

## From the Desk of Mali Sylliboy

Not available at time of print

## From the Desk of Tom Wilson

Hope Everyone had a Happy Winter Carnival,

Over the last few weeks I have sat down with most of our grade 9 students and helped them with their CEC course selection. Most students know which courses at CEC they will take in grade 10 next year.

Our TJHS Guidance Counsellor also collected copies of the Gr.10 CEC Course Selection sheets and give them a look over.

Last Week students entered their Gr.10 Course Selections into the CEC Registrar's computer here at the school with their homeroom class.

If any parents have any questions about their teenagers Gr. 10 course selections, I encourage you to call me at 896-5550.

If any grade 8 or 9 parent(s) have any questions or concerns about their child's academic achievement please know that I would be happy to discuss your child's performance. Please call me at 896-5550 ext. 232 ...if I'm not in the Millbrook Learning Centre then I'm in a classroom with Millbrook students...Please leave me a message on my answering machine stating your concern with a phone number and time you can be reached and I will call you back as soon as I can.

See ya on the Slopes,

Thomas Wilson ☺

## CEC Newsletter March 2018

Lunch Allowances will be issued on Wednesday, March 7<sup>TH</sup>.

Attendance Incentives will be issued on Wednesday, March 7<sup>th</sup>.



Bryant Vance  
902-896-5700 (Main Office)  
Office Hours: 8:20 am - 3:20pm  
Homework Club: Tuesday, Wednesday,  
Thursday 3 PM – 4 PM

This will be a short month due to March Break which occurs from March 12<sup>th</sup> to 16<sup>th</sup>. There is excitement growing for the upcoming events like Rally Against Racism. A reminder that since the new semester has started the attendance policy has renewed. Student are only allowed to miss 19 days before being considered for withdrawal from the course; four lates to one class will result in one absence. The attendance policy is mandated and enforced by the Province of Nova Scotia.

*“Laughter is an instant vacation” – Milton Berle*

### Power School/Student Assessment Policy

Parents are asked to check PowerSchool (Parent Portal) to keep track of assignments and projects due dates as well as grades. Furthermore, more information on student expectations and policies are located in the **student**

**handbook** on the CEC website

(<http://www.cec.ccrsb.ca/2015%20Student%20Handbook.pdf>)

## Important Dates

### March 12

March 12 – 18 March  
Break

### March 30

No School – Good Friday

### April 2

No School – Easter  
Monday

### March 12

March Break Mar. 12 – 16

### Happy March Birthday

Baylen Bernard  
Erick Eagles  
Christian Gloade  
Kylene Gloade  
Hunter Martin  
Morgan McLeod  
Madyson Paul  
Colten Wilmot!



Page 1 of 2

## CEC Students Participating in Sports

Basketball- Julianne Johnson and Frankie Sylliboy

Rugby- Blade Knockwood

Track and Field- Shayla Gloade

Wrestling- Jacob Smilde-Cope

## Musical-Joseph and the Amazing Technicoloured Dream Coat

Tristen Julien

Celeste Sylliboy

## **IMPORTANT Post-Secondary Planning**

As bursaries and scholarship are available in **NOW**. Help with post-secondary applications, scholarships and bursaries will be given afterschool hours during homework club. **Student should view CEC's Student Services website to fill out the forms for CEC Student Scholarship Form:** <http://cecstudentservices.ccrsb.ca/index.php/scholarships/cec-student-scholarships/>

## **IMPORTANT!! ATTENDANCE REMINDER**

Parents/Guardians are required to call the main office (902-896-5700) to excuse missed classes within 5 school days of the absence. A reason will be requested. This is especially important for students seeking an Attendance Exam Exemption at the end of the semester.

## Attendance Policy Notes

Students that have 18 absences from February 2<sup>nd</sup>, in one course, may lose their credit according to the new Attendance policy issued from the CCRSB. Lates will be recorded and 4 late classes equal 1 absence in a course. Please see attendance policy for further inquiry: [www.ednet.ns.ca/student-attendance-and-engagement-policy](http://www.ednet.ns.ca/student-attendance-and-engagement-policy)

Bryant Vance

First Nations Education Support Teacher

902-896-5728 (Centre)

[vancebw@ccrsb.ca](mailto:vancebw@ccrsb.ca)





## **Sacred Heart Church**

Regular Sunday Mass Time is at 11:30 a.m.

For More information visit the Immaculate Conception website: [www.icc-truro.org](http://www.icc-truro.org).

## **Prayer Group**

Prayer Group meets every Monday at 7:00 pm. at the Senior's Centre in Millbrook. Agenda includes Rosary and Prayers, followed by tea, a light lunch and a social.

Come join us – everyone is welcome! The contact person for group is Jane Abram at (902) 893-7454.

