

MDJH
February 20th,
2015



NLESD

MACDONALD DRIVE JUNIOR HIGH

110 Macdonald Drive Junior High
St. John's, NL A1A 2K9



Parent Newsletter

Green Apple Days Spirit Week 2015

Many thanks to the Green Apple Alliance Safe and Caring Schools Committee and our Student Council for another successful week of school activities. Green Apple Days focused on the respect we have for one another which the Green Apple Alliance supports.

Thanks to our guest speakers who came to present to students.

Grade 7—Cultural Diversity

Grade 8 –Strive

Grade 9—Mental Health Awareness

Thank you to parents for supporting various events.

To our students and staff for supporting and signing our **Anti-Bullying Pledge**". This pledge is an agreement to be an agent for change. It endorses the right of all students to learn in an environment that is safe, caring, and socially-just, and also encourages participants to stand up and take action to ensure they are part of the solution, rather than

part of the problem. We want this pledge to help foster conversations in school and at home about how we can take steps to treat each other better, in all aspects of our lives.

Spelling Bee News!

Best wishes to

Rine Zaman of 8-2 and **Jake Clarke** of 8-5 who will be participating in the Telegram Regional Spelling Bee on **Saturday, February 28**, at Holy Heart auditorium. The show starts at 2pm. Come out and support our fantastic spellers!



Traffic Flow Reminders



A reminder to all parents about the traffic flow around the building. Parents should drop off and pick up their child (children) at the **student entrance**.

The only exceptions: i) students volunteering at the breakfast program and require early entrance into school, ii) students arriving later or leaving early for appointments.

Dates to Remember:

MDJH Science Fair –Thursday, March 12th, 2015

Term 2 Reports—Friday, March 13th, 2015

Holiday—Monday, March 16th, 2015

If you are dropping your child off at the front (main entrance) of the building, please drive **around** the building. **Traffic should be flowing in one direction only.**

Please do not enter the parking lot by the elementary school. This is one way traffic.

Always drive slowly and carefully!

Thursday March 12th is MDJH Science Fair Day!

MDJH School Science Fair 2014 will be this Thursday, March 12th, from 1:30 to approximately 5:00 pm. Parents and friends are invited to visit starting at 2:30 PM. Our science students have been busily and creatively at work designing and performing experiments and building models, and many of them will be proudly showing off their work at our School Science Fair. Come and talk science with us!

WANTED: Science Fair Judges

If you have a science background and want to share in the excitement of talking science with young people, we want you! Judges will view and discuss individual projects in different categories. Judges will then select the Science Fair winners, who will have the option of going on to the Regional Science Fair or other events depending on their type of project.

If you are able to participate, please contact **nathaliebrunet@nlesd.ca**

Note that if you have a child in our school, you will be asked to judge a different grade.

Grade 8 Heritage Fair

The Grade 8 Heritage fair will take place on **Thursday, March 26th, 2015**. Details to follow.

Breakfast Program Update

There is no single person responsible for our program's success - we've got a whole team. MDJH is a special school, with a very dedicated staff, strong leadership, all backed by a caring school community of family and friends. We would like to acknowledge the exceptional students who contribute regularly to our morning routine. We couldn't do it without them! Thank you!

This month we would like parents and guardians of grade 9 students to contribute to our program through monetary or food donations. Suggested food items:

- apple / orange juice
- granola bars (peanut-free)
- plain bagels
- English muffins

***Monetary contributions are also welcome.



Band Notes – Week of March 2nd– 6th, 2015

- Regular classes will take place this week
- Jazz Band will practice Monday after school 2:40-4:00
- The bands have been registered for the Rotary Music Festival – this will take place between April 26-May 5
 As soon as the exact dates and times are available, they will be posted.
- Students and parents are reminded that regular attendance at band classes is required. Students who don't have a reasonable attendance record may not be eligible for full participation in concerts and specials outings.
- The schedule is as follows:

	Day 3 Monday March 2	Day 4 Tuesday March 3	Day 5 Wednesday March 4	Day 6 Thursday. March 5	Day 7 Friday, March 6
Per. 1	Grade 7 Trumpets				Grade 8/9 percussion
Per.2	Grade 8/9 Alto saxes			Grade 8/9 Tenors Saxes Bari Saxes Trombones Baritones Tuba Bass Guitar	
Per. 3		Grade 8/9 Flutes and clarinets			
Per.4		GRADE 7 FULL BAND			
Per. 5				Grade 8/9 Trumpets and French horns	

What's Happening at MacDonald Drive Junior High?

