



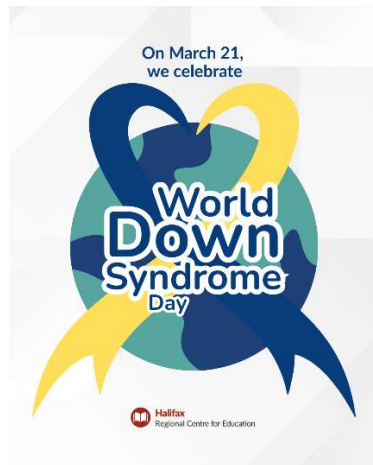
AJ Smeltzer Junior High March Newsletter

Good morning AJ Smeltzer families,

As we welcome the month of March, we'd like to extend a big congratulations to all of our students who enjoyed successful and fun school basketball seasons. Well done! Students are also having a great time participating in daily intramurals, exploring the many clubs offered, and making the most of outdoor play in all this snow.

A friendly reminder that Spring Break is coming up soon, from March 16–20. Term Two report cards will be delivered at the end of March. Thank you, as always, for your continued support, and we look forward to the exciting weeks ahead.

March 21 is World Down Syndrome Day



World Down Syndrome Day, celebrated each year on March 21, gives us the chance to recognize those with Down syndrome and the awesome contributions they make to our school communities. It's an opportunity for families, students, and staff to strengthen inclusion, acceptance, and belonging. By celebrating differences and promoting understanding, our schools help create welcoming environments where every child feels valued and supported.

On this day, many schools encourage students and staff to wear mismatched socks as a colourful symbol of diversity and solidarity. Activities such as assemblies, classroom discussions, and creative projects highlight the abilities of individuals with Down syndrome, fostering empathy and friendship throughout the school. These efforts ensure that everyone has a voice and a place in our communities, reinforcing the importance of respect and kindness.

March 21 is International Day for the Elimination of Racial Discrimination



On March 21st, we recognize International Day for the Elimination of Racial Discrimination to build awareness, empathy, and respect among students of all backgrounds. The United Nations established this day in 1966 to call for a global commitment to ending racial discrimination in all its forms.

By learning about the impacts of discrimination and celebrating diversity, children gain social skills and knowledge to be inclusive both within school and home community. Families are our students first educators and through your continuous conversation valuing equity and the elimination of racism, we will continue our shared goal of a society where racism no longer exist.

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.

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](#).

Important dates to remember in March

March 8: International Women's Day

March 13: Elementary/Junior High/Middle School Assessment & Evaluation Day (no classes)

March 16-20: March Break

March 21: World Down Syndrome Day

March 21: International Day for the Elimination of Racial Discrimination

March 31: International Transgender Day of Visibility

Best,

A handwritten signature in blue ink, appearing to be 'Andrea Doucette', written in a cursive style.

Andrea Doucette, AJ Smeltzer JH Principal