



SHARING

NEWSLETTER FOR NEWCOMERS

Issue 8, 2021

Six Advices for Newcomers Back to School

In early September, students across Canada will be back to school. We've deliberately collected some practical advice for those who will start their primary, or secondary school, or college, and hope it will help.



1 How to guide lonely children to make friends at school

In Nova Scotia, Newcomers' primary school children can easily feel lonely and helpless at school if English or French is not their first language, and they are too young to use social media to make friends online. Our recommendations are as follows:

- Help children improve their English or French (if a French school is chosen). In this way, children will have more confidence to communicate with their teachers and classmates at school.
- Encourage children to make more friends with different cultural backgrounds but not just play with kids who speak the same language.
- Parents need to pay close attention to their children's mental health and spend more time with them by accompanying children to the playground after school and guide them to play with other children.



2 Participate in EXCEL and REC programs

The EXCEL program run by the Halifax Regional Centre for Education provide before and after school care for elementary-aged children. EXCEL offers plenty of outdoor and indoor physical and artistic activities, which can enrich children's after-school life instead of just babysitting them.

REC also has some specialized clubs according to different seasons, such as swimming club in summer, hockey club in winter.

This is very beneficial for children to do exercise and make friends, and it also helps the parents to have more time to adjust to their new life.

3 Some experiences for junior high school students

Robert's son is a junior high school student, and his advices are:

First, it will be very beneficial to read more English classical literature, such as Shakespeare's literature for junior high school students, which will help them to understand the English culture and background. So that it will be easier for them to catch up

with what they have learned in their English classes.

Second, it may help for junior high school students to use popular local social media, such as Facebook, Twitter, and Instagram, to network with classmates after school. So, they will have chances to make friends and integrate the local community and culture.

4 Some suggestions for senior high school students

Bill's daughter will study in grade 12 and will face applying for university. As a newcomer Bill has some suggestions.

High school students should concentrate on studying if they are going to university. When applying for university, GPA is the most important criterion in Canada. Every university has the lowest GPA requirement, and you need to study for the certain level.

High school students should participate in more volunteer activities, science interest groups, and competitions, which are helpful for the application.

In addition, students should communicate actively with their teachers. It's better to think critically and ask more questions.

5 International students' experiences and advices

Jian Kim is a newcomer from South Korea and has been here for about two years. As an international student she has mixed feelings about this upcoming school year—excited and worried as it will be her first in-person semester in a university. However, let see what she has learned so far.

First, ask for help. There are a lot of people, institutions, and communities to help you. Naturally, you are not familiar with the school system, the class environment, and Canadian academic culture. There are some programs to help you to improve your English skills and to adjust to the new environment in your school and libraries.

Second, jump into the community. Study abroad means learning not only what the subjects to study but also the culture. If you participate in cultural events and volunteer for the community, you could learn and understand the differences between your and Canadian cultures.

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Yuyang Zhou also has experiences to share: Believe in yourself and give yourself a chance to feel and express your feelings. There are many ways to express emotions, such as painting, playing music, dancing, writing, and so on. Cultivating hobbies that can make you feel relaxed and bring you happiness would help to improve working efficiency and relieve stress better.

Thinking in advance and preparing in advance would bring you more courage and reduce the pressure to face new challenges. Prepare the necessary equipment and books and find the application that is most suitable for you, which would help you arrange your time better. Find out available resources, such as the alumni network and social media in schools, to get more useful suggestions. In addition, making clear your educational and career goals can help you use your time more effectively, and make it easier to get professional satisfaction.

6 First year of college/university

It is the right time to link yourself to important supports, services, events and resources provided by the college when you are heading on the new learning journey for the 2021-2022 academic years. Check out the official college website and reach out to the admission staff if you are interested in a program of the college. Before classes begin, there will be live sessions sharing important information on using learning resources and tools, as well as details on housing and transportation offered by the college. If you have any questions, the Student Service Advisor team can help you throughout your entire time at the college.

