

MDJH  
March 20, th.  
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 do not enter the parking lot via the elementary school or enter from the student entrance.

**Drive carefully!**

### Dates to Remember

**Day 3 - Monday, March 20th, 2015**

**Easter break - Friday, April 3rd, 2015 - April 12, 2015**



Education and Early Childhood Development

## School Climate Parent Surveys 2014/15

The Department of Education and Early Childhood Development invites you to play an important role in your child's education.

This survey is anonymous and individual results are not shared with schools. By completing this survey, you are giving your school, the school district, and the provincial government your opinions regarding your child's school and your child's school life. By doing so, we are able to gauge the quality of education you believe your child is receiving and where improvements need to be made.

Give your voice to the future of education in Newfoundland and Labrador! Please visit the following link to access the survey.

<http://fluidsurveys.com/s/PSchoolClimateSurvey2014-15/>

Hyperlink is also available on our school website. [www.mdjh.info](http://www.mdjh.info)

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## 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 Stanly 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 Shehata (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.



## Band Notes – Week of March 23rd– 27h, 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:



	Day 3 Monday March 23	Day 4 Tuesday March 24	Day 5 Wednesday March 25	Day 6 Thursday. March 26	Day 7 Friday, March 27
Per. 1	Grade 7 Trumpets				Grade 8/9 Percussion
Per.2	<b>GRADE 8/9 FULL BAND</b>			Grade 8/9 Tenor Saxes, Bari Saxes, Trombones, Baritones, Tuba, B Bass Guitar	
Per. 3		Grade 8/9 Clarinets Flutes			
Per.4		<b>GRADE 7 FULL BAND</b>			
Per. 5				Grade 8/9 Trumpets 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, March 23rd	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. There will be more information going out to parents prior to Easter.**

## 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**

## Grade 8 Heritage Fair

Next Thursday we will hold our annual grade 8 Heritage Fair. This year we expect approximately 40 participants. Judging commences at 9:00 AM. Parents are invited to view students projects from 8:30 to 9:00 AM. We ask that when judging begins parents leave the gymnasium. There will be two rounds of judging. The second round will begin around 10:30 AM. The Fair will conclude at 12:00 noon. Winners will be announced after lunch.

**Thursday, March 26th, 2015**

## 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 and classes on 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

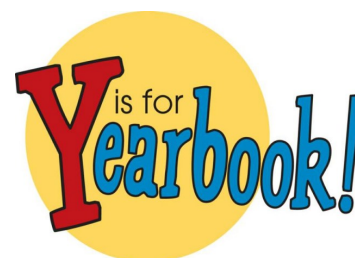
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Orders are now being taken for this year's yearbook. Order forms can be picked up at the office and must be pre-ordered. The **deadline** for placing an order is **May 8th**. This deadline is necessary to determine if there is sufficient

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 would like to have pictures of all of the athletic teams, committees, and clubs at MDJH. We have pictures of most but would really like more action shots. It would be much appreciated if a parent, coach, or student could pass along pictures by emailing

Ms. Quann at colettequann@nlesd.ca. If you are emailing a picture taken from a cell phone, please select actual size when you email. Changing the size will alter the picture and the quality of the picture

will be poor thus making it difficult to put in the yearbook. If you know of an upcoming game, tournament, or event you could email this information to the aforementioned email.





### 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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Thank you to parents and students who expressed an interest in attending the mini enrichment courses.

Information regarding courses will be forwarded to students as soon as the process is complete.

**Parents and students are reminded that the Enrichment Mini Course Program Informed Consent/Waiver must accompany the child when they attend the course. Students will not be permitted to attend without the consent form.**



**Deadline for application for Mini Courses with payment is Monday, March 23rd,**



## 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**



## Pi Week Activities—Mathematics Department

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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!



## March Theme

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### March is Nutrition Month

The theme for 2015 is

## Europe 2015

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



## Drama Festival

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Congratulations to our Drama Team who participated in the Drama Festival last 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 Torrville, Steve Torrville (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.

Floor: Darcy Lawlor

Missing from photo: Abby Gibbons. Coaches Edwin Riggs and Keith Clarke

## Team Travel

Good Luck to our grade 7 boys and girls volleyball teams this coming weekend as they travel to Clarenville to compete in Provincial play.



## 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

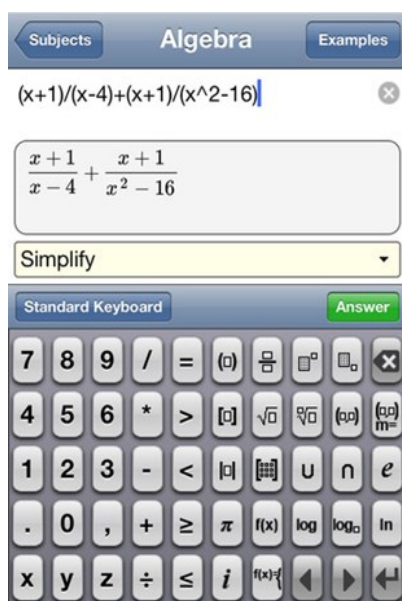
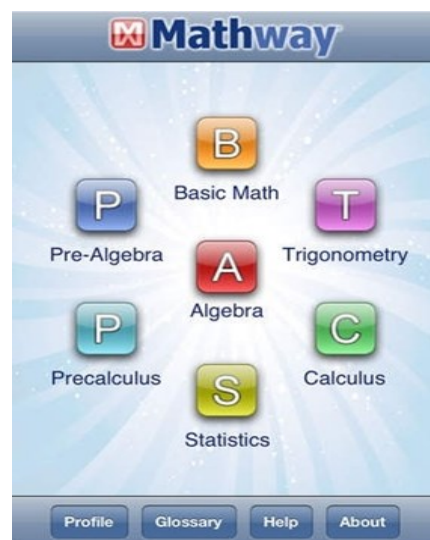
**Check it Out!**

## App of the Week

Smart, fast, and accurate: **Mathway** solves problems from all areas of mathematics, including algebra, calculus, trigonometry, and statistics, and can also take on chemistry, determining the behavior of gases or finding the number of molecules in a certain mass. The results are spot on (we double-checked and triple-checked) and provided instantly even for difficult problems like finding that X and Y intercepts or evaluating limits approaching infinity.

Neat layout: The toolbar at the top of the screen enables you to quickly select the area of mathematics you need help with; through the buttons below it you can easily define your problem. We also like the beautiful rendering of geometric figures in the main window, and the convenient placement of the Help, Save, Cancel, Undo, and Redo buttons on the right-hand side of the screen.

Helpful examples: While lacking a conventional tutorial, this app features a list of all the problems it can solve (the ? Button), categorized by type. When you choose one of them from the list, you're given an example that can help you get started.



Not good for learning unless you upgrade:

The app doesn't show you how it reached an answer but asks you to register an account, and after you do, you still can't see the results unless you subscribe for \$19.99/month or \$99.99/year.

If you need a little assistance when it comes to solving math problems and equations this app could quickly become your new best friend. You now have the same power that Mathway.com offers now directly on your mobile device. What's great is that you won't even need an Internet connection to use it.

You'll find free answers to all your math questions here. If you want to upgrade to the premium version it will also walk you through the solution giving you detailed explanations.

This is ideal for students so they can also learn along the way. Some of the subjects covered in the app include pre-algebra, basic math, trigonometry, algebra, calculus, pre-calculus, and statistics. People who use the app on a regular basis include teachers, parents, and students.

# 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.

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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





## **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. 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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