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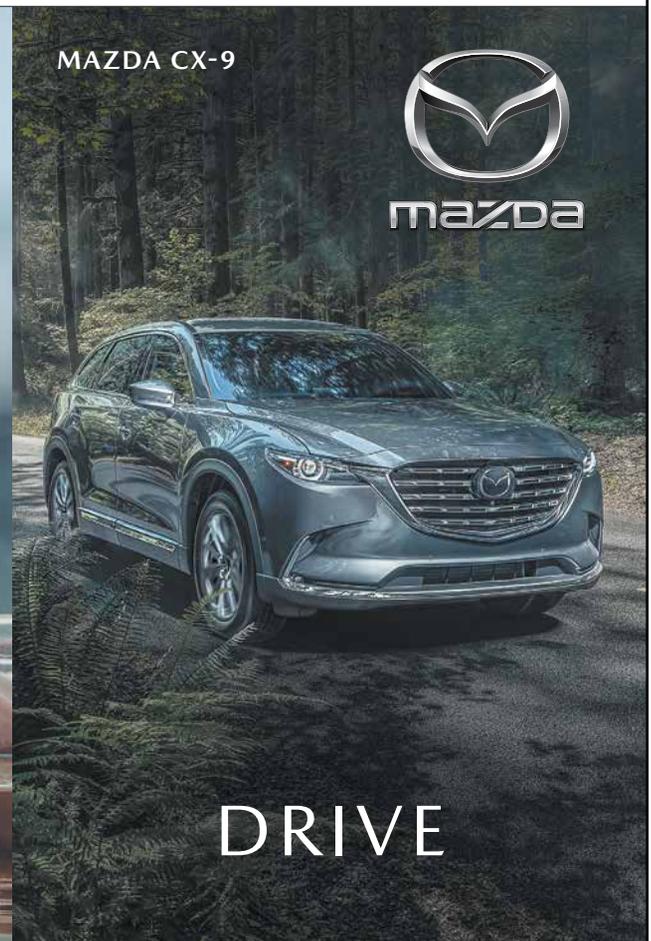


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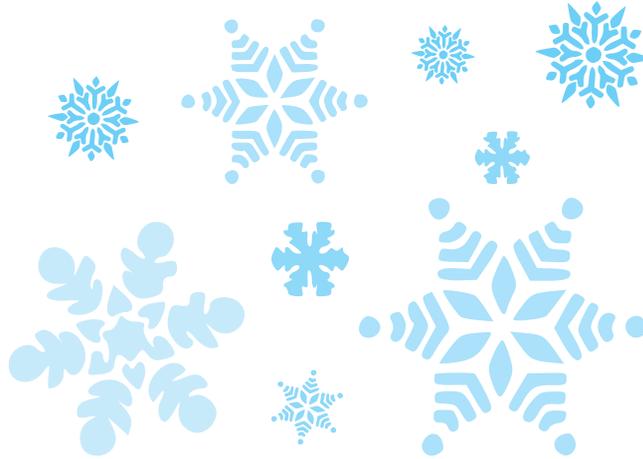
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STEM

By Claudette Bouman

Dear Parents,

Here's a little story. In school, I loved subjects that required reading. Literature was my best subject. I leaned on friends to help me figure out math problems and if they couldn't or wouldn't, I gave up. I avoided subjects with symbols not in word form, like math and chemistry. As my grades in math slipped lower, I simply quit trying as I moved from first to fifth form. I learned to make very little effort, was rewarded with failure, and shrugged it off.

By showing lack of grit and with little intervention from my parents or teachers I narrowed my life options and opportunities long before I graduated from high school. There would be no math or science related careers open to me. I succeeded in post-secondary studies and training requiring little knowledge of math or science. I tried not to let on but I regretted some of the poor choices I had made in high school.

I have ideas about math and science subjects versus the arts and humanities but here I am promoting STEM. In the last decade much has been made of STEM a common abbreviation for four closely connected areas of study. It's an approach to learning and development that integrates science, technology, engineering and mathematics. Through STEM, students learn subject knowledge, concepts and develop key skills including problem solving. In computer and technology driven economies and careers, these subjects furnish students with a competitive edge.

I've seen too many students arrive at high school with little in the way of adequate math skills. Unfortunately, a gap exists between African Nova Scotian students and their white peers in school achievement. Black students need additional supports but must strive to achieve higher results. All students need to work towards a well-rounded solid education that includes STEM subjects, though not at the expense of the arts. By doing so, they keep their options open to choose among a variety of fields of study and occupations such as the trades, engineering, nursing and other medical fields, and teaching of math and science.

I believe that while the arts and humanities have the potential to educate people, in the fullest sense of the word, math and science subjects help to train inventive people. A few years back, I asked a bright spark in my classroom why she like chemistry and physics. She said they challenged her brain in a different way from



