

DARTMOUTH SOUTH ACADEMY



Newsletter #7-March 2025

Dartmouth South Academy
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<http://dsa.hrce.ca>

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School Closure for Inclement Weather

The Halifax Regional Centre for Education takes great care when making the decision to alter the normal operations of schools in the event of severe or inclement weather. Decisions on school closures and/or bus cancellations are posted on the board's website at www.hrce.ns.ca, on Twitter at www.twitter.com/HRCE_Official, recorded on 464-INFO (4636) and communicated to all local radio stations. You can also receive notice of school bus cancellations by e-mail or text message by following the link on the front page (left side) of the HRCE website. If you are interested in learning more on how decisions regarding closures and cancellations are made, visit

<http://www.hrce.ns.ca/content/id/1137.html>

Safe Arrival

Thank you to all who use the safe arrival program. As a reminder, please call 1-833-582-6940 to report your child's absences. Calls home will be made by a computer-generated program. There are instructions attached to this email.

Doors open at 8:40 am and attendance is taken by 9:00 am sharp. Calls begin going home for all students who aren't in the classroom at this time. Students have 20 mins to arrive in class on time. To avoid the computer-generated calls, please ensure your children are at school for 9:00 am attendance. **Computer generated calls go home each day when your child comes in late.**

Pre-Primary and Primary Registration for 2025 - 2026

It is imperative that parents of pre-primary children who will be 4 on or before December 31st, 2025 and primary children who will be 5 on or before December 31st, 2025 register their children now if they are not currently enrolled in pre-primary. Our staffing allocation is based on these numbers.

For more information or to access the online registration forms, please visit www.hrce.ca.

LOST AND FOUND

We are not equipped to hang onto the lost and found here at DSA; we simply do not have the space to keep it and it's very unhealthy as the clothes are often wet and dirty. We will bag the items up for the week but each Monday they will be donated. Thank you for your understanding.

SCHOOLCASH – REMINDER

**We have school fees due for sports events.
Please be sure to register for updates.**

When items get posted, parents that are registered will be sent an email notification from the system advising that there is now an item available for purchase.

The URL to the site is:

<https://hrce.schoolcashionline.com/>

DARTMOUTH SOUTH ACADEMY

HRCE - Texts

Do you want to receive information from our school and HRCE by text message?

We now have the ability to send information to you by text message. **To ensure compliance with Canadian Anti-Spam laws, you must opt-in to receive information by text message.**

If you have already opted in – that’s great! You don’t have to read further.

If you haven’t (and would like to), here’s what you need to do:

- If you did not receive the opt-in text message on **November 16**, please call your child’s school to update your contact information in PowerSchool. Any changes are uploaded nightly and reflected the following business day. When your number is added or changed in PowerSchool, you will automatically receive the opt-In message.
- If you decide you no longer wish to receive HRCE and school information via text, you can reply to the message with “STOP” or by clicking [here](#).
- Parents/guardians can opt-in at any time by texting “Y” or “YES” to 978338. The mobile number **MUST** also be in PowerSchool.
- This text message function **WILL** include school cancellation notifications.
- This text message function will **NOT** share bus delay information.

Anyone who is NOT a parent/guardian in our system who wishes to receive school cancellations due to inclement weather must opt in via the HRCE website: www.hrce.ca/notifications . This includes staff, students and members of the community.

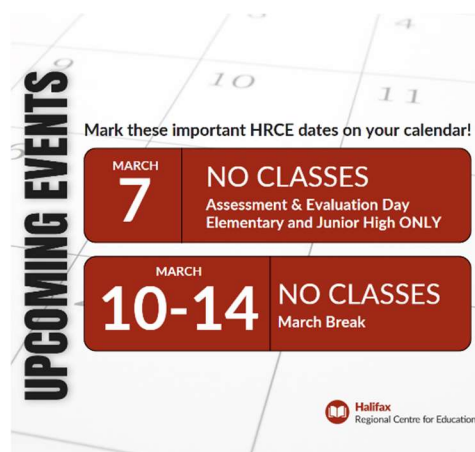
Halifax Recreation Registration

Halifax Recreation registration for spring programming opens Wednesday, March 5 at 10am.

Registration for summer camps opens Monday, April 14 at 10am. You can view everything offered by HalifaxRec in the Dartmouth area by following this link:

<https://cdn.halifax.ca/sites/default/files/documents/recreation/programs-activities/dartmouth-spring-pdf-final.pdf>

Students must remember to bring their own water bottles and eating utensils!



