



# THE ACADEMY TIMES

**Elementary Administrator:** Mrs. A. Grieve  
**Administrative Assistants:** Mrs. P. Hayward

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

## PRINCIPAL'S MESSAGE

*It seems like September was only yesterday! The days and months have flown past. In reflecting upon the year we have had, it is wonderful to think of all the events and activities we've been involved with as a school family.*

*Our students have worked very hard on their academics as well as in extra-curricular work. They learned how to set goals for their learning and to take responsibility for achieving these goals. They have built long-lasting friendships which they will treasure in the future. Our staff has been dedicated, diligent and caring. Their love of children and of learning has made coming to school each day a pleasure.*

*Our volunteers have given of themselves faithfully and genuinely to help make our activities and days successful. We have been very pleased once again this past year to have had the privilege of welcoming such dedicated people into our school.*

*We, as a school family, have worked together to make our school year successful. The DSBN Academy School Family: students, parents, and faculty have been committed to nurturing our children. We have one more month this year to focus, work hard and finish out strong with final assignments and term exams. Take the summer to celebrate them, enjoy family time, play hard, rest and come back to us in September fully refreshed.*

### What's Happening at DSBN Academy

- June 1– Music Students performing at Canada's Wonderland
- June 5– Elementary Recognition assembly 9:15
- June 5– Grad Breakfast
- June 6– Grade 8s leave for Ottawa
- June 8– Grade 8s return from Ottawa
- June 9– Elementary PD day, Secondary Alternate Dress Day
- June 12– Whole School Assembly, Rooftop photo of whole student body
- June 13– School Council Family BBQ
- June 15– Grade 9 EQAO
- June 15– Last Day of Encore
- June 16– Spirit wear shirt day
- June 19– Dismissal at 2:45 begins
- June 22– Grade 7s to Toronto
- June 22– Secondary Exams begin
- June 26– Grade 8 Graduation 6 pm
- June 28– Elementary Report Cards sent home
- June 28– Grade 12 Graduation
- June 29– Elementary Last Day of School



## Track & Field

**ON YOUR MARKS.....GET SET....GO!**

On May 10th over 50 of our grade 6 to 8 students participated in the DSBN group meet for track and field. We are very proud of the kids who demonstrated the CORE values of the Academy to attain their personal best in their events. We had some very good results leading to some students earning a position at the District meet. Congratulations to Linda R., Shaniya G., Neveah R., Hailey H-F., Juliet S., Daniel S., Jaheim L., Jake P., Reilly P., Jonathan B. **GOOD LUCK!**

Thank you to all our students for raising \$447.00 for the Special Olympics Ontario with our uniform buy-out day.



## Library Inventory



We will be taking inventory of our library/resource materials in early June.

All materials on loan to students are due back to the library no later than **Friday, June 9th.**



## Grade 8 Graduation

The graduation celebration for our grade eights will be held at DSBN Academy on **Monday June 26th starting at 6:00 pm.** While we understand that others may have interest in attending, this is a special night for our graduating grade eights and their families and close friends. We ask that only invited guests attend this event. After the ceremony there will be a few refreshments available for students and family members to enjoy while capturing some memories on camera.



## SCHOOL COUNCIL

### Family BBQ June 13th, 2017

Our School Council will be hosting a year end BBQ from 5-6:30 pm, for all of our families. Come out to meet some of next year's teachers, your child's friends and family and for a chance to win some terrific door prizes. At 7 pm there is also going to be a musical performance by elementary and secondary students. Hope to see you there.



### **I Matter as an Individual**

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

Jessica H-F

Liam McKenzie

Shaniya G

### **I Matter as a Learner**

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

Hinkal P

Alvi M

Avery B

Braxton W

Chelsea S

Jano R

Karmyn A

Kathlyn A

Noor E

Sandra L

Avya M

Caleb K

Dakota

Leo

Shaelyn

Zach J

### **I Matter as a Community Member**

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

Zoey C

Zana B

Kitty C

Shawna M

Nik S

Hailey C



**Youth Rowing  
School 2017  
St. Catharines Rowing Club  
Learn to Row (sweep) and  
Advanced (sculling) Programs**



\*New this year: 2 and 3 week sessions and discounts for multiple sessions and family members!