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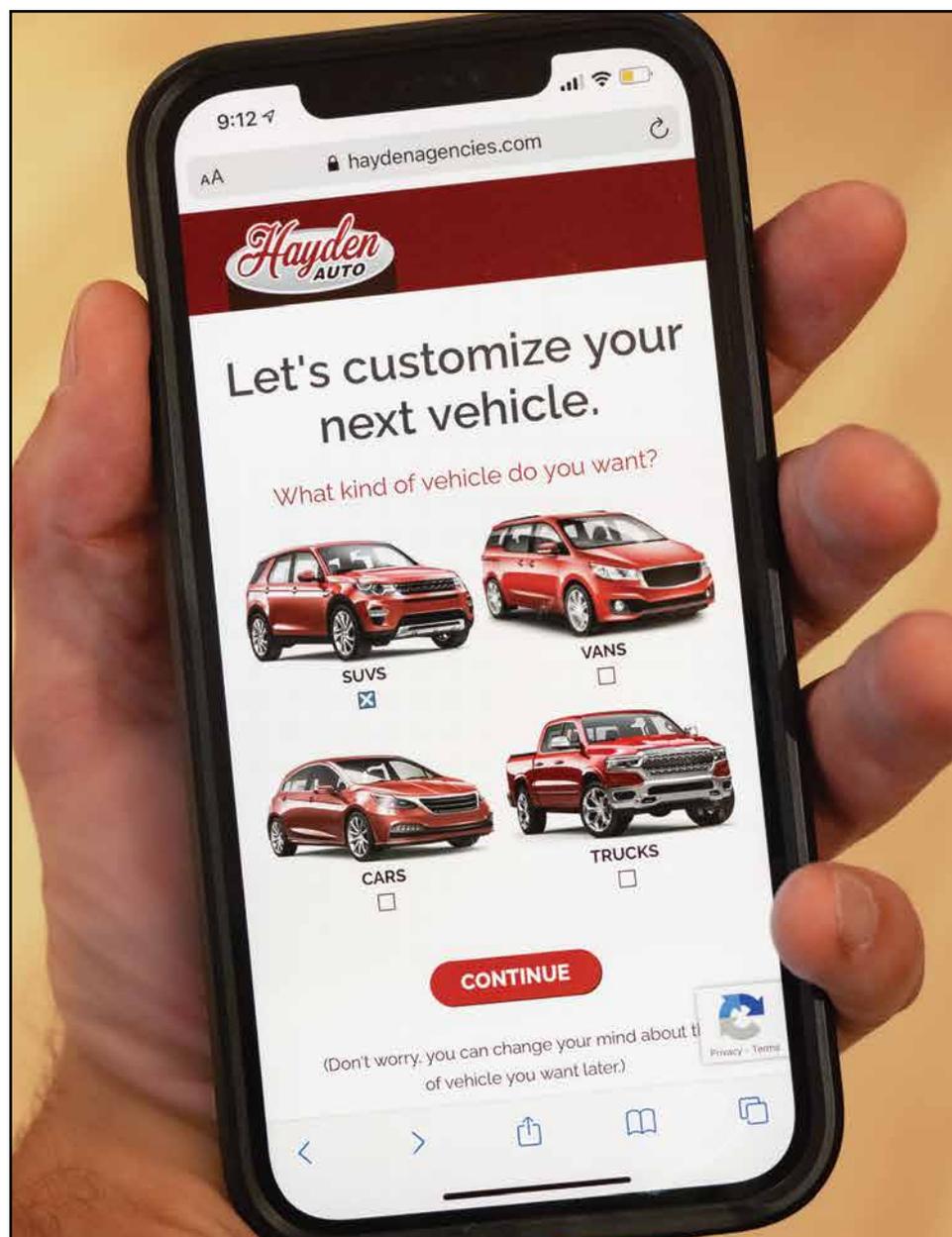
English and History. She loved being required to memorise and apply equations and tools like the periodic table. Not every student is going to face those tasks head-on and excel but they should at least have a real opportunity to do so at school.

I currently serve on as a board member for Imhotep Legacy Academy (ILA) which offers after school educational activities to African Nova Scotian elementary, junior high, and senior high students in math, science and technology. University students instruct students and engage them in activities such as science experiments, robotics, and coding. ILA has been filling a gap and making a difference.

Being able to do math is as important as being able to read as it lays the foundations for a life of promise.

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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3 Tips to Maximize your Income and Retire More Comfortably

Submitted by The Sutherland Wealth Management Group

Are you planning for retirement and looking for the best way to fund this stage of your life? You'll be happy to learn that there are fiscal and administrative strategies you can employ to maximize your income at retirement without affecting your quality of life.

1. Planning your RRSP withdrawals

The RRSP is one of the best fiscal vehicles on the market. As a result, it's to your greatest advantage to let those investments grow, untouched, sheltered from taxation, for as long as possible. This should be the last source of income you withdraw from, only after your TSFA and taxable investments are gone. The only condition: the law requires you to convert your RRSP into a Registered Retirement Income Fund (RRIF) no later than December 31 of the year in which you turn 71 to start withdraw-

ing funds by the following year. Withdrawals from an RRIF are included in the calculation of your taxable income. To avoid paying high tax on withdrawals, you need to set up an income-splitting strategy or progressive withdrawals from your RRIF, to minimize the impact on the income you declare. By optimally planning their RRSP/RRIF withdrawals, a person might even be able to retire at an earlier age.

2. Exercising your spousal status

Being in a relationship allows you to declare some of your retirement income under your partner's name to optimize your tax bill. Because tax rates are progressive, this strategy is more lucrative when there's a significant income gap between both partners. The higher income earner can allocate up to 50% of eligible pension income to his or her spouse. The division of taxable in-

come is possible through a Registered Pension Plan (RPP), Registered Retirement Income Fund (RRIF) and Life Income Fund (LIF). It can be done annually on your tax return. Rather than splitting off part of the taxable withdrawals of an RRIF under your spouse's name when you're filing your tax return, it's also possible to contribute directly to their RRSP, which would be taxable at 100% on the withdrawals you make, rather than only 50% in the former case. This strategy, called a "spousal RRSP" could allow you to pay even less in taxes when the division of income at 50% isn't enough to allow you to achieve tax balance.

3. Delay your government pension to get the most out of it

Pushing back your government retirement pensions, Old Age Security (OAS) and Canadian Pension Plan (CPP), allows you to max-

imize them. Theoretically paid to retirees as of age 65, these pensions increase by 36% for the OAS and 42% for the CPP if you wait until you're 70, the maximum allowable age, to claim them. This tip requires the retiree to reach into their savings to bridge the gap, but ultimately provides them with a higher income, especially if they don't have a defined benefit RPP. Whether you're preparing for retirement or you're already there, there are lots of tricks to allow you to optimize your financial plan. Whether this article introduced you to some that apply to your situation or not, don't hesitate to speak to reach out. We'll be able to guide you through the steps you'll need to take and fill you in on any options you might have missed.

