



# DYS STAR GAZE-ette



Migizi giizis (month when eagles return)

Avril

Principal: Ms. Serena Maharaj  
Vice Principal: Mrs. Melanie Williams

## April 2, 2024

Website: [dys.rrdsb.com](http://dys.rrdsb.com)

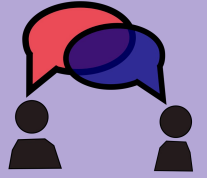
### PINK Shirt Day

Wednesday, April 10, 2024

Remember to wear pink on Wednesday! DYS will participate in school-wide activities to highlight the importance of kindness, caring, and inclusivity. A big thank you to the School Council for donating a school set of DYS PINK All-Star shirts last year.



### School Council Corner



Greetings to the DYS School Community, Please make note of the next School Council meeting happening on Wednesday, April 10th @ 6:00 p.m.

All are welcome to attend.



2024-2025 School Budget - Share your thoughts!



To join the conversation, please scan the code or visit:  
<https://tejoin.com/scroll/335670491>

The exchange will be open until April 5, 2024.

The RRDSB values input from parents/guardians, students, staff, and community members regarding the budget planning for the 2024-2025 school year. Please take a few moments to share your thoughts on the budget by participating in this short anonymous survey.

The survey will run from 12:00 p.m. on Monday, March 4 to 5:00 p.m. on April 5, 2024.

Aligning with the RRDSB's strategic priorities outlined in the 2022-2027 Strategic Plan and the annual operating plan, the budget development process determines the distribution of resources for the 2024-2025 school year.

[SURVEY LINK](#)

### SOLAR ECLIPSE APRIL 8, 2024



A total eclipse is scheduled for April 8, 2024, stretching from Southern Ontario to Newfoundland and Labrador, with the rest of Canada witnessing a partial eclipse. Our area will only experience a partial blockage of the sun as we are not in the path of the total eclipse.

The solar eclipse will take place between 1:00pm – 3:10pm (CST) on April 8th, with the sun reaching maximum coverage around 2:00pm. Therefore, schools will be in session, but breaks will be adjusted accordingly.

Leading up to the eclipse date, students will have the opportunity to learn more about this rare celestial event. Additionally, resources on safely observing a solar eclipse are available from the Northwestern Health Unit.

[NWHU Solar eclipse safety](#)

[Solar eclipse safety](#)

If you have any questions, please feel free to contact us at the school.

## Important Dates For April 2024

Solar Eclipse	Monday, April 8th
International Day of Pink	Wednesday, April 10th
School Council Meeting	Wednesday, April 10th @ 6:00 p.m.
Grade 8 Parents' Night at FFHS	Wednesday, April 17th @ 6:00 p.m.
Grade 8 Course Selections (for Grade 9) due	Thursday, April 18th
PD Day: NO SCHOOL for Students	Friday, April 19th
Gagwe-gikendamaawiziwin 2024	Thursday, April 25th

### Principal's Message:

Students have been busy during the last few weeks at DYS participating in different activities and events. DYS hosted a boys basketball tournament that was well attended by participants from nearby schools. Frisbee Rob visited as a guest speaker who emphasized perseverance, determination, and a passion to succeed. Students in Grades 3-8 engaged in workshops with him that focused on skills and maintaining a positive mindset. Our hot lunch program is a hit and students are enjoying tasty homestyle meals. The Recognition of Excellence was presented to the RRDSB Board of Trustees in March, which was well received. We are looking forward to welcoming the warm weather soon!

--Ms. Maharaj

## **Gagwegakendamaawiziwin Quest for Knowledge 2024**

Students have been working hard preparing for this year's event to be held in **Fort Frances at Seven Generations Education Institute** on **Thursday, April 25th**.

Gagwegakendamaawiziwin is about delivering an engaging project that brings communities, educators and students together to celebrate the rich culture and language of the Anishinaabeg in our tribal area while promoting and commending academic achievement. Each year for the past 16 years, more than 1500 students in grades 5 – 8 have participated in this event.

## **Mental Health Memo** **Healthy Eating Habits Can Help Mental Health**



As a parent/caregiver, you have the power to decide how your child eats and be a role model for healthy behaviours and attitudes around eating, body image, and lifestyle choices.

The following are healthy habits that can serve as a foundation in lifelong health for your child:

- Children need regular servings of a variety of whole foods whenever possible
- Prepare meals together to teach them valuable cooking skills
- Eat together as a family when you can to increase self-esteem and connectedness
- Role model positive body image attitudes and behaviours around healthy eating
- Consult a doctor if you have concerns with your child's behaviours and attitudes around eating and eating and body image

Schools within the Rainy River District participate in a variety of nutrition programs to help students to fully participate in their learning and the board has a Student Nutrition and Support Coordinator to enhance student nutrition and healthy living resources. Ask at your child's school about the breakfast, lunch, and snack programs; Nutrition on Weekends (NOW); You're the Chef; and any other ways they can help support healthy eating habits.

See the article from SickKids to learn more:

<https://www.aboutkidshealth.ca/Article?contentid=639&language=English>

For more information, please contact the RRDSB Mental Health Leader: [tracey.idle@rrdsb.com](mailto:tracey.idle@rrdsb.com)

April is oral health month and it's time for @theCDHA's Attack the Plaque colouring contest! It's also a great time to remind everyone to brush their teeth at least twice a day with a fluoride toothpaste (2x2 minutes).

#oralhealth4totalhealth

[www.cdha.ca/colouringcontest](http://www.cdha.ca/colouringcontest)



## WITH APPRECIATION

We thank Mrs. McNally, who replaced Mrs. Spicer while she was away - thank you for all you have done!

We wish Mrs. McGinnis a wonderful retirement after nearly thirty years working with students at DYS - thank you for your dedication to the students!

We wish Mrs. McQuaker the very best in her new career adventure.

Your twenty years of shaping students through speech coaching at DYS have left a lasting impact-thank you and good luck!

We're rooting for you all and are so grateful to have had the pleasure of working with you.

As the weather changes, please adjust your child's outerwear to suit conditions - including footwear. You may wish to consider sending a change of clothing as the playground becomes wet and muddy. Thank you.

**DYS HOT LUNCH PROGRAM**

what students are saying!

"yummm!"

"The chicken noodle soup is my favourite!"

"The lasagna is the best!"

"Hot lunch is my favourite day!"

"The taco wrap is soooo tasty!"

"It is so delicious!"

"The soup has real chicken and tastes so yummy!"

**ORDER YOURS TODAY!**