

MDJH  
March 13th.  
2015



NLESD

MACDONALD DRIVE JUNIOR HIGH

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



# Parent Newsletter

## Green Apple Alliance News



### 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.

### Parking Lot Protocol After Schools Events

Parents are reminded to please drive around the back of the building when dropping off or picking up students in the evening and on weekends for after school events.

There is a one way traffic flow to access the main entrance. Please not enter the parking lot via the elementary school or enter from the student entrance.

**Drive carefully!**

### Dates to Remember

**Reports—Friday, March 13th, 2015,**

**Holiday—Monday, March 16th, 2015**

**Interviews –Thursday, March 19th, 2015**

## Term 2 Reports

Report cards were released on Friday, March 13th, 2015. Parents are asked to book interview times online through Optis which went live after school on Friday, March 13th beginning at 3:30 pm. We ask parents to limit their interviews to three teachers.

Parent-teacher interviews will take place on Thursday, March 19th beginning at 1:00 pm.– 5:00 pm and 6:00 pm – 8:30 pm. Students will be dismissed at lunch time. Busses will be available to transport students home.



## St. Patrick's Day Holiday



Please be advised that school will be closed for both staff and students on Monday, March 16th, 2015. It will be Day 6 for students on Tuesday., March 17th, 2015.

Enjoy your long weekend!

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## School PD Day

Note: School PD Day—March 20th. School closed for students.

## MDJH School Science Fair 2015 Results



The Science Department is very proud of all students who participated in the Science Fair. Around 210 projects involving almost 300 students were registered. Students did a wonderful job of presenting their work to the judges who commented on how they thoroughly enjoyed the experience. Congratulations to all students on a job well done, and for representing our school so well.

Projects representing MDJH at the Regional Science Fair on April 16-17, 2015 will be:

### Grade 7

Daniel Dyer (7-1)

Andrew Curtis and Andrew Howell (7-4)

Nathan Young (7-5)

Benjamin Stanely and Christian Davis (7-6)

Aaron Sarkar (7-9)

### Grade 8

Andrew Ross (8-2)

Michael Hickey (8-2)

Christopher Edwards and Jacob Ryan (8-4)

Matthew Whelan and Ryan Pickard (8-6)

Alice Macgregor (8-7)

Garrett Mills (8-9)

### Grade 9

Tatiana Beresford (9-4)

Abby Winsor and Georgia Mercer (9-4)

Noha Shehta (9-4)

Nisarg Dave (9-5)

Jack Daly (9-6)

Emily Delaney and Lindsay Gover (9-6)

Julia Hill (9-7) and Mia Gaudet (9-8)

Liam Lawlor (9-7)

## 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.



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## Band Notes – Week of March 17th– 20th, 2015

- Rotary Music Festival Dates:**

Grade 7 band: Still to be determined

Grade 8/9 Band: Tuesday, May 5 (during the school day)

Jazz Band: Saturday May 2 (late morning)

ALL BANDS WILL PERFORM IN AN EVENING CONCERT AT HOLY HEART April 29

- To be eligible to perform and participate in all Band events, students must have a reasonable record of attendance.**

- The schedule is as follows:



	Monday March 16	Day 6 Tuesday March 17	Day 7 Wednesday March 18	Day 1 Thursday. March 19	Friday, March 20
Per. 1				Grade 7 Percus- sion	
Per.2		Grade 8/9 Trumpets and French Horns	Grade 8/9 Percus- sion		
Per. 3					
Per.4					
Per. 5		Grade 8/9 Tenor Saxes, Bari Saxes, Trombones, Baritones, Tuba, and Bass Guitar			

# 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 Game	Monday, March 16th 11:00 AM @ Glacier vs. St. Peter's	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

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## Parent School Council News

Next meeting of our Parent School Council is on **Monday, March 30th, 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 co-operation of students and parents to pack an alternative snack/lunch items. While we recognize that peanut butter replacement products do not present risk of an anaphylactic allergy, the presence of these products in our school will undermine our capacity to enforce our restriction on peanut butter.



