



THE ACADEMY TIMES

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

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

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 2– Elementary Recognition Assembly 1:15
March 2– 50/60s era Alternate dress day
March 5– Spirit Wear day
March 9– 70/80s era Alternate Dress Day
March 12-16 March Break
March 20– Secondary Semester 2 Progress Reports issued
March 20– Secondary Family/Teacher conferences
March 22– Elementary Sport Stacking Tournament
March 23– 90s era Alternate Dress Day
March 29– Alternate dress day
March 30– Good Friday
April 2– Easter Monday

Prom Project 2018



Giving students the opportunity to select formal wear free of charge to attend their proms, grads and formals!
Happening Saturday, April 21st, 2018
from 9:30 a.m. to 1:30 p.m. at:

Beamsville Secondary School
Fort Erie Secondary School
DSBN Academy

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 21st! Free Bussing to the Academy from Niagara Falls and Welland is available. Please contact Mrs. Hayward for Info.

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.

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 2018.**

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.



I Matter as an Individual

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

Emmaleigh M

Mohayid E

Raiden A

Aeris Newman

Bella D

I Matter as a Learner

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

Kyden W

Brinna K

Hannah G

Luke G

Zack S

Aldain F

Jesse B

Brayden B

Olivia F

Albert T

Aisha E

Rowan D

Janat H

Wesley R

I Matter as a Community Member

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

Melora S

