

MDJH
April 17th
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.

Please do not turn right into the parking lot from the student entrance !



Parking Lot Protocol - After School 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 slowly and carefully!

Expression of Interest

Canadian Student Leadership Conference (CSLC 2015)

The national leadership conference for grade 9-12 students will be held in Halifax, Nova Scotia from September 22nd-26th. This is a wonderful experience and provides opportunities for students to participate in leadership workshops and activities. Any current grade 8 student who would be interested in attending this conference should contact Ms. Quann for more information. There are a limited number of spots available.

Regional Heritage Fair

In Their Footsteps

Macdonald Drive Junior High is proud to be hosting the Avalon Regional Heritage Fair at our school from May 1st - May 2nd. Public viewing 10:00 a.m.-12:00 p.m.

Dates to Remember

Teacher PD Day—May 1st, 2015

Avalon Regional Heritage Fair—May 2nd, 2015

Exams - June 17th - June 19th, 2015

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 7 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.

NEW

Grade 8 Heritage Fair

Another successful Heritage Fair has entered the history books. This year we had 48 student participate from 10 grade 8 homerooms. As usual there were projects on a wide range of topics. Our winners this year are Andrew Harris for the History of VOCM, Daniel Penny for Le Morve: Passe Present and Ananya Antony for Incredible India. Congratulation to all our students for a job well done.



NEW

MDJH Drama Club

Drama Festival results



The MDJH Drama club recently participated in the festival with their production of "10 ways to Survive a Zombie Apocalypse". 23 students were involved in the production and attended three workshops. They put on a fantastic production and received several awards including:

- Sound
- Props
- Original artwork (Mitchell Maine)
- Technical Operations (Kadri Berisa)
- Best Supporting Actor Junior High (Nick Conway)
- Best Actor in Comedic Role- Junior High (Adam Strong)

Congratulations to all 23 students for their hard work and commitment!

Special thanks to our student interns Ms. Emma Collingwood & Mr. Blair Tulk (drama coaches), & to Ms. A. Penney (technical & set construction). The Drama Club would also like thank Mr. Jon Hayden, Mr. R. Keats for their support.

NEW

Arts Night!

Details will be coming soon on MDJH fine arts night later this spring - it will involve arts exhibits, band performances, choral music, and talent show, all in an informal coffee house setting. Stay tuned for more in next week's newsletter!

Band Notes – Week of April 20th - 24th, 2015

Rotary Music Festival Dates:

Here is the finalized information for this year's Rotary Music Festival. Some things to note:

- Each band performs twice – at an evening concert and at a clinic with adjudicators.
- Students will need a signed permission slip for the events during school time (go to website to download it)
- Students are asked to bring \$10 to offset the cost of registration and the bus travel
- Please return the permission slip with the \$10 as soon as possible.

PERFORMANCES:

Evening Concert:

The Grade 7 Band, the Grade 8/9 Band, and the Jazz Band all will perform with other groups in an evening concert **Wednesday, April 29, at Holy Heart Auditorium**. The concert starts at **7:00 PM**. Students should arrive at **6:30 PM** wearing their uniform.

Admission to this concert is \$10 for adults - \$5 for students.

Clinics:

Jazz Band – Saturday May 2

Students should arrive at the MUN School of Music 10:45 AM.

Clinic is 11:50 – 12:35 PM / Wear the band uniform / Admission is free – all are welcome

Grade 7 Band – Monday, May 4 – MUN School of Music

Students will leave MDJH at 12:00 and return at 2:15

Clinic is 1:15 -2:00 PM. Admission is free - all are welcome

Students will wear their band uniform

Grade 8/9 Band – Wednesday, May 6 – MUN School of Music

Students will leave MDJH at 8:45 and return at 11:10

Clinic is 10:10 – 10:55 - admission is free – all are welcome

CHAPERONES: for the evening concert we will need some parents who can sit with students during the concert and act as chaperones. Anyone who can help with this is asked to contact me as soon as possible – your help is very much appreciated!

Please let me know if you have any questions.

	Day 3 Monday April 20	Day 4 Tuesday, April 21	Day 5 Wednesday April 22	Day 6 Thursday. April 23	Day 7 Friday, April 24
Per. 1					
Per.2	Grade 7 FULL BAND			Grade 7 FULL BAND	Grade 8/9 FULL BAND
Per. 3					
Per.4		Grade 8/9 FULL BAND			
Per. 5					

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 Tournament	See website for schedule	CBS	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

Our Grade 9 School Leaving Ceremony will be held on **Friday, May 29th, 2015**. from 7:00 - 9:30 pm. Students are asked to be at the school for 6:30pm. This will entail a short ceremony followed by a reception in the cafeteria. This celebration is a **causal affair**. Students and parents/guardians are reminded that there is no dance. Tickets are limited to grade 9 students and their parents /guardians (3 tickets). Exceptions for blended families. Should there be extra tickets, they will be made available on a first come, first serve basis.

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



Parent School Council News

Next meeting of our Parent School Council is on **Monday, April 20th, 2015** at 7:00 pm in the Conference Room.

NEW

Grade 7 & 8 Parent Volunteers Needed

On May 29th MDJH will host the grade 9 School Leaving Ceremony. After the ceremony, there will be a reception and we need parent volunteers to help with that. There will be items to pick up prior to May 29th, set-up during the afternoon and serving during the evening. If you can volunteer please contact Kathy Pollett at kpolllett@nf.sympatico.ca

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.

