

THE ACADEMY TIMES

Elementary Administrator: Mrs. A. Grieve
Administrative Assistant: Mrs. P. Hayward

Secondary Administrator: Mrs. L. Nazar
Mrs. L. VanderMolen, Ms. C. Rees-Nelles

PRINCIPAL'S MESSAGE

On Friday February 10, 2017 all elementary students will be bringing home their Term 1 report card. Secondary Semester 1 final reports will be mailed out to home addresses on February 13. Communication between teachers and parents/guardians is an important support for student success. We encourage all parents/guardians to discuss the report card with your child. All parents/guardians are invited to contact the school to discuss your child's achievement and next steps for learning with his/her teacher.

Parents have a very important role to play in supporting your child's learning. Studies show clearly that student performance improves when parents are involved in their child's education. The school will continue to provide ongoing communication with you. You are also encouraged to communicate regularly with your child's teacher(s) and to contact the school at any time should questions or concerns arise.

The faculty of DSBN Academy are very proud of all of our students and the learning that has taken place within our classrooms since the beginning of the school year in September.

We would like to take this opportunity to thank our students for their efforts, you as parents for your ongoing support as critical partners in your children's learning and our amazing teaching and support staff for the dedication and care that they display everyday to ensure that our students are able to achieve their best always.

What's Happening this Month

- 3th - Cozy/Comfort Day
- 6th - Block 3 Encore starts
- 8th - Grade 8 Photos
- 10th- Report Cards go home
- 14th - Valentines Day
- 17th - Professional Development Day No School
- 20th - Family Day no school
- 22nd - Special Presentation
- Chris De Souza
- 27th - Full School Assembly



Kids Are Sweet Enough Without Added Sugar

The Niagara Healthy Kids Community Challenge (www.healthykidsniagara.ca) has teamed up with communities across Ontario to launch the Water Does Wonders

Pledge Campaign. Why Pledge? To be part of the solution! Kids are drinking way too many sugary drinks, which has a negative impact on their health, their teeth, and their minds. We can all help by making water easier to access and by not serving sugary drinks to children. By taking the pledge, you are affirming your commitment to improved health for our kids.

Sign the pledge at www.waterdoeswonders.ca!

Heart Healthy Month

February is heart health month, a great time to assess habits and make healthy life-style choices to decrease your risk of heart disease; eat healthy, be physically active and reduce your stress level. Contact your school nurse for more information. Parent councils...

why not organize a CPR training event for parents and caregivers? Visit www.heartniagara.com for more information.



AN IMPORTANT MESSAGE ABOUT INCLEMENT WEATHER PROCEDURES

There may be times during the school year where inclement weather or other situations could cause transportation cancellations or school closures.

At times when student transportation has been cancelled and schools remain open, the decision of whether or not to have children in school on that day rests with the parent or guardian.

Should you decide not to send your child to school in the event that transportation is cancelled but schools remain open, or if your child is ill or late, please ensure that you call your child's school to inform them of your child's absence.

A key resource in any emergency is the DSBN Emergency Information form that you filled out at the beginning of the school year. Please let the school know of any changes in contact information or procedures you wish to be followed throughout the school year.

For secondary schools it may become necessary to cancel late buses. Notice will be provided via school announcements and on the websites and subscription features by 11:30 a.m.

Information about transportation cancellations and school closures will be available as soon as it is available through the following channels:

Websites:

<http://www.dsbn.org/inclementweather/>

www.nsts.ca

Subscription Features:

DSBN Facebook or Twitter

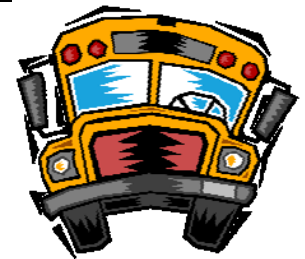
NSTS Transportation Delay or Cancellation Alerts