## 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 Power School

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:

MayBurke@nlesd.ca

### Attendance

Parents please note that there is a 24 hour delay when items are entered in PowerSchool. This might explain some of the issues we were previously 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 after recess and lunch time. It is very disruptive to classes. Students with chronic lateness may face detention, removal of privileges and/ or suspension.

### Yearbooks

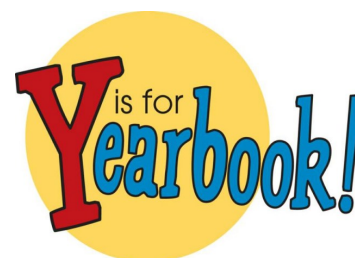
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Orders are now being taken for this year's yearbook. Order forms can be picked up at the office and must be pre-ordered. The **deadline** for placing an order is **May 8th**. This deadline is necessary to determine if there is sufficient

interest in having a school yearbook.

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

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



### Seeking Yearbook Photos

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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 [colettequann@nlesd.ca](mailto:colettequann@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!

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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

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**NEW**

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

Tutoring supports are available through CDLI @ [www.cdli.ca](http://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 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**

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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!

**NEW**

### **Mini Enrichment Courses**

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Once again we are pleased to offer the Enrichment Mini Course program, for Spring 2015. Please see the list of available courses and see the registration requirements. Which is available on the school's website. Please register early!

**Registration must be submitted by March 19th, 2015.**





## Notes to Parents /Students

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**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 up an application at Ms. McCue's office.

**Deadline** for application to

be submitted to MUN is **March 30<sup>th</sup>** so applications must be submitted to Mr. Ryan or Ms. McCue at least a week prior to this date.

Please note that no school is guaranteed a scholarship.



## Environmental Club

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### **Inspire ECO Environmental Arts Competition 2015**

The Environmental Arts Competition, "InspireECO" is back at MDJH again this year. The goal of InspireECO is to awaken the eco-friendly spirit within the youth of our community. This year the competition has expanded to include written arts as well as visual arts, giving participants a choice of media for their entry in the form of either an essay or a visual. The theme for this year's InspireECO contest

is: *"Climate continually changes. However, as the 21st century advances, we have noticed unprecedented and unexpected human induced climate change, and many consider climate change to be the legacy of humans towards our planet".* ***Discuss in a fully developed original essay or display through an original piece of visual artwork, the impacts of human beings on Earth's climate in the past, in the present, and in-***

***to the future."***

The contest is open to all students in grades 7 - 9 at MDJH. Student participation forms can be picked up from and submitted to either Ms. Drover (room 206) or Ms. Penney (room 227) along with your entry. The deadline for the contest is **Thursday April 16<sup>th</sup>, 2015**. For more information or any questions please contact Nitish Bhatt, through email: **nitishbhatt56@gmail.com**



## Student Council News

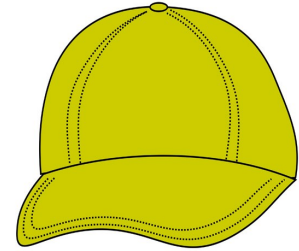
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**NEW**

### Hats for Haiti

In support of a 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.



## March Theme

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### March is Nutrition Month

The theme for 2015 is  
*Eating 9 to 5!*

## Europe 2015

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



## Heritage Fair—Grade 8

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### Grade 8 Heritage Fair

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

## Drama Festival

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Good luck to our Drama Team who will be participating in the Drama Festival this weekend at the LSPU HALL, Spirit of Newfoundland Theatre.



