

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

- Mar. 8 : International Women's Day
- Mar. 13 : No classes Assessment & Evaluation Day
- Mar. 16-20 : March Break
- Mar.21 : World Down Syndrome Day
- Mar. 21 : International Day for the Elimination of Racial Discrimination
- March 30- Reports Sent home
- Mar. 31 : International Transgender Day of Visibility



Parent Teacher

Tuesday, March 31st 5:00-7:00pm

Thursday, April 2nd 1:00-3:00pm.

The link for booking appointments will be sent by School Messenger upcoming to the date.



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 if you're available to help!





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 cases of lice in our school recently.

LOST & FOUND

All Lost and found items will be donated on March 31st.

We also have a collection of prescription eye glasses at the front office that have been found.

Please check out the racks by the front door for to reclaim items before the end of the month.



Safer Internet Day 2026: Navigating the Internet Safely

As our kids and teens spend more time exploring, creating, and learning online, it's natural to wonder how we can best support them — especially with emerging technologies like artificial intelligence becoming part of their digital world.

On Safer Internet Day 2026, Google shared helpful updates and tools designed to make it easier for families to guide, protect, and empower young people as they navigate the Internet safely. Learn more [here](#)..



The Scholastic Book Fair is coming back to DSA! We're excited about sharing the joy of reading with our students. This year we will be open when we return from March Break.

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.

March 23rd- April 2nd

More details on times to follow through your classroomteacher.

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

March is Nutrition Month: Make the Most of the Nova Scotia School Lunch Program

March is celebrated across Canada as Nutrition Month, a perfect opportunity for families to focus on building healthy eating habits together. Nutrition Month allows us to explore sustainable eating patterns, food literacy, and learning about the benefits of balance and variety in everyday meals. By highlighting the connection between nutrition and long-term health, Nutrition Month empowers everyone to build habits that benefit both individuals and the planet.



Use Nutrition Month as a reminder to take advantage of the [Nova Scotia School Lunch Program](#)! With nutritious, balanced meals prepared daily, the program ensures students have the energy and focus they need to succeed in the classroom and beyond. The School Lunch Program is designed to provide accessible, affordable, and appealing meals that feature a variety of foods from all food groups, following Canada's Food Guide. By participating, families can help their children develop lifelong healthy habits while making mornings a little less hectic.

Together, we can make small changes that lead to healthier futures for our families and communities.

[Community Health Teams Flyer](#)

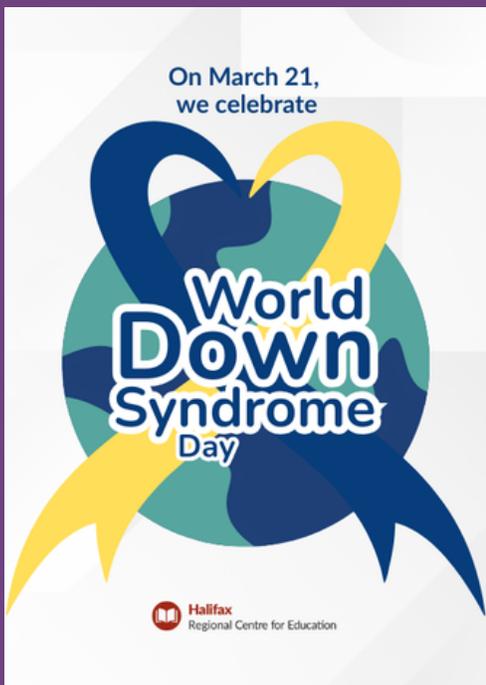
March 21 is International Day for the Elimination of Racial Discrimination

Today we recognize International Day for the Elimination of Racial Discrimination to build awareness, empathy, and respect among students of all backgrounds. The United Nations established this day in 1966 to call for a global commitment to ending racial discrimination in all its forms.

By learning about the impacts of discrimination and celebrating diversity, children gain social skills and knowledge to be inclusive both within school and home community. Families are our students first educators and through your continuous conversation valuing equity and the elimination of racism, we will continue our shared goal of a society where racism no longer exist.



March 21 is World Down Syndrome Day



World Down Syndrome Day, celebrated each year on March 21, gives us the chance to recognize those with Down syndrome and the awesome contributions they make to our school communities. It's an opportunity for families, students, and staff to strengthen inclusion, acceptance, and belonging. By celebrating differences and promoting understanding, our schools help create welcoming environments where every child feels valued and supported.

On this day, many schools encourage students and staff to wear mismatched socks as a colourful symbol of diversity and solidarity. Activities such as assemblies, classroom discussions, and creative projects highlight the abilities of individuals with Down syndrome, fostering empathy and friendship throughout the school. These efforts ensure that everyone has a voice and a place in our communities, reinforcing the importance of respect and kindness.