Phone: Niagara Student Transportation Services 905-346-0290 Voice Auto Attendant



Radio Stations: CKTB (610 AM) St. Catharines	CHRE (105.7 FM) St. Catharines
WAVE (94.7 FM) Hamilton	CHTZ-FM (97.7 FM) St. Catharines
CKOC (1150 AM) Hamilton	2DayFM (105.1 FM) Niagara Falls/Fort Erie
CHML (900 AM) Hamilton	K-LITE-FM (102.9 FM) Hamilton
CHAM (820 AM) Hamilton	GIANT FM (91.7 FM) Welland
Y-108(107.9) Hamilton	

What parents need to know when the buses are cancelled!



During the school year, the buses are sometimes cancelled, but the schools remain open. The decision to cancel buses is made by NSTS (nsts.ca) and the decision to close schools is made by the District School Board of Niagara. Mrs. Hayward has to still call every student absent from school. The reason for this is that if your child is a bussed student and did not hear about the bus cancellation he/she could very well be waiting for the bus in extreme weather. The school's responsibility is to ensure every student absent from school is safe and accounted for. We understand

that trying to call Mrs. Hayward is challenging on such a morning due to the high volume of telephone calls into the office. **Only** when the buses are cancelled, Mrs. Hayward would be happy to receive an e-mail from you reporting your child absent for the day. You can email her at dac@dsbn.org. If you put your child's name in the subject line and the word "absent" this will be recorded and Mrs. Hayward will not have to call you. Please **do not** use this e-mail at any other time as it is not checked regularly.

Vaccines and elementary school children

Niagara Region Public Health is conducting an annual review of vaccination records for all elementary school children in the Niagara region. **If the vaccination information we have on file for your child is NOT complete, you will receive a letter and questionnaire from them between January and March 2017.**

Please follow the instructions for reporting your child's vaccinations to Public Health, as outlined in the letter. Various options for reporting are available.

If your child is overdue for one or more vaccinations, you will need to make an appointment with your child's doctor to get your child vaccinated. You can also make an appointment for your child at one of Public Health's General Immunization Clinics by calling 905-688-8248 or 1-888-505-6074 ext. 7425.

If you are a parent/guardian not wishing to vaccinate your child, you will need to provide Niagara Region Public Health with an original legal exemption document.

Students under 18 years of age attending Ontario schools must have proof of immunization against diphtheria, tetanus, polio, measles, mumps, and rubella (German measles). We are required to have this information by law (*Immunization of School Pupils Act, 1990*). **If your child's missing vaccination information is not provided to Public Health suspension orders from school will be issued for any student remaining non complainant.**

For more information, please call the Vaccine Preventable Disease Program at 905-688-8248 or 1-888-505-6074 ext. 7425.



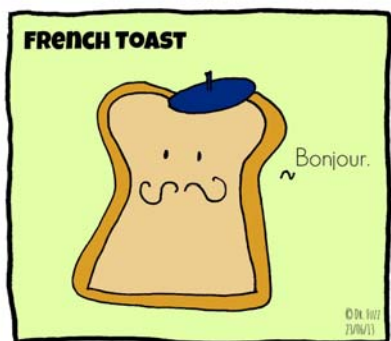
Differences between Flu and Cold

Symptoms	Cold	Flu
Sudden onset of illness	No	Yes
Fever (over 38C)	No	Yes
Body aches	No	Yes
Extreme Fatigue	No	Yes
Headache	No	Yes
Chills	No	Yes
Sore throat	Yes	Yes
Stuffy nose	Yes	Yes
Sneezing	Yes	Yes
Coughing	Yes	Yes

The DSBN as a whole is seeing a rise in student absenteeism due to respiratory and flu symptoms. If your child is absent from school due to flu please ensure that you let the office know if you suspect flu

Thank you IKEA!

