

# DARTMOUTH SOUTH ACADEMY

902-464-2081



DSA.HRCE.CA



DSA@HRCE.CA



111 Prince Arthur Avenue  
Dartmouth, NS B2Y 0C5

Principal: Adrienne Blumenthal  
100% Vice Principal: Sue Aucoin  
50% Vice Principal: Ashley Grant

## IMPORTANT DATES

- **Jan 27 : International Holocaust Remembrance Day**
- **Jan 27 : Family Literacy Day**



Please be on time:

## Bell Schedule

Doors Open: 8:40 am

## Instructional time begins: 9:00 am

Lunch (different by grade-level):

12:00 - 12:55

1:00 - 1:55

Dismissal: 3:00 pm

## Breakfast Club

Breakfast Club is 8:40- 9:00 Everyday

We need your help!

We are seeking volunteers to help us with the breakfast program.

There are two options for helping:

Option 1 - join us at 8:15am to help prepare the food and serve. You will be finished by 8:55am.

Option 2 - join us at 8:40am to help us serve food to students. You will be finished by 8:55am.

Please reach out to Sue Aucoin at [saucoin@hrce.ca](mailto:saucoin@hrce.ca) if you're available to help!



## Lost and Found

Lost and found will be donated on **January 30th.**

There is a rack by the front door.  
We also have a collection of eye glasses found.

Please check it out before then.

## SCHOOLCASH – REMINDER

We have school fees due for sports events and class trips. 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/>



## Lice Reminder

Families are encouraged to check your child's hair regularly as it is the time of year we encounter lice. There have been recent cases of lice in our P-5 wing.

## Lates Policy

Consequences for Repeated Lateness: If a Grade 7 or 8 student accumulates 3 lates in one week, they will be assigned lunchtime detention the next week, and parents will be notified.

[DSA Lates Policy Details](#)

## Literacy Notes:

### Acadience Reading

This January, schools will be using Universal Screening in Reading for Grade P-2 students. This is one of the many ways teachers will assess learning. What is Universal Screening in Reading? It's a short (1-5 minute) activity that helps us see how your child is developing key reading skills. Think of it as a quick check-in on their reading journey, like looking at a map to see where they are and what might help them move forward. Why do we do it? The screening helps teachers understand children's strengths and where they may need extra support. This allows us to plan instruction, so students get what they need to succeed in reading. Important to know: This is not a test. There's no "pass" or "fail." It's a way for teachers to ensure students are supported in their learning.

## Schools Plus is here to support you



**Connect with us!**

SchoolsPlus is a confidential, free service available in every school in Nova Scotia. Our goal is to build positive relationships between families, schools, and communities. We can help families navigate complicated situations when they are involved with many different services.

**Phone:** 902-464-2041  
**Email:** schoolsplus@hrce.ca

**Schools Plus**  
NOVA SCOTIA / NOUVELLE-ÉCOSSE

SchoolsPlus is a confidential, free service available in every school in Nova Scotia. Our goal is to build positive relationships between families, schools, and communities. Parents, guardians and students (12+) can self-refer to SchoolsPlus 12 months a year! Just contact the SchoolsPlus Facilitator at your school.

Call 902-464-2000, ext. 2331 or email [schoolsplus@hrce.ca](mailto:schoolsplus@hrce.ca). Learn more about SchoolsPlus [here](#).

## Learn About the Influenza Vaccine

### Fast Facts about the Flu Vaccine

- Influenza (the flu) is virus that peaks in transmission in the fall and winter months
- Most people are mildly ill when they contract the flu but sometimes the flu can be serious and require admission to the hospital
- Children under 6 years are at the highest risk of serious complications from the flu
- The flu and RSV can occur at the same time making children more at risk of needing hospitalization
- The flu vaccine is recommended yearly for children 6 months and older to protect against serious complications of the flu

For more information, [click here](#).

