

Dear Parents and Guardians of NDSS Students,

Here is the weekly information update for Wednesday, February 2, 2022

1st SEMESTER REPORT CARDS

- This Friday @ 4pm, final report card comments/marks for semester one will be visible in parent/student [MyEd](#) portals.
- Gr. 8/9 students who had insufficient data to assess progress for the Nov 2021 report card and Gr. 10-12's who received an incomplete ("I") at that time will now see a mid-term indicator or mark assigned as well as a final indicator or mark.

COURSE SELECTION DATES

- Gr. 9-11's still have **until this Friday** to complete 22/23 [on-line course selection](#), from home, via [their student MyEd](#) portal.
- Gr. 8's will be completing course selection during school hours starting today until Friday. Gr. 8's who miss course selection this week due to absenteeism will be called down to the main office in the next two weeks to complete their selections.
- Francophone students will complete their selections by the end of this week, in class, guided by their CFS teachers.

FEBRUARY PAC MEETING

- Is tonight, Wed Feb 2nd from 7:00-8:30pm via Zoom video conference. If you would like to join us for this evening's, please email our NDSS PAC Chair, Jennifer Therriault at ndsspacchair@gmail.com to receive the meeting link.
- The Agenda is available on the [PAC page](#) of the NDSS website and all are welcome. The next meeting is Wed, Mar 3.

COVID TRAVEL RESTRICTIONS

- People are starting to travel again and it's important to be aware of current restrictions upon their return.
- For full details note the "Children and Dependents" section on this Travel Canada page: <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada#children>
- Highlights (*current as of 2022-02-02*):
 - **Unvaccinated or not fully vaccinated children under 12 years of age:** *Must complete testing and cannot attend school, camp, team sports or daycare for 14 days.*
 - **Unvaccinated or not fully vaccinated youth aged 12 to 17:** *Subject to testing and 14-day quarantine.*
 - **Fully vaccinated children under 12 years of age:** *Exempt from the measures and restrictions placed on unvaccinated or partially vaccinated travellers.*

TERM 2 NEWSLETTER

- Was emailed to NDSS Families last week and posted on our website. I appreciate the many emails of support received regarding my Principals newsletter message where I shared thoughts on social media and impact on teenage sleep quality.
- As an educator, I am very concerned as to the negative impact of social media on our youth and am drawn to podcasts, books, and articles on this topic. I strive to find the original sources of data cited by popular platforms covering these topics.
- Given the attention this newsletter has garnered, it came to my attention that some data, images, and source of my content inspiration was not sufficiently cited. I have edited and re-uploaded the Term 2 newsletter with additional citations & credits.
- Sincere apologies for not providing sufficient credit to data sources & individuals who are my inspiration as to why I feel this topic needs to be addressed with such urgency. Please delete the emailed copy. The [amended version](#) is on our website.
- Much of the data/info shared was related to an article in *The Atlantic* by Jonathan Haidt entitled: ['The Dangerous Experiment on Teen Girls: The preponderance of the evidence suggests that social media is causing real damage to adolescents.'](#)