Power School Reset for Parents

Powerschool Parent Portal

Dear Parent/Guardian,

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.

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/>

Responding to Technology – Facilitated Harms Among Young People

Unplugged Canada is hosting a free community event at the Canada Games Centre on Thursday March 5 at 7 p.m., available both in person and virtually. Join to learn from Dr. Alexa Dodge, Assistant Professor of Criminology at Saint Mary's University and a leading Canadian researcher on technology-facilitated sexual violence.

This session will explore cyberbullying, the sharing of intimate images, and other online harms youth face, along with research on the support and responses young people need when problems arise online. This presentation will be valuable for any caregiver or adult supporting young people as they navigate the challenges of their digital social lives.

Thursday, March 5, 2026, at 7 p.m.

Canada Games Centre Boardroom – 26 Thomas Raddall Drive, Halifax

Please register for in-person or virtual [here](#).



Open your home to an international student

Have you considered opening your home to an international student?

HRCE's International Services welcomes students from all over the world who would like to attend schools in our region. Hosting a student in your home can be an enriching and rewarding experience. We're looking for warm and caring families like yours to provide them with a home away from home.

Hosting an international student is a once-in-a-lifetime experience that gives your family the opportunity to bring the world home. For students, it's a way to learn about the Canadian way of life.

As a host, your family would be matched with a student who will attend your neighbourhood school and participate in your daily routines.

What you can expect:

- Host families receive a tax-free monthly stipend to help cover hosting expenses (\$825 current, \$875 effective September)
- Students stay for periods of three to 10 months
- Ongoing support is provided by an experienced Homestay Coordinator
- You will learn about and communicate with your student before their arrival

Learn more [here](#) or contact:

HRCE International Services
(902) 464-2000 ext. 2548
hostastudent@hrce.ca



NSISP **BECOME A HOST FAMILY**
OPEN YOUR HOME AND HEART TO AN INTERNATIONAL STUDENT

\$875 /month	PER STUDENT (Tax Free)	\$975 /month	If you can accommodate a vegetarian or lactose free diet	\$1075 /month	If you can accommodate a vegan or celiac diet
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* Effective in September 2025

RECEIVE \$100 FOR EVERY SUCCESSFUL REFERRAL OF NEW HOST FAMILY
Share the name and contact details of an interested host. Once they are approved and actively hosting, you'll receive \$100.

 **Halifax**
Regional Centre for Education

Learn More: nsisp.ca/host Email hostastudent@hrce.ca or call 902-464-2000 ext. 2548



Please share this message with anyone who may be interested.

Thank you! Gracias. Merci. Xie-Xie. Danke. Arigato. Grazie. Obrigado. Kamsa-Hamnida. Kawp-Kun-Ka. Shukran. Teşekkür Ederim.

HRCE International Services

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.



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](#).



DARTMOUTH FOOD CALENDAR: March 2026

Food Banks

St. James United Food Bank
Tuesday, March 3, 17 & 31 / 8:30 - 11 am
181 Portland St. (902) 464-8852

Cole Harbour Woodside United Church Food Bank
Tuesday March 3 & 17/ 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

North Dartmouth Outreach Resource Centre (NDORC)
Wednesdays / 8:30 – 10 am
44 Hester St. (902) 469-2188

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

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

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

St Clement's SVDP Food Bank
16 Gaston Rd (902) 469-1203
By appointment

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

St. Vincent De Paul Parish Emergency Food
320 Flying Cloud Dr. (902)435-2500 x4
(Leave a message)

St. Thomas More Emergency Food (902)
434-4190 x228 (leave a message)

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

Humble Harvest Free Food Market
Sat. March 14 & 28 / 11:30 am – 1:30 pm
East Dartmouth Community Centre, 50
Caledonia Road

Cooking Together at The North Grove
(Adults)
Tuesday, March 10 / 2-4 pm
6 Primrose St. (902) 464-8234
Registration required

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

Meals & Snacks

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

Souls Harbour Dartmouth Drop In
(hot meals)
Mondays, Tuesdays & Fridays / 12-2 pm
27 Farrell Street (902) 405-4663 x 608

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

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

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

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, Feb 5 & 19/ 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

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)

Community Shelves & Pantries

East PrestonPreston Area Food Network: (Open to residents of Preston Area)
Please note temporary location change for East Preston, Lake Loon and Cherry Brook
Thursdays March 12 & 26

East Preston, Lake Loon & Cherry Brook Residents: Preston Business Park Centre (1900 Highway 7, Unit 701 East Preston)

North Preston Residents: 35 Simmonds Road, North Preston (Church basement)
Please contact 902-434-7155 or visit prestonfoodnetwork.com

Our Lady's Pantry: St. Peter Catholic Church (OLG)
10 Maple St (pantry to left of main church door)
Mondays / 10-noon