

Halifax Regional Centre for Education 2021 Virtual Summer Workshops Guide

July 5 to August 13



Schools
Écoles **Plus**
NOVA SCOTIA / NOUVELLE-ÉCOSSE



Halifax
Regional Centre for Education

Halifax Regional Centre for Education Virtual Summer Services Guide

July 5 to August 13, 2021

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Overview of Summer Workshops for HRCE Students

This summer, HRCE School Psychologists, Speech Language Pathologists and SchoolsPlus Child and Youth Care Practitioners will be offering free virtual workshops for students across a wide variety of age groups. Many fun and engaging workshops will be offered to support areas of challenge or build additional skills. Some workshops take place every day for 3 to 6 days, while other workshops take place once a week for several weeks. Please see our table of contents for more information.

Each week teams of HRCE Child and Youth Care Practitioners (CYCPs) will use games, conversation, books, movement activities and all kinds of other fun ways to develop students' social, emotional, and communication skills. See the workshop descriptions for more information.

Our HRCE School Psychologists and Speech Language Pathologists will be offering a variety of skill-building workshops to students from early elementary to high school. Several parent workshops are also available.

What do you need to participate in HRCE virtual summer workshops?

- A device that allows your child to connect to their school Google account, so they can access Google Meet.
- Internet access.
- A room where your child can participate, without interruptions or distractions.
- Complete the online registration form.
- Complete and return our "consent for participation" form (we will email this to you after you complete the registration form)
- The workshop times and days vary. Please make note of the specific dates and times of the workshops that interest your child.

Frequently Asked Questions

Q: Who do I contact if I have questions?

A: Email StudentSummerWorkshops@hrce.ca or call 902-464-2041.

Q: Where and how do I return the consent form for workshops?

A: The consent form is a word document. You can type in your child's name and your signature and date. Please return via email to StudentSummerWorkshops@hrce.ca. You can send as an attachment to the email or take a picture and send.

Q: Are the workshops an online therapy group?

A: No, none of the workshops are clinical or therapeutic groups.

- The goal of the SchoolsPlus workshops is to have fun and remind students of the positive social behaviors that are expected of them in various settings.
- Although our School Psychologists will be providing skill building groups this summer, these groups will not provide therapy or intervention for specific mental health concerns (e.g. depression or anxiety).

Q: Are these workshops private?

A: We are using the same Google Meet platform that your child's teacher used during online learning this spring. We will take precautions to allow only registered children into the online workshop.

Frequently Asked Questions About School Psychology and Speech Language Pathology workshops

Q: Who do I contact if I have an emergency question?

A: See list of services below to contact in an emergency.

Q: Where and how do I return the consent form for School Psychologist or Speech Language Pathologist workshops?

A: The consent form is a Word document. You can type in your child's name, your signature and date. Please return consent forms to StudentSummerWorkshops@hrce.ca

Q: What do you mean by skill-building sessions?

A: Often, students are recommended to receive direct instruction in skills like organizational strategies, executive functioning strategies, social or emotional regulation, communication or reading skills. Skill building sessions provide targeted support for the development of identified skills so that a student's social or communication abilities improve based on their ability to generalize these learned skills.

Q: Are these workshops confidential?

A: These are not therapeutic groups; the nature of these workshops limits the ability to ensure that privacy and confidentiality are guaranteed. By registering your child in these sessions, you are accepting these limitations – these are workshops only.

These workshops are not emergency mental health services. If your child is experiencing a mental health crisis, contact:

- Kids Help Phone [1-800-668-6868](tel:1-800-668-6868)
- Mental Health Mobile Crisis Team (provides intervention and short-term crisis management for children, youth and adults experiencing a mental health crisis) at 902.429.8167 or 1.888.429.8167.
- DIAL 911
- Visit your local emergency department

Reminder:

Register your child according to the grade they will start in September 2021.

Virtual Workshops

SchoolsPlus workshops for HRCE students going into grades 2 to 7

"Home Alone" Virtual Workshops July & August 2021

Home Alone **10 years of age and older**

"Home Alone" is a Canada Safety Council program that provides children 10 years of age (and older) with the skills and knowledge needed to be safe and responsible when they're home alone for short periods of time.

"Home Alone" helps children understand how to prevent problems, handle real-life situations, and keep themselves safe and constructively occupied.

"Home Alone" takes 3 hours to complete. Canada Safety Council has a limit of 12 students per Home Alone group.

Participants must register for Home Alone two weeks prior to the course date so we can mail you the Home Alone student workbook.

Please note that on July 5 and August 20, there will be multiple Home Alone groups running, and students may or may not be in the same group as others who register at the same time.

Click on the link to register:

[Monday, July 5 9am- 12 noon](#)

[Monday, July 5 1pm - 4pm](#)

[Friday, July 9 9 am - 12 noon](#)

[Friday, July 16 9 am - 12 noon](#)

[Friday, July 23 9 am - 12 noon](#)

[Friday, July 30 9 am - 12 noon](#)

[Friday, August 6 9am - 12 noon](#)

[Friday, August 13 9am - 12 noon](#)

[Friday, August 20 9 am - 12 noon](#)

SchoolsPlus workshops by the week

- 1 hour per day, 3 or 4 days in a row
- For students entering grades 2 to 7
- Led by HRCE Child & Youth Care Practitioners
- Select up to one morning session & one afternoon session per child, per week

Tuesday, July 6 to Thursday, July 8 Morning Sessions

Follow Your Heart With Art **Grades 2 and 3**

Feeling artsy? Come join us in expressing ourselves with art! Art is unique just like every one of us! Let's let our feelings dance on paper and create something magical!

