

DARTMOUTH SOUTH ACADEMY



Newsletter# 7-March 2023

Dartmouth South Academy

111 Prince Arthur Avenue

Dartmouth, NS B2Y 0C5

<http://dsa.hrce.ca>

Phone: (902) 464-2081/Fax: (902) 461-0199

Principal: Adrienne Blumenthal

Vice Principal: Susan Aucoin/Ashley Grant

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](https://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>

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.



Pre-Primary and

Primary Registration for 2023-2024

It is imperative that parents of pre-primary children who will be 4 on or before December 31st, 2023 and primary children who will be 5 on or before December 31st, 2023 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.



PLEASE NOTE

In cases of inclement weather when HRCE announces a 2-hour delayed opening, that means the following for DSA:

- Buses will pick up students 2 hours later than usual
- There will be no AM EXCEL
- Classes will begin at **11:00 AM**
- Students will be allowed into the building and supervision will begin at **10:40 AM**
- The cafeteria will not be available for lunch orders

Dismissal will occur at the usual time of 3:00 PM

DARTMOUTH SOUTH ACADEMY

Musical 2023 – Annie Jr.

Below please find a list of dates for upcoming after school practices:

March 1 – 3:15 – 4:15 pm
March 2 - 3:15 – 4:15 pm
March 6 - 3:15 – 4:15 pm
March 8 - 3:15 – 4:15 pm
March 9 - 3:15 – 4:15 pm
March 22 - 3:15 – 4:15 pm
March 23 - 3:15 – 4:15 pm
March 27 – 3:15 – 4:15 pm
March 29 – 3:15 – 4:15 pm
March 30 – 3:15 – 4:15 pm

Any parent or community member that can offer assistance with tech, behind the scenes, costuming or supervision are encouraged to reach out to Ms. Grant at granta@hrce.ca.



DATES TO REMEMBER

March 13th -March 17th – March Break (no classes)

March 20th – Assessment & Evaluation Day Elem/Jr High (no classes)

March 30th – AM – PD Day (no classes) PM – Parent/Teacher Interviews (no classes)

Lunch News

A reminder to parents that we are not equipped to be able to heat up student's lunches. Students must bring a lunch that doesn't require a microwave or a kettle. Also, eating utensils are necessary ... the cafeteria is unable to provide cutlery.

Lunch Monitors

We are in need of lunch monitors at Dartmouth South Academy. The times would be from 12:00 – 1:00 pm and/ or 1:00 - 2:00 pm. A criminal record check and child abuse registry form are required to work as a lunch monitor. Please phone the school office at 902-464-2081 if interested and we will be more than happy to help you.

NO PARKING ZONES

Please be mindful of the no parking zones/fire lanes on our school property. It is no secret that the parking lot is unsafe at the end of the school day. We need to be more aware for the safety of our students.

BELL TIMES

Morning Attendance – 8:55-9:00 am

Lunch – 12:00 – 1:00 – grades P-6

Lunch – 1:00 – 2:00 – grades 7-8

Dismissal Pre-P-8 – 3:00 pm

DARTMOUTH SOUTH ACADEMY

PLEASE NOTE - Reminder

- We have a no cell phone expectation at our school. Cell phones are to be placed in lockers and not be seen or heard during the day. If they are seen or heard in a pocket/bag or being used in classrooms or hallways, phones will be kept in the office until lunch or the end of the day. The parent will be contacted.
- Lates – 7 & 8 students are especially encouraged to be on time for each period. Also, lates make additional work for our office and admin team. Students with 3 or less lates will be invited to the next dance.
- Students need to be in good academic and behavioral standing in order to play on sports teams.

Community News

Health and Wellness and Parenting Programs

WELLNESS NAVIGATION offered by healthcare professionals can help families connect to available resources in their community and overcome barriers. Navigation is available to residents of the greater Halifax area with a valid NS health card. **Please have families call the CHT to request an appointment 902-460-4560.**

(see attached brochures)

COLD WEATHER

Just a reminder that the cold 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. Students are unable to come inside unless they are in the Excel Program.** The students need to be dressed appropriately for the weather conditions.



SOCCER

United DFC's mission is to promote and grow the sport of soccer in our communities, creating pathways and opportunities for players and volunteers to be involved in soccer for life. We are promoting our Come Try Soccer event taking place in March. We were wondering if you'd be able to circulate our flyer to your students and parents. Please let us know if this is possible.

(see attached brochure)

**SPRING - SUMMER
2023**

REGISTER NOW
Online • Phone



Please ask about
accessibility and
interpretation services.



