From the Principal’s Desk:

Malgré quelques défis depuis la rentrée, la plupart de nos élèves passent de beaux moments stimulants et ouverts à l’apprentissage. The staff is providing a stimulating learning environment that the majority of our students are embracing. We continue to work diligently with, and encourage, a small number of students who are experiencing difficulties settling in or focussing on their academic life. Having said that, I have had an opportunity to visit many classes, and I am seeing a very sharp and promising group of students. I am looking forward to getting to know them better as the school year unfolds.

The turnout for Curriculum Night was very encouraging. We appreciate the positive feedback and the opportunity to strengthen educational partnerships. We were equally delighted to see such a great turnout of grade 12 parents for our Post-Secondary Information Session. I know that a lot of information came your way, but we hope the session was found to be informative. Many students are taking advantage of opportunities to attend open houses and to chat with post-secondary recruiters. It is great to see their initiative and the drive.

We encourage parents and students to visit our Student Service Dept. page on the DHS website on a regular basis to seek out and apply for scholarship and bursary opportunities.

We remind parents and students to monitor their child’s progress and attendance on PowerSchool on a regular basis and to take the necessary steps to address potential issues. You may use this tool to prompt conversations with your son or daughter. In addition to being able to access PowerSchool, we send home GradeBook reports as per our Plan for Communicating Student Learning. This report represents a snapshot of where the students are relative to their academic expectations for each teacher. It serves to inform and reassure students about their academic progress and allows students to regroup or refocus on their academic life. We are looking forward to a positive and productive year.

upcoming DATES

Monday, Nov 12th
NO SCHOOL
Remembrance Day

Nov 13-22
Report Cards go home

Wednesday, Nov 21st
NO SCHOOL
Parent Teacher
1-3pm
6-8pm

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**PARENT VISITATION**

Mid-term report cards are scheduled to go home between **November 13-22**. Our first parent-teacher interviews are scheduled on **Wednesday, November 21 from 1-3:00pm and from 6-8:00pm**. Note that there are no classes scheduled; there is a professional development session scheduled for the morning. The online Parent-Teacher Interview Scheduler will go live on Tuesday, November 13th. This gives parents/guardians a little over a week to sign up in advance. **Sign up times will be on a first come, first served basis.** The allotted time for each visit is 5 minutes. We ask that parents/guardians stay within their respective time-frame. Keep in mind that the teaching staff remains committed to meeting with parents/guardians at other mutually convenient times if more time is required. If this were the case, we would ask that you make an appointment for another time by contacting the teacher(s) directly.

This reporting session provides an opportunity for your child to make improvements or to reaffirm their commitment to their personal goals. Please do not hesitate to contact us if there are concerns and we look forward to seeing you at one of the above sessions.

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**MENTAL HEALTH MATTERS**

This year, we extended the Mental Health Matters Conference to include all grade levels. Presenters were: **Nolan Pike**, a writer and performer from the LGBTQ community; representatives from the Schizophrenia Society of Nova Scotia; **Caelin Nadin**, a certified Yoga Therapist who specializes in rating anxiety, depression, PTSD and chronic pain and lastly, **Sunjay Nath**, who presented on #ThingsThatHoldUsBack. Overall, students were provided with skills to deal with the everyday stresses of life and living as well as anxiety. Students were also challenged to examine their personal biases and opinions to determine to what extent they are limiting their own potential. We hope that students walked away feeling more empowered. We received feedback from a parent via email, who indicated "It isn’t too often our kids come home and tells us ALL about the guest speaker at school. Sunjay Nath left quite an impression on our son and for that I want to thank you and the organizers!". If we have impacted on one student in this manner (and we believe there are many more), it makes it all worthwhile. The admin team would like to thank Ms. Younker, Ms. Cameron, Ms. Johns, Mr. MacDonald and Ms. Bolton for the many hours of planning and organizing this event.

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**Senior Class 2019**

We look forward to working with grade 12 students as they begin plans for transitioning into their respective post-secondary pursuits. At this time of the year, there is often conversation around Prom/Safe Grad, but things are a little slow this year. Oddly enough, we have not had any buzz about either event from members of our senior class so far. However, the admin team will be calling a meeting the second week of November to solicit support. We are looking to strike up a Prom Committee to assist with planning activities and to help with fundraising endeavours. In the meantime, the admin team has taken steps to secure a venue for Prom. We will share this information with the senior class when we meet.