Bell Times

Morning Attendance – 8:55-9:00 am

Lunch – 12:00 – 1:00 – gr P-6

Lunch – 1:00 – 2:00 – gr 7-8

Dismissal Pre P-8 – 3:00 pm

DARTMOUTH SOUTH ACADEMY



The Scholastic Book Fair is coming back to DSA!
We're excited about sharing the joy of reading with
our students.

Scholastic Book Fairs gives our school the
opportunity to bring families, teachers, students,
and books together. It's the ultimate book event!
Additionally, a portion of the sales benefits our
school. It's a wonderful way to raise funds while
encouraging kids to read. We look forward to
seeing you and thank you in advance for
supporting this great literary fundraiser.

		Morning	Afternoon	Evening
Monday	March 24 th	8:30 am – 12:00 pm	1:50 pm – 3:30 pm	
Tuesday	March 25 th	8:30 am – 12:00 pm	1:50 pm – 3:30 pm	
Wednesday	March 26 th	8:30 am – 12:00 pm	1:50 pm – 3:30 pm	
Thursday	March 27 th	8:30 am – 12:00 pm	1:50 pm – 3:30 pm	
Friday	March 28 th	8:30 am – 12:00 pm	1:50 pm – 3:30 pm	
Monday	March 31 st	8:30 am – 12:00 pm	1:50 pm – 3:30 pm	
Tuesday	April 1 st	8:30 am – 12:00 pm	1:50 pm – 3:30 pm	
Wednesday	April 2 nd	8:30 am – 12:00 pm	1:50 pm – 3:30 pm	
Thursday	April 3 rd	8:30 am – 12:00 pm	1:00 pm – 3:15 pm	4:45 pm – 6:45 pm
Friday	April 4 th	8:30 am – 10:00 am	1:50 pm – 3:30 pm	



**The book fair will be open during BOTH
Parent/Teacher Conference sessions.**

DARTMOUTH SOUTH ACADEMY

Weather Reminder

Just a reminder that the cold, wet weather is upon us. **Our school is not open for students until 8:40 am. Please ensure that your children do not arrive at the school too early as there is no supervision. We have some students who are arriving at 8:00 am ... this is far too early as our mornings are cold. Students should be dressed for the weather.**

Our mitten supply is very limited as well. Please ensure your children have mittens.

It may also be helpful to put an extra set of clothing in the little one's backpacks to save on phone calls home.

Dates to Remember

Month of March – Nutrition Month

March 7th – Evaluation Day (no classes for students)

March 8th – International Women's Day

March 10th – 14th – Spring Break – No Classes All Schools

March 21st – World Down Syndrome Day

March 21st – International Day for the Elimination of Racial Discrimination

March 24th – April 4th – Scholastic Book Fair

March 31st – International Transgender Day of Visibility

Inclement Weather

Did you know? HRCE takes great care when making the decision to alter the regular operations of schools and school busses in the event of severe or inclement weather.

It is HRCE's goal to communicate any changes to the regular operations of schools and/or buses as close to 6:00 a.m. as possible. **A 6:00 a.m. announcement could be:**

- All schools are delayed in opening by two hours and bus pickups are delayed by two hours; or
- All schools are open, but some or all busses are not operating for the day; or
- Some schools (either individually or by family) are closed for the day; or
- All schools are closed for the day.

If weather deteriorates, or is forecasted to worsen throughout the morning, **an 11:00 a.m. announcement could be:**

- Bused students will be picked up two hours earlier than their regular dismissal time; and
- Non-bused students will be dismissed at their regularly scheduled lunch hour.

How will I find out?

- By email to the addresses in PowerSchool
- By text message, **if you have opted-in**. If you aren't sure if you have opted-in, text Y to the following number: **978338**
- On [our website](#)
- On [X \(formerly Twitter\)](#)
- On [Instagram](#)

It's important to always have a plan in place for childcare in the event of any cancellation.

DARTMOUTH SOUTH ACADEMY

March is Nutrition Month



March is Nutrition Month

Whether it's planting a garden, cooking with family, or enjoying a meal with friends, food provides opportunities for building social connections that can support improved feelings of belonging and overall well-being.



Did you know? March is Nutrition Month! This year's theme, Nourish to Flourish, highlights the important role that food has on our physical, mental and emotional health and well-being.