Activities/Clubs	Time	Room	Teacher Sponsor
Chess	Day 1 @ 12:10pm	210	Ms. Kinsella Ms. Parsons
Math Homework Haven	Monday @ 2:30pm-3:30pm Thursday @ 11:50am	LRC	Math Department
ICE HOCKEY Practice	Tuesday 3:30—4:30 PM	Jack Byrne Arena	Mr. Ken McLean
Knitting	Tuesday @ 11:50 am-12:33pm. Bring lunch.	227	Ms. Osmond
Lego Robotics (Fall)	Tuesday @ 2:30pm to 4:00pm	123	Mr. Smith Mr. Thorne
ROV (Winter)	Tuesday @ 2:30pm to 4:00pm	123	Mr. Smith Mr. Thorne
LGBTQ	Day 2	124	Ms. Brunet
Improv	Thursday @ 2:30pm	109A	Ms. Glynn
Drama	Fridays 2:45—4:00 PM	109A	Ms. D. Mills
Art Club	TBA	227	Ms. Penney
Newspaper	Wednesday @ 11:39am to 12:33pm	215 or Tech Lab	Ms. E. Mills
Math League	Wednesday @ 12:10pm	208	Ms. Doyle
Photography	Wednesday @ 2:30pm	220	Ms. Quann Mr. Wragg
Year Book	TBA	TBA	Ms. Quann
Video Club	Friday @ 2:30pm—4:30 pm	LRC	Mr. Langdon, Mr. Walsh
Environment Club	Day 2	206	Ms. Drover

Grade 9 School Leaving

We are in the process of planning for the Grade 9 School Leaving Ceremony. The date for this event is **Friday, May 29th, 2015**.

Parents are asked to note that this event will be a casual affair.

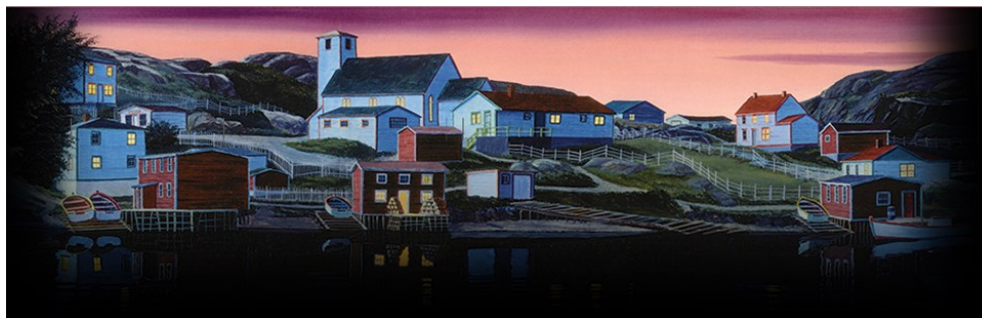
Medications

If your child requires medication while at school you must complete the necessary forms and have them signed by your family doctor before we can administer any medication at school. If your child requires over-the-counter medication, please complete

Parent School Council - Ed Roche Calendars

We need your help! We have about 60 Ed Roche 2015-2016 calendars remaining for our fundraiser. We would like to increase our profit with the fundraiser for this year. If you are interested in purchasing calendars, please contact the school.

Last call! We will be selling these for \$10.00



Parent School Council News

Next meeting of the our Parent School Council is on **Monday, March 2nd, 2015** at 7:00 pm in the Conference Room.

NEW NL Education and Early Childhood Development School Climate Parent Surveys 2014/15

<http://fluidsurveys.com/s/PSchoolClimateSurvey2014-2015/>

By March 27, 2015 (see brochure)

Soy Butter Products

Parents and students are advised that soy butter products/peanut butter replacement products are not permitted within our school environment. Due to the presence of students with anaphylactic allergies to peanuts/peanut products and the difficulty for teachers on duty to distinguish between the products we ask for the cooperation of students and parents to pack an alternative snack/lunch items. And while we recognize that peanut butter replacement products do not present risk of an anaphylactic allergy, the presence of



Allergy Alert

We have a number of students with life-threatening allergies to various products. See the list below:

No nuts	No Fish
No Shellfish	No peanuts
No latex	



Parent Portal Information for PowerSchool

By now all parents should have access to their child's daily attendance and marks. If you have not received your Portal Information please contact the Main Office: May-Burke@nlesd.ca

Attendance

Parents please note that there is a 24 hour delay when items are entered in PowerSchool and this might explain some of the issues we may be having regarding attendance and corrections particularly when students sign in later in the day.

