March 2013 using videoconference technology in combination with local exhibition across the LNS. A planning committee has been established to help in the development of a LNS exhibit in Montreal, Quebec through a partnership with the Quebec Community Learning Centre Initiative as well as other sponsors.

Two Artist in Residence activities are being carried out. One was led by a local studio artist and illustrator and an art camp was held to train participants about creating murals. A second artist in residency activity is being carried out and a film camp being held to train youth and adults about the technical and creative aspects of film production and editing. The theme being “I love the LNS!” and encourages Anglophone participants to apply the learning acquired and their creative talent to an important community based issue: building pride in our unique region.

A survey was researched and distributed to local artists and artisans in order to inventory the type of art work being produced as well as to identify their needs and interests. The survey helped to gather information about local artists and artisans for a LNS Arts Network Database including but not limited to contact information of members, types of art work produced, existence of “local patterns”, which are being recorded as well as workshop interests and needs.

The Coasters Association and the CLCs are supporting the consolidation and strengthening of a LNS wide arts and culture network by facilitating art exhibit events throughout the year. Local artists and artisans were mobilized and supported to display their art at events. One LNS wide event was held September 28, 2012 and two other events are planned for March 2013 using videoconference technology in combination with local exhibition across the LNS.
BFL Snack Program

Netagamiou, Harrington and Mecatina Schools and CLCs are proud to offer a Breakfast For Learning snack program to our student population a few days each week.

Breakfast For Learning (BFL) has been in existence since 1992 and is currently the leading national non-profit organization solely dedicated to child nutrition programs in Canada. They know that when a child is well nourished, they perform better in school, and for that reason BFL works to ensure that students receive the healthy snacks they need to succeed.

The nutrition grant we received from the BFL program, new this year at Mecatina, gives us the opportunity to provide a healthy mid-afternoon snack to all our students.

The snacks are distributed to the kids with the help of the Bass Cote Nord en Forme animator who supplies a generous assortment of healthy treats and beverages.

The students look forward to the afternoon boost of energy before heading off to remediation classes, homework centre, or extra curricular activities.

Molly Organ
Mecatina CLC

Healthy Activities

The health and wellbeing of our students is one of the main priorities of the Harrington CLC, so in conjunction with the school, the 50+ Club and with the help of the LNS en Forme we are participating in several initiatives. To build on the Breakfast for Learning Program that was already in place we initiated the Intergenerational Cooking Club based on healthy traditional recipes.

Every second Wednesday the 50+ club and the secondary students get together to recreate traditional recipes, for example during their last Club meeting they made awesome redberry and bakeapple pies. This program will conclude with the creation of a cookbook with recipes and pictures for each participant. To continue on with health and well being and with the hopes of drawing in and including the parents and community, we are participating in the 5:30 Challenge. This challenge requires participants to consume at least 5 servings of fruit and vegetables per day and to do a minimum of 30 minutes of physical activity. We promoted this challenge by sampling exotic fruit (thank you Ben Loomer), making fruit creations (thank you Ms. Jones), tracking the fruit consumption and physical activity of each student in the school (thank you BCN en forme). Also with the hope of drawing in the community we asked that each child have at least one parent participate in the challenge with them. To provide our participants with 30 minutes of activity an outdoor sliding activity was planned for the week of March 18th, since we no longer have any snow this needs to be re-scheduled. Big thank you to all those participating and to all those who help make these activities a big success!!!!

Helen Morency
Harrington CLC

Students and senior volunteers proudly display their pies.
Career Fair

St. Paul’s School Community Learning Center has been working with their partnership table and a team of teachers, administration, and partners to look at how youth can be engaged in the development of the Lower North Shore. It was observed through the Check and Connect program that students often found looking to the future difficult; they didn’t know what they wanted to be or what they could do. The partnership table wanted to develop an approach that would engage youth in community development while increasing the youth’s sense of responsibility, leadership, self-esteem, and reinforce an affirmation of their abilities.

On January 18th, 2013, the St. Paul’s School Community Learning Center in partnership with the CEDEC, Coaster Association Inc, CSSSBCN, Caisse Populaire Desjardins des Lourdes de Blanc Sablon, Municipality of Bonne Esperance and Blanc Sablon held an entrepreneurship kiosk event. This event acted as the launch to our Entrepreneurship Project based around business development on the Lower North Shore. Local businesses and representatives from across the region volunteered their time to contribute in the following categories: health, non-timber forest products, tourism, fisheries and aquaculture, transportation, mining, and service industries. Sixty-seven students moved from kiosk to kiosk every ten minutes exploring the job market and future developments in the various industries. At the end of the day, the students selected the industry they would like to develop their entrepreneurship project around. As this project moves forward, students will be placed into teams based on their selection and have until the end of April to work on their business development model. In May, the students will present their projects in a Dragons Den competition where a winner will be selected from the projects developed.