IKEA St. Catharines came to help us serve a great breakfast of French Toast this month. Thank you to their team who donated a lot of re-usable



cutlery so that our breakfast room can be deemed "green". They also donated a generous cheque to our breakfast program so that we can



continue to provide nutritious breakfast to our students.

Homework Help for Students Grade 7 to 10

Homework Help is a free online math help resource for students in Grades 7-10. Homework Help provides free, live one-on-one tutoring from Ontario teachers Sunday to Thursday from 5:30pm – 9:30pm ET. The program is funded by the Ontario government and administered by TVO's Independent Learning Centre. To log in, students will need to register with their Ontario Education Number (OEN), found at the top of their [report card near their name](#).

(Your child's OEN never changes so any of their Ontario report cards will have it.)

<https://homeworkhelp.ilc.org/>

Note: Homework Help is offered in English and is only available to students at publicly funded schools.



I Matter as an Individual

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

Destiny B

Kathlyn A

Mckenna W

Nevaeh H

Nigel R

I Matter as a Learner

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

Koda L

Abby D

Jano R

Olivia M

Shaniya G

Anderson D

Liam W

Ryan K

I Matter as a Community Member

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

Yara A

Landon C

Damon M

Karmyn A

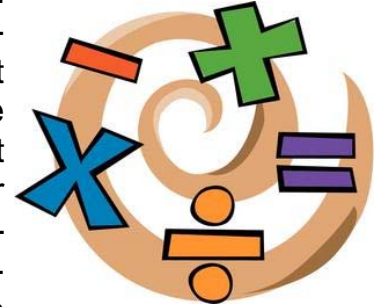
Raiden A

Danielle H



Growth Mindset in Math

In general, a growth mindset is the belief that intelligence and 'smartness' can also be learned and that the brain grows from experience and effort. The opposite, a fixed mindset, is the idea that you are smart, or you are not. In math, that translates into 'some people are good at math, and some are not.' Did you know that praising efforts rather than intelligence or results can impact your child's ability to persevere in challenges? The goal is to have children thrive on challenges and see failures, not as a sign of low intelligence, but as a learning opportunity. Brain research tells us that making mistakes actually wires more connection into the brain! When a person has a growth mindset they accept challenges, see their efforts as worthwhile, and are open to learning from mistakes. Student with a growth mindset achieve at higher levels than those with fixed mindsets. How can you help? Some simple ways:



- Adding 'yet' when they claim they are 'not good at this'.
- Ask questions that focus on their effort and choices and get them to reflect on satisfaction of that effort (e.g. *What did you learn today? What mistake did you make that taught you something? What did you try hard at today?*)
- Model this your self as you share about your day.

Water Does Wonders Pledge Campaign

As part of the Healthy Kids Community Challenge (HKCC), Niagara has teamed up with communities across Ontario to launch the www.waterdoeswonders.ca Pledge Campaign to encourage organizations and families to make it easier for children to choose water over sugary drinks.

Why Pledge? To be part of the solution! Kids are drinking way too many sugary drinks, which has a negative impact on their health and on the environment. We can all help by making water easier to access and by reducing the amount of sugary drinks we serve and sell to children. By taking the pledge, you are affirming your commitment to help children sip less sugar.

What can you do?

- Sign the pledge at www.waterdoeswonders.ca. Your pledge will help Niagara earn Top Community status on the Hall of Pledges.
- Print your pledge certificate and display it prominently
- Check out the resources available at www.waterdoeswonders.ca
- Spread the word using #WaterDoesWonders to inspire others

If you have questions or would like to learn more, please contact:



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Project Manager,
Healthy Kids Community Challenge Niagara
Chronic Disease & Injury Prevention Division,
Public Health
Niagara Region
1815 Sir Isaac Brock
Way, Thorold L2V 0A2
Phone: 905-688-8248 ext. 7412 Toll-free: 1-800-263-7215
Fax: 905-688-7024
www.niagararegion.ca
www.healthykidsniagara.ca



