



# Parent Newsletter

## Green Apple News

## School Council

School Council will hold its first meeting in the Conference Room at 7:00 PM on Monday, October 5th, 2015. If you are interested in joining School Council please contact: Ms. Osmond: sarahosmond@nlesd.ca or Mr. Squires: craigsquires@nlesd.ca.

## Annual Food Drive



In preparation for our annual Thanksgiving Assembly on Thursday, October 8th, the Green Apple Alliance Leadership Group will be collecting non-perishable food items for the Food Sharing Association. Food items will be collected in homerooms until Thursday, October 8th. We appreciate your help and support. Our Assembly will take place in Period 3.

## MDJH Community Garden

Have you ever wondered what the 6 boxes outside of the student entrance

### Dates to Remember:

*School PD Day #1 - Friday, October 9th, 2015 (No school for students)*

*School closed for Thanksgiving - Monday, October 12th, 2015*

*Intermediate Close-out (all junior highs) (PD Day #2) Friday, November 6th , 2015*

contain? Come check out our Community Garden. It's almost harvest time! Seeking students and parents to join our garden group. Please contact [nathaliebrunet@nlesd.ca](mailto:nathaliebrunet@nlesd.ca) for more information.



**MDJH webpage**

Check out our webpage:  
<http://mdjh.info/> for updates on  
homework, upcoming tests, assign-  
ments, school news, announcements,  
band and team practices. Feedback  
welcome.

## Seeking a Coach for Grade 7 Boy's Volleyball team

MDJH is actively seeking a parent or adult volunteer over the age of 21 to coach this year's Grade 7 Boys Volleyball Team. An ideal candidate would be able to offer 2 practices per week at a time of their choosing preferably on Tuesday and Thursdays after school. If you are interested or know anyone who might be, please contact Mr. Scott Mercer: [scottmercer@nlesd.ca](mailto:scottmercer@nlesd.ca) for further information.

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## Student Information Sheets

We are in the process of updating all our student information in the Power School data base. These sheets were sent home with students last week. Please ensure that they are returned to the office as soon as possible. These forms are available on the school website as well.

## Parent Portal Information for PowerSchool

By now all parents should have access to their child's daily attendance and marks. If you have not received your Portal Information please contact the Main Office: [natashawellon@nlesd.ca](mailto:natashawellon@nlesd.ca) or [terrilynncoady@nlesd.ca](mailto:terrilynncoady@nlesd.ca) or the school administration.



## Grade 7 Parent Meeting

There will be a general information session with our Student Support Services Department and Grade 7 parents to discuss accommodations as well as the use of assistive technology for testing accommodations in the LRC on Monday, October 5th, 2015 @ 7:00 pm.

## Teacher PD Day # 1

School will be closed for students on **Friday, October 9th, 2015**. The gym will not be available after Thursday night for the long weekend as Elections Canada will be using our gym for the Federal Election advanced polls from October 9th - October 12th. As well, the gym will not be available on October 19th to allow for the Federal Election voting.



## MDJH KES Annual Walk-for-Breakfast



**When: Thursday, October 8th, 2015**

**8:30 - 9:30 am.**

## **Breakfast Program**

*Did you know?*

**MDJH** has a Kids Eat Smart Breakfast Club! The KES Club is available **every day from 8:05 - 8:20am**. It is located in **our school cafeteria**. There is no charge and all children are welcome to attend! We know healthy kids with a full stomach, learn better and are more engaged in school. We hope to see our Breakfast Program thrive again this year through the support of volunteers that make it happen every morning. This worthwhile Kids Eat Smart program is making a significant difference for many students at the start of their busy day. Teachers and parents alike make this program the success that it has been thus far. We are currently seeking support through volunteering, food, or monetary donations. All donations should be submitted to the school office, Re: "MDJH Breakfast Program". Please contact Mary Van Thiel: [maryvanthiel@nlesd.ca](mailto:maryvanthiel@nlesd.ca) or Caleb Thorn: [calebthorne@nlesd.ca](mailto:calebthorne@nlesd.ca) if you wish to participate.

Throughout the entire year we are in need of food items but we are going to ask one grade level at a time, to limit the demand on individual families.

This Fall/Winter, up until Christmas break, we are asking **GRADE SEVEN** parents to help with donations.

**Accepted items include:** Kelloggs Mini-Wheats, Post Honey-Combs, Frozen yogurt tubes, Cream cheese, Orange Juice, Apple Juice, and Granola Bars (nut -free).