Chronic Lateness Concerns

We need support!

Please discuss with your child the importance of arriving to school at time. We are experiencing an increasing number of students arriving late at lunch time and it is very disruptive to classes. Students with chronic lateness may face detention, removal of privileges and/ or suspension.

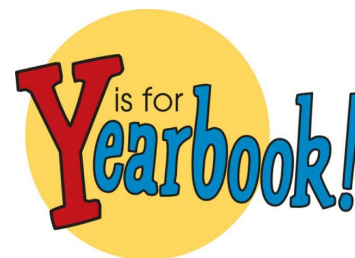
Yearbooks

Orders are now being taken for this year's yearbook. Order forms can be picked up at the office and must be preordered. The **deadline** for placing an order is **May 8th**. This deadline is necessary to determine if there is sufficient

interest in having a school yearbook.

Yearbooks will arrive in September 2015. This allows all events of the current school year to be included. Completed

forms can be returned to the office or to Ms. Quann.



Seeking Yearbook Photos

We are currently looking for pictures of all teams and clubs at MDJH.. Any parent or student having a photo to submit to the yearbook can email their photo to co-lettequann@nlesd.ca. Remember any photos taken on an iPhone or iPad need to be

saved or sent in actual size as selecting the lowest resolution will result in a poor quality picture which can not be used in the book.

School Holiday
Monday, March 16th

Interviews –March 19th
PD Day—March 20th



Protocol for Visitors

In an effort to ensure safety and security at our school, all visitors will notice a renewed emphasis on checking in at the office prior to proceeding to any other point in the building. Visitors will be asked to sign in and wear a visitor ID tag. Thank you for your co-operation with this initiative.



Reminder to Parents/Students

Doors open: 8:05 am.

Warning bell: 8:20 am

(5 mins)

Homeroom: 8:25 am- 8:34 am

Period 1: 8:34 am– 9:30 am

Period 2: 9:30 am—10:26 am

Recess: 10:26 am—10:43 am

Warning Bell: 10:39 am

(4 mins)

Period 3: 10:43 am– 11:39 am

Lunch: 11:39 a,- 12:33 pm

Warning Bell: 12:33 pm

(5 mins)

Period 4: 12:38 pm– 1:34 pm

Period 5: 1:34 pm—2:30 pm

Let's Celebrate our Student Successes! Share with us!

Does your child have a recent accomplishment of which you are proud? Here at MDJH we want to celebrate the efforts of our students, all efforts not just the academic. So, if your child has an out of school activity or program where they have made a significant contribution, we want to know about it for our Green Apple Alliance Wall of Celebration. We will post a certificate with the student's name, activity and contribution/achievement for all to see and celebrate.

LET US KNOW! E-mail Mr. Ryan, one of our Guidance Counselors, for details.
TerrenceRyan@nlesd.ca



Notes to Parents /Students

NEW

Grade 9 Tutoring Services through the Center for Distance Innovation and Learning (CDLI)

Tutoring supports are available through CDLI @ www.cdli.ca

Need Help?

Check it out!

CDLI employs tutors for several subject areas who are available online outside of

regular school hours. The tutors are university students with a strong background in their subject area and they are available for one-on-one support.

The tutoring service is available to all students, not just those registered in CDLI courses. While most of the supports are dedicated to high school students, there are 4 hours/week of tutoring available for math and science in Grade 9.

Future Reference

There are schedules for high

school math; there is a tutor available 6-7 pm on Monday, Wed, Thurs, and Sunday.

Please refer to the link below for details:

<https://www.cdli.ca/tutoring>

NEW

Grade 7 Turning Points Essays

Eight students in grade seven will have their Turning Points essays submitted next week for a regional competition which is sponsored by The Learning Partnership. The Turning Points essays are personal narratives in which

students reflect on an important time in their lives. The names of the winners are as follows:

Claire Bennett, Julie Bulman, Ashley Walsh, Madeline Hunter, Alexis Johnson,

Camryn Bonia, Maria Baker, and Emily Meade.

An awards ceremony for finalists in the regional competition will be held on June 1, 2015. Good luck to our winners!



Check out!