**Learn to Row Program** - This beginner program is designed to teach boys and girls ages 10 – 14 the basics of rowing in an 8 person shell with coxswain just like those you will see at the Rio Olympics this summer. Included will be conditioning techniques along with on water instruction. When the weather is inclement fitness and rowing oriented on-land activities will be provided.

**Advanced Program:** This program, with a low student to instructor ratio, is designed for boys and girls ages 12 – 17 who have participated in at least 2 years of the Learn to Row program or similar, or by recommendation of a past or current rowing coach. The program is designed for those athletes who want to further build their rowing skills and fitness level. High school athletes who want to develop their sculling and small boat sweep skills are also invited to attend. The Advanced Program will focus on sculling and small boat instruction as well as training and conditioning for rowing and racing. Video analysis will be used to enhance instruction.

Two 2 week sessions and one 3 week session for summer 2017 are offered this year for both the Learn to Row and the Advanced programs.

	Learn to Row (Capacity of 50 per session)	Advanced (Capacity of 25 per session)
Session 1: July 3 – 14 (2 weeks)	\$200	\$290
Session 2: July 17 – August 4 (3 weeks)	\$270	\$390
Session 3: August 14 – 25 (2 weeks)	\$200	\$290

**Early bird Special** - \$5.00 discount on total price for registrations before May 15, 2017.

**Multiple Registrations** - \$20 off the total cost when registering (at the same time) one child for 2 or more programs OR when registering 2 or more siblings in any program (at the same time).



Each program runs for 3 hours from 9 a.m. to 12:00 noon Monday to Friday. Staff will be available from 8:30 a.m. until 12:30 p.m. for supervision for drop-off and pick-up.

**Swim test** – “A swimming safety test, held on the first day of each session, is required. Learn to Row athletes will be required to tread water for 5 minutes and swim 4 lengths of the Port pool with their clothes and a banana belt on. Advanced will do likewise, without the banana belt.”

For complete details and to register visit:

[www.stcatharinesrowingclub.org](http://www.stcatharinesrowingclub.org)



# The sun is back!

The sun is shining and it's time to get outside to play! But before you run outside, make sure you remember your 5 S's...

**Slip:** on some clothes that will protect your skin from the sun (loose-fitting and tightly woven are best).

**Slop:** on some sunscreen that is at least SPF 30 and filters UVA & UVB rays (broad-spectrum). Put sunscreen on 20 minutes BEFORE you go outside, so it can soak in. Don't forget your ears, nose and feet if you are wearing sandals! Lips should also be protected with SPF 30 lip balm.

**Slap:** on a wide-brimmed hat to protect your face, ears and neck

**Seek:** shade when outside between 11am-4pm

**Slide:** on some sunglasses that have 100% UVA & UVB filters.

Attention moms, dads, coaches and caregivers: sun damage can happen quickly, so make sure youth remember sunscreen for lunch break, gym class, track and field and other outdoor activities.



# Prevent cyberbullying before it starts

- To stay safe with technology, teach your kids to:
- Refuse to pass along cyberbullying messages.
- Tell their friends to stop cyberbullying.
- Block communication with cyberbullies; delete messages without reading them.
- Never post or share their personal information online (including full name, address, telephone number, school name, parents' names, credit card number, or Social Security number) or their friends' personal information.
- Never share their Internet passwords with anyone, except you.
- Talk to you about their life online.
- Not put anything online that they wouldn't want their classmates to see, even in email.
- Not send messages when they're angry or upset. Always be as polite online as they are in person.

Source: National Crime Prevention Council

## Monitor your child's technology use

Regardless of how much your child resents it, you can only protect him or her by monitoring what they do online.