At this time, we will be asking for a vote on Safe Grad. The results will determine commitment level in terms of whether or not to forge ahead with plans for Safe Grad this year. This has been our practice from year to year to ensure we have our senior class on board. A parent group coordinates Safe Grad activities. Of note, we have a volunteer parent who has offered to chair the Safe Grad Parent Committee. This committee is responsible for fundraising and planning activities and entertainment for Safe Grad with input from the senior class.

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"**EDUCATION IS FOR IMPROVING THE LIVES OF OTHERS AND FOR LEAVING YOUR COMMUNITY AND WORLD BETTER THAN YOU FOUND IT.**"  
~Marian Wright Edelman
Europe Trip 2019

Currently, we have a roster of 62 trip participants bound for the 12-day school trip to Eastern Europe, March 13-14, 2019; up by 20 students since September! Trip participants are looking forward to this once in a lifetime travel and bonding experience as we visit Berlin, Krakow, Prague, Budapest and Vienna. The travellers will see and experience the panoramic countryside, 16th century architecture, gothic cathedrals, the remains of the Berlin Wall, Checkpoint Charlie, Auschwitz Concentration Camp and the Golden Lane to name a few sites! We continue our fundraising efforts and appreciate the support from the community.

Dominican Republic Service Trip

Our annual service trip to the Dominican Republic is taking place this year from December 29, 2018 - Jan 7, 2019. Students are looking forward to this life-changing experience! The trip is hosted by our Interact Club under the leadership of Ms. Hughes-Leck each year, and is open to students in grades 10-12. Check out the following link to learn more about this annual service trip: 
[http://globalnews.ca/video/3736516/pasos-de-esperanza](http://globalnews.ca/video/3736516/pasos-de-esperanza) 
Trip participants have been busy gathering 50lbs of items to donate, learning basic conversational Spanish. This year’s trip is full, but if interested for the next trip, please communicate with Ms. Hughes-Leck at the school.

Extra-Curricular Activities

I take this opportunity to thank our Student Council for another successful Extracurricular Activities Fair. Student Council hosted this in September to make the student body aware of the variety of clubs and sports teams offered. We are pleased to inform you that we have a strong athletic program at Dartmouth High. We have added junior varsity teams to encourage maximum participation in various sports. Many students are benefitting from the variety of extracurricular activities that are available to them in clubs and on sports teams.

Though we encourage students to get involved in school life, we insist that they remember to strike a balance between their academic life and their involvement in extra-curricular activities. The school administration imposes and enforces an academic probation if students are letting their schoolwork slide. In so doing, the goal is not to suspend students from athletics or their involvement in clubs, but to help them stay on track with their academic work. If they are unable to do so, they are placed on probation and ultimately suspended from the team/club if it is found that they cannot handle both. School is always the number one priority.

We appreciate the support from the staff, community or parent coaches in taking on the added responsibility to coach a number of our sports teams or to run a club. We have a very talented and promising group of athletes who are looking forward to claiming their rightful place in future championships in various sports or to make their mark in the club in which they are involved. We would also like to thank our staff advisors for offering to supervise clubs and sports teams on a regular basis.

School Advisory Council (SAC)

We have had 2 meetings to date and are in the process of working through our membership list. It is comprised of parents, individuals from the community teachers, students and support staff. The council is in need of parents who are interested in serving on the SAC. Please call us if interested.

As usual, the membership body is reflective of the school’s diverse population and has a mixed of new and returning members. The meetings are held on a monthly basis, usually on a Monday. The next meeting will take place on Monday, December 3rd @ 5:30pm. All are welcome to attend these meetings. This is a great opportunity to get first-hand information about your child’s school and offer input and advice to the school administration as necessary.
Self-empowerment through Social and Emotional Learning

We are in the process of planning some peer helping sessions where Student Council members will engage in classroom presentations on the topic of self-empowerment, based on leadership development training in which they have been involved. They are excited to share strategies and techniques that they have learned with their peers.

We are also engaging our police liaison officer to do some presentations toward the end of the month as far as the law is concerned. Constable Edwards will also talk about social media, a source of much of today's problems with our youth.

The school administration is in conversations with community social workers: Lana MacLean and Robert Wright who have agreed to design both male and female workshops around anti-violence.

DHS is one of the 200 schools that the Live Different company is visiting this year with its message: “Kindness Changes Everything”. When we contacted them, we had just literally missed out on their Atlantic tour last month. We are delighted that they are returning March 01. They use videos, personal stories, and crowd activities to get their message across.

The above-mentioned skill building opportunities will benefit all students, but in particular, the small number of students who continue to experience difficulties in settling into the learning environment this year.