Questions? Reach out to us at anytime at terry.sutherland@nbc.ca

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BEFORE

To All Our Constituents & Friends Season's Greetings & Best Wishes for the New Year

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

The Year in Review

On the occasion of Christmas and with 2022 drawing to a close, we can all reflect on the ways we have risen to meet yet another year of challenges with great resilience. This Christmas, let us remember how far we have come and how good it is to be able to be with friends and family. We can all look forward to 2023 in the hopes that it will bring ongoing signs of improvement.

This can be a busy time of year for most of us whether shopping, decorating, or sharing festivities with loved ones and friends.

However, this season can be particularly difficult for those who maybe find themselves alone or unable to afford the holiday experience for their children that they had wished for. Please take time to check on your neighbours or others who you know who might be struggling.

If you find yourself in this situation and things seem too overwhelming, please do not hesitate to reach out for help:

Mental Health Mobile Crisis Line:
902-429-8167 (or toll-free 1-888-429-8167)

I would like to extend my best wishes to everyone and their families and wish you all the most amazing holiday season with your loved ones.

Happy Hanukkah! Merry Christmas! Joyeux Noël! Happy Kwanzaa!

All the best,



Attention New Graduates

The cost of living for recent grads can be extremely challenging. That is why, as of Tuesday, the federal government has allowed post-secondary graduates to be able to wait until they make over \$40,000 a year before they're required to begin repaying their federal student loans.

In addition, the most recent Fall Economic Statement proposes to eliminate interest on Canada Student Loans and Canada Apprentice Loans, including those currently being repaid, beginning on April 1, 2023, pending Royal Assent.

For more information, please visit:
<https://www.canada.ca/.../the-repayment-assistance-plan.html>

Temporary Lifting the 20-Hour-Per-Week Cap

Our government has announced the temporary lifting of the 20-hour-per-week cap on the number of hours that international post-secondary students are allowed to work during the school year.

Not only will these measures provide international students with the opportunity to gain valuable work experience in Canada, but it will also benefit employers struggling to retain employees during this strained economic period.

For more information, see the news release:

<https://www.canada.ca/.../international-students-to-help...>

Emergency Supply of Kids Meds is Coming Amid National Shortage

We share the concerns of parents and caregivers about their inability to find infant and children's acetaminophen and ibuprofen.

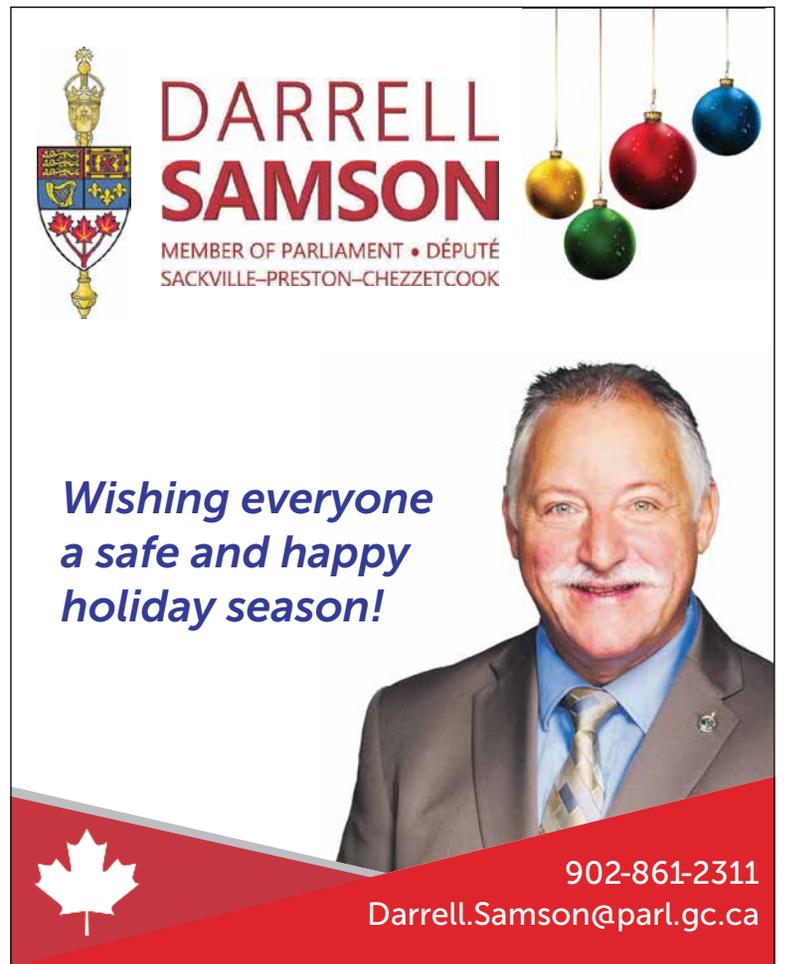
As of November 14th, we have secured an additional foreign supply of children's acetaminophen that will be available for sale at retail and in community pharmacies in the coming weeks to help address the immediate situation.

Health Canada also recently approved the exceptional importation of infant and children's ibuprofen and acetaminophen to supply hospitals in Canada.

As we continue to work very closely with all our partners to solve this shortage, Canadians should only buy what they need so that all parents and caregivers can access medication to meet the immediate needs of their sick children.