Students must supply paper, pencil, eraser, & coloured pencils or crayons.

Click link to register:

[Tuesday, July 6 to Thursday, July 8 9:00am-10:00am](#)

[Tuesday, July 6 to Thursday, July 8 10:30am - 11:30am](#)

Razzle and Dazzle with Self Care **Grades 3 and 4**

Join this fun and interactive self care workshop! Through art and fun games we will explore what self care is all about.

Click link to register:

[Tuesday, July 6 to Thursday July 8 9:00am-10:00am](#)

[Tuesday, July 6 to Thursday, July 8 10:30am - 11:30am](#)

Book Clubs **Grades 4 and 5**

Students will build and strengthen literacy skills while socializing with peers from across HRCE. We'll start each session with an ice-breaker activity and/or circle question. All book club members will then be encouraged to take turns reading aloud to the group as we move through the chapters. Club leaders will interject to build understanding of trickier vocabulary words. Each chapter will end with reflection questions for the group to think about and discuss.

Participants are encouraged to have a copy of the book, but a virtual resource will be provided if this isn't possible.

Click link to register:

["The Giver" Tuesday, July 6 to Thursday July 8 9:00am-10:00am](#)
["The Giver" Tuesday, July 6 to Thursday, July 8 10:30am - 11:30am](#)

"Bored Games"
Grades 4 and 5

Forget your game console and YouTube for a bit and join us for some "face time" fun. Real life games reinvented for peer interaction through the screen. Make friends, laugh lots and have fun.

Click link to register:

[Tuesday, July 6 to Thursday July 8 9am to 10am](#)
[Tuesday, July 6 to Thursday, July 8 10:30 am to 11:30am](#)

Questions? Questions?
Grades 6 and 7

Let's do some fun activities like drawing, GoNoodle, meditations, and playing games while we try to answer burning questions like: Are cats better than dogs?

Blank paper and pencils needed.

Click Link to register:

[Tuesday, July 6 to Thursday July 8 9am to 10am](#)
[Tuesday, July 6 to Thursday, July 8 10:30am to 11:30am](#)

Tuesday, July 6 to Thursday, July 8
Afternoon Sessions

Book Bonanza!
Grades 2 and 3

Let's have fun with words, learn some joke-telling skills, and enjoy some word games with our friends!

Will need your favourite book to share

Click here to register:

[Tuesday, July 6 to Thursday, July 8 12:30 to 1:30pm](#)
[Tuesday, July 6 to Thursday, July 8 2pm to 3pm](#)

**The Artist in You
Grades 3 and 4**

A fun filled art workshop for the artist in you. Learn how art can be relaxing, fun & unique to you!

Click here to register:

[Tuesday, July 6 to Thursday, July 8 12:30 to 1:30pm](#)

[Tuesday, July 6 to Thursday, July 8 2pm to 3pm](#)

**“One Sketchy Hour” (Drawing Club)
Grades 3 and 4**

Students will build and strengthen their drawing/sketching skills alongside peers of the same age from across HRCE. Sessions will begin with a quick ice- breaker activity before getting into the day’s theme. Students will then be guided through a drawing exercise with video tutorials and CYCP facilitator feedback. Sessions will wind down with time for students to use the session’s skill(s) in a creative way and share their piece with the group.

All you need to bring is some paper, a pencil and your imagination!

Click here to register:

[Tuesday, July 6 to Thursday, July 8 12:30pm to 1:30pm](#)

[Tuesday, July 6 to Thursday, July 8 2pm to 3pm](#)

**HALI facts
Grades 4 and 5**

Open talk about our community, the environment, how to care for our neighbors and our schools. Learn and engage with the different and diverse communities around us.

Click here to register:

[Tuesday, July 6 to Thursday, July 8 12:30 to 1:30pm](#)

[Tuesday, July 6 to Thursday, July 8 2pm to 3pm](#)

**Questions Anyone?
Grades 6 and 7**

Time to do activities like drawing, playing games, GoNoodle, and meditations while we search for the answers to deep questions like is a peanut butter sandwich the best. (blank paper and pencils needed)

Click here to register:

[Tuesday, July 6 to Thursday, July 8 12:30 to 1:30pm](#)

[Tuesday, July 6 to Thursday, July 8 2pm to 3pm](#)

Reminder: Register your child according to the grade they will start in September 2021.

**Monday, July 12 to Thursday, July 15
Morning Sessions**

**Rise and Shine, It's Exercise Time!
Grades 2 and 3**

Let's start our days exploring fitness with different exercises, showing off our cool dance moves, and doing some yoga too! Let's get moving together!

Click here to register:

[Monday, July 12 to Thursday, July 15 9am to 10 am](#)

[Monday, July 12 to Thursday, July 15 10:30 to 11:30am](#)

**Sports Buzz
Grades 3 and 4**

Sports lovers, join us for a fun week of sports talk and interaction. There will be games, exercise and great topics!

Click here to register:

[Monday, July 12 to Thursday, July 15 9am to 10 am](#)

[Monday, July 12 to Thursday, July 15 10:30 to 11:30am](#)

**Shake it Out!
Grades 3 and 4**

Let's get our bodies moving. Come join us for an afternoon of fitness fun! We'll be moving our bodies with exercises and awesome games. Don't miss out on the action!

