appreciate this important community fixture.

For over four decades, social enterprise Stone Hearth Bakery has been providing valuable training and opportunities to underrepresented members of our workforce. Through a recent \$172,000 investment from ACOA, Stone Hearth has been able to upgrade their baking equipment. This support will help them expand their clientele and support even more employment opportunities for those who need them. Today, Stone Hearth has grown into one of the most advanced bakeries in the city, and I'm proud to say that almost a quarter of a million dollars in investments from our federal government have helped support their success.

For many spectators in Halifax West, the Bella Rose Art Centre is where arts and culture come alive. Each year, the theatre allows countless residents and

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many others to showcase their talents and identity. I'm thrilled to share that we are investing \$300,000 through the Canada Community Revitalization Fund to support upgrades to the centre's audio and lighting systems. This will improve the quality of the performances held there, while allowing the Bella Rose to maintain affordable rental prices for groups of all sizes. I am grateful for the leadership of the Bella Rose Arts Centre Society on this project and can't wait for audiences to experience the new gear in action!

I'm always pleased to work in partnership with community organizations in our area. If your group has a project you're pursuing, I encourage you to contact my office.

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HRM MLAs and MPs Working Hard for YOU!

A Message from Rafah Di Costanzo, MLA for Clayton Park West

Welcoming 2023

We started off the new year with our Queen Elizabeth II's Platinum Jubilee Medal ceremony, where I had the honour of presenting some of my constituents with a medal in recognition of their significant service to the community of Clayton Park West and our province. It was a beautiful evening at the new and luxurious Halifax Tower Hotel. Friends and family gathered to watch the recipients, who have contributed to a variety of different fields and organizations that enrich our community.

Speaking of community—it's been a delight to see some new and familiar faces in and around Clayton Park West. We've had a very mild winter so far, which has allowed for more time outdoors with our neighbours. I'm looking

forward to the Spring and getting back on my bike—especially with the opportunity to ride on the amazing Rails to Trails in our own backyard.

Bring on the business!

This year has been an exciting one so far, in welcoming new businesses in our riding. In January, I had the opportunity to present two businesses, the Upharr Boutique and V4 Fashions, with a Certificate of Congratulations. Both specialize in traditional Indian clothing. I love seeing our community diversified with new businesses, who enrich our riding with their culture!

Hope for healthcare

We know that our healthcare system is in a state where significant improvements need to be made. One of the hopes is to reduce the amount of people visiting emergency rooms for non-life-threaten-

ing care. In our riding, some services will be offered at the new Bayers Lake Community Outpatient Centre.

I've been advocating diligently to get the addition of 24-hour urgent care at the clinic in Bayers Lake. All the required equipment will already be on site to accomplish this.

How you can help

A petition to the Minister of Health and the CEO of the Health Authority advocating for this addition is on my Facebook page. Please sign the petition and share with your friends, family and neighbours. In addition, citizens are being encouraged to write a letter to the CEO of the Health Authority and the Minister of Health that this is an urgent need.

Keeping up with COVID-19

While most protocols have

eased, it's important we monitor ourselves for COVID-19. Rapid tests kits are available in our office. Health officials are still encouraging anyone with symptoms to stay home and to test themselves to limit the spread of the ongoing virus. Please call or email our office before arriving.

Coffee and conversation

One of the many joys of this role is to interact with my constituents. Residents of Clayton Park West are always welcome to join me for my monthly coffee and conversation. Please email or call my office to book an appointment. My door is open to discuss issues and ideas. For assistance on any community issue, please don't hesitate to contact our office. Thank you for the honour of serving our Clayton Park West community.



Rafah Di Costanzo
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A Message from Lorelei Nicoll, MLA Cole Harbour-Dartmouth

Do you know of someone in Cole Harbour-Dartmouth that goes the extra mile? A neighbour who deserves recognition? Someone who contributes time and energy to our community?

Someone or a group who makes a difference? I would like to acknowledge our community heroes in the Nova Scotia Legislature.

Each day when the Nova

Scotia Legislature is in session, spring and fall, MLAs deliver and read Members' Statements about the remarkable people, events, and organizations in their constituencies. Each statement is read aloud in the Legislature and recorded in Hansard (Hansard is the verbatim transcript of what is said in the House of Assembly and in committees).

