

THE ACADEMY TIMES

Elem. Administrators: Mrs. A. Grieve Sec. Administrators: Mrs. L. Nazar Mr. B. Daniels
Administrative Assistants: Mrs. P. Hayward Mrs. L. VanderMolen Mrs. M. Priore

PRINCIPAL'S MESSAGE

Spring has arrived and as we all anticipate the warmer weather, great things in education continue to happen at DSBN Academy. Student achievement is at the forefront of everything we do. Teachers continue to work together in professional learning teams to find the best strategies to meet the needs of the students in their classes. Increasing understanding of mathematics instruction, incorporating thinking skills to improve students' ability to make informed decisions, and improving our students' ability to reflect on their learning, needs and progress in all subjects are some of the main goals teachers and students are working on together. We all continue to encourage our students to focus, put forth their best effort and exemplify our CORE values. Parents can help by checking your child's organizer daily, communicating with their teachers if there are any questions, talking with your child when they get home about what questions they asked that day and to have them explain the concepts they learned. The best homework that students can do is daily reading of everything from novels to magazines to newspapers, and review of their lessons from the day by re-teaching someone at home.

Looking Ahead to this Month

Apr. 3 – School council BBQ Meeting 6 pm
Apr. 4– March Recog assembly
Apr. 6– Prom Project
Apr. 11– Sec. Semi-formal
Apr. 12– Spirit wear day
Apr. 19– Good Friday
Apr. 22– Easter Monday
Apr. 25– Gr. 7 vaccines
Apr. 26– Alternate dress day
Apr. 26– Int. badminton tournament
May 1– School Council mtg 6 pm
May 2– Elem. Track & Field
May 3– Int. badminton tournament

APRIL
SHOWERS
BRING
MAY
FLOWERS

Prom Project 2019

Giving students the opportunity to select formal wear free of charge to attend their proms, grads and formals!

Saturday, April 6th, 2019 from 9:30 a.m. to 1:30 p.m.
at:

DSBN Academy
Fort Erie Race Track
Beamsville Secondary School

Prom Project Niagara is a one day fun free formal wear extravaganza for girls and guys! Students can select their perfect head-to-toe look for their prom, formal, or graduation for FREE!

No registration is necessary. Come and join us on April 6th!



Keeping your Child's Teeth Healthy

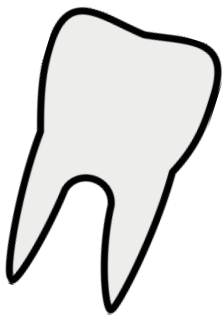
Children can receive a free fluoride varnish application from the Niagara Region Public Health dental program. Fluoride varnish is a protective coating that is painted onto the teeth with a tiny brush. It helps reduce cavities if applied twice a year.

Why do we recommend fluoride varnish?

- Tooth decay is the number one chronic disease of children
- In the 2015/16 school year over 25, 000 school-aged children were screened by Public Health. 39% of those children were identified as having cavities
- Untreated cavities can lead to difficulties eating and sleeping, self esteem issues, decreased school performance and attendance, pain, discomfort, infection and poor overall health
- Fluoride is not added to Niagara's drinking water

Tips to keep your child' teeth healthy....

1. Brush teeth **two times** per day
2. **Use** a pea-sized portion of **fluoride** toothpaste
3. Spend **two minutes** brushing each time with help from an adult
4. Floss daily
5. Provide a healthy diet and limit sugary drinks, sticky candy and snacks. **Water is best.**
6. Schedule regular dental check-ups at least once a year (cleaning, fluoride varnish application and sealants).



www.niagararegion.ca/health

**REMEMBER TOOTH DECAY IS A
PREVENTABLE DISEASE!**



The Canadian Foundation for the Advancement of Orthodontics (CFAO) is putting smiles on children in need of orthodontic work.

The goal of Smiles4Canada is simple and heartfelt-to put a smile, both figuratively and literally, on a young person with significant orthodontic need and whose family does not have the financial resources to pay for the procedure.