- Keep the computer in a busy area of your house so you can easily monitor its use, rather than allowing your child use a laptop or tablet in his or her bedroom, for example.
- Limit data access to your child's smart phone if he or she uses it to surf the web. Some wireless providers allow you to turn off text messaging services during certain hours.
- Set up filters on your child's computer. Tracking software can block inappropriate web content and help you check up on your child's online activities.
- Insist on knowing your child's passwords and learn the common acronyms kids use online and in text messages.
- Know who your child communicates with online. Go over your child's address book and instant messenger "buddy list" with them. Ask who each person is and how your child knows them.
- Encourage your child to tell you or another trusted adult if they receive threatening messages or are otherwise targeted by cyberbullies, while reassuring them that doing so will not result in their loss of computer or cell phone privileges.

*No matter how much pain it causes, kids are often reluctant to tell parents or teachers about cyberbullying because they fear that doing so may result in losing their computer or cell phone privileges. While parents should always monitor a child's use of technology, it's important not to threaten to withdraw access or otherwise punish a child who's been the victim of cyberbullying.*

Source: [www.helpguide.org](http://www.helpguide.org)

# What is a Concussion?

## FACTS FOR PARENTS & GUARDIANS

A concussion is a brain injury caused by a bump, blow, or jolt to the head or body that causes the head to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.



### What are the signs and symptoms?

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days after the injury. If your child reports one or more symptoms of a concussion listed below, or if you noticed the signs yourself, keep your child out of physical activity and seek medical attention immediately.



### Signs Observed by Parents/Guardians

- ▶ Appearing dazed or stunned
- ▶ Confusion about assignment or position
- ▶ Forgetting an instruction
- ▶ Unsure of game, score, or opponent
- ▶ Moving clumsily
- ▶ Answering questions slowly
- ▶ Loss of consciousness (even briefly)
- ▶ Showing mood, behaviour, or personality changes
- ▶ Difficulty recalling events prior to and after hit or fall

### Symptoms Reported by Athletes

- ▶ Headache or "pressure" in head
- ▶ Nausea or vomiting
- ▶ Balance problems or dizziness
- ▶ Double or blurry vision

- ▶ Sensitivity to light or noise
- ▶ Feeling sluggish, hazy, foggy, or groggy
- ▶ Concentration or memory problems
- ▶ Confusion
- ▶ Change in sleep patterns
- ▶ Just not "feeling right" or is "feeling down"

### How can you help your child prevent a concussion?

Every sport is different, but there are steps your child can take to protect themselves from concussions and other injuries, including:

- ▶ Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- ▶ Encourage them to practice good sportsmanship at all times.

## What Should You Do If You Think Your Child Has A Concussion?

**1** Keep your child out of physical activity. If your child has a concussion, her/his brain needs time to heal. Don't let your child return to physical activity the day of the injury and until a medical doctor/nurse practitioner, experienced in evaluating for concussions, reports your child is symptom-free and recommender's a return to physical activity. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term effects. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage or even death.

**2** Seek medical attention right away. A medical doctor/nurse practitioner experienced in evaluating concussions will be able to decide the seriousness of the concussion and when it is safe for your child to return to learn and return to physical activity.

**3** Teach your child that it's not smart to engage in physical activity with a concussion. Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your child convince you that she/he's "just fine."

**4** Tell all of your child's coaches and the school Administrator about ANY concussion. Coaches and other school staff should know if your child has ever had a concussion. Your child may need to limit activities while she/he is recovering from a concussion. Activities such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or worsen. Talk to your medical doctor/nurse practitioner, as well as your child's coaches and school staff. If needed, they can help adjust your child's school activities during her/his recovery.

If you think your child might have a concussion:

- ➔ Don't assess it yourself.
- ➔ Take her/him out of physical activity.
- ➔ Seek the advice of a medical doctor or nurse practitioner.

