

Roots of Empathy Program HELPING CREATE BETTER CITIZENS



The Roots of Empathy Program held in several local schools wrapped up this year's program with a celebration at Bible Hill Central Elementary School on May 28th. Families who took part in the program included (left to right)- Vanessa Hunter holding Marissa, Sherri Dykeman holding Rhaina with dad Rod Dykeman and sister Jensen Caddell, Juanita Powell holding Andrew with sister Maddie and brother Farley, Abi Soeder holding Kathleen and Naomi Coulombe holding Quinten Dexter. (Harrington Photo)

By Linda Harrington

Roots of Empathy is an evidence-based classroom program that has shown significant effect in reducing levels of aggression among schoolchildren by raising social/emotional competence and increasing empathy.

Students from Bible Hill Central Elementary, Truro Elementary, Valley Elementary, Tatamagouche Elementary and Chiganois Elementary took part in this year's program and the classes came together as a group on May 28th for a celebration at Bible Hill Central.

A neighbourhood infant and parent visited each classroom every three weeks over the school year. A trained Roots of Empathy Instructor coached students to observe the baby's development and to label the baby's feelings. This interaction with a young child helps children identify and reflect on their own feelings and the feelings of others, hoping to raise their levels of empathy and reduce

levels of bullying and aggression.

Parent Naomi Coulombe had been bringing her son Quinten to Chiganois Elementary since he was about three months old and she was very impressed by the program. "It is excellent and we loved attending. We always looked forward to going and Quinten enjoyed it very much," she says.

The Along the Shore Community Health Board and individual schools provided funding to train the Roots of Empathy instructors. Chiganois Principal Kathy Weatherbee says it was the first time the Program was held at her school and she felt it was very worthwhile and is looking forward to having it back again next year.

The smiles on the student's faces as they interacted with their new classroom friend, singing and clapping hands, reflected on the success of the program and the importance of bringing these young teachers into the classroom.



Chiganois Elementary Grade Five Class had the opportunity to participate in the Roots of Empathy Program for the first time this year. Students enjoyed the regular visits from Quinten and his mom Naomi (center). (Harrington Photo)



Chiganois Grade Five students Lynn Choi, Mariah Putnam and Madeline Phillips (right to left) enjoyed socializing with baby Quinten and his mom, Naomi Coulombe at the Roots of Empathy celebration on May 28th. (Harrington Photo)

Physical Activity Day Camps in Debert and Bass River

By Ryan MacIntyre

Looking for something fun to do this summer? The Municipality of the County of Colchester is pleased to announce that our physical activity day camps will be traveling to Debert and Bass River this summer. Join us at Fun in the Sun Day Camp for a week full of outdoor games, group activities, sports, and lots more to keep you active this summer.

Each day campers will participate in a variety of games and activities that follow our goal which is to promote physical activity among youth. Fun in the Sun Day Camp also

puts an emphasis on Sun Safety and incorporates the use of sunscreen and the wearing of appropriate clothing while being active outside this summer. We at Colchester Recreation want you to SLIP on a t-shirt, SLAP on a hat, and SLOP on some sunscreen while having fun in the sun. Your skin will thank you.

Fun in the Sun Day Camp in Bass River will be held at West Colchester Consolidated School where games, sports, and activities can be played in both the gymnasium as well as on the playground facilities. The Camp in Debert will be based out of the West

Colchester United Arena where tons of great games and sports can be played using the rink surface and we also will have daily trips to the playground located at the military base.

Camp runs from 9:00am to 3:00pm. Lunches, snacks, and lots of water must be provided by parents/guardians. The Cost for the week is \$65 per child however we do offer family rates to accommodate families with multiple children who would like to attend camp. Fun in the Sun is open to children aged 5 to 12 who attended school this year.

You can register for Fun in

the Sun Day Camps by visiting 1 Church Street in Truro or find the registration forms online

at www.colchester.ca/fun-in-the-sun-day-camps and mail them to us at this address: Municipality of Colchester, Recreation Services, PO Box 607 Truro NS, B2N 5E7.

Please call us at 897-3185 or email us at funinthesun@colchester.ca where our knowledgeable staff can answer any questions or concerns you may have.