## 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	LRC	Math Department
Knitting	Tuesday @ 11:40 am-12:33pm. Bring lunch.	227	Ms. Osmond/ Ms. Penney
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 /Mr. Dyer
French Tutoring	Tuesday @ 12:05pm	109A	Ms. Glynn
Drama	TBA	109A	Ms. D. Mills
Art Club	TBA	227	Ms. Penney
Arts and Letters	TBA	215	Ms. E. Mills
Math League	Wednesday @ 12:05pm	208	Ms. Doyle
Photography	Wednesday @ 2:30pm	220	Ms. Quann /Mr. Wragg
Year Book	TBA	TBA	Ms. Quann
LRC	12:05-12:33pm	LRC	Ms. Power

### Sports

Grade Level Intramurals lunch time in the Gym. Includes soccer, basketball, ball hockey, etc.

### **Teams for Grades 7-9 Boys and Girls**

- Soccer
- Volleyball
- Cross Country Running
- Basketball
- Baseball
- Slo pitch softball
- Hockey (gr. 8 & 9 only)



### Duke of Edinburgh

Parents and Grade 9 students attended an information and registration session in the LRC on Wednesday, September 30th, 2015. to learn more about the Bronze component of the Duke of Edinburgh Award.

Students interested in learning more about the program, are asked to see Mr. Porter.



*Check school website for practice times.*



## **Student Absences/Tardiness**

If your child is absent from school for any reason, please contact the office via phone or your child's homeroom teacher via e-mail, prior to the start of the school day on the day of the absence and have your child bring a note explaining the absence to his/her homeroom teacher when he/she returns. Attendance is very important for your child's academic success. If he/she is out for an extended period of time due to illness, please contact your child's teacher to get any missed work and check the homework site regularly. Students need to be in school by 8:20 at the latest to ensure they are ready for their morning classes. After lunch they need to be back in school by 12:33 to ensure they are ready for afternoon classes



## **Welcome MUN Interns**

We have 7 MUN Intern Teachers visiting from September 28th to October 9th, 2014. Welcome to Ms. Murray, Ms. Matchem, Ms. Gagnon, Ms. Sten-taford, Ms. LeGrow, Mr. Clancey and Ms. Gallardo.

## **Allergy Alert**

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

No nuts	No Fish
No peanuts	No Shellfish
No latex	

Note: No soy products

## **Yearbooks**

Yearbooks for the 2014 - 2015 are now available and can be picked up at the office. Any books not picked up by mid-October will be sent to Gonzaga for distribution. There may be a small number available for sale. If interested, please contact Ms. Quann at [colettequann@nlesd.ca](mailto:colettequann@nlesd.ca).

## **Yearbook Photos**

Many school groups and activities have started. Anyone having a team or group photo to submit to the yearbook can please email their photo to [ColetteQuann@nlesd.ca](mailto:ColetteQuann@nlesd.ca). The photography club is interested in taking a variety of pictures. All we need is some notice and a schedule of events or games. Please email Ms. Quann at [colettequann@nlesd.ca](mailto:colettequann@nlesd.ca) or Mr. Trevor Wragg at [twragg@hotmail.com](mailto:twragg@hotmail.com) to advise of practice times, events or games.



## **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 the required forms. Students are not permitted to have medication on their person.

## **Student Council**



Nominations for President and Vice President of our student council were completed this week. Candidates will have couple of days to campaign. Voting will take place on Wednesday, October 7<sup>th</sup> during recess and lunch. All students are encouraged to get to the polling station in room 109A at school and vote.

Homeroom rep elections will take place after the election for president and vice president.



**NEW**



### **Photography Club**

Next Photography Club meeting will be held **Wednesday, October 14th**. This will be a photo walk so be sure to return permission slips.

### **Knitting Club**

Looking for a great hobby! Consider knitting! Learn to do the basics: read a pattern, cast on, cast off, knit, purl, stocking stitch, garter stitch, moss stitch. Students will begin with samplers, a dishcloth/simple toy or scarf and can move into socks, hats, mittens and more.



Every Tuesday at lunch time beginning at 11:40 am in room 227. Bring your lunch and needles/yarn. We can have you started in no time! Open to all students (male and female) and teachers.

### **Skills Canada**

The 13th Annual Skills Canada Intermediate Challenge will take place at the College of the North Atlantic on November 20th, 2015. We are hoping to have students entering in twelve of the sixteen categories. Many of them a first for us! Categories include, graphic design, photography, job search, job skill demonstration, CBDC Pitch (similar to Dragon's Den), IT Networks, TV video production, web page design, mentoring, lego robotics, model wind turbine and junior chef challenge, Special thanks to Ms. Quann, Mr. Gillard, Mr. Smith and Mr. Thorne.

