

MDJH
May 3rd
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.

Dates to Remember

Teacher PD Day—May 1st, 2015

Avalon Regional Heritage Fair—May 2nd, 2015

May 29th Grade 9 School Leaving Ceremony

Exams - June 17th - June 19th, 2015

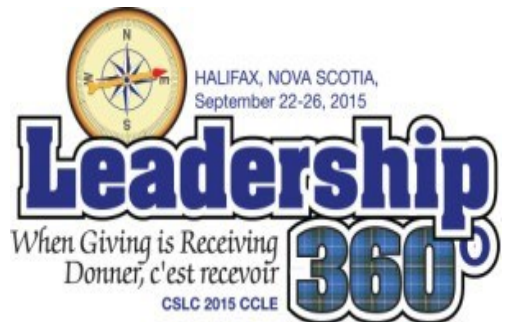
There is a one way traffic flow to access the main entrance. Please do not enter the parking lot via the elementary school or enter from the student entrance.

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. There will be an information session for parents and students Monday evening May 4th at 7pm in Room 220 (Ms. Quann's room).



Avalon Regional Heritage Fair - *Walking in Their Footsteps*

Background

The Newfoundland and Labrador Heritage Fairs Program began in 1997 as part of a national initiative to bring history to life for students in Grades 4 to 9. Directly linked to school curricula, Heritage Fairs allows students to showcase their projects, using a variety of mediums. They are presented at school fairs where outstanding projects are selected to attend a regional fair. Regional or provincial fairs are held in every Canadian province and territory each spring. Up to eight regional fairs are held each year in Newfoundland and Labrador.

Macdonald Drive Junior High was proud to host the Avalon Regional Heritage Fair from May 1st - May 2nd, 2015. It involved over 125 students from schools across the Avalon Peninsula. MDJH had three representatives from the school based Heritage Fair - Andrew Harris (*History of VOCM*), Daniel Penny (*Le Morve: Passe Present*), and Ananya Antony (*Incredible India*).



MDJH Heritage Fair - winners



Ms. Osmond (principal) presenting Daniel Penney (HR: 8-10) with his Award at the Avalon Regional Heritage Fair 2015.



Below and right:: Avalon Region Heritage Fair 2015 winner Daniel Penney for the category *Excellent Use of Artifacts as a Resource*. Project titled: - *Le morue: Passe/Present*



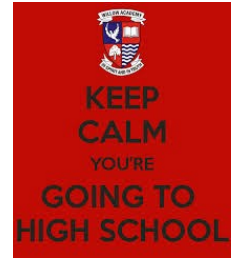
FÊTES DU
PATRIMOINE
DU CANADA | CANADA'S
HERITAGE
FAIRS

NEW

Grade 9 School Leaving

On May 29th, 2015 MDJH will host the grade 9 School Leaving Ceremony. Parents, guardians, and students are advised that the format for the evening has not altered from previous years. The evening will encompass:

- Grade 9 students arrive at school 6:30 PM and assemble in the library in preparation for their homeroom to be called on stage in the gymnasium.
- Students get three tickets to the school leaving ceremony (student included in the 3). We have 235 grade 9 students. Hence, accommodating this number along with teachers will maximize numbers for the venue. Allowances will be made for students with blended families.
- Once students are called and subsequently seated there will be a few performances, principal's address, and valedictorian speech.
- When the formal component concludes the cafeteria will have food and drink for parents/guardians/students while the gym is cleared of chairs for a dance.
- Previous school leaving ceremonies have not had widespread participation with a dance. However, we will have one again this year.
- The MDJH school leaving ceremony is not a graduation. Although rumours abound about dresses purchased and consequently posted on Facebook, this is not normal practice for this type of event. The school does not support such. Students are expected to dress appropriately for the evening. (casual clothes expected).
- More information will be made available next week re: cost.
- A meeting will be held with the grade 9's to appraise them of the format on May 29th.



Grade 7 & 8 Parent Volunteers Needed

On May 29th, 2015 MDJH will host the **Grade 9 School Leaving Ceremony**. After the ceremony, there will be a reception and we need parent volunteers to help. There will be items to pick up prior to May 29th, set-up for the evening, and clean up. If you can volunteer please contact Kathy Pollett at kpolllett@nf.sympatico.ca



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 8 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

Students off to Quebec City

Bon voyage to 25 MDJH students and three French teachers (Mme. Sauve, Mme. Wells, Mr. West) as they jet off to Quebec this week for 5 days of educational /cultural experiences. This has become an annual event for students who wish to participate. Enjoy your sojourn.



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 to 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 a talent show, all in an informal coffee house setting. Stay tuned for more info in the next week.

Band Notes May 4 - 8, 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 AM

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

Students will wear their band uniform.

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! all

Please let me know if you have any questions.