To protect the safety of everyone who enters the campus/ building, there will be a certain system at the entrance that allows everyone to access. You might need to check your college or university to ensure their safety system for this Fall term. All the safety guidelines will ensure a high-quality education and awesome academic year for everyone.

By Bill, Heather, Yuyang Zhou, Jian Kim, Alice and Haifei

Useful Links



10 Keto One-Pan Recipes
<https://youtu.be/bC0JJIBQK6M>



Car Insurance in Canada (for Immigrants)
<https://youtu.be/LGdDy7Yi8RE>



Virtual Tour: Canadian Museum for Human Rights
<https://youtu.be/Ym6jgeOlpyc>



Why We Love Nova Scotia
<https://youtu.be/iOhYEu9OWts>



10 Fun Things To Do in Nova Scotia
<https://youtu.be/CFekUQdkqLY>



Launch a career in tech in Nova Scotia
<https://digitalnovascotia.com/dns-launches-get-into-it/>



Email etiquettes
<https://youtu.be/dxAuQHMTX5c>

QUIZ: NOVA SCOTIA IDIOMS

1. What's your father's name and where you from?

- a) Typical greeting between Nova Scotians who meet for the first time.
- b) Typical greeting between Nova Scotians who meet for the second time.
- c) Typical greeting between Nova Scotians who meet for the third time.
- d) Typical greeting between Nova Scotians who are the old friends.

2. Where's my boots?

- a) He can't find his boots.
- b) He want to buy new boots.
- c) Time to arrive.
- d) Time to leave.

3. When ducks quack

- a) Happy
- b) Sad
- c) Likely
- d) Unlikely

4. A bag of nerves.

- a) Very nervous
- b) Very calmful
- c) Very sad
- d) Very happy

5. A face only a mother could love.

- a) Handsome
- b) Mediocre
- c) Ugly
- d) Cruel

6. A dog's breakfast.

- a) A delicious breakfast
- b) A boring breakfast.
- c) A real mess
- d) Very neat

7. A few bricks short of a load.

- a) Bright
- b) Not bright
- c) Handsome
- d) Ugly

8. A goose walked over my grave.

- a) Said when a person gets a sudden chill.
- b) Said when a person gets a sudden fever.
- c) Said when a person gets a sudden joy.
- d) Said when a person gets a sudden sad.

9. A hard-looking ticket.

- a) The ticket is lost.
- b) The ticket looks ugly.
- c) Neatly dressed
- d) Disheveled and unkempt

10. A little shot will do you good.

- a) A drink of liquor will help.
- b) You need a vaccine.
- c) You need to shoot.
- d) You need a break.

From "How To Talk Nova Scotian" (by: Vernon Oickle) / edited by Bill

Answers: 1.a), 2.d), 3.c), 4.a), 5.c), 6.c), 7.b), 8.a), 9.d), 10.a)

NEWCOMER'S BUSINESS

DigiAccel Marketing Consultants, help and train small business owners to grow online without getting overwhelmed. They partner with small businesses to drive their business outcomes with best-in-class social media planning & marketing, search engine optimization, quick & easy website development, Amazon web store, paid advertisements on social channels, and everything in between.

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When, Priyanka Kakkar, the founder of DigiAccel Marketing, moved to Canada from India 3 years ago, she reached out to ISANS for settlement services, BNI (Business Networking International) for networking, and CWB (Centre for Women in Business) for support and guidance. And Since then, these 3 organizations have played a huge role in her journey and what she has achieved to date. Her passion to help entrepreneurs grow online has led her to achieve an Honorable Mention Award in the "Women Entrepreneur of the Year" Category at ISANS in 2020.

If you want to share your business story, please contact the Newsletter Working Group on Facebook: @sharingnewsletter



Editor's Notes

CWB, held by Mount Saint Vincent University, is dedicated to helping women across the province succeed as entrepreneurs through exposure, connection and learning.

Business Network International (BNI) is an American franchised networking organization, founded by Ivan Misner in 1985. Currently BNI has over 270,000+ members in 10,000+ chapters in over 74 countries worldwide.

Summer Gallery