These statements are often

celebrated and presented in person to the deserving person(s). My office would love to hear your suggestions for deserving community members. I would be pleased to read and present Members' Statements about as many of the amazing folks here in Cole Harbour-Dartmouth as possible.

I also love to celebrate special anniversary and birthday milestones, and I would be

pleased to present certificates to commemorate these special dates. We know there are good news stories out there in Cole Harbour-Dartmouth. Let's share them.

Contact my office at 902-701-2245.

info@lorelainicollmla.ca
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Lorelei Nicoll
MLA Cole Harbour-Dartmouth



Lorelei Nicoll
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A Message from Hon. Tim Halman, MLA Dartmouth East

Spring is an exciting time, because that means our provincial MLAs will be returning to the Legislature.

The Spring sessions of the Legislature tends to be longer than the Fall sessions due to the tabling of the provincial budget.

The Minister of Finance tables the Estimates and then delivers the Budget Address. One Member speaking on behalf of the Official Opposition and one Member speaking on behalf of each recognized party respond to the Budget Address.

The Estimates are then referred to either the Committee of the Whole House on Supply or to the Subcommittee of the Whole House on Supply.

The Committee of the Whole House on Supply considers the Estimates of five departments selected by the House Leader of the Official Opposition, for a maximum of forty hours. The Subcommittee of the Whole House on Supply considers the other estimates referred to it by the Committee of the Whole for a maximum of forty hours.

This government is always

open to hearing ideas from the public. We want to know what your priorities are and work with you to find solutions for today's challenges and tomorrow's opportunities.

People can submit their suggestions by email budget@novascotia.ca, tweeting @NSFinance or speaking with your local MLA.

We encourage Nova Scotians to keep this in mind, as the call for public suggestions and ideas will be put forward every year, before the Budget is tabled during the Spring session of the Legislature.



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Dartmouth East

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FUN Places To Go!

Beat The Blues at Ross Farm Museum

By Melanie Munroe, Ross Farm Museum



Photo: Ross Farm Museum

After a few solid months of staying indoors and having less sunlight, what could be better than getting outside and having some fresh air? At Ross Farm, you can do just that! Bring your kids down to enjoy our March Break Activities, and enjoy a few days of entertainment after a long winter!

Some studies show* that spending at least 120 minutes a week outside can help to alleviate negative psychological and physical symptoms after a long winter, and promote better well-being in your body and mind, whether you're just relaxing or being physically active. Which, here at Ross Farm, you can do both!

Take a scenic walk around the farm and our beautiful trail system that leads to the gorgeous Lake Lawson, or enjoy a wagon ride around the farm, led by one of our talented horse teamsters! Learn about our heritage skills that we use here on the farm, and take a step back in time to experience pre-petroleum farming like you never have before.

When you're finished, you can also stop by our Pedlar's Shop and enjoy a nice cup of coffee, our artisanal products, and of course, our famous molasses cookies, which are sure to lift the spirits and indulge your senses. You may

be a little overloaded by all the good feelings you get, so you can also take some time to rest at one of our picnic tables! Bring a lunch, or pop up the road to our local cafe, Vittles, and then bring it back to have a little picnic.

It's sure to be an amazing week, so make sure you stop by and enjoy everything we have to offer!

*University of Utah Health Communications. "The Physical and Mental Benefits of Getting Outside in the Winter." University of Utah Health, January 22, 2022. <https://healthcare.utah.edu/healthfeed/postings/2022/01/winter-physical-mental-benefits.php>.

Come and make Ross Farm Museum your home away from home with our spring events:

Candle Making
Feb. 18 & 19

Heritage Day
Feb. 20

Logging Demo
Feb. 25 & 26

March Break Activities
Mar. 11, 12, 15 to 19

Wonders of Maple Syrup
Mar. 25 & 26

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First of all, take flight delays and lost luggage off of the table and simply hop in the car. It's that easy! Even the dog is welcome. Once you hit the beach, let the fun and relaxation begin. It's amazing how quickly the entire family can unplug and slide into White Point mode. It must be something in the salt air.

