

WCCS holds Balamore Farms Perennial Sale



Shown with Linda Giddens is WCCS student Michael Congdon. (Linda Giddens Photo)



Noah Tremblay is shown in uniform. (Linda Giddens Photo)

By Martha Brown
Colchester County Waste Management Facilities - West Colchester Consolidated School students in grades Primary up to Grade 5 enjoyed a morning visiting Colchester county Waste Management facilities in Kempton on Wednesday, May 18th. Students were given a firsthand view of what happens to their recycling when it leaves the curb through a tour of the facilities. It was a wonderful learning experience where students can take the knowledge gained back to their communities along the shore to apply to their daily lives. The students and school appreciate the grant received through R.R.F.B and would like to thank them for this opportunity.

Agricultural Literacy Week - Bass River Grade 2/3 students participated in Agricultural Literacy Week in May. The students enjoyed a visit from Mrs. Heather Prescott who read to the students, discussed and answered questions about her farm and the animals. Also, the students enjoyed a visit from one of her bunnies. A big thank you for both Mrs. Prescott and the N. S. Department of Agriculture. The resources provided to the classroom will certainly compliment the curriculum learning outcomes.

WHMIS & First Aid - On March 25th and April 8th Kathy Giles was here to teach the Grade 9 students about First Aid and WHMIS.

Engineering Challenge - On March 29 Mark Wood and Sean Platnauer led the Grade 9 students in an engineering exercise. The students had to build a protective "cage" for their egg. The eggs were then dropped from a specific height.

Municipality of Colchester - Deborah Searle of the Municipality of Colchester met with students and staff on April 4th to discuss the "Reduce, Reuse and Recycle Program".

Heritage Fair - On May 6th four students participated in the Heritage Fair. Maggie Badcock Grade 4 - Newfoundland and Labrador, Noah Tremblay Grade 5 - Forgotten Heroes, Michael Congdon Grade 6 - Planting Families, and Justin Badcock Grade 7 - Toronto Maple Leafs. Both Michael Congdon and Noah Tremblay received awards.

Perennial Sale - A Perennial Sale through the generosity of Balamore Farms, Great Village.

Yard Sale - A Yard Sale was held at WCCS on Saturday, May 7th. Perennials were available for pick up. A large variety of items were available for sale.

Getting Active Outside ALONG THE SHORE

By Luanne Schenkels
It's important to get outside and keep active. The Community Health Board urges people to get out, enjoy the local area and to keep active. There is plenty of activities, which are suitable for all ages, or for family outings.

The tennis courts off Maple Ave, at Bass River Junior High School will be up and ready for use by the end of June. There are two courts available so get your buddies together and go join in the fun.

For those who enjoy walking and hiking the following trails are beautiful, picturesque walking/hiking trails along the shore for people to take advantage of: Thomas Cove Trail, Economy; Mi'kmawey Trail, Debert; Kenomee Canyon Trail, Economy; MacElmon's Pond, Debert; Devil's Bend Trail, Economy; Five Islands Provincial Park Trails and Cobequid Escarpment Trail, Economy.

The Community Health Board has helped with funding for upkeep on some of these trails. It would be nice to see people get out enjoying

the scenery and sounds of nature. We are so fortunate to have these trails so close. More people should be getting out taking advantage of them. Some of these trails are wilderness hiking trails so be prepared.

For more information on the Along the Shore Community Health Board contact: Sarah Gatti-Yorke, alongshorechb@hotmail.com or Luanne Schenkels at: Luanne.Schenkels@cehha.nsh.ealth.ca or 893-5839



June is Recreation Month

By Robin Norrie
Did you know that June is Recreation Month? Who would have thought that we would need to dedicate a month to remind us to make time to recreate and play? Given how busy and full our lives have become, it is no wonder we have forgotten to take a moment to enjoy ourselves. Consider this, "The true object of all human life is play" - G.K. Chesterton. If that is true, then where have we gone wrong?

Recreation Nova Scotia (RNS) is celebrating June as Recreation Month as a way to increase awareness of the benefits of recreation and leisure to the health and well-being of all Nova Scotians.

Regardless of ability or age, Nova Scotians can enjoy recreation in any number of ways. The spectrum covers a full range of activities from golfing, cycling in a race, taking part in a play or musical, reading a book, picnics, attending a concert or bird watching ... recreation is about celebrating life.

Physical activity and recreation are not only fun, but both serve a greater purpose in helping us maintain

a healthy lifestyle. Whether it is physical activity that is helping with preventing stress, heart disease, diabetes, obesity, certain types of cancers or simply preventing boredom or if you are reading a book or playing some music and escaping the real world for an hour or two, remember that taking care of yourself will help you do a better job of taking care of others.

So perhaps try to use June as a reminder of how important it is for all of us to participate in some form of recreation or physical activity each and every day. With the

changing of the seasons and the arrival of summer and (mostly) better weather it feels like a good time to get out and do some things that make you happy.

Every person in Nova Scotia has the right to enjoy their days and recreation comes in all shapes and sizes. Anything you enjoy doing is a form of recreation. So get out and do something, have fun doing it and know that you are a supporter of June is Recreation Month.

Robin Norrie is Fundy Active Communities Coordinator and can be reached at: Robin.norrie@gov.ns.ca

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