

School Page Cookshire Elementary School

Living Campus

In December 2017, Cookshire Elementary partnered with Dawson College to begin creating a Living Campus. Cookshire Elementary is very fortunate for this opportunity since we are the only elementary school in the group of schools joining Dawson College on this initiative. The Living Campus initiative is an immense opportunity to increase our role within the Cookshire-Eaton community, the school board, and the environment. Cookshire Elementary is the first school in our Eastern Townships' School Board to join this larger collaborative, providing our school with the chance to lead an original and ground-breaking endeavour.



The concept behind the Living Campus model was developed by Dr. Patrick Howard and Dr. Catherine O'Brien of Cape Breton University. The expansive idea behind Living Campus is reconnecting people, community and Nature. The loss of "green spaces" in cities and towns has diminished human and—more importantly—student interaction directly with Nature, while research illustrates the physical and mental health benefits based on exposure to Nature. A Living Campus uses the entire school grounds as a learning lab to improve educational practices, build a sense of respect and care for Nature, ecological responsibility, and community participation. A Living Campus searches for innovative and flexible ways to meet the needs of our diverse student population focusing on outdoor activities, interactive class time and collaborative projects, which is developmentally important for the students. This enables students and staff to engage with Nature and create meaningful projects that use Nature as a teacher. This will facilitate the learning, at every level, about the positive impact of the natural environment on people and other living things while encouraging students and staff to act as environmentally responsible individuals.

Cookshire Elementary School has received immeasurable help from Chris Adam, Coordinator of the Sustainability Office at Dawson College. Near the end of last school year, Chris visited our school a number of times for Nature presentations and it was his acknowledgement of our enthusiasm and dedication that led to Cookshire Elementary being selected to partner with Dawson College. With Chris's help and guidance, we already started working on Nature orientated activities and projects, which will continue going forward.

In the autumn, we hiked Mont Mégalic on two separate occasions, the second of which saw students completing various Nature scavenger hunts, the collection of Nature objects, and a wonderful point-of-view writing assignment by the Cycle 3 students.

From January 15-19, students collected all the garbage in the school to sort it into garbage, compost and recycling, and tabulate the results of their findings to increase awareness about our waste and how we may reduce our contribution to landfills. Professionals at Dawson College will help process the results and assist us to make sustainable changes. During that week, we collected 64.2 lbs. of "garbage." In actuality, only 9% was items belonging in the garbage, 39% was recycling items and 52% was compost. This alone sparked much discussion among students and routine practices are already changing.

Our first goal is to provide our students with all the necessary information and spread awareness about which items can be recycled or composted and which must be put in the garbage. René Vachon, Environmental Technician with the MRC du Haut-St-François, has been very accommodating, providing suitable information for our students and ideas for projects in the future. We will start incorporating more recycling at Cookshire Elementary and seriously explore composting ideas. Our staff has targeted some concerns already; such as, offering more recycling and compost options in the cafeteria, snack area and eventually outside. This is the first step to balancing our carbon emissions and the Sustainability Office of Dawson College will provide essential knowledge and aid to our staff and students to achieve our goals. We know changes will not come about quickly, but with the proper measures in place, we believe sustainable

changes will be made.

With the remaining months of school, we hope to start a number of Nature-based projects as a whole school and individual classes. We will begin to compile a CES Species Guide and create a CES Nature Museum to showcase our Nature objects and information. Furthermore, staff and students will have the opportunity to "Stump Dawson" with questions regarding all the Nature surrounding Cookshire Elementary. Additionally, we are creating Log Aquariums to observe the activity on a decomposing log, starting a Monarch Butterfly Nursery to raise, observe, and release the butterflies. In the spring, we will install birdhouses in the surrounding trees, construct a Log Treasure Chest, tend to a worm farm in the school and an Insect Hotel for outside. We will also look into increased composting options with the possibility of an urban agriculture project. Lastly, two CES representatives will attend a Living School Symposium in April in order to further our initiative and better accommodate students and implement this unique concept.

