

# WEST COLCHESTER CONSOLIDATED SCHOOL AWARDS CEREMONY

Thursday, June 25th. (Harrington Photos)



WCCS Award Winners (Left to right): Kathleen Smith- Social Studies Grade 9 Proficiency Award, Double A Award; Luke Smith- ELA and Science Grade 9 Proficiency Award, Principal Award, West Colchester Memorial Cup; Bethany MacKinnon-ELA Grade 9 Proficiency Award; Sophie Gilley- Math Grade 9 Proficiency Award, Bass River Recreation & Leadership Award, West Colchester Memorial Cup, Triple A Award.



WCCS Award Winners(left to right): MacKenzie Corbett-Class of 74 Memorial Award; Rayevan Hingley- John Humphrey Human Right Award; Anna MacFarlane- Heather Tanner Leadership Memorial Award; Brooke Warman- Most Improved Academics. Missing from photo was Dakota Smith- Tech Ed Richard Lewis Memorial Award.



MLA Karen Casey presented Sophie Gilley with the WCCS Triple A Award for Attitude, Academics and Athletics.



WCCS Citizenship Awards were presented to Marissa McFayden (Grade 2/3/4), Zachary Dykstra (Grade 5), Ava Gould (Grade 6), Olivia Williams (Grade 7) and Madeline McLaughlin (Grade 8). Missing from photo was Jake Simpson (Grade p/1).



WCCS Principal Oakley presents Kathleen Smith with the Double A Award for Attitude and Academics.



Far Left- MacKenzie Corbett and Ann MacFarlane received Honours Certificates for an 85 and above average. Then continuing left to right, the following students received Honours with Distinction for a 90 or above average: William Cooper, Sophie Gilley, Rayevan Hingley, Bethany MacKinnon, Kathleen Smith, Luke Smith, Noah Tremblay, Brooke Warman. Missing from photo is Lucas Watson, who received Honours With Distinction.



The following WCCS Grade Eight students received Awards: Victoria Sheepwash- Fine Arts Bursary, Riley McMullen- Most Improved Attitude and Ryan Field- Most Improved in Athletics.



Athletes of the Year were (l to r) Luke Smith, Noah Tremblay and Kathleen Smith. Missing from photo was Lucas Watson. This was the first ever three way tie for Male Athlete of the Year.



Maggie Dodsworth-Lush received the WCCS Female School Spirit Award and Mike George received the WCCS Staff Award. Missing from photo was Michael Jollimore- Lorna Fulton Memorial French Award.



WCCS Outstanding Student Awards were presented to (right to left): Holly Gould (Grade 5), Kaelyn Beazley (Grade 6), April Sharpe (Grade 7) and Ciara Congdon (Grade 8).

## Cultivating Community!

By Luanne Schenkels

Residents in the communities of Colchester know lots about cultivating crops and gardens and are now proving they know how to cultivate communities too!

How can communities be cultivated? Cultivating or "deepening" a sense of community occurs when regular connections are made between residents, local programs and services. It occurs when residents chat and share stories, strengthen social ties, or achieve a common goal to benefit their community. It occurs by simply participating in, and caring for, your community and those who live in it.

In the book, The Village Effect, author Susan Pinker states, "Surprisingly, face-to-face social capital in a neighborhood can predict who lives and who dies even more powerfully than whether the area is rich or poor." Citing a 2003 Harvard study of the social capital - reciprocity, trust and civic participation - of 350 Chicago neighborhoods, she shares, "the higher the levels of social capital, the lower its mortality rates, and not just from violent crime but from heart disease too. Clearly the place makes a difference to your health."

There are many local projects and organizations that help cultivate community. On April 23, 2015, female junior high students were invited to attend a conference called #girl: Inspiring Girls to be Empowered Women. This event was filled with opportunities to learn from each other and through presentations. Participants learned about self-esteem, gender equity, safety, girls' rights and much more.

The participants' thoughts were shared with the organizing group. Because I am A Girl, South Colchester Academy included, "I can do anything"; "Proud to be a girl"; "Be yourself you can be what you want to". Experiences like these help to cultivate a healthy community for

girls and may have long lasting implications as these girls get older.

This project was supported by the Colchester Community Health Boards (Along the Shore, Truro & Area and South Colchester). Forty-six students from West Colchester Consolidated and Central Colchester Junior High School students attended this inaugural event.

Other community health board projects also support healthy communities and include projects supporting community gardens or home planters, social groups for youth and seniors, literacy and transportation programs and support for school breakfast programs. These programs, offered by local community organizations, are examples of programs that support a safer, stronger, healthier community.

The programs occurred because your local organizations applied for community health board funding to add these programs to their regular ongoing services. Community health board wellness funding provides grants to local organizations which support health promotion activities. Local organizations are encouraged to apply for this funding opportunity. The grant deadline is Nov 1, 2015.

Youth events, literacy programs and nutritional support programs are just some methods of cultivating community. Residents of Colchester are fortunate to be surrounded by many other groups and organizations who also are working hard to cultivate strong communities. You can show your support to these groups by participating in their activities or finding another community group that would appreciate your donation of your talents. Cultivating community may be a simple as volunteering a couple hours a month. You, the group and your community benefit! A healthy you, a healthy community...cultivating community has its benefits!

Your local community health board is interested in helping you create healthy communities and can help you find a group or activity. If you are looking for general information or grant information, please contact the Community Health Board office or one of your local community health board members.

For more information on the groups above, please contact:  
Luanne.Schenkels@nshealth.ca  
Website: <http://www.cehha.nshealth.ca/chb/Grants.htm>  
Luanne Schenkels is  
Community Health Board (CHB)  
Coordinator, Community Health,  
Colchester East Hants.

## One-Act Play Festival – September 26 & 27

Truro One-Act Play Festival will take place September 26th & 27th at the Marigold Cultural Centre. The festival is an opportunity for the community to experiment with playwriting, directing, acting, and designing shows. The festival is open to all ages and professional backgrounds, and encourages community wide participation.

Festival organizers are currently accepting submissions from playwrights and directors. Truro One-Act aims to showcase local originals and favourites - any performance 60 seconds to 60 minutes! This is an opportunity for those with experience and those looking to try something new. Plays can be flexible, creative, and performed with casts of any size and any age.

The festival is open to all ages and professional backgrounds. Shows will be selected for production in Sept 2015.

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Email [oneacttruro@gmail.com](mailto:oneacttruro@gmail.com) for more information or to submit a show contact: Craig Johnson / Jennie Appleby, (902) 956-3984; Twitter: @OneActTruro; Facebook: [www.facebook.com/trurooneact](http://www.facebook.com/trurooneact)

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