## Learn about the Influenza vaccine

### FLU VACCINE SAFETY

- The flu vaccine cannot cause the flu
- Serious side effects are rare, affecting less than 1 in 1000 people
- Common side effects include pain and swelling at the insertion site



### HOW TO BOOK YOUR VACCINE

- In Nova Scotia, flu vaccines can be booked online and are free of cost
- You can also call to book at 1-833-797-7772. If you or your child does not have a health card, please call rather than booking online

Scan to book





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## Planning for Inclement Weather

Did you know? HRCE takes great care when making the decision to alter the regular operations of schools and school buses 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:

- Bussed students will be picked up two hours earlier than their regular dismissal time; and
- Walking 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 the HRCE website
- On Instagram

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

For more information on how HRCE manages during inclement weather, visit [hrce.ca/families/cancellations](https://hrce.ca/families/cancellations).

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## Power Outage Information for Families:

As we move into the winter months, we want to share how decisions are made when a school experiences a power outage.

Our priority is always to keep schools open safely when possible. A power outage does not automatically mean classes are cancelled – even if it happens during the school day. The decision depends on when power is expected to be restored.



### Here's what happens:

- When a school loses power, HRCE's Operations Team contacts Nova Scotia Power to gather available details on the cause and an estimated restoration time.
- Once we have this information, we consider:
- **Before school starts:** Have buses begun their routes? If so, we wait until students arrive before making a decision. If classes are cancelled, elementary families will be contacted before dismissal.
- **During the school day:** How close is dismissal? What is the temperature in the building? Does the school rely on power for water or septic systems? These factors, among others, help us decide whether to stay open or close. Often, power returns faster than we could safely send students home.

### If classes are cancelled:

- HRCE will notify families by email and text.
- Families of elementary students will also receive a phone call before dismissal.

Deciding to close schools during a power outage is never simple, but safety is always our top priority. We understand that cancellations can be inconvenient, and our goal is to keep students learning in class whenever possible.

More information about school cancellations for any reason can be found [here](#).

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# Online Platform Risks From Unplugged Canada

Sharing on behalf of Unplugged Canada

Many digital platforms today, including social media, online gaming and AI chat tools, are designed to keep kids scrolling and engaged, often exposing them to addictive features, adult content, and interactions they may not be developmentally ready to handle.

Below is a resource that outlines some of the most common social media, gaming, and AI chat platforms, helping families better understand the risks, start meaningful conversations at home, and consider delaying smartphones and access to these apps until kids are more developmentally ready.

Unplugged Canada is a parent-led, national movement advocating for healthier childhoods by delaying smartphones and social media until kids are more developmentally ready.

Join thousands of Canadian families choosing to delay by taking the Unplugged Canada Pledge at [unpluggedcanada.com/sign-pledge](https://unpluggedcanada.com/sign-pledge).