Crashing waves are a constant reminder that you come to the beach for a reason. Bundle up and get outdoors to explore the nooks and crannies of our spectacular property. Look for Wendy and her wheelbarrow, and ask about, fauna, bees, and wildlife. Walk the nature trail over to the estuary and experience a different kind of tide. Hit the playgrounds and swing like

no one's watching. And, a tiny fistful of bunny food is a great way to meet your new favourite bunny.

While you're here, think of the Main Lodge as the mothership—where meals, crafts, swimming, games, and nightly live entertainment all happen under one big, beautiful roof. This is

where you'll gather and regroup after a tour around the golf course or a splash in the pool. Order some munchies and sit by the fire—there's no rush! When our breakfast and evening buffets are offered, we love watching kids of all ages making multiple trips to experience our delicious bounty. (And kids under five can dine for free.)

When the sun sets, the glow of the bonfire lures White Pointers to our oceanfront gathering place. Poke a marshmallow with a stick and cherish the moment when fire meets fluffy sugar to create pure joy. It's the little things that turn a beach holiday into a lasting memory. Come and un-complicate things.



Happy beach kids.
Happy beach parents.

Crayon box sunrises for morning people, and bonfires under a blanket of stars for those who prefer to howl at the moon. White Point is a year-round playground for kids of all ages. Come for a stress-free March Break filled with crafts, bunnies, yummy food, swimming, and romping around in the great outdoors. Big kids can book a massage, or head to Founder's for nightly live entertainment. Make the beach everyone's happy place this winter!

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For More Information Please Contact: Robert Rockwell • 902-209-4461 • parentchild@ns.sympatico.ca

March Break & Summer Camp Guide

Qualified for Nationals

It was an exciting weekend for Ava Swinamer and Andrew Raisbeck in Regina January 27 and 28th. After skating a great freeskate in Novice Pairs they qualified for Novice Nationals in Calgary Feb 18-20th. Ava who is 13 years old and in grade 8 at the Madeline Symonds Middle School in Hammonds Plains is excited about her next step in her journey. Ava started skating at the St. Margaret's Bay skating Club in Canskate at the age of 5. She fell in love with the sport right away as she has been skating singles for years. When the opportunity to do pairs with Andrew came about a year ago, she jumped at the chance. They have a great connection on the ice, and they work hard every day.

Andrew had a different journey as he started as a hockey player. Andrew volunteered on Canskate in East Hants and a coach asked him if he might want to try figure skating as she knew of a girl looking for a partner. Little did he know 3 years from then he would be in the top 7 teams in Canada. Andrew made an impression on all the officials as he was a very strong young man. Their lifts are a highlight of their performances. Up to this year Andrew juggled both hockey and figure skating schedules but this year his focus has been on getting to Nationals with Ava.

As they train over the next couple of weeks their focus will be on gaining more speed and power through their programs. They have some big goals for next season but right now they just want to be happy with their skates and try to attain a personal best score in Calgary. They train at St. Margaret's Bay Skating club in Upper Tantallon. The club has attained national recognition for their pair's initiative.



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Building Off the World Cup

Submitted by Royal City Soccer Club



This past December, we all witnessed the greatest World Cup ever...with the greatest final game ever...featuring, arguably, the greatest soccer player ever and perhaps the next great one too! The Canadian Mens National Team returned to World's biggest sporting event after more than 35 years...and scored our first World Cup goal. With our recent Womens National Team success at the Olympics and World Cup, what better time to continue building our Canadian soccer program.

Our Canadian stars didn't come out of nowhere, they started playing soccer at the grassroots level early in life. This is where Royal City Soccer Club comes in.

As a non-profit community organization, the Royal City Soccer Club has been hosting grassroots summer day camps for children aged 5 to 13 years old. For over 30 years, we've been the promoting soccer in 100 locations across Canada. Over 300,000 children have benefitted from our unique day camp experiences. Campers, as we like to call them, not only build on their individual skills but they'll also learn life skills like leadership, team building and even problem solving that extend far beyond the one or two weeks of their camp session. The self-confidence they gain at our program becomes very evident when they return to their regular soccer games and teams.

You don't have to be a great soccer player and often, you don't need any soccer experience at all to attend a soccer camp. Whether your child wants to improve his/her skills or simply want to try soccer in a non-competitive, fun environment, soccer camp is the right choice for you.