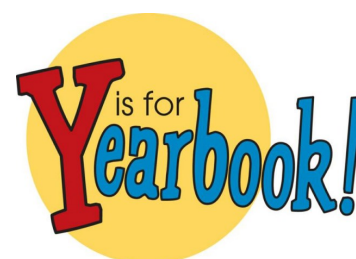
Yearbooks

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

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 Student Successes!

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

Share with us!



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 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!

Support KES by Donating to the MDJH Breakfast Program



For more info on KES visit:
<http://www.kidseatsmart.ca/>

At MDJH we have charitable status. Donations can be used for tax purposes.

Exams 2015

Note: English Language Arts in grade 7 & 8 - the Demand Writing portion will be written on June 2nd, 2015

Francais 7, 8, 9 evaluation will be written the week of June 4th - June 9th, 2015

AM Exams: 8:30 AM / **PM Exams:** 12:30 PM

Wednesday , June 17

AM

**Science 7 – Scientific Literacy
English Language Arts 9**

PM

English Language Arts 8

Thursday, June 18th

AM

**English Language Arts 7
Science 9 - Scientific
Literacy**

PM

Mathematics 8

Friday, June 19th

AM

**Science 8 – Scientific
Literacy
Mathematics 9**

PM

Mathematics 7

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!



Grade 7 Girls Volleyball



Congratulations to our Grade 7 Girls Volleyball Team that won the Eastern Provincials in Clarendville over the March 20th-22nd weekend. Bravo!

Front row: Emma Carter, Madison Noseworthy, Camryn Bonia, Brooke Stacey, Jenny Walsh, Jane Bennett,

Megan Hale, Ashley Walsh, Maren Bartlett, Haleigh Roff, Juliana Koen Alonso

Back row: Coach Ian Bennett, assistant coach Katie Bennett

Missing: Julia Bulman

Grade 7 Boys Basketball

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

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



Good Luck to our grade 8 boys' basketball team who will be hosting a basketball tournament the weekend of April 17-18 at MDJH. Our grade 7 boys' team will also be participating. Best of luck to both teams.

Teen tracking apps: Good parenting or risky?

It's 2015, and with smartphone technology it's possible to track your children all the time.

A number of parental tracking apps and services exist for monitoring teen activity on smartphones: *MamaBear*, *Life360*, *Canary*, and *My Mobile Watchdog*, to name a few. Some parents say using these services is a sign of good parenting, yet psychologists and privacy experts warn that there are pros and cons, and parents should weigh them before signing up.

One of those services, called *TeenSafe*, allows parents to monitor their children's location, social media activity, text messages and call log. There are more than 500,000 users, according to Ameeta Jain, a TeenSafe co-founder.

"As a mom with two teens, I was concerned about not having a window into my child's digital world," Jain told USA TODAY Network about her decision to create the service, which launched in 2011 but has continued to update and change with new technology.

Smartphones with GPS provide an option for constant tracking, and 37% of teens own smartphones, according to a 2013 "Teens and Technology" Pew Research survey.

Parents can log in to TeenSafe on their own phone, or on a tablet or desktop and see what their children are saying and doing on their iPhone or Android phones. The service has helped parents identify online bullying and has kept teens out of dangerous situations like getting into a car with a drunk driver, according to Jain.

"If we don't know what is going on in their digital world we can't protect them, we can't guide them," she said.

But constant monitoring can harm parent and teen relationships, according to Barbara Greenberg, a family clinical psychologist and expert on teen behavior.

"It really gives the message, 'I don't trust you at all,' " she told USA TODAY Network. "It's over-involvement."

Part of maturing, according to Greenberg, means making mistakes and learning from them. If the child feels that the parent is always watching and will always fix everything, the child may develop a lack of confidence and increased anxiety, she said.

"These smartphones do open the world to kids, and there's good and there's bad," said Michael Brody, from the American Academy of Child and Adolescent Psychiatry. "I understand that parents want to use [tracking services] to make things safer, but they may be defeating their purposes. The way you make your children safe is to make them able to take care of themselves by themselves."

Both Brody and Greenberg advocated for open communication between parent and child about how the child is using the smartphone. Greenberg advised that parent have passwords to each social media account and let their children know they will be checking in from time to time.

Continued on next page

App of the Week:

Teen tracking apps: Good parenting or risky?

"Parents should ask where their kids are going, but to track them, it creates immediately an adversarial relationship," Brody said.

However, Jayne Hitchcock, a cyberbullying expert and president of the volunteer organization Working to Halt Online Abuse, argued that parents are entitled to know about their children's digital activities as long as they're under their care..

Moreover, monitoring smartphones and online activity can possibly prevent bullying, stop predators and death, she said.

"If [parents] have these monitoring apps and they have their passwords to their various accounts, then they can go in and take a look and maybe head off a possible suicide," Hitchcock said.

Teen and parent relationships aside, there are privacy concerns with what data each service or app may be collecting. Before people sign up to use one, Paul Stephens, director of policy and advocacy at Privacy Rights Clearinghouse, advises that individuals thoroughly check out what each company is doing with that information.

"Any time you install any sort of app, you really need to carefully look at the privacy policy of that app" he said, noting that the policy will detail how data that is acquired can be used, which could include for marketing materials.

Tracking apps and services could also potentially be used to stalk people who are not the users' children, Stephens said. "Obviously there are many situations in which [tracking apps or services] or any app can be abused," according to Stephens.



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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