### **Home Economics**

The Home Economics Program is in need of used magazines and catalogues that contain appropriate text and pictures for junior high students. A box will be placed at the office if you would like to donate reading material of this kind.

### **Bell Schedule**

**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

### **Electronic Devices**

Electronic devices (ipads, ipods, phones) are not permitted for use during instructional/classroom time unless under the direction of a teacher and permission has been given to use the device. All phones should be turned off during class time and placed in the appropriate place as directed by the teacher. These devices are only permitted to be used in the morning prior to class starting, during **recess** and **lunch period** and after school.

If a student has these items during class time or at any other time throughout the day (hallways) they may be confiscated and sent to the office. On the first offense the item will be returned to the student at the end of the day. If repeated parents will be requested to collect the item from the office.

If you need to contact your child while he/she is in school, please call the school @ 753 2840.

## Band Notes for the week of October 5-9

Classes are up and running – students and parents are encouraged to check out the schedule posted on the school website

Jazz Band auditions are completed now but any student who is still interested should see Mrs. Dunsmore – there may be spaces for certain instruments.

Students who borrowed an instrument from the school are asked to return the NLESD Instrument Loan Form as soon as possible.

Here is the schedule for this week:

	<i><b>Mon. Oct. 5</b></i>	<i><b>Tues. Oct. 6</b></i>	<i><b>Wed. Oct. 7</b></i>	<i><b>Thurs. Oct. 8</b></i>	<i><b>Fri. Oct. 9</b></i>
	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>	<b>Day 1</b>	<b>Day 2</b>
<b>1</b>	Grade 7 Clarinets		Grade 8/9 Low Brass, Low Woodwinds, Bass Guitar		
<b>2</b>		Grade 8/9 Clarinets		<b>Grade 8/9 FULL BAND</b>	
<b>3</b>	Grade 7 Alto Saxes	Grade 8/9 Flutes			
<b>4</b>	Grade 8/9 Trumpets and French Horn	Grade 8/9 Alto Saxes	<b>Grade 7 FULL BAND</b>		
<b>5</b>	Grade 7 Flutes			Grade 7 Percussion	

	<i><b>Mon. Oct. 12</b></i>	<i><b>Tues. Oct. 13</b></i>	<i><b>Wed. Oct. 14</b></i>	<i><b>Thurs. Oct. 15</b></i>	<i><b>Fri. Oct. 16</b></i>
		<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>
<b>1</b>			Grade 8/9 Full Band	Grade 8/9 Trumpets French Horn	
<b>2</b>		Grade 7 FULL BAND	Grade 7 Trumpets		Grade 8/9 Alto Saxes
<b>3</b>				Grade 7 Flutes	Grade 8/9 Clarinets
<b>4</b>		Grade 8/9 Percussion	Grade 7 Low Brass and Low Woodwinds	Grade 7 Clarinets	Grade 8/9 Flutes
<b>5</b>				Grade 7 Alto Saxes	





**Every week we will provide information to parents about social media apps and other tips pertaining to technology.**

### **Tips For Teens When Online**

Here are a few tips to keep your teen safe when using the Internet and other web-based technologies. If you think it's an awkward conversation; you can hand them this blog to read.

- Be smart about what you post on the Web. It is a lot more public than it seems. Protect your space. Use privacy settings and don't just randomly accept everyone's request as a friend. Do a bit of investigating to find out more about them first. It's recommended that you don't use your real name or give out too much personal information on your Facebook page or other social media sites.
- Clean up your profile. Take anything embarrassing, too personal or any photos that show you doing something illegal (drinking, drugs) off of your page. Those photos of you dancing with a beer bottle in your hand, are not going to look good when you are applying for college.
- Provocative and sexy names and pictures can draw attention from people you don't want in your life, particularly online predators.
- Posting or sending sexy photos of yourself (sexting) can get you into big trouble with the law. If you are underage, they may be considered child pornography, a serious crime. Never take an image of yourself that you wouldn't want your parents, teachers, or your employers to see. Think twice or three times before you post. You can't take it back and it's out there forever.
- You have no control over where the photos are sent once you send them. The image that you meant for your boyfriend or girlfriend can be sent to their friends, and their friends and their friends. If you forward a sexual photo of someone underage, you are as responsible as the original sender. You could face child pornography charges, go to jail, and be legally required to register as a sex offender. You could also be asked to leave a sports team, be humiliated in public, or lose educational opportunities and have legal problems.
- Report any nude pictures that you receive on your cell phone to an adult that you trust. Do not delete the message; get your parents or your guardian, your teacher or school counselor involved immediately.
- Be careful what you download or look at. Some images are extreme, and once you see it -- it's in your mind forever. This is particularly true for violent and/or pornographic images.
- Adults who talk to you about sex online are committing a crime. So are adults who meet underage teens for sex. Some teens may think it is fun but it is serious trouble and best to report it to the police.
- Be careful if you go in person to meet someone in person that you met on the Internet. You may think you know them well, but you don't. Tell your parents or someone you trust before you go. Don't go alone, bring a friend. Always meet in a public place. Make sure you have your cell phone and an exit plan.

