

THE ACADEMY TIMES

Elem. Admin: Mrs. A. Grieve Sec. Admins: Mrs. L. Nazar Mr. B. Daniels Administrative Assistants: Mrs. P. Hayward, Ms. L. VanderMolen, Ms. M. Priore

PRINCIPAL'S MESSAGE

We are hoping that spring is definitely here to stay, and with it a great assortment of activities, events, and news items. We continue to use Remind to text families upcoming events, as well as our automated calling and emailing. Please check our website for upcoming events. We had many terrific activities for students to participate in throughout April. Our students always shine when they leave our building to represent our school.

At the end of March we once again hosted DSBN's cup stacking tournament. Thank you to Ms. Yetman-Turner for bringing this activity to our school and students.

This past month we had teams compete in DSBN badminton tournaments, and would like to thank Ms. Heinmiller and Mr. Manella for taking their time to coach our students, and to our players for representing DSBN Academy so well. We have 8 intermediate students representing DSBN Academy as our Technovation teams. We can't wait to hear how their pitch for their app goes! Thank you Mrs. Clutterbuck for your time.

To start this month, we have our Track and Field day for our Elementary students planned. We are looking forward to seeing some true examples of perseverance and grit throughout the day.

We would like to congratulate Mrs. Hayward for her promotion to System Administrative Assistant. Unfortunately for us it means she will be moving to SESS upstairs but this is a great opportunity for her. On a bright note we are welcoming Mrs. Priore to our elementary team on May 21st to take Mrs. Hayward's place.

This month we also welcomed Mrs. Tayler to our DSBN Academy family to cover for Mrs. Conway while she is off.

Parents and Guardians of Grade 6 students, please mark your calendars. EQAO testing will be held the weeks of May 21st to May 31st. You can support the school by ensuring that students are at school each day, on time and well rested. Booking doctor or dental appointments should be avoided for these days please. Students will be writing Lan-

guage and Math assessments for that week and all teachers have scheduled rotary time around these testing expectations. If you have any questions, please speak to your child's teacher or call the school. Thank you!



September's Closer Than You Think!

We're already looking ahead to the new school year and will soon begin the process of organizing next year's classes. In developing our new class structure, our goal is to ensure your children have an outstanding educational experience and the opportunity to develop lasting friendships with their classmates.

Much like a family, our classes work best when they include members of differing interests, abilities and perspectives. This gives students the opportunity to learn from and about each other. These experiences help to open students' minds to new ideas and new possibilities, allowing them to test limits and develop their true potential.

To do this, it's important for us to look at a number of factors, including:

Learning Style: We consider how students learn best and what kind of classroom environment will best support their needs.

Ability, Interests and Talents: All children are unique and have their own set of strengths and abilities. Having a grouping of students whose strengths complement each other will help enhance everyone's learning.

Relationships: We aim to create groups that allow for strong friendships to develop and an environment for effective learning.

Parent Input: As parents, you have a unique perspective on your children and their school experience. If you have any information that could the help inform our decision please send it in to the office, in writing, attention to Andrea Grieve by June 3, 2019. Your input will be considered in relation to the criteria listed above.

Thanks for your support!

Youth Rowing School 2019

St. Gatharines Rowing Club

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, focussing on rowing 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 rowing coach. The Advanced Program focuses on sculling and small boat instruction as well as training and conditioning for rowing and racing. The program is designed for those who want to further build their rowing skills and fitness level and athletes preparing for secondary school competitive programs. Secondary school athletes who want to develop sculling and small boat sweep skills are also invited to attend.

One 3 week session and two 2 week sessions for summer 2019 are offered for both the Learn to Row and the Advanced programs.

	Beginner (Capacity of 50 per session)	Advanced (Capacity of 25 per session)
First Session – July 2 to July 19 (3 weeks)	\$420	\$460
Second Session – July 22 to August 2 (2 weeks)	\$300	\$350
Third Session – August 12 to August 23 (2 weeks)	\$300	\$350



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 safely test, held on the first day of each session, is required. Learn to Row athletes will be required to roll sideways into the water then tread water for 4 minutes and swim 4 lengths of the Port Dathousie pool wearing rowing clothes and a barana test. The will be required to put on and take of a PFD while in the water Advanced will do likewise, without the barana belt."

For complete details and to register visit:

http://scrcrowing.weebly.com/youth-rowing-school.html or Google St. Catharines Rowing Club.

E-cigarettes and Cannabis Information Night

E-cigarettes and Cannabis use among youth are emerging issues in Niagara. Niagara Region Public Health is hosting a Youth E-cigarette and Cannabis Information Session for parents, teens and those who work with youth to learn more about:

- The risks and harms of vaping and cannabis use among teens
- The latest products on the market
- Vaping and Cannabis Legislation information
 Practical tools and resources for parents/caregivers

Wednesday, May 1, 2019 6:00 - 7:30 p.m. 1815 Sir Isaac Brock Way, Thorold ON Room CE 102

Register online at <u>https://www.niagararegion.ca/health/</u> substances/tobacco/e-cigarettes.aspx





I Matter as an Individual

(shares thoughts, viewpoints and experiences in a respectful, insightful way while acknowledging and respecting the beliefs of others) Matthew RG Shelby T Gabrielle O Avery B

Aisha ES Sandra L Haley P

I Matter as a Learner

(consistently/exceptionally exhibits critical thinking and/or a desire to learn and grow) Brandon A Denise E Lucia A Sara M Shawna-Lynn AG Stephan F Terenique T Cole V Gram W Marwan O Matt H Matt H Anis K

Curtis W Avery B Maria B Sandra L Jano R Shayla H Zoe C Arham M Olivia M Colton C Khoi T Zoey S

I Matter as a Community Member

(seeks to make a positive impact in the classroom, school and community) Aaliyah W Malachi C Matt S

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Sports Concussion



Concussions – even mild ones – in young athletes caused while playing sports can be devastating. Returning to play too quickly can result in brain trauma that can lead to lifelong problems, including brain swelling, permanent brain damage, long-term disabilities or even death.

Concussion symptoms:

Anyone who has any of the following symptoms after suffering a head injury needs medical help: headaches, dizziness, nausea, memory dysfunction, fogginess, fatigues, sadness, nervousness, irritability and sleep problems.

Note: Most concussions occur without loss of consciousness; even a minor bump or blow can cause a concussion.

Concussion precautions:

After a blow to the head (even if the athlete seems OK), take the athlete to the emergency room for evaluation.

Make sure you or your child wears all required protective gear while playing the sport – even at practices. Ensure gear is undamaged and worn properly.

Always wear a bike helmet that is fitted and secured properly. Replace the helmet after any accidents whether it appears damaged or not.

Always wear your seat belt and drive at posted speed limits.

Childproof your home. Use safety gates near stairs.

Note: Any athlete suspected of having a concussion shouldn't return to play on the same day. Get the athlete's health care provider's OK before returning to play.

************************************ The following are links which provide excellent information on Concussions. ☆ ☆ ☆ ☆ Check them out!! www.parachutecanada.org www.cdc.gov/headsup/ www.aboutkidshealth.ca https://www.youtube.com/watch?v=zCCD52Pty4A ☆ ☆ \bigstar \bigstar