Kimberly Buffitt
St. Paul’s School CLC

‘C’ is for Coast Book Project

Mecatina and Harrington Schools are embarking on a collaboration that will result in the publication of an alphabet book, ‘C’ is for Coast.

The inspiration for this project came about at the CLC Fall 2012 Conference in Montreal where Melinda Gallichon and Joyce Foreman, CLC Teacher Champions, saw a similar project that was produced in the Gaspe region.

The alphabet book will include English, French, and Innu words submitted from all the LNS schools in the Littoral School Board. The illustrations will include both photos and drawings submitted by youth and adults from across the Coast. The words and illustrations selected for the book will be based upon how well they depict the uniqueness of the Lower North Shore region that we are so proud of.

With the contributions and support provided by persons and organizations throughout our coastal community, we hope to launch the ‘C’ is for Coast alphabet book in the Fall of 2013.

Molly Organ Mecatina CLC

Bakeapple (cloudberry): a local wildberry used to make jams, pies, and more.
Community Expressions continued

Another Community Expression event was a flea market activity showcasing local artisan work and demonstrations, which was attended by 130 people. Seven of the eighteen flea market kiosks showcased and sold LNS artisan products. The event was highly successful and participants have already asked to have the event again next year. In addition, a Talent Show Community Expression event was held in December 2012. This event provided a platform for the performing arts talents of 20 adults and youth, the youngest being four years old. Local artisans also displayed and sold art products. This event was a resounding success and was attended by more than 150 people. The admission fees charged and the sale of art products allowed those involved to raise funds for various community projects.

This project has been a success in mobilizing and engaging Lower North Shore artists, artisans and cultural agents in order to support and strengthen the cultural and artistic vitality of the Lower North Shore official-language minority communities. This project has also successfully created a LNS Arts Network that will support and promote the value and opportunities for sustainable community expressions on the LNS community.

For more information, please contact:

Cornella Maurice, Executive Director, Coasters Association
Kimberly Buffitt, St. Paul’s CLC
Molly Organ, Mecatina CLC
Helen Morency, Harrington CLC
Ana Osborne, Netagamiou CLC

Parent Info Session

Members of the Educational Services team of the Commission Scolaire du Littoral were pleased to meet with parents from Netagamiou and Harrington Harbour Schools on January 28th and 29th respectively, to present information concerning the school board’s Special Education Policy and services for students. The ninety-minute session proved to be a great opportunity for parents to discover, understand and question many of the important issues surrounding students with special needs.

Presenters Vicky Robertson, Special Education Consultant, Stephanie Willcott, Social Services Agent, and Michel Gosselin, Psycho-educator, were happy to promote their roles in Educational Services and share their expertise with parents.

The session’s focus was on the Individualized Education Plan (IEP): what it is; what it does; adapted versus modified programs for students; and, the IEP process for both academic and behavioral issues. The role of the parent was discussed at length.

Parents came prepared with many questions and left with many answers. Overall, the session was well received by all.

Educational Services would like to thank Ana Osborne, Netagamiou CLC, and Helen Morency, Harrington CLC, for inviting us to meet with parents.

CSL Educational Services

CLCs Hit the Net

We are pleased to share the results of our Quebec CLC Community Conversations and new CLC Promotion Videos with all our colleagues and partners. In order to access them you can use the links provided below. Please feel free to share this with your colleagues and contacts.

**Quebec CLC Community Conversations:** Many of you joined more than 800 representatives from 28 communities across Québec and participated in the “Community Conversations”. These conversations took place between November 7 and December 12, 2012. We thank you for your participation and invite you to read the document recapping the conversations (available in English and French).

http://www.csdulittoral.qc.ca/ScriptorWeb/scripto.asp?resultat=489880

**New CLC promotional videos:** The CSL CLCs are very proud of a new Quebec CLC Initiative promotional video. Please check out videos on the CSL website and/or link below.

http://www.youtube.com/watch?v=A235KXOGiQ8
http://www.youtube.com/watch?v=XmFlnrGxQs8&feature=youtu.be

A very special thank you to all our schools, parents, students and community based partner organizations for your ongoing engagement and support of the CLC initiatives that promote lifelong learning and community development.

Ana Osborne, Netagamiou CLC

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We’re on the web: www.csdulittoral.qc.ca

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We hope this film will help communicate the great work CLCs are doing and want to continue doing. I think you will recognize a few faces. Please share!”

Benjamin Loomer, Community Based Learning Coordinator