## **“Understanding the Bible”-Weekly Scripture Study for Adults**

Please join us on Thursday evenings at 7:00 pm for an evening of fellowship as we learn together the Word and grow in grace and understanding. Tea and light refreshments to follow. Located at 74 Abenaki Road. Contact: Kelly Gloade at (902) 890-8307.

## **Community Hall Bookings**

To book the Community Hall please contact **Jay Martin at (902) 897-9199 Ext 110.**

Thank you to those who continue to keep the hall, clean, neat and tidy.

**Please try to book your event early, preferably a minimum of 2 weeks in advance.**

## **Compost, Garbage & Recyclables**

### **CLEAR GARBAGE BAGS ARE A MUST.**

That means only **one black garbage bag** (privacy bag) per week, **the rest must be in clear bags.** **Recycle items (containers and paper) must be in blue bags or clear bags.** **Cardboard boxes must be broken down!** If you do not have a compost bin please call Carla Moore at the Health Centre at 902 895-9468. There are some of the small kitchen containers available.

Garbage is picked up every week.

Compost bin dates are **Tuesday, March 13, & 27.**

**Blue Bags dates are Tuesday, March 6, 20 & April 2**

All items must be at curb side by 7:00 am.



## **Used Battery Bin**

If you have old batteries please do not throw them in the garbage, we have a battery recycle bin located in the Band Office and Health Centre. - WELA'LIN Natasha Bernard

## **Millbrook Youth Centre**

The Youth Centre is open **Friday & Saturday nights 6-11pm**

The Millbrook Youth Centre has part time staff to supervise the youth.

## **RECC Membership**

Millbrook has worked out a corporate rate with the Rath Eastlink Community Centre. Corporate Memberships apply to yearly membership only. The Civic Centre is not located on the reserve, Taxes are applied to the cost. The Band Member must purchase the Membership first then submit the receipts to Priscillia Martin. The Tobacco Store covers \$300 per activity(see regulations online at millbrookfirstnation.net).

# Community

## **Sunday Night Hockey**

**Sunday night hockey** at the Deuilles is at 6pm,  
**March 4, 11, 18, & 25.**



## **Millbrook Family Skate Every Sunday Morning**

Sunday morning ice times at the R.E.C.C. start at 8am-8:50am,  
**March 11, 18, & 25.**

## **Millbrook Fitness Centre**

The Millbrook Fitness Centre is open **1pm-4pm** Monday to Friday.

It is open in the evenings from **6pm-10pm** Sunday to Thursday.

Exercising a few times a week is a great way to improve your overall health.



## **Counselling:**

Charles Casselman RSW a Clinical Therapist from the Truro office of Addiction Services. He is available at the Health Centre every Monday for one on one counselling before and after Addictions Treatment Programs. Follow-up Counselling after successful completion of a treatment program is highly recommended to deal with the challenges of RECOVERY. Counselling by this clinical therapist is also provided for family members of the addict/alcoholic and others affected by addictions. Please call the Health Centre at (902)-895-9468 for an appointment time to talk to Charles Casselman when he is in Millbrook. Or you may choose to see him at his Truro office. Call (902) 893-5900 for an appointment at the Truro office.

**While Charles Casselman, Addictions Counsellor, is on leave, we will have two Addictions Counsellors replacing him on Thursdays, starting January 4th, 2018. For appointments with either Janet Tomlinson or Michelle Sullivan, please contact Jane Johnson at the Health Centre.**

## **Alanon**

There is a Alanon meeting every Monday 10am, and Tuesday 8pm at the Alliance Church on Phillips Street which is off Robie Street.

## **Detox**

**Its better if the client comes to my office and we call the detox to do a booking, the detox "always has to talk to the client first" before a bed is given to them, for the client to answer questions RE : health, and medical. I Can not do the booking for the client. If for some reason client can not make it to my office I ask if they could call them which most of the time it not the same day.**

# Health Centre

## Mailing Address

Millbrook Health  
Centre  
P.O. Box 634  
Truro, NS. B2N 5E5

## Business Hours

Monday - Thursday  
9:00am-12pm 1pm-4:30pm  
Friday  
9:00am-12pm 1pm-4:00pm

## Phone Numbers

Health Centre  
1 (902) 895-9468  
Toll Free  
1 (844) 895-9468

## Confidentiality

The health centre staff are professional individuals who want to provide the best services to community members. Please be assured that they maintain confidentiality about your personal information and your appointments.