Similarly, we hope to make great strides in decreasing our paper usage, which serves as an environmental and economic benefit to our school. One way we are achieving this is with our school's Facebook page and group. The Facebook page increases our presence within the community and highlights our numerous projects and activities, whereas the Facebook group serves as a primary

means of school-home communication for newsletters, notices, events and reminders. Grade 2/3 have already begun limiting their paper use with paperless Daily 5 and online portfolios. Many other possibilities are presently being discussed and attempted to change the individual, classroom and school use of paper.

Our agreement with Dawson College and Living Campus, in principle, is a four-year agreement, but we hope to continue this meaningful initiative moving forward indefinitely and celebrate our positive transformation. We encourage other schools to look for ways to reconnect people with Nature and community and enjoy the amazing results and significant changes it will make to your staff, students, and school. Join us in creating a well-being for all.



Virage vert à la Eastern Township

La commission scolaire acquiert un deuxième autobus électrique

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RICHMOND — Le virage vert entrepris par la Commission scolaire Eastern Townships l'an dernier se poursuit. Un deuxième autobus scolaire électrique viendra compléter la flotte de véhicules sillonnant les quelque 68 parcours du territoire desservi par la CSET pour la prochaine année scolaire.

« Ce nouvel autobus sera le premier en circulation sur le territoire de Richmond, l'autre est utilisé pour le secteur de Sherbrooke. Au total, l'acquisition de huit nouveaux autobus, dont celui fonctionnant à l'électricité, est prévue dans le cadre de l'entretien et du renouvellement de notre flotte en 2018-2019 », explique Bruce Banfill, coordonnateur du service du transport scolaire pour la Commission scolaire Eastern Townships.

Le nouvel autobus électrique aura une plus grande autonomie de route. « Nous nous procurerons un nouveau modèle avec deux batteries au lieu d'une seule, ce qui permettra à l'autobus de circuler plus longtemps entre les recharges. L'autonomie du véhicule passera de 120 km actuel à 150 km. Les batteries

seront récupérées. Bien sûr, nous réaliserons des économies, mais la Commission scolaire désire participer à la protection de l'environnement en réduisant ses émissions de gaz à effet de serre ainsi que son empreinte écologique en limitant son utilisation d'énergie fossile », mentionne le coordonnateur.

CONSCIENCE ENVIRONNEMENTALE

En plus de donner l'exemple d'une conscience environnementale auprès des élèves utilisateurs, l'achat local est une mesure incitative dans l'acquisition d'autobus électriques. « Pour le moment, ce genre de véhicule est construit au Québec. Des emplois sont donc créés chez nous. C'est important pour la CSET d'encourager l'achat

local », affirme Bruce Banfill en ajoutant que « dans le projet de virage vert, une recharge serait installée idéalement au Richmond Regional High School ».

Un montant de plus de 1,5 million \$ octroyé par le ministère de l'Éducation et de l'Enseignement supérieur servira à l'acquisition des nouveaux autobus pour l'année scolaire 2018-2019.

Au total, plus de 2 millions de km sont parcourus par les autobus de la CSET chaque année.



Spaghetti dinner raises money for Heroes' playground

Sherbrooke Record · 6 Mar 2018 · 8 · By Louise Smith

On Saturday night, February 24, the basement and cafeteria areas of Heroes' Memorial School were full of happy people. There was a spaghetti meal to indulge in, face painting, a bake table, a game area to take a chance at a prize, and community organizations having information booths, all to keep everyone involved while raising funds for the new playground project. Students have been making plans and models to show what they would like in the new project.



Many community businesses and individuals donated prizes or food for the meal. All donations of goods or time were greatly appreciated. The Town of Dunham made a monetary donation towards the project. Students living in Dunham are bused to Heroes' Memorial in Cowansville.

More than 300 people came to the spaghetti supper. The school has an overall goal of \$25,000. Over \$4,000 was raised that night alone. Anyone interested in making a donation can call the school at 450-263-1612. The Heroes' Parents Participation Organization can be contacted via Facebook (Heroes Memorial Elementary School P.P.O.) for questions and updates.

As Heroes' Memorial's centennial comes closer in 2023, it is great to see all the revitalization going on in the building and its surroundings. Alice had her face painted to match her Tshirt. She loves cats.

Heroes' playground fundraiser a success

Sherbrooke Record · 6 Mar 2018 · 7

On February 24, Heroes' Memorial School hosted a fundraiser spaghetti supper and bake sale to raise money for a new playground. Townshippers' Association, alongside other community organizations, was proud to be a part of this great event, with service and resource information at hand.

