

THE ACADEMY TIMES

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

Secondary Administrator: Mrs. L. Nazar
Mrs. L. VanderMolen, Mrs. M. Priore

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 DSNB 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 DSNB Academy

June 1- Elementary Recognition assembly 8:45am
June 6- Gr. 7 Swim to Survive Plus
June 8- Elementary PD day, Secondary Alternate Dress Day
June 11- Full School Photo
June 11- Elementary Bball Games to U18 game
June 12- Grade 8s leave for Ottawa
June 14 - Last Day of Encore
June 14- Grade 8s return from Ottawa
June 18- Dismissal at 2:45 begins
June 18 - School Council BBQ 4:30pm - 6:30pm
June 21- Grade 7s to Toronto
June 22- Alternate Dress Day
June 25- Grade 8 Graduation 6 pm
June 27- Grade 12 Graduation
June 27- Elementary Report Cards sent home
June 29- Elementary Last Day of School

SCHOOL COUNCIL

Family BBQ June 18th, 2018




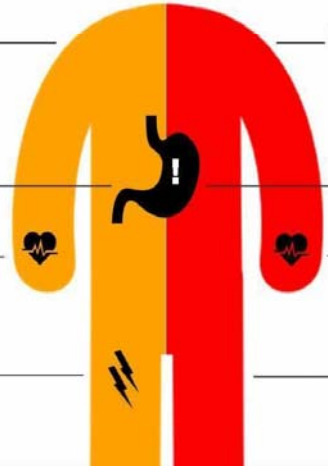










Our School Council will be hosting a year end BBQ from 4:30 pm - 6:30 pm, for all of our families. Come out to meet some of next year's teachers, your child's friends and family and for a chance to win some terrific door prizes. Hope to see you there.

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 8th.**



HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
 Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin 
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse 		Rapid, strong pulse 
Muscle cramps 		May lose consciousness 
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 	CALL 9-1-1	<ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives
 Weather.gov/socialmedia Weather.gov/heat	 	 @SacramentoOES SacramentoReady.org



I Matter as an Individual

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

- Reilly P
- Josh C
- Jordan H
- Brayden J
- Elly T
- Brooklyn W
- Evan M

I Matter as a Learner

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

- Jeremiah H.
- John D.
- Aaliyah W
- Kaleb H.
- Lealand J.
- Denise E
- Michaela M.
- Aeriel R
- Alvi M
- Rylee S
- Sara M

I Matter as a Community Member

- Terinique T.
- Trey L

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



Grade 8 Graduation

The graduation celebration for our grade eights will be held at DSBN Academy on **Monday June 25th 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.



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.



Track & Field

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

DSBN Academy students represented our school with pride at the Regional Track and Field meet on May 16th. Congratulations to the following students who participated in the Regional meet: **Grade 6:** Ayla M, Hailey P, Mackenzie P, Michaela M, Nicki G, Carson D, Owen H (4th in 100m; 1st in Long Jump and Triple Jump), Malachi C (7th in 200m and 4th in High Jump), Kai W, Rowan D. **Grade 7:** Chloe P (8th in Long Jump), Jessa M (8th in 400m), Kathlyn A, Linda R (8th in 200m; 6th in 1500), Nevaeh R (4th in 100), Ruby H, Sandra L, Shaniya G (3rd in Shot Put), Taylr T, Nevaeh H (8th in High Jump), Zoe C, Aiden B (6th in 800m; 4th in 400m), Albert T (5th in High Jump), Carson C, Evan M, Isaac W (7th in 200m; 7th in Triple Jump), Ryan H, Tanner D, Thomas D. **Grade 8:** Alyssa N, Asraa O, Audrina B (8th in 100m & 200m), Hailey H (3rd in 100m; 6th in Shot Put; 7th in Triple Jump), Hinkal P, Kashish M, Kiosha D (4th in Shot Put; 3rd in High Jump), Simone S, Daniel S (1st in Shot Put; 4th in Triple Jump; 3rd in High Jump), Harley A (2nd in Shot Put), Jake P (5th in 100m; 3rd in 400m; 4th in Long Jump), Logan N (5th in 200m), Reilly P (2nd in Long Jump; 7th in Triple Jump), Zack S (6th in 200m).

Although all persevered and tried their best, 11 qualified for the District Meet on June 13th. Congratulations to Nevaeh R, Shaniya G, Hailey H, Kiosha D, Owen H, Malachi C, Aiden B, Jake P, Reilly P, Daniel S, and Harley A!

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