Click here to register:

[Monday, July 12 to Thursday, July 15 9am to 10am](#)

[Monday, July 12 to Thursday, July 15 10:30 to 11:30am](#)

**Garden Party
Grades 4 and 5**

Together we'll learn about all aspects of gardening - not just plants and dirt, but flowers, food, and creepy-crawlies, too! And we'll connect with all the benefits of gardening - ecological, physical, social, and emotional.

Access to an outdoor space is required. Your own garden and garden supplies are great to have for this workshop, but aren't required.

Click here to register:

[Monday, July 12 to Thursday, July 15 9am to 10am](#)

[Monday, July 12 to Thursday, July 15 10:30 to 11:30am](#)

We are the Champions!
Grades 6 and 7

Get ready to participate in some fun, competitive games! Teamwork is all about communicating with each other to get closer to the finish line. Let's meet new people, play some games, and most importantly, have some fun!

Click here to register:

[Monday, July 12 to Thursday, July 15 9am to 10 am](#)

[Monday, July 12 to Thursday, July 15 10:30 to 11:30am](#)

Monday, July 12 to Thursday, July 15
Afternoon Sessions

All About Me!
Grades 2 and 3

Who is that super cool person staring back at you in the mirror? Yeah, it's YOU! Let's get to know each other and share all the special things that make us who we are. We'll be sure to include show-and-tells and even a virtual talent show! Let's celebrate being you and meet new friends too!

Click here to register:

[Monday, July 12 to Thursday, July 15 12:30 to 1:30pm](#)

[Monday, July 12 to Thursday, July 15 2pm to 3pm](#)

Social Butterflies
Grades 3 and 4

We know you must be missing your friends! Join us in meeting new friends online while participating in team-building games and art activities, and learning new ways to be an awesome friend. Please bring along paper, pencils and markers.

Click here to register:

[Monday, July 12 to Thursday, July 15 12:30 to 1:30pm](#)

[Monday, July 12 to Thursday, July 15 2pm to 3pm](#)

Get to know you!!
Grades 3 and 4

Bring your favorite item with you and be ready to tell us all about it. We can't wait for this chance to get to know everyone through activities like Show & Tell, and games like Two Truths and a Lie.

Click here to register:

[Monday, July 12 to Thursday, July 15 12:30 to 1:30pm](#)

[Monday, July 12 to Thursday, July 15 2pm to 3pm](#)

Mindfulness & Other On-the-Go Exercises

Grades 4-5

Learn about relaxation, keeping your cool, and other things you can do in a pinch!

Click here to register:

[Monday, July 12 to Thursday, July 15 12:30 to 1:30pm](#)

[Monday, July 12 to Thursday, July 15 2pm to 3pm](#)

We're all Superheroes!

Grades 6 and 7

Join us for a week of all things superheroes. Get to know your peers and their superpowers, while engaging in exciting activities such as comic book art, show and tell, and a talent show.

Click here to register:

[Monday, July 12 to Thursday, July 15 12:30 to 1:30pm](#)

[Monday, July 12 to Thursday, July 15 2pm to 3pm](#)

Monday July 19 - Thursday July 22 Morning Sessions

Superhero

Grades 2 and 3

What is your Superpower?

What makes you, you? Unsure of what makes you special? We all have it in us - let's find out! Share your superpower with the group and uncover new powers, while taking part in some fun games and activities.

Click here to register:

[Monday, July 19 to Thursday, July 22 9am to 10 am](#)

[Monday, July 19 to Thursday, July 22 10:30 to 11:30am](#)

Game On!

Grades 3 and 4

Want to have some fun with friends? Join us for some classic games of charades, scavenger hunt, guess who, and more.

Click here to register:

[Monday, July 19 to Thursday, July 22 9am to 10 am](#)

[Monday, July 19 to Thursday, July 22 10:30 to 11:30am](#)

Move your Body
Grades 3 and 4

Let's get up and get moving! Come join us for a week of all things fitness. We'll be moving our bodies with dance, fun exercises, and awesome games!

Click here to register:

[Monday, July 19 to Thursday, July 22 9am to 10 am](#)

[Monday, July 19 to Thursday, July 22 10:30 to 11:30am](#)

You've Got a Friend in Me
Grades 4 and 5

Our focus will be on what makes a good friend, how to say you're sorry, self-esteem, and social justice. We'll do fun stuff around communication, solving problems, and being safe online.

Click here to register:

[Monday, July 19 to Thursday, July 22 9am to 10 am](#)

[Monday, July 19 to Thursday, July 22 10:30 to 11:30am](#)

Doodle Day with Fun and Games
Grades 6 and 7

Nothing "sketchy" about it... hang with friends online while playing games and drawing. All ya need is paper & pencil.

Click here to register:

[Monday, July 19 to Thursday, July 22 9am to 10 am](#)

[Monday, July 19 to Thursday, July 22 10:30 to 11:30am](#)

Monday July 19 - Thursday July 22
Afternoon Sessions

Snack & Chat
Grades 2 and 3

Let's hang out and spend some time chatting! Bring your favourite snack, your pet (stuffed or alive), and some stories to tell! Through games & activities, we'll use our snacks & pets to practice conversation and communication skills, perspective-taking, and other social skills.

Click here to register:

[Monday, July 19 to Thursday, July 22 12:30pm to 1:30pm](#)

[Monday, July 19 to Thursday, July 22 2pm to 3pm](#)

Mastermind Problem Solver
Grades 3 and 4

Through art and games we will learn all about positive problem solving skills and how to manage daily challenges.

