



# THE ACADEMY TIMES

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

Secondary Administrator: Mrs. L. Nazar  
Administrative Assistant: Mrs. K. Moreau

## PRINCIPAL'S MESSAGE

*It's hard to believe that March is already upon us, and with it comes the promise of spring and a week-long break from school. This is a wonderful time for students to regenerate and come back with a renewed focus to finish out our school year.*

*Also, March brings a wide variety of temperatures and sometimes wet weather. Please ensure your children are dressed appropriately as we continue to go outside two times during the day. It is important that students have something dry to put on their feet while indoors.*

*As always, we welcome parent volunteers in the building to assist with classes, read/write with students, supervise field trips, run an Encore program or assist with our daily breakfast program. Please let us know if you can help!*

### WHAT'S HAPPENING AT DSBN ACADEMY

**March 1**– Elementary Recognition Assembly 9 am  
**March 3**– Alternate dress day  
**March 6**– Spirit Wear day  
**March 7**– River Lions School Day  
**March 13-17** **March Break**  
**March 21**– Secondary Semester 2 Progress Reports issued  
**March 29**– School Council Meeting 6 pm  
**March 30**– OSSLT  
**March 30**– Dental Screening  
**March 30**– Elementary Speed Stacking tournament in the gym  
**March 31**– Elementary recognition assembly 1:15  
**March 31**– Alternate dress day



## Prom Project

Giving students the opportunity to select formal wear free of charge to attend their proms, grads and formals! Happening Saturday, April 8th, 2017 from 9:30 a.m. to 1:30 p.m. at:

Beamsville Secondary School  
Fort Erie Secondary School  
St. Catharines Collegiate 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 8th!

## March is Nutrition Month

Fruits and veggies are not only absolutely delicious but they are nature's fast food! Ready to eat and most come in their own "to-go" packages, produce makes the perfect snack for kids to grab and go. They need minimal to no preparation and buying ones in season means you can save some money and shop smarter.

Think you can't get much produce on a tight budget? Here are some tips to make shopping for produce more easy and affordable:

- Don't shop when you're hungry and carry a list. You'll be more likely to stick to your budget and nutritious food choices.
- Look for washed and bagged salads, baby carrots, celery hearts, broccoli and cauliflower crowns, cherry tomatoes, and shredded cabbage in your grocery store
- Buy fresh produce, like peaches or bananas, in varying degrees of ripeness to allow for some ripening towards the end of the week
- Canned and frozen vegetables can be convenient choices
- Spend most of your time in the produce, bread, meat and dairy sections
- Use store flyers to help you find specials
- See more at: <http://www.halfyourplate.ca/produce-is-affordable>



Get inspired with recipe ideas from **Cookspiration** and serve up a nutrition tip a day with **eaTipster!**

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Download on the **App Store**

## Making Safe Lunches at Home

Packing lunches for school takes time and energy but taking the time to follow these tips could prevent a food borne illness in your family.

1. **CLEAN**– wash your hands for 20 seconds with soap and warm water before preparing any meal. Make sure you routinely clean countertops, utensils and any lunchboxes or lunch bags. Raw fruits or vegetables can be contaminated with bacteria. Wash them with clean water and a scrub brush before eating.
2. **KEEP COLD FOOD COLD**– Foods like meat, chicken, seafood, eggs and dairy products must stay cold to stay safe. Use frozen freezer packs to keep food at or below 4C. Use an insulated lunch box/bag and keep it away from heat sources. Place freezer packs between food that needs to stay cold. Refrigerate items the night before to get your lunch box/bag off to a cool start.
3. **KEEP HOT FOOD HOT**– Hot food must stay hot at or above 60C. Use insulated containers and keep them closed until ready to eat, or take your food cold and reheat it in a microwave.

## Barriers to Dental Care?

Are you an adult in Niagara who is experiencing problems or barriers to accessing dental care? The

Niagara Dental Health Coalition has launched a short survey to learn more about

these barriers and their impacts. Please take a moment to complete the survey at:

<http://niagaradentalhealthcoalition.weebly.com/>

The survey is open until March 10, 2017.



