



# Cape Breton-Victoria Regional Centre for Education

275 George Street, Sydney, Nova Scotia B1P 1J7 Phone: 902-564-8293

Fax: 902-564-0123 (Education/H.R.) Fax: 902-562-6814 (Finance)

Website: [www.cbvrce.ca](http://www.cbvrce.ca)

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September 29, 2021

Dear Families,

On September 30, Nova Scotia will observe the inaugural *Truth and Reconciliation Day*. The purpose of this day is to honour those who attended Residential Schools in Canada and to acknowledge the harm and intergenerational trauma experienced by First Nations, Inuit, and Métis Survivors, their families and their communities.

**All public schools will be closed on September 30.** The [CBVRCE Calendar](#) has been updated to observe this day of reflection.

September 30 is also *Orange Shirt Day* – a national movement to recognize the experiences of residential school survivors and to demonstrate a collective belief that every child matters. This day calls for all Canadians to wear orange in the spirit of healing and reconciliation. If you are unfamiliar with the story behind this movement, [click here](#). This year, *Orange Shirt Day* will be honoured on Friday, Oct. 1, in CBVRCE. Please note that Oct. 1 is also *Treaty Day*, a day to celebrate treaties and that We Are ALL Treaty People.

We encourage you to take time to reflect on our shared history this week and throughout the year as we all work towards Reconciliation. The CBVRCE is committed to being an active participant in Reconciliation. This includes a commitment to Treaty Education and Inclusive Education for all. Throughout the school year, schools participate in various learning opportunities about Canada's history of residential schools. For more information, please contact your child(ren)'s school(s) directly.

### ***What can you do?***

*Truth and Reconciliation Day* is an opportunity for Nova Scotians to learn more about Canada's history of residential schools and their ongoing legacy. I encourage you to use this day to listen and to learn about our shared history.

Here are a just few suggestions:

- Ask your children what they are learning in school about residential schools.
- Take time to explore the resources available through [the National Centre for Truth and Reconciliation](#).
- Review the [94 Truth and Reconciliation Calls to Action](#) and commit to at least one.
- Attend community events planned for Sept. 30 and/or Oct. 1.

***Where can you access support?***

If you are having a difficult time as you learn more, there are supports available including:

- CBVRCE school counsellors, school psychologists, teachers, school administrators and SchoolsPlus staff are a few of the supports available for our children and youth.
  - Please contact your respective school administration and/or school counsellor.
  - SchoolsPlus staff are also available to support children, youth and families and help you access mental health supports and other services you may need.
- Kids Help Phone is available 24/7, by calling 1-800-668-6868 (toll-free).
  - Children and youth may text TALK to 686868
  - Adults may text WELLNESS to 741741
- National Indian Residential School Crisis Line: 1-866-925-4419
- Indian Residential Schools Survivor Society: 1-800-721-0066
- Nova Scotia Mi'kmaw Crisis and Referral Centre: 1-855-379-2099

We Are ALL Treaty People!



Susan Kelley  
Regional Executive Director