Click here to register:

[Monday, July 19 to Thursday, July 22 12:30pm to 1:30pm](#)

[Monday, July 19 to Thursday, July 22 2pm to 3pm](#)

Up for the Challenge?
Grades 3 and 4

Do you have what it takes to test your skills? Join us in challenges of trivia, riddles, a talent show and more.

Click here to register:

[Monday, July 19 to Thursday, July 22 12:30pm to 1:30pm](#)

[Monday, July 19 to Thursday, July 22 2pm to 3pm](#)

Caring for Others
Grades 4 and 5

Let's brush up on some of the skills needed to be a good friend. Together we'll build a stronger foundation for great friendships and mutual support & understanding.

Click here to register:

[Monday, July 19 to Thursday, July 22 12:30pm to 1:30pm](#)

[Monday, July 19 to Thursday, July 22 2pm to 3pm](#)

Relax & Draw with Friends
Grades 6 and 7

"Picture" this... draw, erase, laugh (repeat)! No skill required; just learn and laugh with friends. All ya need is paper and pencil.

Click here to register:

[Monday, July 19 to Thursday, July 22 12:30pm to 1:30pm](#)

[Monday, July 19 to Thursday, July 22 2pm to 3pm](#)

Reminder: Register your child according to the grade they will start in September 2021.

**Monday July 26 - Thursday July 29
Morning Sessions**

**Artists In Action
Grades 2 and 3**

Come and draw with us! We will need your creative minds and eager drawing hands. We're excited to sketch and create with you!

** All you will need is a pencil and paper and some odd crayons and markers from around the house.**

Click here to register:

[Monday, July 26 to Thursday, July 29 9 am to 10 am](#)

[Monday, July 26 to Thursday, July 29 10:30 to 11:30 am](#)

**Stress Busters
Grades 3 and 4**

In this fun workshop, we'll learn what stresses us out and how to manage, by exploring coping strategies that work for each of us.

Click here to register:

[Monday, July 26 to Thursday, July 29 9 am to 10 am](#)

[Monday, July 26 to Thursday, July 29 10:30 to 11:30 am](#)

**Let the Fun Begin!!
Grades 3 and 4**

Join us for ice-breakers, interactive memory games, guessing games, and more!

Click here to register:

[Monday, July 26 to Thursday, July 29 9 am to 10 am](#)

[Monday, July 26 to Thursday, July 29 10:30 to 11:30 am](#)

**Garden Party
Grades 4 and 5**

Together we'll learn about all aspects of gardening - not just plants and dirt, but flowers, food, and creepy-crawlies, too! And we'll connect with all the benefits of gardening - ecological, physical, social, and emotional.

Access to an outdoor space is required. Your own garden and garden supplies are great to have for this workshop, but aren't required.

Click here to register:

[Monday, July 26 to Thursday, July 29 9 am to 10 am](#)

[Monday, July 26 to Thursday, July 29 10:30 to 11:30 am](#)

**All About Me
Grades 6 and 7**

"S'up?".....You'll have to join us and share in some fun games and activities to find out.

Click here to register:

[Monday, July 26 to Thursday, July 29 9 am to 10 am](#)

[Monday, July 26 to Thursday, July 29 10:30 to 11:30 am](#)

**Monday, July 26 to Thursday, July 29
Afternoon Sessions**

**Investigative Fun
Grades 2 and 3**

In these interactive sessions, we will ask and answer some great questions to solve some mysteries.

Join us as we do things like reading a book on detectives, get creative with description, and play games of Guessing Who, Where, and What, and top it off with a Scavenger Hunt.

Click link to register:

[Monday, July 26 to Thursday, July 29 12:30 pm to 1:30pm](#)

[Monday, July 26 to Thursday, July 29 2pm to 3pm](#)

**Zoom Zoom Move Over Covid!
Grades 3 and 4**

The last 2 school years have been like nothing you've ever experienced. Come out for a week of fun, friendship and laughs. We will be looking forward to a great school year ahead.

Click link to register:

[Monday, July 26 to Thursday, July 29 12:30 pm to 1:30pm](#)

[Monday, July 26 to Thursday, July 29 2pm to 3pm](#)

**Virtual Field Trips
Grades 3 and 4**

Ever ridden a roller coaster? Visited a farm or a museum? Join us for virtual field trips that will get your heart soaring and your mind racing!!

Click link to register:

[Monday, July 26 to Thursday, July 29 12:30 pm to 1:30pm](#)

[Monday, July 26 to Thursday, July 29 2pm to 3pm](#)

Caring for Yourself
Grades 4 and 5

Take time to care for yourself. Find out about skills to help you feel better in the moment, and in the long run.

Click link to register:

[Monday, July 26 to Thursday, July 29 12:30 pm to 1:30pm](#)

[Monday, July 26 to Thursday, July 29 2pm to 3pm](#)

I am Unique
Grades 6 and 7

This is a “rare” opportunity to have fun and make new friends while discovering how extra special and one-of-a kind you are!