Whether it's planting an indoor or outdoor garden, cooking together with family, or enjoying a meal with friends, food provides opportunities for building social connections that can support improved feelings of belonging and overall well-being. This is a great time to explore and learn about food. An important part of this is food literacy, which includes having the knowledge and skills to grow, choose, prepare, and talk about food.

School Bus Safety Reminder

More than 33,000 HRCE students take the school bus. Making sure they have a safe and happy trip to and from school is very important to us. Please talk with your child about school bus safety on a regular basis. Students should tell their bus driver and/or school principal if they have any problems.

Here are some important safety tips:

Bus Stop Safety


- Be on time for the bus. Don't run to or from the bus.
- Stand back when the bus arrives and give everyone space. Get on or off the bus one at a time.
- Always cross the road in front of the bus. Walk to a spot where you can see the driver. When they signal it's safe, walk to the middle of the road. STOP, LOOK, and LISTEN, then cross when it's safe.
- Never crawl under the bus or cross the road from behind it.

School Bus Safety

- Respect and listen to the driver. Their job is to focus on the road, so avoid distracting them.
- Respect others and your space.
- Keep noise levels down.
- Stay seated while the bus is moving.
- Keep your arms, legs, and head inside the bus.
- Do not throw anything inside or outside the bus.
- Keep the aisle clear.

Did you know: It's illegal for drivers to pass a school bus when it has stopped with its red lights flashing. Bus drivers will activate their amber lights 150m before they stop as a warning to motorists.


More information about HRCE student transportation and school bus safety can be found [here](#).



School Bus Safety Tips

A few bus safety reminders for all riders:

- Please respect and listen to the driver and avoid distracting them.
- Please keep noise levels to a minimum.
- Do not stand or move seats while the bus is in motion.
- Never put your hands, arms, feet or head out of the bus window.
- Ask the driver for permission before you open the bus windows.
- Do not throw anything inside the bus or out of the windows.
- Keep the aisle clear at all times when the bus is in motion.



Community Health Teams



Parenting Programs

Spring/Summer 2025

Please have your child's health card number on hand for registration.
Each parent who wants to attend any of the sessions must register individually.
Questions? Call the Community Health Teams at 902-460-4560



Registration now open! communityhealthteams.ca

Incredible Years – School Age (12 Week Program)

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. It is for parents of children who are 6-12 years old.

Thursdays, April 3 to June 19 | 6:00 - 8:00 p.m. | Online Zoom Program

Incredible Years- Preschool (14 Week Program)

This program focuses on improving your child's social and emotional skills and reducing behaviour problems. It is for parents of children who are 3-6 years old.

Tuesdays, March 25 to June 24 | 6:00 - 8:00 p.m. | Online Zoom Program

Screen Time and Your Family

We live in a world where screens are everywhere. Learn about the risks and benefits of screen time and ways to help your family. For parents of children 0-12 years.

Saturday, April 12 | 10:30 - noon | Halifax Central Library

Thursday, April 17 | 10:00 - 11:30 a.m. | Salvation Army Fairview

Wednesday, May 14 | 2:30 - 4:00 p.m. | Gordon R Snow Community Centre

Thursday, June 5 | 6:00 - 7:30 p.m. | Cole Harbour Public Library

Parenting Your Teen (1 Week Program)

This single session will help you better understand your teen and how their brain works. Learn strategies to improve communication and help your family run more smoothly.

Wednesday, March 26 | 6:30 - 8:00 p.m. | Nova Scotia Community College (Leeds St)

Wednesday, April 16 | 6:00 - 7:30p.m. | Bedford/Sackville Community Health Team

Parenting Your Teen-Walking the Middle Path (6 Week Program)

This 6 session program is for parents ready to change how they interact with their teen. Learn to better understand your teen, improve communication and help your family dynamics.

Wednesdays, May 14 to June 18 | 5:30 - 7:00p.m. | Online Zoom Program

My Child is Anxious. Should I Worry? (2 Week Program)

Learn how to identify early signs of anxious feelings in your children and skills to help them manage everyday anxiety. For parents and caregivers of children up to 12 years old.

Tuesdays, March 25 and April 1 | 6:00 - 8:00 p.m. | Keshen Goodman Public Library

Mondays, April 28 and May 5 | 10:00 - noon | Woodlawn Public Library

Wednesdays, May 14 and May 21 | 5:30 - 7:30 p.m. | Halifax Community Health Team

Wednesdays, June 4 and May 11 | 5:30 - 7:30 p.m. | Sackville Public Library

Thursdays, July 17 and July 24 | 2:00 - 4:00 p.m. | Online Zoom Program

Self-Compassion for Parents

Parenting is a difficult job. Being self-compassionate can help provide us comfort, improve health and increase our sense of satisfaction in our roles as parents. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives.