We encourage all children between the ages of 5 and 13 to register for either our full day or morning sessions during the months of July and August. Each camper receives a soccer ball, tshirt, camp medal and much more. We also offer supervised extended care drop off and pickup times.

For more information visit royalsoccer.com or call us 1-800-427-0536.



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March Break & Summer Camp Guide

The Benefits of choosing a Performing Arts Camp for your child this Summer

Submitted by Stagecoach

Is your child looking to try something new, fun and exciting this year? Look no further than a Stagecoach School for the Performing Arts Kids Camps! Stagecoach Kids Camps are the perfect place for your child to explore and grow their passion for singing, acting and dancing. No experience? None needed! At Stagecoach they can turn the shy into shining and the budding stars of tomorrow into stars of today.

One of the biggest benefits of enrolling your child into a performing arts camp is the opportunity for them to explore and develop their creative side. Whether it be through singing, dancing, or acting, performing arts camps provide children with a unique outlet for expressing themselves and exploring their own creativity. By participating in these activities, your child will learn to think outside the box and develop their own unique style and voice.

The classes and workshops provided during Stagecoach's camps help kids develop their skills in a relaxed, fun environment. Each week campers participate in exciting and interactive theatre games and creative activities all guided by their friendly and talented instructors. Everyone works together to make friends and have fun over the break.

Another benefit of enrolling your child into a Stagecoach Kids Camp is the opportunity for them to develop their social skills. The performing arts are a collaborative endeavor, and children will be working together in order to create a scene or learn a song or dance. Through this process, they will learn to work as a team and develop the ability to take direction and constructive criticism. These are all valuable skills that will serve them well throughout their lives.

Not sure if your child will fit in? Inclusivity and teamwork are the core of Stagecoach Kids Camps and classes. Their camps are specifically designed for kids 5-12 and their professional teaching team work hard to encourage everyone to participate in fun and engaging activities.

March Break and Summer Camp registration is open now so be sure to secure a spot and unlock your child's interest in the performing arts. For more information, visit www.stagecoachschools.ca today.

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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 treat-

ment 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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Education

How Personalized Learning Helps Students

Submitted by Oxford Learning

Is personalized learning the key to helping struggling students succeed?

Unlike the traditional teaching and learning model, personalized learning puts students in the driver's seat of their own learning. Traditional teaching and learning centre around a one-to-many model with one teacher for many students.

Most parents will have already experienced the struggles connected with the traditional model. In a large group of students, is it possible for every student to be able to learn at the same pace as the rest of their classmates? The answer is no.

Every student learns differently and at their own pace: a group learning environment where students learn an idea or grasp a concept at the same time as their classmates can cause struggles for students who are not learning at the same pace. In the traditional classroom, an otherwise bright student can miss a concept and fall behind. This can create a cycle of poor grades and low confidence that can be challenging to overcome.

By eliminating the one-size-fits-all approach, personalized learning programs focus on student individuality. Rather than leading a group of students through the same exercise, the personal approach allows students to take control of their learning, with their needs, skills, and interests guiding the pace and intensity of their education.

There are three main factors guiding a student's personalized or customized programs:

Customization: whether it is reading a Shakespearean novel or completing a unit on fractions, customized learning programs

help students reach a specific goal using their unique learning needs. A student could be a visual, auditory, or kinaesthetic (or another type) or learner; customization allows both student and teacher to work according to the student's needs.

Pacing: a major struggle for many students is that the class will move on to a new subject before they have had a chance to fully grasp the current topic. Pacing allows students to spend as little or as much time as they need on a concept before moving on. Pacing also helps students from feeling frustrated or bored with their learning.

Goal-Setting: with personalized learning, students are able to set their own learning goals for themselves. Whether the goal is to not fail the next test or to get the highest mark in the class, students work toward their own unique goals. Incorporating their interests and preferences into the learning help keeps students motivated to achieve their goals.

Start with an Assessment

Identifying students' unique learning needs is the starting point for all personal learning. All customized programs at Oxford Learning begin with an in-depth assessment to determine each student's individual learning needs. The assessment provides the details behind how a particular student learns, which allows educational professionals to design a program to match those needs.

Personalized programs are critical to Oxford Learning's success with students of all ages. Once students realize they have the skills necessary to complete a task, their effort increases, they try much harder, and they start

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to see success. Pulling that out is the objective at Oxford Learning: to help students of all ages have those "a-ha!" moments necessary to spark a lifelong love of learning.