FREE HEALTH & WELLNESS PROGRAMS

www.communityhealthteams.ca

902-460-4560



WELLNESS
NAVIGATION



REDUCING
YOUR
HEALTH RISKS



HEALTHY
EATING



PHYSICAL
ACTIVITY



MENTAL
WELLNESS



PARENTING

Community Health Teams



in PARTNERSHIP with



PROGRAM & REGISTRATION INFORMATION

Program Information

The Community Health Teams are a program of Nova Scotia Health in partnership with IWK where healthcare providers offer FREE health and wellness programming. **Programs are open to residents of Nova Scotia age 18 and older with a valid NS health card** (unless otherwise indicated in the program description). You will be required to provide your health card number to register and registration is required.

Programs listed in this flyer are offered in person, online through "Zoom for Healthcare," or both. The location of the program will be indicated next to the program dates (addresses for the locations can be found on page 15).

For some of the in-person programs, the number of weeks or the time frame may be different from the online version. **Please check dates and times carefully.**

For in-person programs, participants will follow all public health guidelines that apply at that time. Programs occurring in Nova Scotia Health locations will require a mask. Programs requiring a mask will have a mask icon. 

If you are feeling unwell the day of a session you are registered to attend, please consider attending on another date to help prevent the spread of illness in your community. Thank you!

It is easy to register online!

Find a program in this flyer you are interested in. Simply click on "CLICK HERE" next to the program you wish to register for and you will be taken directly to its registration page.

Find a Program:



REDUCING YOUR HEALTH RISKS
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MENTAL WELLNESS
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HEALTHY EATING
Page 6 - 8



PARENTING
Page 13 - 14



PHYSICAL ACTIVITY
Page 8 - 10

2 REGISTER NOW! www.communityhealthteams.ca



Wellness Navigation

Are you feeling **stressed**?

Are you **struggling** with your health, money, housing, or mental health?

Do you need **help** finding resources?

Do you have **concerns** about your child's mood or behaviour?

Do you want to join a group or **feel more connected** to your community?

Wellness Navigators can connect you with services that will best help **YOU**.

What is a Navigator?

Navigators are health professionals who know health care, the greater Halifax community, and government systems. We can find the right resource for you. Navigators work with adults, children, youth, and families. Appointments can be by phone, Zoom for Healthcare, or in person (pending current public health recommendations). **This program is available only to those living in the greater Halifax area.**

Call 902-460-4560 (press 1 for Bedford/Sackville, 2 for Chebucto, 3 for Dartmouth and 4 for Halifax) **to make an appointment with a navigator.**





in PARTNERSHIP with



Community Health Teams

PARENTING PROGRAMS SPRING/SUMMER 2023

Register Now!

www.communityhealthteams.ca

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

INCREDIBLE YEARS - PRESCHOOL AGE -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.**

Wednesdays - March 22 to June 21, 9:30 - 11:30 am - Captain William Spry Library

Tuesdays - March 28 to June 27, 6:00 - 8:00 pm - Zoom for Health Care



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.**

Wednesdays - March 22 to June 7, 6:00 - 8:00 pm - Zoom for Health Care

Tuesdays - March 23 to June 8, 6:00 - 8:00 pm - Sackville Heights Community Centre

(Limited childcare available - Call 902-460-4560 to register)



SELF-COMPASSION FOR PARENTS

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

Friday - April 14, 10:00 - 11:30 am- Chebucto Family Centre

(Limited Childcare available - Call 902-479-3031 ext. 302 to reserve a spot)

Monday - April 17, 10:30 - 12:00 Noon - John W. Lindsay YMCA

Thursday, June 15, 1:30 - 3:00 pm, Bedford CHT (Masks required at this location)



All programs offered for free via Zoom for Health Care or In Person by





in PARTNERSHIP with



Community Health Teams

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 - April 11 & 18, 6:30 - 8:30 pm - Ecole du Grand-Portage

Fridays - May 12 & 19, 10:00 am - 12:00 Noon - Cole Harbour Library

Wednesdays - May 24 & 31, 5:30 - 7:30 pm - Ummah Mosque (Entrance A)

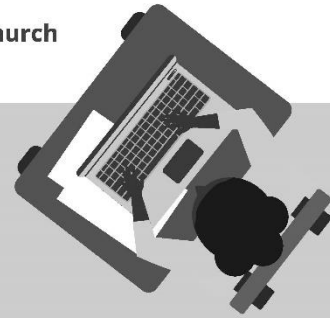
Mondays - June 5 & 12, 11:30 am - 1:00 pm - Zoom for Health Care



PARENTING YOUR TEEN - WALKING THE MIDDLE PATH 6 WEEK PROGRAM

Learn to better understand your teen and how their brain works as well as practicing skills to improve communication to help your family run more smoothly.