Wednesday, May 28 | 2:00 - 3:30 p.m. | Spryfield Wellness Centre

Tuesday, July 8 | noon - 1:30 p.m. | Online Zoom Program

Handle with Care (5 Week Program)

This program is designed to help parents and caregivers promote the mental health of young children from birth to 6 years old. Topics include: trust and healthy attachment, promoting self-care and self-esteem, expressing emotions, and building relationships with others.

Tuesdays, April 1 to April 29 | 10:00 - noon | Chebucto Family Centre

*Limited Childcare Available. Please call 902-479-3031 ext. 302 for more information.

Fridays, May 2 to 30 | 10:00 - noon | Mulgrave Park Caring and Learning Centre

*Limited Childcare Available. Please call 902-453-5089 ext. 1 for more information.

Mental Health First Aid Supporting Youth

In this 2 session certification program, learn how to support youth ages 12-24 years experiencing a decline in their mental health. This program is intended for parents, guardians and volunteers. Other adults supporting youth in unpaid roles are also welcome. This is an interactive program that requires full attendance and participation with cameras on and audio enabled. You will also be required to complete a self-directed learning module 2-weeks in advance.

Fridays, April 4 and April 11 | 9:00a.m. - 1:00p.m. | Online Zoom Program

All programs are offered for free online or in person by IWK Health



DARTMOUTH SOUTH ACADEMY

Dear Parent/Guardian,

During the summer, your PowerSchool Parent Portal account was recreated as part of an update. Your previous username and password no longer exist. Student access to the Portal is unchanged. Students who know their username and password will continue to use the information they have always used.

Your new username is *your full email address that is receiving this message*. For example, if your email address is myemailaddress@gmail.com your **Parent Username** is now myemailaddress@gmail.com.

When the PowerSchool Parent Portal reopens on **Thursday, September 2**, please follow these steps to activate your new parent account:

1. Open a web browser and navigate to the Portal Sign In page at:
<https://sishrsb.ednet.ns.ca>
2. Click on the link: **Forgot Username or Password?**
3. Click on the **Parents** tab.
4. Under the **Forgot Password?** section, enter your **Parent Username**. Your **Parent Username** is the full email address that received this message.
5. Enter your **Parent Email Address** (use same email address entered in Step 4).
6. Click the **Reset Password** button.
7. A Password Reset Request email will be sent to you. Click the link in the email to reset your password.
8. Navigate back to the Portal Sign In page at: **<https://sishrsb.ednet.ns.ca>**
9. Enter your **Parent Username**. Your **Parent Username** is the full email address that received this message.
10. Enter the password you set via the Password Reset Request.
11. Once logged in, review your account details.

PowerSchool SIS

Recover Account Sign In Information

Students Parents

Parents

Forgot Password?
To reset your password, enter your username and email address below, and click the 'Reset Password' button.

Parent Username myemailaddress@gmail.com

Parent Email Address

Reset Password

Only the school where the student is currently enrolled can troubleshoot and make changes. Contact the school if you encounter any difficulty, such as a student no longer linked to your account.

Thank you for your cooperation and support through this parent account update.

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Reporting Student Absences

Dear Parents/Guardians

One of our greatest priorities is ensuring that all our students arrive safely at school each and every day. Our school will be implementing a new way to report absences through SchoolMessenger. If your student is absent and the absence has not been reported in advance, you will receive notifications via email, text, and phone calls from SchoolMessenger.

To report your student absent, you can use any of the following methods:

- **PowerSchool Parent/Student Portal**
Parents/guardians can log into <https://sishrsb.ednet.ns.ca/public/> to access the link to the SchoolMessenger website to report future absences.
- **SchoolMessenger App**
Parents/guardians can download the SchoolMessenger app for Android and iOS devices, create an account and use their email that the school has on record for them as their username.
- **Toll-Free Number**
Parents/guardians can call **1-833-582-6940** to report future absences using an automated system.

All three methods are available 24 hours a day, 7 days a week. Absences can be reported at any time before the start of school on the day the student will be absent. Up to five consecutive absences can be recorded at once. If you have students attending other schools, please continue to report absences using the existing procedures for those schools.