**APPS EVERY PARENT SHOULD BE AWARE OF** 

<div style="display: flex; align-items: center; margin-bottom: 10px;">  <div> <p><b>SNAPCHAT</b></p> <ul style="list-style-type: none"> <li>Disappearing messages</li> <li>Snap Map location sharing</li> <li>Addictive features (streaks)</li> <li>Sexing &amp; adult contact</li> </ul> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div> <p><b>ROBLOX</b></p> <ul style="list-style-type: none"> <li>Inappropriate games</li> <li>Unmoderated private servers</li> <li>Chat with strangers</li> <li>Pressure to buy Robux</li> </ul> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div> <p><b>DISCORD</b></p> <ul style="list-style-type: none"> <li>High grooming risk</li> <li>Adult/NSFW content</li> <li>Harassment &amp; cyberbullying</li> <li>Unmoderated servers</li> </ul> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div> <p><b>CHARACTER AI</b></p> <ul style="list-style-type: none"> <li>Sexualized roleplay bots</li> <li>High grooming-style risk</li> <li>Fake "AI relationships" with kids</li> <li>Encourages secrecy from parents</li> </ul> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div> <p><b>REDDIT</b></p> <ul style="list-style-type: none"> <li>Unfiltered communities</li> <li>Adult/disturbing content</li> <li>Harmful topics easily found</li> <li>Anonymous users &amp; predators</li> </ul> </div> </div>	<div style="display: flex; align-items: center; margin-bottom: 10px;">  <div> <p><b>INSTAGRAM</b></p> <ul style="list-style-type: none"> <li>Body-image pressure</li> <li>Hidden DM requests</li> <li>Teens use secret "Finstas"</li> <li>Exposure to adult content</li> </ul> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div> <p><b>TIKTOK</b></p> <ul style="list-style-type: none"> <li>Highly addictive feed</li> <li>Harmful viral trends</li> <li>Attention fragmentation</li> <li>Frequent adult content</li> </ul> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div> <p><b>YOUTUBE</b></p> <ul style="list-style-type: none"> <li>Inappropriate content</li> <li>High risk of grooming</li> <li>Addictive short form content</li> <li>Attention fragmentation</li> </ul> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div> <p><b>TELEGRAM</b></p> <ul style="list-style-type: none"> <li>Encrypted hidden content</li> <li>Large, risky group chats</li> <li>Minimal moderation</li> <li>Hard for parents to monitor</li> </ul> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div> <p><b>CHATGPT</b></p> <ul style="list-style-type: none"> <li>Kids may overshare personal info</li> <li>Mature themes can appear</li> <li>Emotional dependence on AI</li> <li>Hard for parents to monitor use</li> </ul> </div> </div>
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Before you let your child use a platform, create an account using their age and explore it yourself to see the content and interactions they'll be exposed to.

# DARTMOUTH FOOD CALENDAR: JANUARY 2026

## Food Banks

**St. James United Food Bank**  
Tuesday, Jan 6 & 20 / 8:30-11 am  
181 Portland St. (902) 464-8852

**Cole Harbour Woodside United Church Food Bank**  
Tuesday Jan 6 & 20 / 1-3 pm  
15 Bissett Rd (902) 434-7714

**Encounter Church Food Bank**  
(once per month per household)  
Tuesdays / 1-3 pm  
345 Pleasant St (St. Alban's)  
(902) 466-6176

**Demetreous Lane Food Bank**  
12 Canso Lane (902) 407-5557  
Please contact for details

**Christ Church Food Bank**  
Wednesdays / 5:30 - 6:30 pm  
Thursdays / 8-9 am  
61 Dundas St (902) 466-4354  
Closed Jan 1

**North Dartmouth Outreach Resource Centre (NDORC)**  
Wednesdays / 8:30-10 am  
44 Hester St. (902) 469-2188  
Closed Dec 18-Jan 6

**East Dartmouth Christian Food Bank**  
Thursdays / 8-11 am  
51 Woodlawn Rd. (902) 434-5819  
Closed Jan 1

**Dartmouth North Christian Food Bank**  
Thursdays / 9:30 am-12 pm  
27 Farrell St. (902) 466-2475  
Closed Jan 1

**Victoria Road Food Bank**  
Thursdays / 11 am-12 pm  
36 Victoria Rd (902) 469-8576  
Closed Jan 1

**St Clement's SVDP Food Bank (by appointment)**  
Monday-Friday/ 9:30 am - 12 pm  
16 Gaston Rd (902) 469-1203

**St. John XXIII's SVDP Food Bank (by appointment)**  
35 Colby Drive (902) 440-7399

**St. Vincent De Paul Emergency Food** (emergency situations only)  
Phone: (902) 434-4190 x228 (leave a message)

## Meals & Snacks

**Margaret's House /Feeding Others of Dartmouth** (Take-away meals)  
Monday-Friday / 11:30 am -12:30 pm  
42 Wentworth St. (902) 464-2919  
Closed Jan 1

**Souls Harbour Dartmouth Drop In** (hot meals)  
Mondays, Tuesdays & Fridays / 12-2 pm  
27 Farrell Street (902) 405-4663  
Closed Jan 1