2023 Calendar

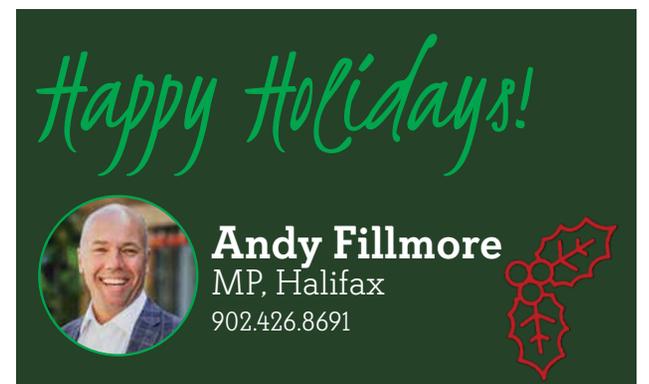
Your complimentary 2023 calendar will soon be arriving in mailboxes across the riding. This year's version features photos from the military community. We will always be forever grateful for their sacrifice. It also includes a list of common phone numbers that you may need, so hopefully you'll find it useful and keep it handy throughout the year.

DARRELL SAMSON
MEMBER OF PARLIAMENT • DÉPUTÉ
SACKVILLE-PRESTON-CHEZZETCOOK

Wishing everyone a safe and happy holiday season!

902-861-2311
Darrell.Samson@parl.gc.ca



Happy Holidays!

Andy Fillmore
MP, Halifax
902.426.8691

A Message from Hon. Tim Halman, MLA Dartmouth East

Happy Holidays!

After a busy session in the Legislature, with a lot of late nights, the pace of life begins to regulate itself again.

I'm proud of the work that my government colleagues put forward in the Legislature. Some highlights from the session include increased accountability for telecommunication companies and limiting the general rate increase that the Nova Scotia Utility and Review Board can award Nova Scotia Power to 1.8% over the next two years.

This time of year gives us the opportunity to slow down. We are able to reflect on our year and take stock of the blessings in our lives. It is my hope that you are able to rest and enjoy time with family and friends.

While the holiday season can be uplifting for most, it can be a difficult time for some Nova Scotians. If you know of someone in your community struggling, I encourage you to reach out and lend a helping hand, or let my office know how we can help.

We have much to be thankful for in our beautiful province, but we must never forget those in need. After all,

compassion and empathy are key themes of the Holiday Season.

On behalf of my family, I wish you a wonderful holiday season filled with joy and laughter with family and friends, and health and happiness for a prosperous 2023!




Tim Halman
Member of the Legislative Assembly
Dartmouth East

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timhalmanmla@gmail.com

73 Tacoma Drive, Suite 204 Dartmouth, NS B2W 3E7

To All Our Constituents & Friends Season's Greetings & Best Wishes for the New Year

Season's Greetings
and
Happy New Year



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MLA - CLAYTON PARK WEST

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Rafah@RafahDiCostanzo.com
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Happy Holidays from MLA Rafah Di Costanzo

The holidays are a perfect time to reflect on our blessings and to seek out ways of making life better for those around us. Take time to spend with family and friends. Think about donating your time to a local charity helping those in need. May the New Year bring you much joy and peace.

Heating Assistance Rebate Program

With the increased cost of heating our homes, low-income Nova Scotians can apply for the Heating Assistance Rebate Program which sends you a one time cheque to help offset the cost of heating. You can apply on line at the link below if you have an email address or alternatively, we have applications in our office.

<https://beta.novascotia.ca/apply-heating-assistance-rebate-heating-assistance-rebate-program>

Seniors Care Grant

Are you a senior or do you know a senior who could use some help with the cost of household chores, healthcare services and home heating?

The Seniors Care Grant program provides up to \$500 to help support eligible seniors to live well at home. People who apply for the grant are also able to apply for a new, one-time grant of \$250 to help with heating costs. More information about the grants, and how to apply can be found at:

<https://beta.novascotia.ca/apply-help-household-healthcare-and-home-heating-costs-seniors-care-grant>

If you want to keep up to date with what's going on in the community, please consider following me on social media. As always, our office is here to assist you, and hear your concerns or ideas.

Season's Greetings & Happy New Year



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Halifax West MP Report

By Hon. Lena Metlege Diab, Member of Parliament

I want to wish everyone a wonderful holiday season. No matter what celebrations you and your family hold dear, I hope this time is filled with love, joy, and togetherness for everyone. To all of our students, I wish you great success during your exam period, and that you have a restful break from your studies before your next semester.

With the end of the year fast approaching, I am proud to share that our Canada-Nova Scotia Child Care Agreement will deliver a 50% reduction, on average, of regulated child care fees for Nova Scotian families by December 31. This will save families with an infant in full-time licensed childcare approximately \$6,000 over the course of a year! I am thrilled to see this important promise fulfilled, because I know how significant a difference a more affordable child care system will make for our

young families in Halifax West. I am also pleased to see that the province is on track to create 1,100 new child care spaces by the end of this year, thanks to our transformational investment. As we continue to face challenges from global inflation, this is one major measure that will put money back into the pockets of people in our community.

As our government continues our work to build an affordable and inclusive Canada-wide early learning and childcare system, we know that we need expert advice to get it right. In order to best support this system, Minister Karina Gould announced last month that the members of the newly created National Advisory Council on Early Learning and Child Care have been selected. This committee of 16 members will include those with various backgrounds, including academics, advo-

cates, caregivers, and experts in the field. Committee members will provide advice and insight on the best ways to build and support this sector from coast to coast, developing recommendations and reports that will be useful in ensuring a flexible and well-balanced system for all. In particular, I would like to congratulate Dr. Christine McLean of Halifax West on her selection. Having met Dr. McLean a number of times at Mount Saint Vincent University, I'm

very confident that her decades of expertise will prove invaluable to the Committee's important work.