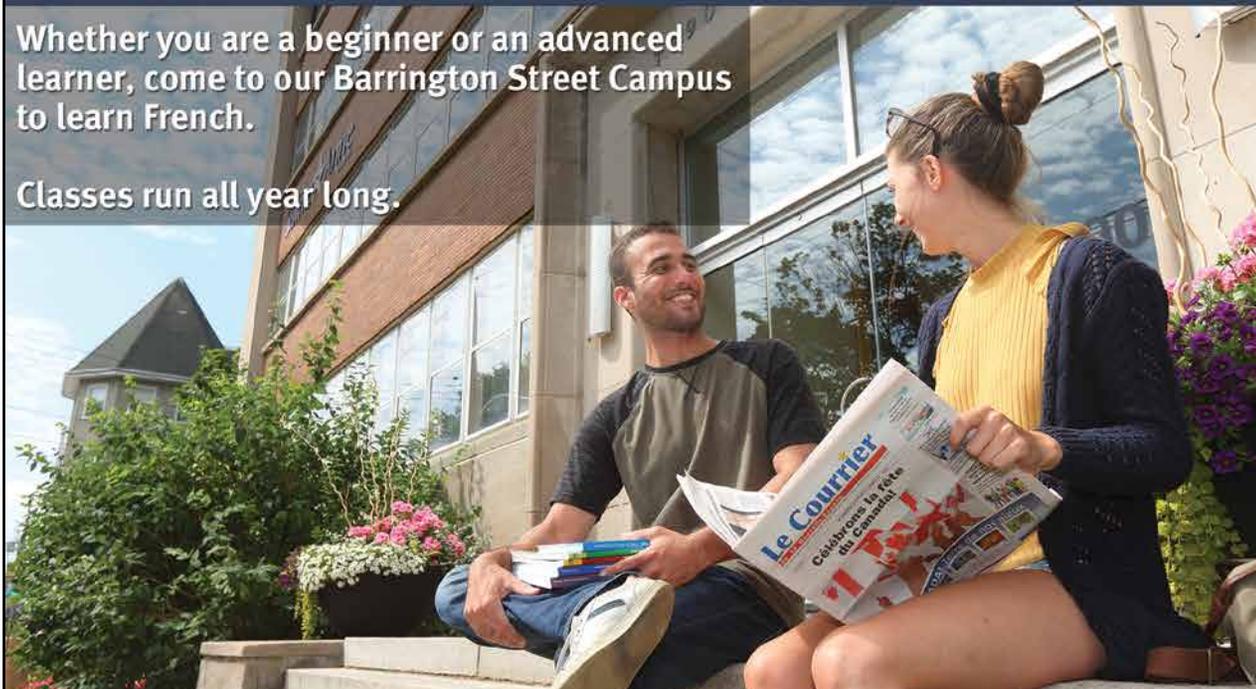
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CRAFT CORNER

Spring Eggshell Planters

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts



can also simply decorate the shells before you plant in them for a pretty display.

These eggshell planters are so cute once the seeds start to sprout. If you want to make a display in time for an event or occasion you need to check the label on the seed packet for days to germination and count backward. If the packet says they will germinate in 10-14 days it means you need to plant the seeds at least two weeks, or longer, to make sure you will have seedlings popping up to give as little gifts at your springtime gatherings.

Drop in to Maritime Hobbies & Crafts to see our craft corner and for many craft ideas. 1521 Grafton Street, Halifax, 902-423-8870

I am so "egg-cited" that spring is just around the corner! I start saving eggshells sometime in February in preparation for egg decorating season. Besides decorating eggs for the spring season with the pysanky technique I thought it would be fun to use some of the shells for seed pots and to add an extra bit of spring decorating.

dle and wiggle it around to create a drainage hole. Wash and dry the shells thoroughly to kill off any bacteria.

Fill each shell 3/4 of the way full with dampened seed starting soil mix. After adding the soil, follow the instructions on the seed package for planting depth. Gently sprinkle a bit of potting soil over the top of the seeds to cover. Generally, you want to leave soil somewhat loose on top of the seeds. Give each cup a light watering with a spray bottle and put the tray on a sunny windowsill. It is important to keep the potting soil moist without over-watering. Use a spray bottle to spritz the seedlings every two or three days.