Click link to register:

[Monday, July 26 to Thursday, July 29 12:30 pm to 1:30pm](#)

[Monday, July 26 to Thursday, July 29 2pm to 3pm](#)

Level Up Workshops (for students starting junior high or middle school)

Tuesday, August 3 to Thursday, August 5

Level Up Workshops for HRCE students moving into junior high or middle school

Morning Sessions - 9:00 to 11:30, with an offline break from 10 to 10:30

Choices:

1. Students entering grade 7 at **Ellenvale Junior High**
2. Students entering grade 6 at **Five Bridges**
3. Students entering **any HRCE junior high or middle school**

Afternoon Sessions - 12:30 to 3pm, with an offline break from 1:30 to 2pm

Choices:

1. Students entering grade 7 at **Caledonia** Junior High
2. Students entering grade 6 at **Five Bridges** Junior High
3. Students entering grade 7 at **Fairview** Junior High

[Click here to register for Level Up workshops, August 3-5](#)

Monday, August 9 to Thursday, August 12

Level Up Workshops for HRCE students moving into junior high or middle school

Morning Sessions - Monday to Thursday, 9:00 to 11:30, with an offline break from 10 to 10:30

Choices:

1. Students entering grade 6 at **Sackville Heights** Junior High
2. Students entering grade 6 or 7 at **John Martin** Junior High
3. Students entering grade 7 at **Sir Robert Borden** Junior High
4. Students entering **any HRCE junior high or middle school.**

Afternoon Sessions: Monday to Thursday, 12:30 to 3pm, with an offline break between 1:30 and 2:00

Choices:

1. Students entering grade 6 at **Sackville Heights** Junior High
2. Students entering grade 7 at **Gaetz Brook** Junior High
3. Students entering grade 6 at **Georges P. Vanier** Junior High
4. Students entering **any HRCE junior high or middle school**

[Click here for details and to register for all LevelUp workshops Aug. 9-12](#)

Calling all students starting junior high or middle school in the JL Ilsley family of schools!

This family of schools is reconfiguring in September! These virtual workshops are for students who will be moving up to **Cunard, Rockingstone, Herring Cove, or Elizabeth Sutherland** for middle school or junior high.

Workshops will be at various times throughout the day & week. Each workshop is 1 hour in total and geared toward specific schools and grades.

Click here for schedule details and to register:

[Spryfield "Level Up" mini-workshops \(Aug. 9, 10, 11 or 12\)](#)

Monday, August 16 to Thursday, August 19

Virtual “Welcome to Beaufort” tour for SJAM students

**Join SJAM’s very own Travis Sampson
for sneak peek of
St. Joseph’s-A McKay’s new temporary home.**

We’ll take a virtual tour of the Beaufort building, checking out important rooms and spaces that students will be using! After the tour, students can ask whatever questions you have about your new school building.

Each session will last 30 to 60 minutes, depending on questions from the students. Up to 15 students can register for each session.

There are 4 sessions each day, starting at 9:00, 10:30, 12:30 and 2:00. Parents & guardians are welcome to join the tour, too.

[Click here to register for a virtual tour of Beaufort!](#)

School Psychology Virtual Workshops

Often, school teams recommend that students receive direct instruction in skills like organizational strategies, executive functioning strategies, social or emotional regulation, and other coping skills. Skill building sessions provide targeted support for the development of identified skills so that a student's social or emotional functioning skills improve within the home and school settings, based on their ability to apply these learned skills.

School Psychology Workshops Weekly Sessions

Working Through Worries

Grades 3 and 4

This is a five-week program for 6 to 10 students. Each group will meet once a week to discuss their worries and what they feel like, and learn different tools for coping. Students will wrap-up this program with a "tool-box" of skills to help them cope with their stress and worries!

Click on one of the following the links to register:

[Group A: Tuesdays, 1-2pm - July, 6, 13, 20, 27 and August 10](#)

[Group B: Wednesdays, 1-2pm - July 7, 14, 21, 28 and August 11](#)

[Group C: Thursdays, 1-2pm - July 8, 15, 22, 29, and August 12](#)

Working Through Worries

Grades 5 and 6

This is a six-week program for 6 to 10 students. Each group will meet once a week (July-August) to discuss their worries, what they feel like, and learn different tools for coping. Students will wrap-up this program with a "tool-box" of skills to help them cope with their stress and worries!

Click on one of the following links to register:

[Group A: Mondays, 1-2pm - July 5, 12, 19, 26 and August 9](#)

[Group B: Tuesdays, 1-2pm - July 6, 13, 20, 27th and August 3, 10](#)

[Group C: Wednesdays, 1-2pm - July 7, 14, 21, 28, August 4 and 11](#)

Emotional Regulation Group

Grades 4 to 6

This is a five-week program for 6 to 10 students. Each group will meet once a week to discuss emotional regulation. This program will teach students how to manage difficult emotions while providing them with the language to express and identify their emotions.

Click on one of the following links to register:

[Group A: Mondays, 2:15-3:15pm - July 5, 12, 19, 26 and Aug. 9](#)

[Group B: Wednesdays, 2:15-3:15pm - July 7, 14, 21, 28 and Aug. 11](#)

[Group C: Thursdays, 2:15-3:15pm - July 8, 15, 22, 29 and Aug. 12](#)

Problem Solving for Parents/Guardians & Kids

Grades P & 1 and Grades 2&3

Learn how to solve problems together with an open mind, and a solution focused approach. This will be a 3-part series where parents/guardians attend on their own for the first session, and then their child joins them for the following two sessions. Maximum enrollment is 10 parent-child pairs.