## Addictions Counselling

**Charles Casselman**, RSW is a Clinical Therapist from the Truro office of Addictions Services who works out of our health centre one day a week. He is available for one-to-one counselling before and after you or a loved one attends an addictions treatment program. Follow up counselling after completing an addictions treatment program is recommended to help with the challenges of recovery. Charles also provides counselling to family members of an addict/alcoholic and to others affected by someone's addiction. Please call the health centre at (902) 895-9468 to book an appointment with Charles. You can also see him at his Truro office by calling (902) 893-5900.

While Charles Casselman, Addictions Counsellor, is on leave, we will have two Addictions Counsellors replacing him on Thursdays, starting January 4th, 2018. For appointments with either Janet Tomlinson or Michelle Sullivan, please contact Jane Johnson at the health centre.

## Mental Health Counselling

**Meaghan Fullerton**, M. Ed, CCC, RCT-C is our Mental Health Clinical Therapist. Her position is shared by Millbrook Health Centre and Sipekne'katik Health Centre. She is available for one-to-one counselling at the Millbrook health centre on Wednesdays and Fridays. Her counselling work has focused on culturally-safe mental health care for Mi'kmaq communities, and she has worked as a community-based therapist in both Pictou Landing and Paq'tnekek in the past. Meaghan's areas of work include anxiety, depression, addictions, trauma, intergenerational and colonial trauma, ADHD and other learning exceptionalities, behavioural issues, family crisis, self-harm, recent life-changes, and grief. Please call the health centre at (902) 895-9468, or text 902-899-7843 to book an appointment with Meaghan.

**Robyn Hazard**, MSW, RSW is a Mi'kmaq Counsellor provided through Health Canada (NIHB) who provides Counselling for all Natives in Emotional Crisis and also provides counseling for Residential School Survivors and their descendants in need. Robyn has a personal and professional knowledge of the impact of colonialism within her family and her Mi'kmaq culture. Robyn comes to Millbrook every week, on Tuesdays and Wednesdays, and can be contacted throughout the week for those with a new crisis. Robyn will come to your home or the Millbrook Health Centre for your appointments. Please call Alsusuti Aboriginal Crisis Counseling Services 1-844-694-1382 or text 1-902-212-2630 to make an appointment.



## Medical Drivers

### Donna Gloade

Home: (902) 895-9540 Cell: (902) 986-8842

### Ella Paul

Cell: (902) 956-2679

## **National toll-free First Nations and Inuit Hope for Wellness Help Line**

There is a National toll-free *First Nations and Inuit Hope for Wellness Help Line*. The Help Line, which started operation on October 1, provides immediate, culturally competent, telephone crisis intervention counselling support for First Nations and Inuit, 24 hours a day, seven days a week. Counsellors can also work with callers to identify follow-up services they can access. Counselling is available in English and French and, upon request, in Cree, Ojibway, and Inuktitut.

The new toll-free number for the First Nations and Inuit Hope for Wellness Help Line is 1-855-242-3310.

### **Millbrook Free Spirit AA**

Millbrook Free Spirit AA group meets every Tuesday night at 7pm at the Millbrook Senior's Centre. Everyone is Welcome

*\*responsible for your own transportation.*

### **Eskasoni Help Line**

For any youth who are having a problem such as bullying, peer pressure, or any problems and want to talk to someone there is a number to call; all calls are confidential. Eskasoni help line toll free 1-855-379-2099 or on Facebook Eskasoni Crisis Worker there will be someone there to chat to.

### **NA meeting**

NA meeting in Truro are every Sunday, Tuesday, & Thursday nights at St Andrew Church 55 King Street at 8pm. For more information call 1 800 205 8402 or [www.centralnovaarea.ca](http://www.centralnovaarea.ca)

*\*responsible for your own transportation.*

### **Community Addictions Counsellor - Peter Gloade**

The Community Addictions Counsellor has a list of AA and NA & Alanon meetings in the local area or call (902) 895- 5535 for more information on local groups. Also [www.area82aa.org](http://www.area82aa.org) has information.

If anyone has any suggestion regarding workshops or presentation what they would like to see regarding addictions. Please contact me at (902) 890-1671 or message me on facebook. I am open to all suggestions, Peter Gloade.

### **Youth Dance**

There will be a March break Youths dance at the Millbrook Community Hall on Saturday March 17, 7 to 9pm for grades 5 & under and grades 6& up 9 to 11pm, this will be a 70's 80's 90's theme dance with prizes for youths & parents that are dressed up to their favourite theme year, also there will be movie passes and pizzas for more info contact Peter Gloade 902 897 1234

### **Treatment Centre Schedule**

- Rising Sun at Eel Ground, NB** is April 2018, 3 weeks
- Eagles Nest Recovery house** Indianbrook Mar 26/18, 4 weeks Co-ed program.
- Mikmaw Lodge** at Eskasoni, NS is Apr 2/18 5 weeks co-ed
- Wolastoqewiyik** Tobique Mar. 5/18, 5 weeks coed program Harm Reduction
- Mawiomi Treatment Centre** Quebec Apr. 16/18

**Any Millbrook Youth who would like to go a treatment program I have forms for the 3 treatment centres available.**

- Walgwan Centre in Quebec - long term program
- Charles J Andrew Youth Centre Sheshatshiu Labrador – long term
- Choices in Halifax

**Contact the Community Addictions Counsellor (Peter Gloade) at 897-1234.**



## **Health effects on pregnancy and children**

Just like with tobacco, a pregnant woman or new mother’s use of cannabis can affect her fetus or newborn child which can lead to health problems.