The evening was scheduled from 5 to 8 p.m. but by 4:30, it was already obvious that the fundraiser for the Cowansville elementary school was going to be a huge success, according to Maggie Severs, Townshippers' Eastern Townships Partners for Health and Social Services agent.

"As I walked into the school, the cafeteria and adjoining room were beautifully decorated and filled with smiling volunteers," said Maggie. "Before I could even lay out all the information I had brought, families were filling the space and starting to participate in the evening's activities."

<http://sherbrookerecord.pressreader.com/sherbrooke-record/20180306/textview>

3/6/2018

The face painting table was incredibly popular, maintaining a steady lineup of children the entire evening. Jennifer Butcher painted face after face for three hours straight, each with beautiful detail showcased by the ecstatic faces of the children wearing it.

The Punch-a-cup activity was bright and exciting and sold out in the first hour and a half; participants walked away happy whether they had won a lollipop or a gift basket filled with goodies. The bake sale table was loaded with every dessert lover's favourites, available in generous portions. Needless to say, the well-stocked table of treats quickly thinned out quickly. Children also enjoyed the colouring supplies that were available to them and parading around with balloons.

Last, but certainly not least, was the fantastic spaghetti supper. Volunteers donated their time to prepare and serve a delicious meal of spaghetti, bread, salad, drink, and dessert.

Approximately 300 people came to support Heroes' Memorial and the playground initiative through this fundraiser. A huge thank you is due to the Heroes' P.P.O (Parent Participation Organization) who coordinated and implemented this event, as well as to all the volunteers who donated their time to make the evening a roaring success. Congratulations Heroes', amazing job done by all!

Keep reading this column in the Brome County News for more from Townshippers' Association. Follow @Townshippers on Twitter, Facebook.com/townshippers or visit www.townshippers.org for activities and other information. Connect with Townshippers' in Lac-brome at 3-584 Knowlton Rd, 450-242-4421, toll-free: 1-877-242-4421 or in Sherbrooke at 100 – 257 Queen, 819-566-5717, toll-free: 1-866-566-5717.

See more photos and another story on page 8.

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B.U. Varsity Rugby and L.E.S. Students "Play" Together

Sherbrooke Record · 7 Mar 2018 · 5

When word got out that Lennoxville Elementary School was looking for support with their extra-curricular sports program, the Bishop's Varsity Rugby teams were quick to rise to the occasion. Coach Charles Goode brought the request to a team meeting and was amazed by the positive response that he got from his players. Several players from both the men's and women's teams indicated interest in running a noon hour and after school program for the students. In all, 18 rugby players are participating in this joint venture which benefits approximately 30 students from grades 4-6. "Although I was concerned about time constraints in the off season for our athletes, the addition of the B.U. Women's team to our initiative has allowed us to meet the needs of L.E.S. while providing their students and ours with a great opportunity for personal growth. Great to see our players in the community volunteering; this makes such a difference in young peoples' lives" explains Goode. As principal Dawn Irving points out, the winter months can be long and it is a great way for the children to keep busy at lunch. It is also an opportunity for those who want to improve their skills and possibly compete.

Senior Rugby player Chris Young has been instrumental in coordinating the program with Goode. "This program certainly presents a great opportunity for my teammates and I to get involved in the community that surrounds Bishop's. Extracurricular involvement is an important aspect of our degrees and making a positive impact on L.E.S.' students through sport makes it all the better." Erika Scott, who plays on the women's varsity rugby team and who is a 2nd year education student echoed what Young had to say adding "It has been such a rewarding experience for all the volunteers to be able to lend a hand at L.E.S. as well as play a part in developing the next generation of athletes".

In keeping with tradition, the decision was made to focus on basketball for the first four weeks. The L.E.S. community is grateful for the support and looks forward to collaborating in the weeks to come when the students will be introduced to the sport of "Rookie Rugby," a non-contact form of rugby using flag belts which allows players to learn the basics while being active and having fun with their friends. There is no doubt that initiatives as such enrich the educational experience of both the B.U. and L.E.S. students – a "win-win" for all.