## Sports Teams Update

### Congratulations!

The grade 7 boys basketball team participated in the 2015 NLBA East Coast Provincial Basketball Championships held at Macdonald Drive Junior High on February 27th and 28th. The team went undefeated in capturing the gold medal and championship banner. They defeated St. Peter's 61—54 in the Championship game. **Way to go Grizzlies!**



- Back Row (l—r): Stacey Bailey( Asst. Coach), Ian Shears, Adam Powell, Ali Alwaznee, Ibrahim Oudah , Evan Roche, Matthew Torraville, Steve Torraville (Head Coach)
- Middle Row: (l –r) George Kirkland, Jordan Button, Matthew Renouf, Michael King, Michael Porter, Brendan Porter
- Front Row: (l—r) Simon Bailey, Aiden Nguyen, Josh Cooke



## Sports Teams

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The grade 8 girls basketball team participated in the 2015 NLBA East Coast Provincial Basketball Championships held in Ferryland on March 6th and 7th



Back row (l - r): Robyn Jones, Faith Caul, Holly Clarke, Madison Riggs, Nicole Hynes

Front row (l - r): Frances Revilla, Morgan Giles, Tega Edah, Rebecca Johannsson, Rachel Goulding.

## Pi Week Activities—Mathematics Department

Thank you to all students who participated in our annual pi day memorization contest. The school-wide competition took place March 13th, and our overall winners were:

First place: Alan Alcocer (grade 8) with 441 digits (new school record)

Second place: Andre Hudson (grade 9) with 424 digits.

Third place: Linda Zhang (grade 7) with 374 digits.



Congrats to all our winners, and a great job to all of our competitors!

## Parents—Digital FYI

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### Internet Safety and Social Media What You Should Know

The world of the internet and social media pose challenges and pressures to students and parents alike. The Newfoundland and Labrador English School District recognizes the importance of being well informed. There are a number of resources available online via the Parent Section in the District's website such as:

- Mediasmarts—Keeping Up With Your Kids Internet Activities
- Common Sense Media =Parent Resources; Age Appropriate Guidelines to Tough Questions
- Mediasmarts—Parenting the Digital Generation

### Check it Out!

## App of the Week

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This week we look at the pros and cons of Kik Messenger, the online texting app that allows kids to have group chats. **What is it?**

A free texting app available for iPhones, Android, Windows and Blackberry phones, Kik can also be used on an iPod Touch or iPad.



### How does it work?

Kids download the app, follow simple steps to set it up and they're ready to message. It does not require a phone number, like many of the cross-platform SMS-style messaging apps.

Users must know the username of another person to start a chat with them, and users can block (through account settings) people they don't know or who are sending messages they don't like. As well, Kik offers an 'Ignore New People' feature under notifications, allowing users to review new follower requests. Unfortunately, the privacy settings in Kik do not stop your child from being approached by someone they don't know.

### Why kids like it

"I like that you can have group texts and talk to so many people at the same time," says Louis May, 12, from Sydney. "We talk about stuff – what happened at school, homework, holidays, weekends and all that. I've had no problems. You can leave conversations you don't like and strangers have never tried to contact me on Kik."

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## App of the Week - continued



### What you need to know?

**Age requirements:** Kik Messenger is rated 17+ in the app store – it was 13+, but was upgraded when it introduced 'cards', or apps within the app, including one that is similar to Snapchat.

The biggest problems with Kik occur when it is combined with another social media account.

"I think that Kik is the most dangerous app in the world of its type," says Susan Maclean from Cyber Safety Solutions. "There are no security settings and most kids link it to Instagram – which means that random people can contact you. Predators are one issue but it's also the app of choice for cyber bullying in primary school, closely followed by Instagram."

If your child's Instagram (or Facebook, Twitter, Tumblr) profile is public and they use it to publicize their Kik username, then anyone who sees that on Instagram can find them on Kik. Keep an eye on the messages they're receiving. Also be aware that once your child opens the Kik App, it stays on – get them to change their password now and then.

## 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.

Junior & Senior Youth of The Year Nomination Forms can be obtained through information below.

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





## **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,

### **PARENT NEWSLETTER**

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