To those in Halifax West and across the province, Merry Christmas and *Joyeux Noël*. I'm looking forward to being able to spend more time in the riding in January, and I hope that includes chances to connect with you, your family, and neighbours. Be well this holiday season!



DARREN FISHER
Member of Parliament for Dartmouth-Cole Harbour

**We wish you a warm
and bright holiday season!**

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To All Our Constituents & Friends Season's Greetings & Best Wishes for the New Year

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

Tis the season! As the air has been getting colder and colder these past few days, I've been reflecting on what this year's holiday season might look like for Nova Scotians—and I have mixed feelings.

Even though it's only mid-November, I've slowly begun to decorate our home, and I always feel some excitement and anticipation for holiday gatherings.

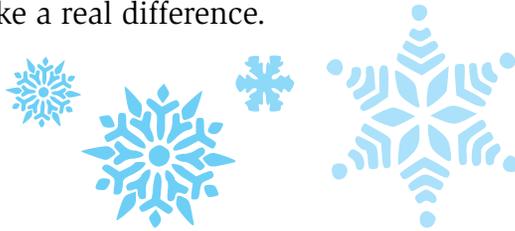
Perhaps, even more, this year, since many people have begun to come together again in a largely vaccinated world, where COVID is still very much present, but less of a focal point.

While we don't really need "reasons" to gather, it does always feel like the holidays make reaching out and showing a little extra kindness or gratitude to friends and neighbours a little more common than it would the rest of the year.

With that being said, inflation and rising costs are hitting us all where it hurts this year, and it feels harder to enjoy the warmth of the season the way we once did.

Many of us worry about how to fill our gas tanks, oil tanks, and stomachs. When anxiety rises up in us, it can be tough to see the value of getting out from under the blankets to gather to sing carols or share a cup of cheer.

Arguably, such worries make doing just that more important than ever. Community care is a crucial aspect of mental health and cliché as it may seem, getting out of our own spaces—even if for a short while—can make a real difference.



Best Wishes from Braedon Clark, MLA Bedford South

This year has been a busy time for myself and my elected colleagues, as we have been working nonstop on some extremely important and time sensitive issues. While healthcare, housing, and affordability affect us all, some people, more than others, are in dire need of help. It is crucial that all levels of government work effectively together in a thoughtful and respectful manner to ensure some clear, decisive, action is taken to quickly help those who are vulnerable. It is also important for all of us to look out for each other and to offer a helping hand when we can. Even a small gesture can be life changing.

During the holiday season, remember to take the time to enjoy and appreciate the small

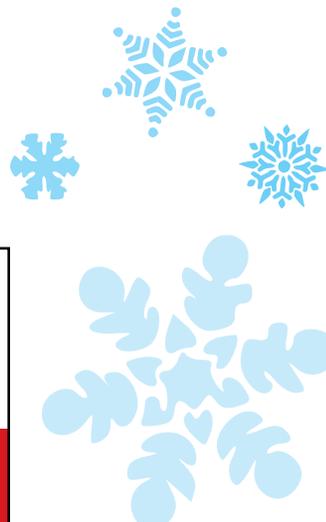
things in life that so often get overlooked, spend some quality time with family and friends, and reach out to those who are alone and/or sick. Let's spread the warmth of the season to all those around us.

May your holidays be filled with joy and good cheer and may the New Year 2023 bring you peace and happiness.

Warmest wishes everyone, from me and my family, for a safe and Happy Holiday season.

Braedon, Caitie, Beau, and Heidi

*Braedon Clark
MLA Bedford South*



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*Season's Greetings and Best Wishes for the
New Year to all our constituents and friends*

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and a Happy New Year*

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HAPPY
holidays

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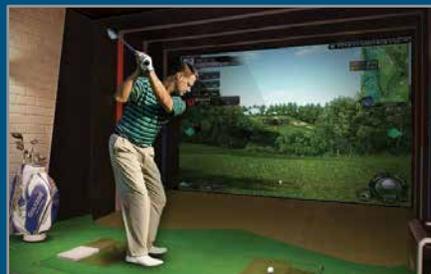
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Winter Pastimes in New Ross

By Melanie Munroe, Ross Farm Museum



Photo: Ross Farm Museum

With the return of the holiday season, the Ross Farm Museum's team thought that we would put together a little collection of our favourite parts of the holiday season!

Firstly, we can all acknowledge that the past two years have been difficult, and being able to spend time with your family means more than anything. With the family all together, we remind ourselves that some things can take that away, and we should be all the more grateful to share this time together.

Our Director, Peter, loves procuring his own Christmas tree from his yard, and decorating

it with his wife.

One of our staff members says their favourite holiday season tradition is holding a dinner called, "Thanksweenmas," where they celebrate Thanksgiving, Halloween, and Christmas all in one, due to their spouse being out-of-country most of the year. During this dinner, presents and Halloween candy are exchanged, and a grand turkey dinner is eaten.

Another employee says that she stays up all hours of the night sometimes, baking and baking until her countertop is full. Gumdrop loaf, gingerbread cookies, chocolate chip

cookies with the holiday M&M's in them, molasses cookies.... Everything baked and under the sun, she makes.

The last employee that we asked said that with the stress and hullabaloo around Christmas, his favourite part is just after Christmas day arrives, and he's had a belly full of turkey with his family, that he loves to just lay down on the couch and relax.

These special times really help us to remember to value the importance of our special routines, while making room for others, and theirs. With dozens of holidays celebrated around the world this time of year, we can't forget that many people will all still be coming together and celebrating with their family and friends.



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Another benefit of exposing children to quality performing arts training is that it helps them to accept constructive criticism in a positive and healthy way.

The concept of imperfection is hard for children to grasp, they want to be the best as fast as possible, especially if one of their peers is succeeding at the same task. In the performing arts, imperfection is welcomed with open arms. Usually,

their performance isn't perfect on their first try. A scene, a dance or even a song can play out differently every time and providing young performers with feedback on how to improve their skills is an important part of the learning process.