## West Niagara Secondary Accommodation Review

On Tuesday September 27th 2016, DSBN Board Trustees voted to initiate the West Niagara Secondary Accommodation Review. This decision was made to enhance the learning opportunities and meet the needs for all secondary students in West Niagara. We encourage all parents to visit the link below or visit our school website and click on the ARC button for the detailed report, important dates and where you may electronically submit your input. Please feel free to contact your school Principal and/or view the link below as we move through this process together.

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

Board Meeting to consider final report:

Tuesday March 28, 2017



## I Matter as an Individual

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

**Noor E.**

**Maya L.**

**Jessica Y.**

**Aldain E.**

**Rylee S.**

## I Matter as a Learner

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

**David T.**

**Kaleb H.**

**Caitlyn K.**

**Luke G.**

**Abby M.**

**Shawna M.**

**Thaqib H.**

**Tony H.**

**Asmara K.**

**Emily S.**

## I Matter as a Community Member

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

**Mackenzie D.**

**Jessica L.**

**Starr C.**

**Thomas D.**

**Jessica W.**

**Sarah L.**



# Fairness Does Not Mean Everyone Gets The Same

All children make poor choices at times. It is part of normal growth. It is the responsibility of caring adults to guide children in taking responsibility for their actions so they learn to make better choices. Taking responsibility at a young age will help children make better choices when they are older. At DSBN Academy, children receive consequences for their actions, good consequences for good choices and consequences they may not like for poor choices. The consequences are intended to inform and guide students to better choices next time. Parents often ask why all children involved in a particular incident do not necessarily receive the same consequences. The reason is that children receive what they need. Fairness does not mean that everyone gets the same thing. Fairness means that everyone gets what they need. A student's history and mitigating factors are all considered when consequences are applied. In addition, discipline is progressive. We try to help children understand that taking responsibility for what they did, regardless of what anyone else did, will help build self esteem and confidence. It is important for children to know what they control, which is always their own behaviour. We appreciate the support of parents in discussing with their children the importance of owning their behaviour in every circumstance. Success in life comes from working through difficulties, making mistakes, and adjusting behaviour accordingly. Parents are partners in this process.



## 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-compliant.**

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



## **Fragrance/Scent Awareness**

DSBN Academy is a “Fragrance/Scent Reduced” environment. This requirement is a necessary response to a chronic environmental sensitivity and will apply to all employees, students, parents/ guardians/wards, visitors, and volunteers who work or visit the school.

### **Background**

Fragrances and scents are found in a wide range of products including but not limited to: perfume; aftershave; deodorant; body spray; scented creams; soap; air fresheners; fabric softeners; laundry detergents; facial tissues; cleaning products and candles.

Exposure to fragrances and other scented products may trigger adverse health reactions (e.g., asthma attack, anaphylactic reaction and shortness of breath) in individuals with asthma, allergies, migraines, or chemical sensitivities. Other less serious but equally debilitating symptoms include but are limited to: headache; sore throat; runny nose; sinus congestion; wheezing; dizziness; anxiety; anger; nausea; fatigue; confusion and an inability to concentrate.

### **Moving toward a fragrance/scent-reduced environment**

In order to protect those individuals with sensitivities to fragrances and scents, and to possibly prevent others from developing such sensitivities, we are asking for your co-operation toward a ‘fragrance/scent-reduced’ environment at this school. Employees, students and visitors are being requested to avoid the use of these products while at the school. While it is recognized that it is a personal choice to use fragrances or scented products, the chemicals from these products are, by their very nature, shared as they vaporize into the air and are easily inhaled by others. Today's fragrances and scented products are made up of a complex mixture of chemicals which can contribute to indoor air quality problems and cause health problems.

### **What can you do to help?**

Be considerate of those who are sensitive to fragrances or scents. Avoid using these products in the school.

If fragrances or scented products must be used, do so sparingly. A general guideline for fragrances and scented products is that they should not be detectable more than an arm's length away from you.

Discuss this issue with your child(ren).

Please understand that this issue is not about you as a person or about your choice of fragrance or scent, but it is about the adverse reaction the use of such a product may cause.

The success of our fragrance/scent-reduced initiative will depend upon the thoughtfulness, consideration, and co-operation of everyone within the school community.

Thank you for your co-operation.