Click the link to register:

[Group 1: Grades Primary and 1: Dates noted below.](#)

| | | | |
|---------|------------------|-----------|-----------------|
| July 6 | 12:00pm – 1:00pm | Session 1 | Adults only |
| July 13 | 12:00pm – 1:00pm | Session 2 | Adults and kids |
| July 20 | 12:00pm – 1:00pm | Session 3 | Adults and kids |

Click on the link to register:

[Group 2: Grades 2 and 3: Dates noted below](#)

| | | | |
|---------|-----------------|-----------|-----------------|
| July 6 | 1:15pm – 2:15pm | Session 1 | Adults only |
| July 13 | 1:15pm – 2:15pm | Session 2 | Adults and kids |
| July 20 | 1:15pm – 2:15pm | Session 3 | Adults and kids |

Emotion Regulation for Parents/Guardians and Kids

Grades 1-3

Learn how to identify feelings, know when feelings can be helpful, and when they can be harmful. This is a 3-part series where we will explore feelings, how those feelings impact choices and behaviour, and we will discuss tips and tricks for a toolbox of ideas to help manage big emotions.

10 pairs of parents and children

Click on the link to register:

[Grades 1-3: Three Part series. Dates noted below.](#)

| | | |
|---------|------------------|-----------|
| July 7 | 12:00pm – 1:00pm | Session 1 |
| July 14 | 12:00pm – 1:00pm | Session 2 |
| July 21 | 12:00pm – 1:00pm | Session 3 |

School Psychology Workshops

Workshops taking place over consecutive days

Managing Stress and Worry in High School

This small-group workshop (4-6 students) will support high school students in learning about stress/worry, strategies to manage stress and worry through relaxation, learning how to problem solve, and learning skills through assertiveness training.

Click on the link to register:

[August 3, 4, 5, 6, 9, and 10 1pm to 2pm](#)

Teens, Stress, and Worry

This is a four-session daily workshop for students returning to junior high. Students will be provided with an understanding of different types of stress and ways to cope.

10-12 students.

Click on the link to register:

[Monday, August 9 to Thursday, August 12 9am -10am](#)

We Thinkers! Social Explorers (Volume 1)

Grades Primary to 2

Through the use of age-appropriate story books, this program teaches children social skills such as perspective taking and self-awareness. This is a 5-lesson series, with the potential of 10 sessions if you also sign up for Volume 2: Social Problem Solvers.

7 students

Click on the link to register:

[Monday, July 12 to Friday, July 16 9am to 10 am](#)

[Tuesday, August 3 to Friday, August 6 2:15 to 3:15pm](#)

WeThinkers! Social Problem Solvers (Volume 2)

Grades Primary to 2

Following the completion of Volume 1: Social Explorers, participants in this series will continue to develop their social skills through a continued series of story books and active conversations. This 5-part series builds on the vocabulary and knowledge gained during Volume 1, and continues development in areas of executive functioning and social problem solving.

7 students (must have already completed Volume 1, listed above)

Click on the link to register:

[Monday, July 19 to Friday, July 23 10:15am - 11:15am](#)

[Monday August 9 to Friday, August 13th 11am-12pm](#)

Get Organized!

It can be challenging to get yourself organized and on task at the best of times, and this year has not been the best of times! This program will focus on setting goals, getting organized, and planning for success. The skills that are explored in this program will help support students now, and in the future, as they learn to practice flexibility, and develop skills for managing their time and emotions.

Space available for 10 students

Grades 5 to 7

Tuesday, July 6 to Friday, July 9 9am to 10am

Tuesday, July 20 to Friday, July 23 9am to 10am

Grades 7 to 9

Tuesday, August 3 to Friday, August 6 11am to 12pm

[Click here to select your session and register.](#)

Parent Workshops led by HRCE School Psychologists

Learning Disabilities

This session will provide parents who may have had a child diagnosed with a Learning Disability understand the meaning of the diagnosis, compare and contrast other commonly used terms, debunk myths regarding Learning Disabilities and explore the opportunities available to students with LDs following completion of school. This session will be offered on multiple dates.

15-20 participants for session

Click on the dates below to register for your selected session.

[July 8 from 12:00-1:00pm](#)

[July 9 from 1:00-2:00pm](#)

[August 9 from 9-10am](#)

[August 11 from 9-10am](#)

ADHD

This session will provide parents who may have a child diagnosed with ADHD with information about this diagnosis, how it may present in different settings (e.g., home, school), how it may present at different ages, and how it may affect their child's learning and functioning.

This session will be offered on several dates. 15-20 participants per session.

Click on the dates below to register for your selected session:

[July 9 from 12:00-1:00pm](#)

[July 22 from 1:00-2:00pm](#)

[August 10 from 9-10 am](#)

[August 12 from 9-10am](#)

Speech Language Pathology Workshops for students and for parents

Often, students are recommended to receive direct instruction in a variety of language and social communication areas. Our HRCE SLPs are offering students entering grades 2-8 a variety of workshops that will help build their vocabulary skills, literacy and critical thinking skills. Other workshops will target social communication skills. These fun and engaging workshops will help students build their communication and general language skills which will help them in both their social and academic performance in school and at home. A variety of workshops will be offered each week and students are encouraged to attend each day.

Speech Language Pathology Sessions Week of Monday July 5 - Friday July 9 Daily Sessions

Description Detectives

Grades 1&2

Did you know your brain can learn up to 50,000 words? Come and learn to organize these words in your brain so you can describe them with detail! You will learn new words to become a details detective. By the end of the week, you will be bursting with details to describe every word you know.