Providing those positive critiques encourages confidence. Feedback that comes slowly but surely gives children an attainable goal. It helps children with their boundaries and teaches them to recognize what they are capable of.

Being a part of Stagecoach gives children a safe space to express themselves. Learning how to overcome their fears and accept feedback are huge steps to learning how to be a creative and confident child.

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Health & Wellness

Are Braces in your Future?

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



Every parent wonders this from time to time; the only real way of knowing? Book an early screening exam by a certified Orthodontist. The Canadian and American Orthodontic Associations, age 7-8 is the ideal time for this early exam but even if your child is older they will benefit from the check up.

Although the adult teeth may be just starting to erupt, this check-up provides valuable information to your orthodontist and dentist about your child's growth patterns and jaw relationship. It also provides you, as the parent, a better understanding of the development of your child's bite. If a potential problem is identified, your Orthodontist will recommend monitoring your child at a regular interval (often yearly) until a time that treatment is indicated. Usually orthodontic treatment is recommended around age 11-12 when the main growth spurt happens and many of the permanent teeth are present, but in some cases early treatment is necessary. Early, interceptive treatment may prevent a problem from becoming more serious (possibly requiring surgery) or may achieve results that would otherwise be unattainable if treatment is delayed.

So do you know what to look for? A developing smile can be a bit intimidating from a parent's perspective but here are some "bad bites" (or malocclusions) to watch for.

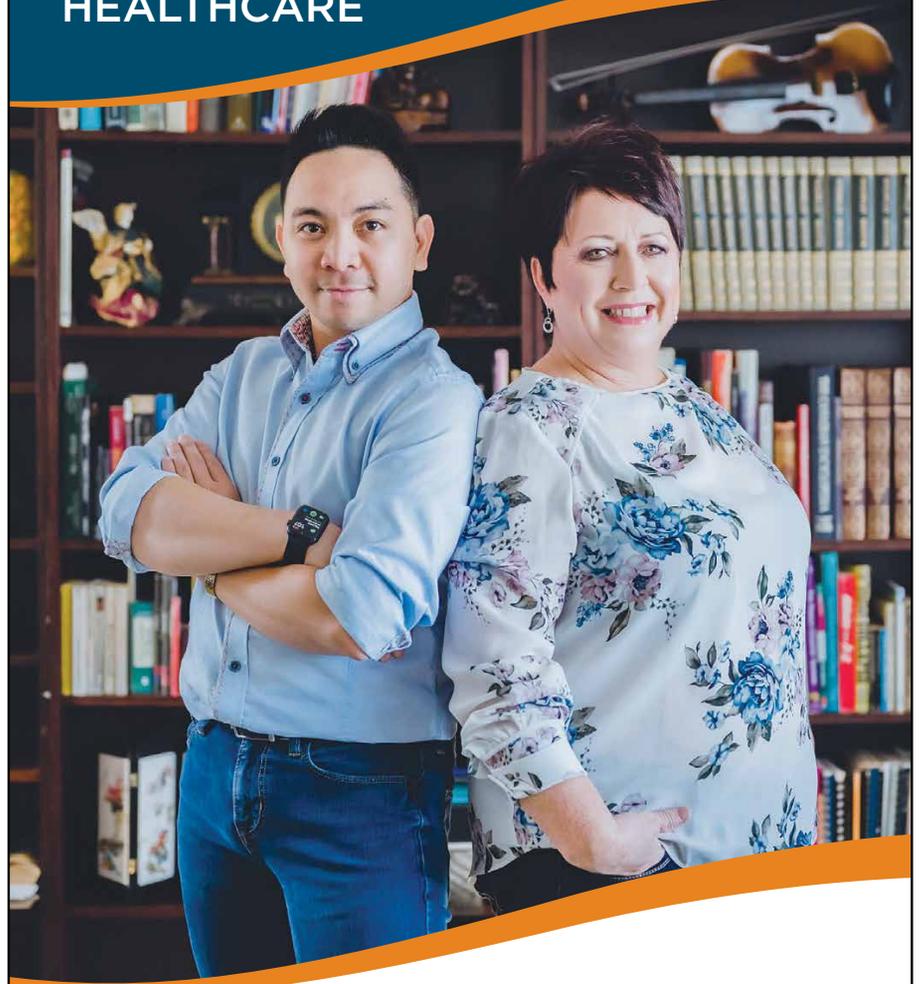
- An underbite (bottom teeth bite over top teeth)
- Crossbite (s) (top teeth bite inside bottom teeth on one or both sides)
- A deep bite (top teeth completely cover bottom teeth)
- An open bite (teeth don't come together in front)
- Protrusion ("buck teeth")
- Excessive spacing or crowding
- Any of the following: Early or late loss of baby teeth; difficulty chewing or biting; mouth breathing; a thumb or finger sucking habit; jaws that shift or make sounds; grinding or clenching of teeth; biting the cheek or the roof of the mouth; speech difficulties or facial imbalance.

Don't be alarmed if you see one or more of these features in your child's bite. Many changes occur as a child grows and some problems are temporary. However, calling your local Orthodontist for a screening exam is a good idea.

Now that you've looked closely at your child's teeth, what about your own? You would be surprised to learn how much you can improve the longevity of teeth by correcting the bite.

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with The Brace Space Orthodontists. She is a co-owner of The Brace Space in Bedford (Larry Uteck), Dartmouth, Halifax and Sackville, offering conventional braces and Invisalign for children, teens and adults. For more information, contact 902 455-7222.