Eggshells are the perfect size starter cups for seeds. The calcium carbonate and nitrogen in the shells will also help nourish plants as they start to break down in the soil.

You want a good size cup, about 2/3 or 3/4 of the shell. Start by gently cracking an egg at the narrow end and pulling away the top. Poke a small hole in the bottom half of the shell with a nee-

Use a marker to write the name of the plant on the eggshell for reference. You



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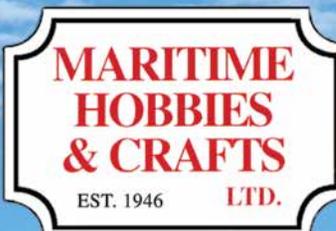
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War Amps 2023 Key Tag Mailing Begins in Nova Scotia

The War Amps begins its 2023 key tag mailing to Nova Scotia residents this month.

Eight-year-old Abel Walker was born missing the lower part of his left arm and is a member of The War Amps Child Amputee (CHAMP) Program.

In the letter accompanying the key tags, his parents Cortney and Ryan describe how The War Amps has supported their family. "We enrolled Abel in the CHAMP Program when he was only a few weeks old. The support and strength of the CHAMP community was undeniable and truly heartwarming. As he has grown up, being a part of CHAMP has helped him feel secure in himself and his abilities. His prosthetic arm and device that The War Amps funded allows him to do everyday tasks as well as play sports."

The Key Tag Service was launched in 1946 so that returning war amputee veterans could not only work for competitive wages, but also provide a service to Canadians that would generate funds for the Association. The Key Tag Service continues to employ amputees and people with disabilities and has returned more than 1.5 million sets of lost keys to their owners.

Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox in Canada, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no government grants and its programs are possible through public support of the Key Tag and Address Label Service.



Photo: Abel Walker is benefitting from The War Amps Child Amputee (CHAMP) Program thanks to public support of the Key Tag Service.

For more information, or to order key tags, visit waramps.ca or call toll-free 1 800 250-3030.



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FOR THE LOVE OF PETS



Good Dogs Make Good Neighbours!

Courtesy of Carnegy Animal Hospital

The Canadian Kennel Club encourages all dog owners to participate in the program known as the Canine Good Neighbour Program (CGN). The program enhances community awareness of responsible dog ownership and the benefits associated with dog ownership. Canine Good Neighbours can be counted on to present good manners at home, in public places and in the presence of other dogs. This helps ensure that our companion dogs are welcomed and respected in our community.

The test is not a competition but an assessment of the handler and dog's relationship together along with the handler's ability to control the dog. Dogs are evaluated on their ability to perform basic exercises as well as their ability to demonstrate good manners in everyday situations. There are 12 steps to the assessment and include the dog's ability to walk through a crowd, accepting a friendly stranger's approach to the handler, the dog's reaction to a passing dog and more. The training is fun, rewarding, and useful—helping the dog owner have a better relationship with their dogs. It is open to both purebred and mixed breed dogs.

Locally, training classes are periodically available and CGN testing by an approved evaluator is offered several times a year. It is anticipated that training and test opportunities will increase as the program is attracting more interest in our area.

Dog owners are encouraged to visit the Canadian Kennel Club website for detailed information: www.ckc.ca.