Parents as Career Coaches (PACC)

We are pleased to inform our school community that Dartmouth High was well represented at the recent PAAC sessions held at Dartmouth High. This program is sponsored by the EECD and one of the primary goals of the workshop is to ensure that parents leave the session feeling more confident, with respect to their ability to assist their child, in his/her career journey. I am pleased to report that feedback from parents/guardians was very positive. They reported that the workshop was worthwhile and that they came away feeling better equipped with tools to help their child/children navigate their way through the career journey. Plans are already underway for next year’s PAAC session, which will be held at Prince Andrew High, and DHS parents/guardians are invited.

Student Council

Dartmouth High has had a long history of positive and strong student leadership. We are pleased to see such a large number of students making a conscious effort to offer activities to support our diverse school population. Our Student Council is very focussed with a mission to making positive changes for increased student involvement and greater accessibility to school life for all students. As a socially conscious group, they are also involved in fundraising activities to support and improve the quality of life for disadvantaged groups locally and globally. We are proud of the work that they are doing and they will no doubt impact in a meaningful way on the school climate and culture.

School Closure due to Inclement Weather (announcement protocol)

Without a doubt, winter is imminent! The decision to close school due to inclement weather is usually made by 6:00 a.m. If inclement weather is in the forecast, we ask that you check the Reginal Centre’s website: www.hrce.ca or Twitter.com/HRCE Official You may also call the HRCE at 466-INFO (4636) or listen to any radio station. DHS will also send a tweet in this regard. Note that midday closures are announced on all radio stations by 11:30 a.m. Please prepare and discuss a plan with your child in terms of what to do if the school closes at midday. Note that school closure may be due to other circumstances such as extended power outages, loss of heat, loss of water and other exceptional circumstances. In all cases the announcement follows the same protocol.
I take this opportunity to thank our coaching staff and staff advisors who are sharing their passion and love for the game with our students. You are contributing a great deal to their personal development and life skills. Without your volunteer service, our students would not have the opportunity to develop and shine in the various sports offered at DHS. Thanks for your time and commitment and for helping to create potential leaders who will think about the role you have played in shaping their lives and perhaps do the same for others.

~Mme Monard

**Soccer**

Varsity Girls Soccer - A very successful season, finishing first in their Division. For the first time in a number of years, the team made the provincial qualifiers, but unfortunately, they fell short. Special thanks to Coaches Erin Schaus, Holson Etienne and staff advisor Natalie Desroches for a great season.

*Varsity Boys Soccer* – The boys also had a very successful season in 2nd place in their division, but falling short at the Provincial qualifiers.

*Our JV Girls and Boys Soccer* had very competitive seasons. Lots of talent for which they were not always rewarded on the field.

**Golf**

Congrats to [Jake Smith](http://www.spartanbrags.com) who finished 2nd in Provincials with a score of 76!

**Baseball**

We fielded a baseball team this year that was able to compete in the short season.

**Unified Sports**

Our unified sports team in Basketball is composed of students with varying levels and abilities. They practice every Thursday at lunch. This is an inclusive sports program that brings together special needs athletes (individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) as teammates for training and competition. The team will be competing in the spring with other unified sports teams at a tournament. This concept is inspired by a simple principle: training together and playing together is a quick path to friendship and understanding.

We are pleased to have begun our Unified Sports that joins people with and without intellectual disabilities on the same team.

**Cross Country team**

Pleased to report that we had a competitive team this year in the Capital Region this fall.

**Football team**

As the #1 seed in their division, the football team has much to be proud of this year! Their performance has been the best it has been for the last few years. They compete in about a week or so for the championship banner! A huge thank you to Coach Lou and his staff for bringing this team along!

**Hockey**

The hockey team is looking very promising this year! Stay tuned or better still; come out to see a game.

**Wrestling team**

Yes, you read this correctly! DHS has lots of interest! Try outs are happening within the next few days!

**Cheerleading team**

The Cheerleaders took home the Provincial Championship banner last year and are looking forward to defend their title.

**Community sports:**

Sprint Canoe, [Ava Carew](http://www.spartanbrags.com), competed at the Junior Pam Am Championships on Lake Banook and took first place in the C-2 200m!

Craig Johnson earned a spot on the 2018 Olympic Hopes team and earned a medal!

Lily Baert earned first place in the K-2 1000m at the Canadian Junior Pam Am games in September.

Noel Balsor won bronze in the National Rowing Championship last year!