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HOME Décor

Keeping Christmas Classy

By Holly Gouthro,
Interior Consultant, DWD Interiors

The holiday season is upon us and with that comes the twinkling lights, reds, greens and glitter galore, but your holiday decor doesn't have to be the tacky tinsel and cheap plastic ornaments. Here are a few ways to get a chic Christmas atmosphere without blowing your budget.

A surefire way to keep your holiday decor classy is to make sure it fits with your everyday decor, keeping with your current colour scheme would be a good place to start. If you can't find decorations in your colour scheme, try sticking with neutrals and metallics. Keeping with your current style is also important, you

want to keep your decorations more modern and minimal if that is what your everyday entails or traditional and time-honoured if that is what your space encompasses.

Keep your decorations more refined, instead of utilising every open space or surface, try going with more quality pieces that will last a lifetime and be handed down generations. Creating a vignette with subtle hints of holiday decor is much more appealing than an overload of cheap items that are a dime a dozen.

Fresh cedar, pine and fir boughs are a great affordable option to add some christmas cheer to your



space. Add a few pieces to your mantle display or centerpiece and you've got that wonderful Christmas look and smell.

Utilising items that you already have in your space is a great way to save some money. Use your everyday vase but incorporate some fresh cedar with some of your favourite ornaments or fill your decorative baskets with large pine cones and

fir boughs with a red ribbon atop.

When all is said and done, a beautiful wreath on your door and charming tree in the living room will always add the Christmas spirit to any home.

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Education

How to Turn Procrastination Into Productivity

Submitted by Oxford Learning

How can parents help their children turn procrastination into productivity? Everyone puts things off from time to time, but those who procrastinate chronically tend to avoid difficult tasks. There is a tendency to delay complicated tasks at school, home, work, and relationships, which can affect the quality of life and overall well-being.

Overcoming procrastination begins with the realization that it is happening.

Procrastination at school can negatively impact students, leading to poor school performance, lower grades, and higher school stress. It can also create a cycle of poor grades and low self-confidence that can be hard for students to break.

Beating the urge to procrastinate is possible.

Procrastination Causes

Contrary to popular belief, a lack of self-control does not cause procrastination.

People procrastinate for different reasons. Sometimes it results from too much pressure at school, or it might be from growing up in a strict household. For example, expectations for high performance from parents can make students put off projects out of fear of failure.

Students may procrastinate to avoid stressful experiences. Some of the most common reasons for what causes procrastination include the following:

- Perfectionism
- Fear of failure
- Fear of criticism
- Avoidance
- Low self-esteem
- Trouble focusing
- Task aversion
- Resisting challenges
- Decision fatigue
- Difficulty defining goals
- Lack of energy

Consequences of Procrastination

Students are more likely to put off a project if they don't understand how to start.

Putting off work has a price. People who procrastinate are usually rushing their school work, which leads to sloppiness, missed details, and lower grades. These problems arise because procrastination usually takes up more than a third of students' daily activities. Procrastination usually appears in behaviours such as napping, watching television, or playing video games when students should be working.

Other effects of procrastination include higher levels of stress, anxiety, and fatigue.

Turning Procrastination Into Productivity

How can students overcome procrastination and transform procrastination into productivity? The first step is to acknowledge that procrastination is happening.

Getting started can be challenging, but it's important to remember that motivation

doesn't come before action; action triggers motivation. In other words, getting started even when you don't want to can jumpstart motivation. Let's dig into some helpful tips to overcome procrastination!

• **Start Small.** Don't tackle everything at once. Break projects into smaller tasks.

• **Remove distractions.** Create a dedicated space where work happens.

• **Create an action plan** based on relevant anti-procrastination techniques while accounting for goals and the nature of procrastination problems.

• **Implement a plan.** Figure out which techniques work best and how to implement them most effectively.

Looking for some more anti-procrastination techniques? Try breaking tasks into manageable steps. Making subtasks helps make a big task seem small by creating tasks to complete one by one. Once a task is broken down into smaller bits, try to commit to the tiny first step, e.g. working for 5 mins, then taking a break and returning to it. Don't forget to set a deadline for when it all needs to be completed.

Keep working at it! Overcoming the urge to procrastinate is not easy, but with dedication and practice, students can learn to dig into a task and keep at it, even when they feel like putting it off.

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Education

Thinking about French Immersion for Your Child? Parents are Key to Supporting Children in French Immersion

Submitted by Canadian Parents for French, Nova Scotia

With grade primary registration coming up in February, you may be considering French immersion as a choice for your child. Parents often wonder if their lack of French will hold back their child. The key to success in school is parent involvement. Parents are not expected to understand or speak French, but research shows that children with parents who have a positive attitude to French achieve more from the program.

Many factors contribute to your child's success at school, such as curriculum, teachers, school setting, and motivation. However exposure to French outside the classroom is important. Experiencing French in your home will enhance your child's abilities in French, and their confidence in using the language.

What can you do to enrich your child's French language learning?

Help your child to use French outside of the classroom! Watch television in French or change the settings on their favorite movie to the French version. You can borrow French books from the library or start a collection of your child's favorite books in French. Look for community activities in French like plays, concerts, and sports. Get a French cookbook

and let them help you cook a meal "en français". Play board games in French. There are many easy activities that can be done in French as a family. It often helps to designate 1 day a week to using French at home. Check out our website for the French on Fridays brochures!

French doesn't have to end when school does. Look for summertime activities that keep your child on the path to linguistic success. French summer camps, regardless of a student's age, are a great way to do this. Find a café or restaurant that offers service in French and enjoy some treats. For the older child, it is a great experience to go on a family holiday to a Francophone region. Children love to take the lead and show their family their language skills!

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, these factors will affect the development of their second language also. A long-term commitment to learning language will produce the best results! Be supportive and enthusiastic. Make French a part of your child's life!



