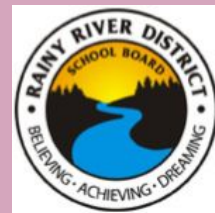




# DYS STAR GAZE-ette



Makoonsi giizis (month when bear cubs are born)

Fevrier

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

## February 6, 2024

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

## Forest Of Reading

We are excited to announce that the annual **FOREST of READING** - a highly popular recreational reading program for students from Kindergarten to Grade 8 is now in full swing at DYS. This program aims to encourage a genuine and life-long love of reading among readers of all ages.

**What's It All About?** Readers participate by reading five of the ten nominated Canadian titles on the list, and then vote for their favourite book. Voting day is in April. The Forest of Reading is an excellent opportunity for young readers to get to know imaginative and creative Canadian authors/illustrators, as well as supporting these amazing artists and the Canadian publishing industry as a whole.

**What are the Categories?** We will participate in selecting the winner of the Blue Spruce Award (K to Grade 2), Silver Birch Award (Grade 3 to 6) and the Red Maple Award (Grade 7 and 8). Based on voting across the province, the best book is announced and the author is honoured with an award at the Festival of Trees™ in Toronto in May.

We encourage all students to participate. To qualify to vote in April at least five of the ten nominated books on the shortlists must be read. In order to complete as many books as possible, students are encouraged to read at school, as well as at home. Students must have their reading confirmed and registered by their teacher or one of the other Forest® volunteers in our school.

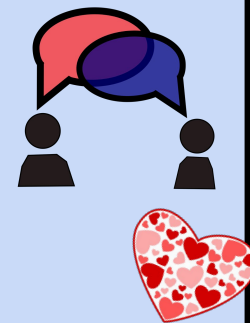
**For more information:**

- Forest of Reading website: <https://forestofreading.com/>
- Forest of Reading Festival website: <https://forestofreading.com/festival/>



## School Council Corner

Hello DYS families/community,  
Our next meeting will be at DYS on  
Wednesday, April 9th @ 6pm.  
See you there!



## Family Day

**There will be no school due to Family Day on Monday, February 19th.**

**Enjoy the time with your family, and we will see you back on Tuesday, February 20th.**



## Just a Reminder...

Whenever you are coming into the school, regardless of your purpose, you must let the office know you are here by following our procedure to sign in. This is for the safety of all. Thank you!

**Welcome to DYS!**



**ALL VISITORS ARE REQUIRED TO SIGN IN AT THE OFFICE!** Thank you

Families are welcome to send pre-packaged treats that are nut-free for Valentine's Day on Wed., Feb. 14th.

If you have questions, please contact your child's teacher. Thank you!



## Calendar of Events

Grad Photos	Wednesday, February 7th (around 1 pm)
Report Cards Sent Home	Monday, February 12th
Family Day - No School for Students	Monday, February 19th
Spring Break: No School for Students	Monday, March 11th - Friday, March 15th
Good Friday	Friday, March 29th
Easter Monday	Monday, April 1st



# Mental Health Memo

## Supporting Your Child with Traumatic Events



Every year, children and adolescents experience and/or witness traumatic events such as natural disasters, serious accidents, acts of violence, and other threats. Family, friends, and other trusted adults play an essential role in helping youth cope with these experiences. How adults respond to trauma can strongly influence how children and adolescents react to trauma. When caregivers and family members take steps to support their own ability to cope, they can provide better care for others.

While it is typical for children and adolescents to have different reactions to traumatic events, these tips may help you support them through these situations:

- Talk about social media, rumors, and facts – encourage them to share with you what they are hearing and being told and balance these with factual information.
- Allow space for all types of reactions – provide time and space for your child to process their feelings and reactions.
- Try to stick to routines and create normalcy – predictability and routines help to build feelings of safety.
- Don't make promises you cannot keep – stick to the facts and validate how difficult it can be when things are unknown.
- Pay attention to changes – seek help if there are sudden changes in thoughts, behaviours, or emotions.

If you are concerned that your child needs help, please refer to this resource:

[Where To Get Help For Your Child.pdf \(sharpschool.com\)](#)

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



### Principal's Message:

The second term is now in full swing at DYS! We are enjoying the warm weather and the opportunities to have recess outdoors. We are excited to have launched a successful DYS Hot Lunch program. All of your continuous support is appreciated in getting this up and running.

There are exciting things planned in February at DYS such as, The Forest of Reading, Valentine's Day, sock hops, Book Fair, and our weekly Friday Spirit Days. We hope that you have an enjoyable and safe Family Day spent with friends and family.

--Ms. Maharaj

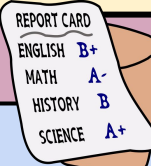
## DYS HOT LUNCH IS NOW ACCEPTING ORDERS!

Parents can now order meals for students on School Cash Online. Meals are available in regular and small servings.

MEALS ARE AVAILABLE ON TUESDAYS, WEDNESDAYS, AND THURSDAYS!

*delicious!*  
We highly recommend trying these very tasty, homestyle-cooked meals.

*tasty*



### Report Cards

Term 1 report cards will be sent home on Monday, February 12th.

## DYS HOT LUNCH ORDER HERE!

Here is the link to order hot lunches:

[Order Here!](#)

Please note:

1. When placing your first order, please ADD your child with his/her grade and teacher for the current school year.
2. Orders will not be accepted after the **Sunday at 11:59 pm** deadline.

The available menu options will be posted weekly on the [DYS Facebook page!](#)

 SCHOLASTIC

**SAVE THE DATE!**

**OUR SCHOLASTIC BOOK FAIR WILL BE BACK AT DYS FROM FEBRUARY 28TH TO MARCH 1ST!**

**IF YOU WOULD LIKE TO VOLUNTEER, PLEASE CONTACT THE SCHOOL AT 807-482-2271.**



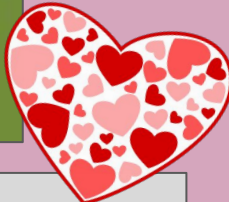
# Student Nutrition and Supports

[Click here to access the website](#)

The Nutrition and Student Support program helps students overcome obstacles to regular attendance and success at school. It facilitates consistent nutrition programs at all Rainy River District School Board schools and provides support for basic personal needs, eliminates attendance and participation barriers, and supports student pathways.

**For more information contact:**

Tara Rajala, Student Nutrition and Support Coordinator  
Rainy River District School Board  
Phone: 807-274-9855 ext. 5006  
Email: tara.rajala@rrdsb.com



Is your child sick? Do they have a contagious illness, and you're unsure what the protocol is for returning to school?

Click [here](#) for a link to the Northwestern Health Unit's Contagious Illness in School website for accurate information on the most common diseases and symptoms that often make their way into schools.

Stay up-to-date with the happenings at DYS!  
Follow us on [Facebook](#) and our [School Website](#).