Ryan MacIntyre is Day Camp Coordinator for Colchester Recreation.

UCW Life Membership Awards in Wentworth

By Hope Bridgewater

Four members of the Wentworth United Church Women, Eleanor Sprague, Twila McMaster, Marie Duranceau, and Jan Smith, recently received awards. These awards were given by the members of the Wentworth United Church Women to those members whom the group believes deserves this honour. The award winners received a pin bearing the United Church Crest and a Life Membership Certificate, which were requested and obtained from the National Office in Toronto. These four women have contributed their prayers, gifts, and services for the work of the church in the world.

The United Church Women was established in 1962 by the General Council of the United Church of Canada, and in 2012 is celebrating its 50th anniversary across Canada. In Wentworth this 50th anniversary will be celebrated at the United Church on Sunday, June 24, at 10 a.m.

The United Church Women as an organization was organized in 1962 by General Council replacing its former church organizations of the Ladies Aid, WA's (Woman's Association) and WMS (Woman's Missionary Society). In earlier times the women in these church organizations would meet in each others' homes on a rotation method. During the time of the Ladies Aid, the women would often come by horse and sleigh or buggy with their husbands. The women would hold their meeting in the "front room" or parlour while the men would meet in the kitchen for a chat, and at supper time all would meet together for a meal before departing for their various homes. Up to the early 90's, the UCW met in the homes of members, but on January 11, 1994, began meeting in the downstairs hall of the now amalgamated United Church at the Centre.

The Wentworth UCW has been a large contributor to the maintenance of the Wentworth United Church, largely through quilting sessions from 9 a.m. to 4 p.m. every Wednesday, except for July and August. In earlier times, women in the Ladies Aid raised funds from "Box Socials" and summer "Tea Meetings" at the Wentworth "flats." The Tea Meetings were social and picnic times held outdoors where ball games and other activities were done, including one visit from Don Messer and his Islanders.

In addition to quilting sales, the Wentworth UCW has raised funds by catering meals to groups either in the church basement hall or by using the facilities at the Wentworth Recreation Centre. Other fund raising activities: collecting used stamps, old eyeglasses, and Canada Packers labels to be converted into aid for needed causes (now phased out), selling the United Church calendar, participating in yard sales (once held in the church basement hall, but now having a display table at the yard sale of the Wentworth Centre Recreation Centre), and organizing a summer Wild Blueberry Fair and Tea.

The Wentworth United Church Women are noted for their charity donations to both Canadian and international worthy causes. Social outings for UCW members have included eating out at restaurants, and special visits to cabins or homes at Sand Point, Angevine Lake and Mattatall Lake. At the Wentworth United Church basement hall, events have included church suppers, monthly lunches after church service, and various programs for all church members and friends.



Jan Smith, a resident of Mattatall Lake, recently received a Life Membership Certificate and decorated Pin from the Wentworth United Church Women. The award is given to Jan Smith for her contributions of prayer, gifts, and service to the United Church in Canada and the world. (Hope Bridgewater Photo)



UCW member, Betty Duizer, presents UCW Life Membership Awards to Eleanor Sprague, Twila McMaster, and Marie Duranceau. (Hope Bridgewater Photo)

Historic and local ties to your community

**Logan (Ned) E. Barnhill
L. Martina Munden**

a full range of legal services

- Administrative Law
- Agriculture
- Civil Litigation
- Corporate/Commercial
- Criminal Law
- Expropriation
- Family Law
- Forestry
- Health Law
- Insurance
- Labour & Employment
- Real Estate
- Taxation
- Wills/Estate Planning

**LAW
Patterson**
DETERMINATION.

1.888.897.2001 contactus@pattersonlaw.ca
www.pattersonlaw.ca

Quality Steel Roofing Choose from 12 Colours

**COMMUNITY METAL
&
QUALITY BUILT MINI BARNS**

- METAL ROOFING
- SIDING
- ACCESSORIES

662-2815 1541 PLAINS ROAD DEBERT

**Community Metals
& Quality Built Metal Barns**
1541 Plains Rd, Debert, NS 902-662-2815

**Quality Built
Mini-Barns**

**Horse and Cattle
Round Bale Feeders
AND
Fencing Gates**
from 4 to 20 feet