GetCyberSafe

Notes to Parents /Students

NEW

Attention Grade 9 Students Scholarship Program

Johnson HORIZONS Program is offering 50 scholarships to grade 9 students across the province. These scholarships are given to students who display good lead-

ership skills. Each scholarship is valued at \$1200.00 (\$200.00 received in August of this year and \$1000.00 applied automatically to tuition upon entering Memorial University (MUN). Each school will be eligible to nominate one student to enter this program.

Please pick an application at Ms. McCue's office.

Deadline for application to

be submitted to MUN is **March 30th** so applications must be submitted to Mr. Ryan or Ms. McCue at least three days prior to this date.

Please note that no school is guaranteed a scholarship.



Environmental Club

The MDJH Environmental Club has been granted \$1000 from the Youth Engagement Funding Initiative, a project of the Climate Change Educational Centre, delivered through the Conservation Corps, NL.

Ms. Drover and the Environ-

mental Club are planning on building seating in front of our school to double as an outdoor classroom and also as a place for students to eat their lunch and relax when weather permits. Fall bulbs have already been planted in this area and come spring our seating will be built. Parent volun-

teers are welcome to participate with Ms. Drover and the students in building the seating. Let's keep MDJH a green school. This is another initiative of the Green Apple Alliance at MDJH.



Grade 9 High School Course Selection Sheets are now due. Please submit the sheet to the office.



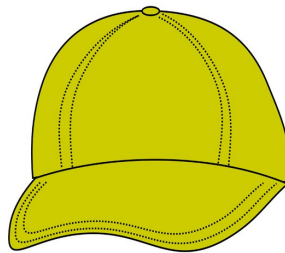
Student Council News

NEW

Hats for Haiti

In support of an Haiti based non profit charity called "Hands across the Sea", MDJH will have a "**Hats for Haiti Day**" on **Wednesday, March 18th**. Students are encouraged to wear a hat on March 20th and **donate a loonie**. Money raised will be

donated to an orphanage and school in Haiti run by a Newfoundland woman. Hats must be appropriate. Any logos and language must be acceptable and no sombreros or large hats are permitted as they obstruct the view of students in class.



Aeropostale Jeans for Teens

Many thanks to all students and staff who donated jeans to this worthy cause. We collected **64 pairs** of jeans and dropped them to Aeropostale on Friday, February 20th.

Bravo! Well done!

Green Apple Days—Spirit Week



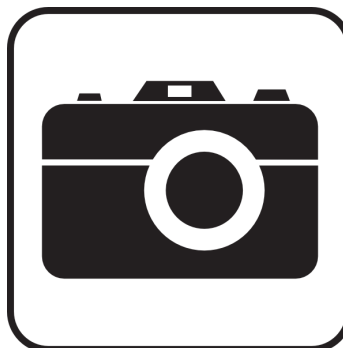
It was Spirit Week this past week at MDJH. Student Council would like to thank all students for participating in the various theme days and in the different activities. It was great to see such a dis

play of school spirit. We would like to send a **big thank you to all staff and students** who put in a lot of time organizing and coordinating the various activities throughout the week.

Europe 2015

Students travelling to Europe over the Easter Break are reminded to have their forms into Ms. Quann.

Photography Club



The next meeting for photography club will be Wednesday, March 4th. This month's contest is Portraits. Photos must be emailed to Mr. Wragg by Monday, March 2nd.

Parents—Digital FYI

bridgethegapp.ca



Teenage years can be tough!

That's why we created Bridge the gAPP, a free mobile app to support mental wellness amongst teens in Newfoundland and Labrador.

Bridge the gAPP has a lot of cool information, including artwork and tips from teens on how to cope with anxiety, break-ups, substance use, school, grief and much more.

Our app also gives you access to a number of mental health resources, videos and helpful phone lines - all at your fingertips.

Pinterest is one of the fastest-growing social media Web sites on the internet, with some estimates putting it in third place for popularity behind Facebook and Twitter. The site, which focuses on sharing and pinning images on virtual pinboards, attracts those who love looking at photos, as well as social media experts looking to attract more visitors to their own Web sites

Pros of Pinterest

Organization: Pinterest is a great way to keep track of all those ideas, places, and things that you would like to someday try out but that you would otherwise not be able to stow away in a safe place for later. When it comes to organizing your wants, interests, and goals, Pinterest can be a great tool.

Connection: If you are interested in interacting with like-minded people, then Pinterest is a great way to gauge others' interests and personal tastes in order to make those valuable connections.