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French Immersion registration in the HRCE: February 1-28, 2023

To learn more about the French Immersion program, contact CPF Nova Scotia

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**Merry Christmas & All the Best
in 2023 to Everyone!**



The holiday season is here again. We are grateful and appreciative to all our advertisers whose continuous support has made our local HRM publication possible for over 27 years. Thank you very much!

We wish everybody to have a happy holiday season with family & friends, and hope that 2023 will be a much better year for everyone and that life will get back to normal.

I would also like to thank our writers whose professional and interesting articles keeps the newspaper informative and helpful for our readers throughout the HRM area. And I want to thank all our wonderful readers for their kind words and interest in our newspaper for over the past 27 years.

We are excited about our upcoming 28th Anniversary and stay tuned for our *Special 28th Anniversary Edition*, printing April 19, 2023.

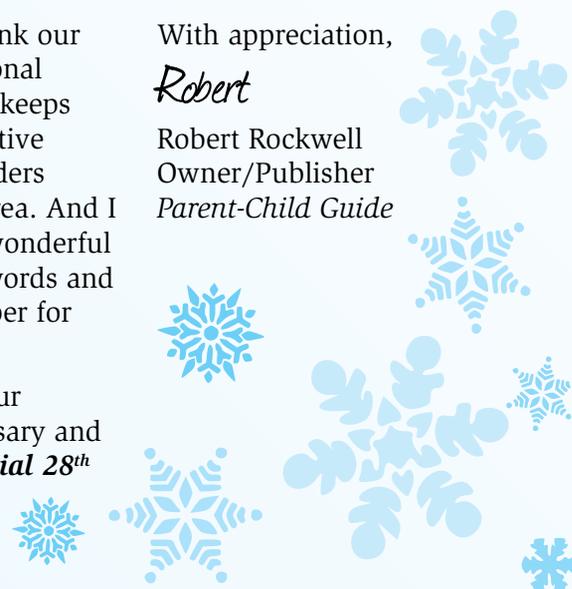
We look forward to publishing for many years to come, providing helpful and informative content for our readers of all ages.

On behalf of everyone at the *Parent-Child Guide* Newspaper, we wish everyone a Merry Christmas and a very Happy New Year.

With appreciation,

Robert

Robert Rockwell
Owner/Publisher
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CRAFT CORNER

Bird Feeding with Homemade Coconut Oil Suet Rings for the Winter

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts

Bird feeding/watching is one of the most popular hobbies around the world and feeding them during our cold winter months is critical to their survival. Since berries and other natural sources of food are scarce, and with just a little help you can create a feast for them to get through those frigid nights.

This year I am going to make coconut oil suet rings. These high-energy and fat-based treats are easy to make and helps the birds to put on a little weight that helps to keep them warm. I like to use coconut oil because I always have some on hand but you can also use leftover bacon grease or lard.

To get started all you need is coconut oil or fat of choice and some tasty add-ins. Make sure the seeds and nuts are unsalted and there are no added sugars. Dried fruits such as cranberries and raisins are good and grains like oats and quinoa are also full of nutrients. A sprinkle of cayenne pepper helps to heat their little bodies naturally and stimulates the circulatory system that is beneficial to help prevent frostbite.

Begin by slowly melting the coconut oil and some unsalted chunky peanut butter for added nutrient. Then mix in your seeds, fruits, nuts and grains. I like to pour this mixture into a silicone doughnut baking mold so I can easily tie a string to hang in the trees. Pop this into the freezer to let it set.

Note: Coconut oil has a melting point of 25 degrees celsius, so these suet treats must be a winter treat only, and are best served in the shade.

If you do not have a mould another idea is to make a suet log which is also very easy to make. Find a small log or possibly a large branch 6 inches or so long and 3-5 inches in diameter. Drill random holes with a 1 inch drill bit and fill the holes with your suet mixture. Make sure to drill a hole in the top and add an eye bolt for hanging.

Making bird feeders can be as easy or as complicated as you would like it to be. There are so many different recipes online to make a variety of hanging bird seed ornaments. Try making a few different ones with a variety of ingredients and decorate a winter bird tree.

Happy bird watching everyone!

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Celebrating the Holidays in Daycare

By Angie White, The Growing Place

The children's eyes have been lighting up with the sights Christmas popping up in stores, on tv and around the community. They have been talking about Santa at the center and when he is coming. They talk about what they are asking for Christmas and what their families are doing. They listen to the Christmas songs that are constantly playing on the radio. It doesn't seem to matter if a child's family doesn't celebrate Christmas, they still join in and enjoy singing the songs.

We celebrate Christmas at our center. We decorate, put up a tree, children make decorations for the trees in their classrooms, and they make presents and cards for their parents. We do a Christmas fun week and have a Christmas party with each class the week before Christmas. While Christmas is noticeable when you walk into our center, we also celebrate the other holidays that happen around the same time as well.

We celebrate and teach about Hanukkah and Kwanzaa as well. We decorate a wall in our main hallway and place a paper Menorah and Kinara (since we can't have real fire) on the wall where children can see it and participate by placing a paper flame each day. We

do bulletin boards to help teach other families about these holidays as well. Children find it interesting to see how others celebrate and always have lots of questions.

We always welcome families to tell us about their traditions, their holidays, and celebrations so we can celebrate with them. This open communication is wonderful to help families feel welcome within our center, which is what we want for everyone. We hope other families at other centers do the same as well since Nova Scotia is becoming one of the most diverse provinces. We want everyone to feel welcome and celebrate with us and we will celebrate with you.

Angie is currently our Assistant Director at The Growing Place (Pleasant Street location). She also serves as Inclusion co-ordinator where she specializes in supporting children with special needs in our classrooms, as well as offering support to families. Angie is also our Arts and Crafts expert and is an endless creative resource for our classrooms.

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