For scheduled classes this week please listen to the announcements and/or see the schedule posted on the band room door.

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
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



Blair Richard Bertram Tulk was an intern at MDJH from January to Easter 2015. The sudden passing of this wonderful son, brother, and teacher on April 19, 2015 at age 29 years was unexpected and tragic.

Blair graduated from university with a BA and then decided to pursue a teaching career. He soon discovered that it wasn't just a career but a passion. In his few months as a teacher intern, he thoroughly enjoyed his days with students and staff at MDJH. The positive experience of his internship experience was profound. In this short time Blair impacted the lives of many students. He would have certainly made a difference in the lives of many students in his career. We will cherish our loving memories of him.

Parent School Council



Parent School Council News

Next meeting of our Parent School Council is on **Monday, May 4th, 2015** at 7:00 pm in the Conference Room.



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. We **strongly urge** that students not self medicate at school but rather process through the office at an assigned time to receive such. Please contact the office for further information.



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.

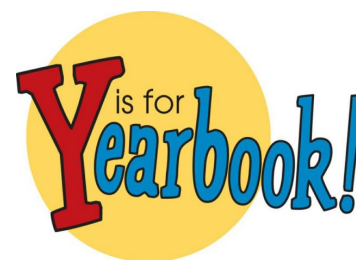
Yearbooks

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

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>



Math Support @ MDJH

Students can avail of math tutorials on Monday after school on from 2:40 - 4:00 PM and lunch times on Tuesdays and Thursdays from 12:05- 12:30 PM.

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.

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

Note: **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
Francais 7**

Thursday, June 18th

AM

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

PM

**Mathematics 8
Francais 9**

Friday, June 19th

AM

**Science 8 – Scientific
Literacy
Mathematics 9**

PM

**Mathematics 7
Francais 8**

Grade 9 Boys' Basketball Silver Medalist

Congratulations to the grade 9 boys' basketball team on a successful year. They played St. Paul's in the championship game of the city championship. Congratulations to the boys and their coaches.



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

Year End Tournament - Grade 7 Girls' Volleyball

Congratulations to both female volleyball teams (Mr. Nixon and Mr. Bennett's teams) on a successful year end tournament. The girls and parents thoroughly enjoyed the experience throughout the year and look forward to another competitive season next year.



Grade 7 Boys' Basketball



Back row: Steve Torraville (coach), Evan Roche, Michael Porter, Ali Alwazanee, George Kirkland, Michael King, Ibrahim Oudah, Jordan Button, Matthew Renouf, Stacey Bailey (coach)

Front Row: Matthew Torraville, Aiden Nguyen, Simon Bailey, Josh Cooke, Adam Powell, Ian Shears, Brendan Porter.

Winners of the City League - Congratulations to the team and their coaches.

Championship game against Brother Rice 52 - 48. Very exciting match.

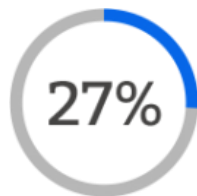
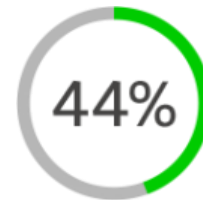
App Guide for Parents

Social networking sites are a huge favourite with children, allowing them to stay in touch with friends, meet people with similar interests, and share photos and videos. Used appropriately, social networks are a great place for young people to demonstrate their creativity. As a parent, there's plenty you can do to ensure your children's experience is both safe and fun.



Behaviour: 12 to 15 year olds may be in contact with people they don't know on their social networking site profile.

Habit: of children aged 10 to 15 are using social networking sites.



Preference: of children named social networking sites as their favourite sites on the internet.

The lower age limit for most social networking sites is 13. The most popular social networks include *Facebook*, *Instagram*, *YouTube*, *Twitter*, *Tumblr*, *Ask.fm* and *Snapchat*.

Many sites include an instant message function which allows private conversations between site members. You can set privacy settings on most social networking sites so that only close friends can search for your child, tag them in a photograph or share what they've posted

Most social networking sites have an app version available, meaning your child will have access to the social network from their smartphone or tablet. Some app versions of social networks use the location of the phone. Facebook has a setting that allows your child to approve or dismiss tags that people add to their posts

Information shared between friends can be easily copied and may spread widely. It isn't easy to take back information that has been posted – and can be impossible if it's already been shared.

Parents should be aware of some issues with social networking apps:

Cyberbullying: Smartphones allow people to take photos and share them instantly on their social networks or post information about someone online in seconds. Sometimes this can mean young people are even more vulnerable to episodes of cyberbullying.

Sharing information: Many apps work on the basis of identity or phone number information. In many cases apps don't always let you know that this information is being used, meaning children could be sharing personal information. As well as on the social networks themselves, privacy and security settings are available on most devices.

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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