The Visual Medium: Because Pinterest makes use of visual snapshots as its major means of "communication," its interface is pleasing to the eye, entertaining to view, and super-easy to understand and use.

Cons of Pinterest

The Time Zap: Anyone who has participated in any form of **social media** understands this concept. It's as if you can log into your social media account, get sucked into a time-warp and lose all track of time, if you are not careful. When considering the previously mentioned pros of **Pinterest**, also consider if those benefits are worth the time taken away from other, more important responsibilities.

Personal Property Issues: As with other social media outlets, **Pinterest** retains rights to the images you post on the sites. Therefore, anything you "pin" on Pinterest - even if it is your personal photograph - becomes the property of Pinterest and can be used by others.

Pinterest can mean a lot of things to a lot of different people. It is up to you to weigh out the **pros and cons of Pinterest** in order to decide if it is a worthwhile use of time in your life.

Public Service Announcements

CITY OF ST. JOHN'S - JUNIOR & SENIOR YOUTH OF THE YEAR AWARDS

The Junior & Senior Youth of the Year Awards are designed to honour young people in St. John's, who through their volunteer contributions, extracurricular activities and community involvement have helped to make St. John's a better place to live.

Each winner will receive \$250, a beautiful personalized glass award, name placed on perpetual plaque and a City of St. John's custom embroidered jacket that will be presented during the Youth Week 2015 Luncheon.

During this time both Youth of The Year recipients will receive various opportunities for media recognition.

Please see the attached Junior & Senior Youth of The Year Nomination Forms for more information and to nominate youth within your school!

Thank you, we look forward to seeing your school represented amongst all youth nominations.

For more information, please contact Youth Services Team at 576-8630 or 576-2357

Krista Gladney

Fieldworker I - Active Communities

Recreation Division

Community Services Department

City of St. John's

P.O. Box 908

St. John's A1C 5M2

Eastern Health



Energy Drinks

Parents are you aware of the concerns around young adolescents and energy drinks? For further information, see the information posted on our website.



What are E-cigarettes?

Electronic cigarettes, (also known as e-cigarettes or e-cigs), are innovative products that resemble conventional cigarettes (designed to look and feel like a real cigarette)

E-cigarettes are battery-operated devices. The devices contain a liquid that is heated into a vapour that can be inhaled to simulate the experience of smoking tobacco. A vapour cloud resembling cigarette smoke is also produced.

There are two general types of e-cigarettes available to consumers: those in which the liquid to be heated contains nicotine and those that do not contain nicotine. Both types may be available in a variety of flavours.

E-cigarettes produce a vapour that is inhaled and exhaled by the user with the potential for secondhand exposure.

Regulation of E-cigarettes in Canada

E-cigarettes containing nicotine, and/or make a claim of health benefits are illegal in Canada.

E-cigarettes that do not contain nicotine and are not marketed with claims of health benefits are unregulated in Canada.

Both products are widely available in Canada.

Concerns

There is limited scientific evidence available on the health risks or benefits related to the use of e-cigarettes.

In 2009, Health Canada advised Canadians not to purchase or use E-cigarettes because they may pose health risks and they have not been fully evaluated for safety, quality and efficacy by Health Canada.

Concerns raised about the safety and quality of electronic cigarettes, the risk that they may lead to tobacco addiction and renormalize tobacco use, particularly among youth.

Concern that this product may become a gateway to cigarette smoking by youth and undermine tobacco control efforts by renormalizing smoking (e.g., increasing the social acceptability of smoking especially among youth).

School Smoke-Free Policies

Several school boards in the US and Canada have banned the use of electronic cigarettes on school grounds. This is a proactive step to ensure the safety and health of students as well as helping to prevent the renormalizing of smoking.

Since e-cigarettes mimic traditional cigarettes/ smoking, electronic cigarettes may present challenges for administrators/teachers in enforcing the schools smoke-free policy as students may appear to be smoking real cigarettes. (e.g., distinguishing between a manufactured cigarette containing tobacco and an e-electronic cigarette can be difficult).

Regional Health Authorities Smoke-free Policies in NL

Central Health and Eastern Health both have added electronic cigarettes to their Smoke-free policies.

Central Health states "Smoking in any form (such as cigarettes, cigars, pipes, E-cigarettes, etc) is not permitted in or on all Central Health owned or operated premises and facilities including the interior, exterior grounds and parking lots".

PARENT NEWSLETTER

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