Spaces available for 8 participants

Click on link to register:

[July 5-9 9:00-10:00 for grades 1 and 2](#)

News Flash

Grades 4&5

Join the HRCE speech-language pathologists to improve your language skills by learning how to understand the news. Explore crazy and interesting things happening around the world, learn to tell real news from 'fake news,' and get your silliest captions ready! By the end of the week, you will be ready for a career as a news reporter.

Spaces available for 10 participants

Click on link to register:

[July 5-9 10:30 - 11:30 am Grades 4 and 5](#)

Vocabulary Vibes

Grades 3&4

Did you know your brain can learn up to 50,000 words? Come and learn to organize the words in your brain and describe words so you can with detail! Expand your vocabulary and learn to express yourself with energy. By the end of the week, you will be bursting with details to describe every word you know.

Spaces available for 10 participants

Click on Link to register:

[July 5-9 12:30-1:30 Grades 3 and 4](#)

News Flash

Grades 6-8

Join the HRCE speech-language pathologists to improve your language skills by learning how to understand the news. Explore crazy and interesting things happening around the world, learn to tell real news from 'fake news,' and get your silliest captions ready! By the end of the week, you will be ready for a career as a news reporter.

Spaces available for 10 participants

Click on the link to register:

[July 5-9 2:00-3:00pm Grades 6-8](#)

Parent Information Sessions

Success in Reading- Foundations for Reading Skills

Parents can play a big role in helping their children succeed in reading. Learn from the HRCE speech-language pathologists how to help your child think about sounds in words, read words by sounding them out, and other important skills. You will learn easy strategies and ideas to add to your daily routines and activities. Your children will be well on their way to becoming successful readers!

[Friday, July 9 from 9:30 to 11:00am](#) (Click on the link to register)

[Friday July 9 from 1:00-2:30pm](#) (Click on the link to register)

Speech Language Pathology Workshops Week of July 12-16 Daily Sessions

Word Wizards - Boost Your Reading Skills

Grades 1 & 2

Develop your reading skills with the HRCE speech language pathologists this summer! In this group we will use stories and games to help boost your child's knowledge of sounds in words. The ability to count syllables, rhyme, break apart words and blend sounds into words are crucial for becoming a successful reader! Spaces available for 8 participants

Click link to register:

[July 12-16 9:00-10:00 for grades 1 and 2](#)

Social Spotlight

Grades 4 & 5

Engage in fun activities and student-led discussions about making friends, joining conversations, sharing information and solving conflicts! This group will help students feel more confident during social interactions both in and out of school. Spaces available for 10 participants.

Click link to register

[July 12-16 10:30-11:30 Grades 4 and 5](#)

Playing with Sounds - Boost Your Reading Skills

Grades 2 & 3

Develop your reading skills with the HRCE speech language pathologists this summer! In this group we will use stories and games to help boost your child's knowledge of sounds in words. The ability to count syllables, rhyme, break apart words, and blend sounds into words is crucial for becoming a successful reader! Spaces available for 8 participants.

Click link to register

[12:30-1:30](#) [Grades 2 and 3](#)

Social Spotlight

Grades 6-8

Engage in fun activities and student-led discussions about making friends, joining conversations, sharing information and solving conflicts! This group will help students feel more confident during social interactions both in and out of school. Spaces available for 10 participants.

Click link to register

[July 12-16](#) [2:00-3:00pm](#) [Grades 6-8](#)

Parent Workshop

Building Language Skills with Books

Books are powerful teaching tools. Join HRCE speech-language pathologists to learn how to use books to improve your child's language and reading skills. You will learn how to talk about books in a way that gets your child to think about the story and learn new words. You will have tons of new ideas by the end of this workshop!

Click Link to register:

[Friday, July 16th from 9:30-11:00am](#)

Speech Language Pathology Workshops

Week of July 19th- 23rd

Daily Sessions

Word Wizards - Boost Your Reading Skills

Grades 1 & 2

Develop your reading skills with the HRCE speech language pathologists this summer! In this group, we will use stories and games to help boost your child's knowledge of sounds in words. The ability to count syllables, rhyme, break apart words and blend sounds into words are crucial for becoming a successful reader! Spaces available for 8 participants.

Click Link to register:

[July 19- 23](#) [9:00-10:00 for grades 1 and 2](#)

News Flash

Grades 6-8

Join the HRCE speech-language pathologists to improve your language skills by learning how to understand the news. Explore crazy and interesting things happening around the world, learn to tell real news from 'fake news,' and get your silliest captions ready! By the end of the week, you will be ready for a career as a news reporter.

Spaces available for 10 participants

Click link to register

[July 19-23 10:30-11:30am for Grades 6-8](#)

Playing with Sounds - Boost Your Reading Skills!

Grades 2 & 3

Develop your reading skills with the HRCE speech language pathologists this summer! In this group, we will use stories and games to help boost your child's knowledge of sounds in words. The ability to count syllables, rhyme, break apart words, and blend sounds into words is crucial for becoming a successful reader!

Spaces available for 8 participants

Click link to register

[July 19-23 12:30-1:30 Grades 2 and 3](#)

Parent Workshop

Make Words Sparkle- How to Build Vocabulary at Home

So many words, so little time! Vocabulary is important for success with speaking and reading. Parents can make words sparkle and help their child improve vocabulary! Learn from the HRCE speech-language pathologists how to teach words in a way that is fun and engaging for children of all ages.