The CFAO recognizes that orthodontic treatment can be a life-changing experience for many people. It is also aware that many patients who could benefit from the services of an orthodontist are not able to afford the treatment.

Children from low income families can apply prior to their 14th birthday and, if they qualify, participating orthodontists will provide all diagnosis and treatment free of charge.

Thanks to the generosity and expertise of members of the Canadian Association of Orthodontists (CAO), smiles4Canada is changing the world one smile at a time.

For more information visit

www.Smiles4Canada.com



Autism Awareness Day April 2, 2019

On Tuesday April 2, 2019 we will be **Raising the Flag for Autism Awareness.**

Autism spectrum disorder (ASD) is a life-long neurological disorder that affects the way a person communicates and relates to the people and world around them. ASD can affect behaviour, social interactions, and one's ability to communicate verbally. ASD is a spectrum disorder, which means that while all people with ASD will experience certain



difficulties, the degree to which each person on the spectrum experiences these challenges will be different. You can read more at: <http://bit.ly/1GxqxGI>

Online Safety

Canadian Centre for Child Protection

Recognizing that many parents may be feeling overwhelmed trying to keep their children safe in today's online world, the Canadian Centre for Child Protection created *The Door that's not Locked* — a comprehensive Internet safety website.

KEEP YOUR KIDS
SAFE Online



It features age-specific information on what kids are doing online, the risks associated with these activities and age-appropriate tips and strategies on how to keep children safer.

For more information, please visit the-door-thats-not-locked.ca.



I Matter as an Individual

(shares thoughts, viewpoints and experiences in a respectful, insightful way while acknowledging and respecting the beliefs of others)

Rosie L

Sasha S

I Matter as a Learner

(consistently/exceptionally exhibits critical thinking and/or a desire to learn and grow)

Latoya M

Madison P

Bella D

Marwan O

Ryan H

Xavier M

Yusuf A-R

Marwan K

Albert T

Kathlyn A

Chelsea M

Davina B

Kyle J

I Matter as a Community Member

(seeks to make a positive impact in the classroom, school and community)

Reese M

Victoria B

Katie H

Mimi N

Sandra L

Alida M

Fatima H

Jesse B



Five Key Tips for Digital Parenting

Before you get started, here are five key tips to guiding your kids to safe and responsible digital lives:

Don't be scared!

You hear a lot of scary stuff about kids and the internet, but the fact is that most kids do just fine. Think of the internet as being like a swimming pool: the best way to keep your kids safe there is to teach them how to stay safe.

Talk to your kids.

Don't wait until things have already gone wrong to talk to your kids about online issues, and don't just have one "big talk." What your kids need from you is *guidance*, so they're prepared to deal with problems before they happen, *support* from you when things do go wrong, and for you to *reinforce* these messages by continuing to talk to them as they get older and are more able to make decisions for themselves. The three main sections of this guide have lots of tips on how to talk about all of the major online issues. If you have older kids and haven't talked to them about the internet yet, don't worry: it's never too late to start!

Be a part of your kids' media lives.

What your kids are watching, playing, reading and listening to is a big part of the person they're turning into, and their online lives can be just as important to them as the "real world." Younger kids are usually glad when their parents show an interest in the things they like, so get them to show you how their new favourite game works or why they're so excited about joining a new social network. You can also use media to talk about sensitive issues: kids may be more comfortable talking about sexting or bullying when you're discussing a character in a TV show than someone they know.

Be the person your kids come to when they have problems online.

A lot of the time, kids don't want to go to their parents when things go wrong because they're afraid they'll get in trouble. When your kids start going online make sure they know clear **procedures** on what to do if things go wrong, like if they can't figure out a game or they accidentally access something unpleasant. (Check out the "How do I talk about..." and "How do I ..." sections below for some of these procedures.) If they're in the habit of coming to you about the little things, they'll be a lot more likely to talk to you about the big ones.

Set rules and communicate values.

The internet may seem like the Wild West sometimes, but the rules you set still affect how kids behave online. What's most important is that your rules are a way of getting across the **values** you want your kids to live by, that way they'll keep living by them even when they're grown up and out on their own.