

Good afternoon Sunnyside families;

As I sit down to write my last news update for you due to my imminent retirement, I want to begin by thanking all you, the Sunnyside staff and the Sunnyside students for welcoming me into this amazing educational community for the past three and a half years. I cannot imagine a better community in which to finish my career.

Mr. White will be joining the school on Wednesday, March 5th and I am certain that you will give him the same warm welcome that I received when I arrived.

This week was a whirlwind with an early dismissal and snow day to start the week. Due to this missed time, we have postponed a planned Ubuntu workshop and our slideshow/assembly to highlight all our learning during African Heritage Month. This will be coming up in March.

Support staff in the school: There are several staff at Sunnyside who work with students in addition to classroom and subject teachers. Over the past few weeks we have been introducing them and explaining their roles. This week we introduce our team of Educational Program Assistants. Ms. Sue, Ms. Vicki, Ms. Amelia, Ms. Saranya and Ms. Padma are all experienced professionals who work closely with teachers to support student well-being, health and achievement. They work in a variety of classrooms throughout the day.

We are sharing information with you today about Unplugged Canada and Internet Safety.

Responding to Technology-Facilitated Harms Among Young People

Unplugged Canada is hosting a free community event at the Canada Games Centre on Thursday March 5 at 7 p.m., available both in person and virtually. Join to learn from Dr. Alexa Dodge, Assistant Professor of Criminology at Saint Mary's University and a leading Canadian researcher on technology-facilitated sexual violence.

This session will explore cyberbullying, the sharing of intimate images, and other online harms youth face, along with research on the support and responses young people need when problems arise online. This presentation will be valuable for any caregiver or adult supporting young people as they navigate the challenges of their digital social lives.

Thursday, March 5, 2026, at 7 p.m.

Canada Games Centre Boardroom - 26 Thomas Raddall Drive, Halifax

Please register for in-person or virtual [here](#).

Safer Internet Day 2026: Navigating the Internet Safely

As our kids and teens spend more time exploring, creating, and learning online, it's natural to wonder how we can best support them — especially with emerging technologies like artificial intelligence becoming part of their digital world. On Safer Internet Day 2026, Google shared helpful updates and tools designed to make it easier for families to guide, protect, and empower young people as they navigate the Internet safely. Learn more [here](#).

March is Nutrition Month: Make the Most of the Nova Scotia School Lunch Program

March is celebrated across Canada as Nutrition Month, a perfect opportunity for families to focus on building healthy eating habits together. Nutrition Month allows us to explore sustainable eating patterns, food literacy, and learning about the benefits of balance and variety in everyday meals. By highlighting the connection between nutrition and long-term health, Nutrition Month empowers everyone to build habits that benefit both individuals and the planet.

Use Nutrition Month as a reminder to take advantage of the [Nova Scotia School Lunch Program!](#) With nutritious, balanced meals prepared daily, the program ensures students have the energy and focus they need to succeed in the classroom and beyond. The School Lunch Program is designed to provide accessible, affordable, and appealing meals that feature a variety of foods from all food groups, following Canada's Food Guide. By participating, families can help their children develop lifelong healthy habits while making mornings a little less hectic.

Together, we can make small changes that lead to healthier futures for our families and communities.

Upcoming dates:

March 13—Assessment and Evaluation Day (no school for students)

March 16-20—March Break (no school)