The toxins in cannabis are carried through the mother’s blood to her fetus during pregnancy and in the breast milk following birth.

Heavy cannabis use during pregnancy can lead to lower birth weight of the baby. It has also been associated with longer-term developmental effects in children and adolescents, such as:

• decreases in: memory function

• the ability to pay attention

• reasoning and problem-solving skills

• hyperactive behaviour

• increased risk for future substance use

## **Health effects on youth**

Cannabis use that begins early in adolescence, that is frequent and that continues over time has been associated with increased risk of harms. Some of those harms may not be fully reversible.<sup>10</sup>

Adolescence is a critical time for brain development, as research shows the brain is not fully developed until around age 25.

Youth are especially vulnerable to the effects of cannabis on brain development and function. This is because THC in cannabis affects the same biological system in the brain that directs brain development.

It is important for parents, teachers, coaches and other trusted adults to be ready to talk with youth about drugs.

## **Millbrook Gym Schedule**

<u><b>Sunday</b></u>	<ul style="list-style-type: none"> <li>• Archery 1pm-2:30pm</li> <li>• Kids free play 6-8pm</li> <li>• Men’s pick up Basketball starts at 8pm</li> </ul>
<u><b>Monday</b></u>	<ul style="list-style-type: none"> <li>• Kids free play 6-8pm</li> <li>• Men’s pick up Basketball starts at 8pm</li> </ul>
<u><b>Tuesday</b></u>	
<u><b>Wednesday</b></u>	<ul style="list-style-type: none"> <li>• Archery 6-7:30pm</li> <li>• Men’s pick up Basketball starts at 7:30pm</li> </ul>
<u><b>Thursday</b></u>	<ul style="list-style-type: none"> <li>• Kids free play 6-8pm</li> </ul>



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Member, Advocis

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## Markie Bus Tours Halifax Casino Runs

On the first Friday of every month we depart from Truro Staples parking lot, Robie Street at 9:30am. Leaving Halifax Casino at 3:30pm same day. Please call ahead for seating. \$30.00 per person. Also on the first Sunday & first Friday of every month depart from New Glasgow Zellers parking lot at 8:00am. Leaving Halifax Casino at 3:00pm same day. Please call ahead for seating. \$30.00 per person.

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## CELEBRATING NORA BERNARD

Nora Bernard (September 22, 1935 – December 27, 2007) was a Canadian Mi'kmaq activist who sought compensation for survivors of the Canadian Indian residential school system. She was directly responsible for what became the largest class-action lawsuit in Canadian history, representing an estimated 79,000 survivors; the Canadian government settled the lawsuit in 2005 for upwards of 5 billion dollars.

Aboriginal Students will have access to the Nora Bernard Room during school hours to help cope with stressful events while they are in College. Students can collect their thoughts, reflect on how they are feeling and confidently return to their studies. It will be used to converse and create within the confines of their native heritage.

Join distinguished guests at our official opening, which will include a smudging and key remarks by dignitaries from the Aboriginal community.



You are cordially  
invited to the  
opening of the  
**Nora Bernard  
Room**  
at Success  
College

**March 9, 2018**  
**12:00 pm to 2:00 pm**

### SUCCESS COLLEGE

800 Sackville Drive  
Lower Sackville, Nova Scotia

902-865-8283


[successcollege.ca](http://successcollege.ca)

# MILLBROOK FITNESS CENTRE



*The Millbrook Fitness will be closed for renovations from March 5th, - March 16th, between 9:00 a.m.—6:00 p.m. During this time the fitness centre will be open during the evenings, unless otherwise posted for additional work.*

**Carla Moore**  
**Director of Health Services**  
**Millbrook Health Centre**  
**(902) 895 9468**



# MILLBROOK FIRST NATION DIRECTORY

## **MILLBROOK BAND ADMINISTRATION**

(902) 897-9199

TOLL FREE

1-800-693-3112

## **MILLBROOK HEALTH CENTRE**

(902) 895-9468

TOLL FREE

1-844-895-9468

## **MILLBROOK EARLY EDUCATION CENTRE**

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