Photo: Ksenia Chernaya, Pexels.com

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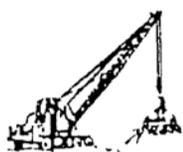
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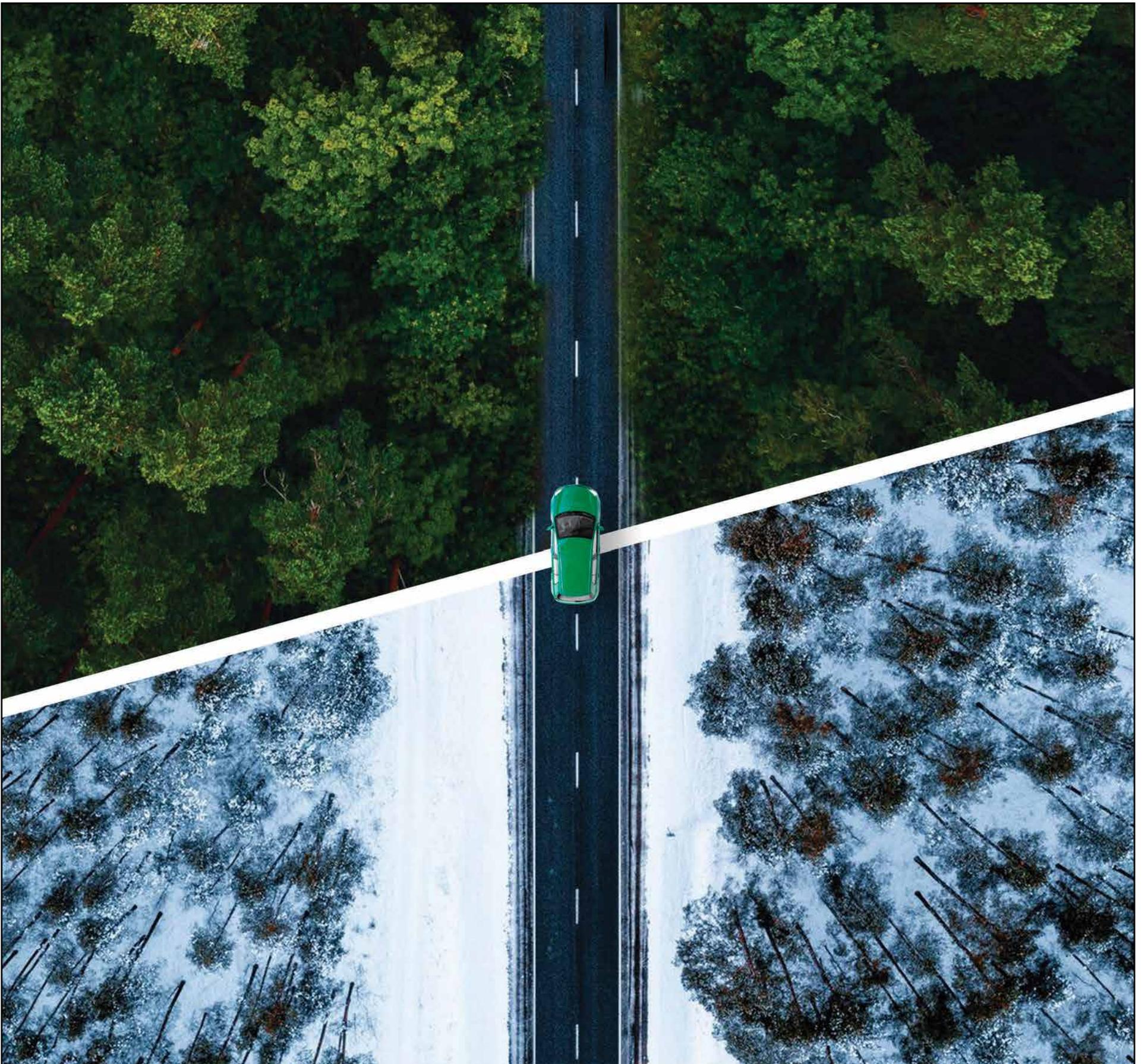
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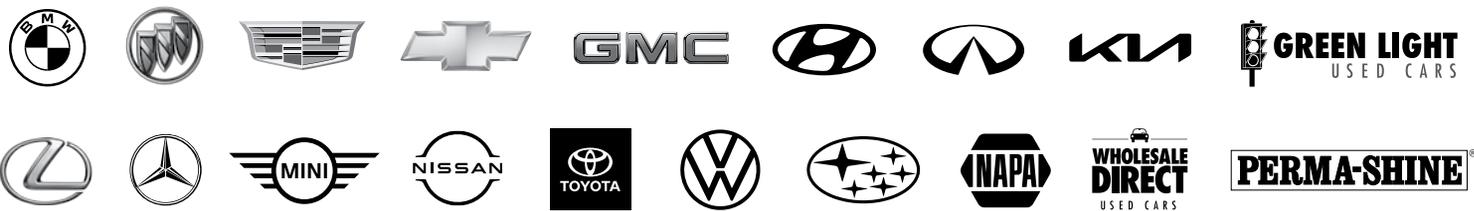
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