[Friday, July 23 from 9:30 to 11:00am \(register through link\)](#)

[Friday, July 23 from 1:00-2:30pm \(register through link\)](#)

Speech Language Pathology Workshops

Week of July 26-30

Daily Sessions

Description Detectives

Grades 1 & 2

Did you know your brain can learn up to 50,000 words? Come and learn to organize these words in your brain so you can describe them with detail! You will learn new words to become a details detective. By the end of the week, you will

be bursting with details to describe every word you know.
Spaces available for 8 participants

Click Link to register

[July 26-30 12:30-1:30pm for grades 1 and 2](#)

Social Spotlight

Grades 6-8

Engage in fun activities and student-led discussions about making friends, joining conversations, sharing information and solving conflicts! This group will help students feel more confident during social interactions both in and out of school. Spaces available for 10 participants

Click link to register

[July 26 - July 30 2:00-3:00pm Grades 6-8](#)

Parent Workshop

Preparing for Primary

Is your child getting ready to enter primary? If so, join the HRCE Speech-Language Pathologists as we discuss school-based speech and language services, and expected communication milestones for this age group. We will also talk about ways to support your child's education journey using fun activities to enhance their speech, language and literacy skills.

Click here to register

[Friday, July 30 from 9:30 to 11:00am \(register through link\)](#)

[Friday, July 30 from 1:00-2:30pm \(register through link\)](#)

Speech Language Pathology Workshops

Week of August 3-6

No workshops on Monday due to Natal Day holiday

News Flash

Grades 4 & 5

Join the HRCE speech-language pathologists to improve your language skills by learning how to understand the news. Explore crazy and interesting things happening around the world, learn to tell real news from 'fake news,' and get your silliest captions ready! By the end of the week, you will be ready for a career as a news reporter.

Spaces available for 10 participants

Click link to register

[August 3 - 6 9:00-10:00 Grades 4 and 5](#)

Word Wizards - Boost Your Reading Skills

Grades 2 & 3

Develop your reading skills with the HRCE speech language pathologists this summer! In this group we will use stories and games to help boost your child's knowledge of sounds in words. The ability to count syllables, rhyme, break apart words and blend sounds into words are crucial for becoming a successful reader!

Spaces available for 8 participants

Click link to register

[August 3 - 6 10:30-11:30 Grades 2 and 3](#)

News Flash

Grades 6-8

Join the HRCE speech-language pathologists to improve your language skills by learning how to understand the news. Explore crazy and interesting things happening around the world, learn to tell real news from 'fake news,' and get your silliest captions ready! By the end of the week, you will be ready for a career as a news reporter.

Spaces available for 10 participants

Click link to register

[August 3 to 6 12:30-1:30pm Grades 6-8](#)

Playing with Sounds - Boost Your Reading Skills

Grades 2 & 3

Develop your reading skills with the HRCE speech language pathologists this summer! In this group we will use stories and games to help boost your child's knowledge of sounds in words. The ability to count syllables, rhyme, break apart words, and blend sounds into words is crucial for becoming a successful reader!

Spaces available for 8 participants in grades 2 or 3

Click link to register

[August 3 - 6 2:00-3:00 Grades 2 and 3](#)

Parent Workshop

Success in Reading: Foundations for Reading Skills

Parents can play a big role in helping their children succeed in reading. Learn from the HRCE speech-language pathologists how to help your child think about sounds in words, read words by sounding them out, and other important skills. You will learn easy strategies and ideas to add to your daily routines and activities. Your children will be well on their way to becoming successful readers!

Click link here:

[Friday, August 6th from 9:30 to 11:00am \(register through link\)](#)

[Friday, August 6th from 1:00-2:30pm \(register through link\)](#)

Speech Language Pathology Workshops

Week of August 9-13

Daily Sessions

Description Detectives

Grades 1&2

Did you know your brain can learn up to 50,000 words? Come and learn to organize these words in your brain so you can describe them with detail! You will learn new words to become a details detective. By the end of the week, you will be bursting with details to describe every word you know.

Spaces available for 8 participants

Click Link to register

[August 9 - 13 12:30-1:30pm for Grades 1 and 2](#)

Social Spotlight

Grades 4&5

Engage in fun activities and student-led discussions about making friends, joining conversations, sharing information and solving conflicts! This group will help students feel more confident during social interactions both in and out of school.

Spaces available for 10 participants

Click link to register

[August 9 - 13 2:00-3:00pm Grades 4 and 5](#)

Vocabulary Vibes

Grades 3&4

Did you know your brain can learn up to 50,000 words? Come and learn to organize the words in your brain and describe words so you can with detail! Expand your vocabulary and learn to express yourself with energy. By the end of the week, you will be bursting with details to describe every word you know.

Spaces available for 10 participants

Click Link to register

[August 9 - 13 12:30-1:30 Grades 3 and 4](#)

Social Spotlight

Grades 6-8

Engage in fun activities and student-led discussions about making friends, joining conversations, sharing information and solving conflicts! This group will help students feel more confident during social interactions both in and out of school.

Spaces available for 10 participants

Click link to register:

[August 9 - 13 2:00-3:00pm Grades 6-8](#)

Parent Workshop

Preparing for Primary

Is your child getting ready to enter primary? If so, join the HRCE Speech-Language Pathologists as we discuss school-based speech and language services, and expected communication milestones for this age group. We will also talk about ways to support your child's education journey using fun activities to enhance their speech, language and literacy skills.

Click link to register:

[Friday, August 13 from 9:30 to 11:00am](#)

[Friday, August 13 from 1:00-2:30pm](#)

We look forward to seeing you this summer!