**The North Grove Family Supper** (families with children ages 18 & under)  
Mondays / 5:30 - 6:30 pm  
6 Primrose St. (902) 464-8234

**Diamonds Bringing Excellence Community Hub Tea & Chat**  
Tuesdays 11:30-1 pm  
17 Alderney Drive  
Closed Dec 23- Jan 5

**The North Grove Community Lunch**  
Tuesdays / 11:30 am 12:30 pm  
6 Primrose St. (902) 464-8234

**Diamonds Bringing Excellence Community Hub Tea & Chat**  
Wednesdays & Thursdays/ 11:30-1 pm  
17 Alderney Drive  
Closed Dec 23-Jan 5

**Dartmouth Seventh Day Adventist Church Supper and Dessert** (while supplies last)  
Wednesdays / 5:30 - 6:30 pm  
35 Lakecrest Dr (902) 434-1562  
Closed Jan 1

**The North Grove Drop-in Breakfast**  
Wednesdays / 9-10:30 am  
6 Primrose St (902) 464-8234

**Veterans Coffee Social**  
open to veterans & family (Army, Navy, Airforce)  
Wednesdays / 9:30-11 am  
134 Main St (parking at back)

**Salvation Army Food Truck** (for people who are unhoused/at risk of homelessness)  
Wednesdays / arrives approx. 6:15 pm  
Green Rd Park Tent Encampment

**The North Grove Café Drop-in**  
Thursdays / 11:30 am -12:30pm  
6 Primrose St. (902) 464-8234

**The Open Door, St Alban's Church**  
Tea/coffee/ juice and snacks  
Thursday, Jan. 8 & 22 / 2-3:30 pm  
345 Pleasant St. (902) 463-2493

**Community Café**  
Alderney Gate Public Library  
Fridays / 10:30 - 11:30 am  
60 Alderney Dr. (902) 490-5745

**Christ Church Sunday Suppers**  
Sundays: 3 pm tea & coffee  
4-5 pm Supper  
61 Dundas St (902) 466-4270

## Food Programs & Events

**Dartmouth Square Roots**  
East Dartmouth Community Centre , 50 Caledonia Rd  
For registration and pick up dates please see Councillor Tony Mancini's political Facebook page. **Registration required**

**Mobile Food Market Affordable Produce** (free coffee/tea, etc.)  
Tuesdays /3:30-6:30 pm  
27 Courtney Rd

**Food Demo at The North Grove**  
Wednesdays / 11- 12 pm  
6 Primrose St. (902) 464-8234  
**Registration required**

**Cooking Together at The North Grove** (for adults)  
Tuesday, January 20 / 2-4 pm  
6 Primrose St. (902) 464-8234  
**Registration required**

**Primrose Preserves at The North Grove**  
Friday, January 30 / 1:30-3 pm  
6 Primrose St. (902) 464-8234  
**Registration required**

**1-2-3 Cook with Me at The North Grove** (Caregivers and children 2 & up)  
Thursday, Jan. 29 / 10-11:30 am  
6 Primrose St. (902) 464-8234  
**Registration required**

## Preston Area Food Network: Community Shelves (Open to residents of Preston Area)

**North Preston Residents**  
35 Simmonds Road, North Preston (Church basement)  
**Cherry Brook & Lake Loon residents**  
292 Cherry Brook Road, Cherry Brook  
**East Preston Residents**  
292 Cherry Brook Road, Cherry Brook

Please contact 902-434-7155 or visit [prestonfoodnetwork.com](http://prestonfoodnetwork.com) for details

## Community Fridges

**Cole Harbour Community Fridge**  
915 Cole Harbour Road  
(parking lot of the Forest Hills Fellowship Baptist Church)

**Dartmouth Community Fridge**  
61 Dundas St (Christ Church outdoors by food bank hall)

**Eastern Passage Community Fridge**  
1807 Caldwell Road (Fire Station 16)