Saturday - April 1, 9:00 am - 4:30 pm - Life Branch Church



INTRODUCTION TO PARENTING YOUR TEEN

An introductory session to 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 8, 12:00 Noon - 1:30 pm - Zoom for Health Care

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 and caregivers of children up to 12 years old.**

Tuesday - May 16, 11:30 am - 1:00 pm - Spryfield Wellness Centre
(Masks required at this location)



All programs offered for free via Zoom for Health Care or In Person by



DARTMOUTH SOUTH ACADEMY

New Way to Report 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. As of **Thursday, September 1**, you will be able to report future absences using an app, website, or toll-free phone number. Starting on **Wednesday, September 7**, 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.

Thank you for your patience and cooperation as we implement this new tool. Please visit <https://www.hrce.ca/SafeArrival> for more information.

DARTMOUTH SOUTH ACADEMY

School Safety and Security

As you are likely aware, our school practices lockdowns as part of our emergency planning/preparedness cycle. Staff and students are familiar with lockdowns, but we wish to increase your knowledge of our procedures.

It is important to understand that school staff will implement a lockdown and call police if and when there is any reason to believe that imminent danger to students and staff may exist. At this stage, everyone in the school will move to a secure location, safe from harm. Police will respond to the school and no one will enter or leave, until the situation is resolved.

The first instinct of parents/guardians is to either phone the school directly or your child, or to attend directly to the school. You are asked not to do any of these, but instead to understand and follow the procedures outlined in this letter.

Experience has shown that roadways need to be kept clear for responding emergency vehicles, and parents and others attempting to drive to the school can slow police and other emergency responders from getting to and securing the area as quickly as possible. Therefore, if you hear that a lockdown is occurring at your child's school, do not attend to the school. Instead, you may attend to your schools' designated Parent location to receive information which will be provided by police and school representatives.

School Safety and Security...CONT'D

Please be assured that every effort will be made to keep you informed as to what is happening during the event. Experience has shown that incorrect information often circulates during an event when it does not come directly from the police or school board. After the lockdown, you may be asked to go to the school or to wait where you are until your child is brought to your location.

We also ask that you not attempt to phone your child. In a lockdown, everyone must remain quiet, and a ringing cell phone may draw undue attention to the secure location where your child and his/her classmates are.

Aside from lockdown procedures, your child's school may also implement a precautionary "Hold and Secure" if there is an unrelated emergency situation occurring outside the building or in the neighborhood that could potentially present a danger to the school. In this situation all doors to the school are locked and monitored to allow any students from outside entry into the school. Classes will generally continue but no one will be allowed to enter or leave the building until the situation is resolved. We also ask that you do **NOT** attend to the school unless asked to do so by school board staff.

We encourage you to discuss school safety with your child and to address any concerns they may have and we welcome any questions you may have about this or any other issue related to the safety and security of our school.

SCHOOL	PRIMARY PARENT STAGING AREA	SECONDARY PARENT STAGING AREA
Dartmouth South Academy	North Woodside Community Centre 230 Pleasant Street 902-463-9276	Grace Baptist Church 51 Athorpe Drive 902-434-3047

DARTMOUTH SOUTH ACADEMY

Guidelines for school and/or bus cancellations due to inclement weather

Nova Scotia winter weather can change quickly and can be challenging to predict. This document outlines the steps we take when deciding whether to cancel school and/or bussing.

A 6:00 am announcement could be:

All schools are closed for the day

OR

Some schools (either individually or by family) are closed for the day

OR

All schools are open, but some or all busses are not operating for the day

OR

All schools are delayed in opening by 2 hours

If weather deteriorates, or is forecast to worsen throughout the morning

An 11:00 am announcement could be:

Bussed students will be picked up 2 hours earlier than their regular dismissal time

AND

Walking students will be dismissed at their regularly scheduled lunch hour

Remember:

Parents/guardians always have the right to keep their child home from school if they believe that the travelling conditions are unsuitable.

How does Halifax Regional Centre for Education (HRCE) decide on school and/or bus cancellations?

By 4:30 am, HRCE staff begin to gather information from:

- A contracted weather service that provides radar and satellite imagery, real-time road conditions and weather warnings;
- A meteorologist to discuss details of forecast, level and type of precipitation and impact on road conditions;
- Stock Transportation consults bus drivers throughout HRM about road conditions in their area;
- Municipal and provincial transportation staff; and
- Other local weather services, including Environment Canada and the Weather Network.

By 5:30 am, staff make recommendations to the Regional Executive Director (or designate), who makes the final decision and communicates it by 6:00 am.

Where can cancellation information be found?

Website: www.hrce.ca Twitter: @HRCE_NS Phone: 902-464-INFO (4636) Local media outlets

Subscribe to email/text notifications at www.hrce.ca



Halifax
Regional Centre for Education