



Hello all

I wanted to introduce myself! My name is Amie Windle and I am the Community Outreach Worker for your school.

**What is SchoolsPlus?**

SchoolsPlus is a free, confidential service that is now being made available in every school in Nova Scotia. You may have heard of us but didn't really know what we do. We have a few different roles right in HRCE schools with positions like Assistant Leader, IWK Clinicians, Child and Youth Care Practitioners, and my role, the Community Outreach Worker. I work in 3 schools in the area, including: Admiral Westphal Elementary, Caledonia Junior High, and Portland Estates Elementary.

**What do you do?**

Some of what I do may include these three main things:

1 - **Help build & support good relationships** with families, schools and the community.

2 - **Connect parents, students and families with programs, resources, and support.** Some examples are: help find social or recreation programs for kids/youth (and the funding, if needed), help connect to supports to help pay for eyeglasses or other bills, and help applying for programs or other resources that can help families.

3 - **Programming for parents and for students.** Some examples are: Options to Anger, Handle With Care, The Incredible Years, Rainbows, Social Skills Groups, and more.

I can help support your student/family with connections to what they may need to succeed – from home, to school, and back again.

**How do I get connected with you?**

You can get connected with me by contacting Aliya Rubin (Assistant Leader) at 902-225-2200 (call or text) or by emailing her: [arubin@hrce.ca](mailto:arubin@hrce.ca)

I hope everyone has a wonderful school year!

Amie Windle

SchoolsPlus Community Outreach Worker

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