**NEW**



### **Grade 8 students**

Storyteller, Jean Pierre Makosso will be visiting our school on **Wednesday, October 7** to regale some of our grade 8 students with exotic, mesmerizing tales. Please see his biography below:

Born in Pointe - Noire (Congo Brazzaville), Jean - Pierre Makosso was taught by his mother MA M'KAYI. He is from a family with traditional background. Enrolled in the occidental school system, he has, in his pragmatic journey, been listening and observing. Throughout his schooling, he quickly displayed his unique abilities as a storyteller. As a theatre actor, he has worked with Company Punta - Négra (Congo), Theater du Corps (France) and Théâtre Amiel (Switzerland). Living in Canada since 2001, Jean - Pierre Makosso works with a traditional music group Masabo (Vancouver, Ottawa), and has been writing and directing plays for Canada World Youth with his own cultural company, Makosso Village. He is also a bilingual comedian and storyteller who performs in schools and universities all over Canada and in festivals worldwide.

### **Contact Information**

It is very important that the school have up to date contact information for all students and parents. If any of your information has changed since you completed the demographic profile sheet for your son/daughter or should it change throughout the school year please contact the school to update.



www.clipartof.com · 1172413

### **Safety on School Grounds**



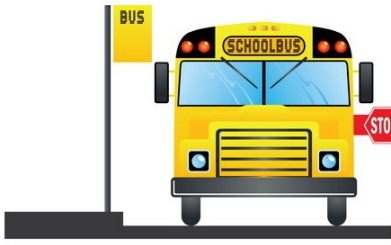
It is very important that all students take caution on and around school grounds at all times. We have noticed that many students are not using crosswalks, are running between traffic, are fooling around on busy streets, not watching where they are going etc. This is very dangerous, and we strongly encourage you to be alert and careful at all times. As well to drivers, please adhere to speed limits in our school zone, follow vehicle protocols once you enter the school grounds and be cautious of students from both the Junior High and Elementary schools.

### **Student Drop Off / Pick Up**

We will be getting lines painted with more signage in the near future. Until then:

- Stay to the right in a single line as you enter the parking lot.
- Busses proceed to the far right closest to the building.
- Drivers are asked to proceed as far as possible to the right closest to the cement divider before dropping your children off.
- Please wait for the vehicles in front of you to drop off students before exiting.
- Through traffic stays to the left.
- Ms. Osmond and Mr. Squires will be out (rain or shine!) each day to help direct traffic.





### School Bus Information:

Frank's bus: the bus that serves the intersection of Portugal Cove Rd. and Roche St. around Roche with stops at Alderdice, First and Dover, back to Portugal Cove Rd. onto Rennie's Mill stop at Reeves left to Carpasian stops at Pine Bud Pl. Rendell and Hawthorne, right on Empire to Allandale to Popular to Maple left to Pine Bud Ave. to Allandale to Strawberry Marsh left to Smithville Crescent

onto long Pond Rd and onto MDJH will commence its bus run at **7:45 AM**. This is **5 minutes earlier**. Hence, students should be at their pick up stop 5 minutes earlier in the morning.

We have **overcrowding** issues on the following bus route: Start at the intersection of Airport Heights Dr. and Macbeth Dr. on Macbeth Dr. (servicing Kincaid St.) left on Gairlock St. (servicing Turnberry St., Crambrae. St, Durness St. and Dumbarton Pl.) right on Airport Heights Dr. (servicing Elderberry Pl.) right on McNiven Pl. left on Cahill Dr. left on Halls Rd. (servicing Jesseau Pl.) right on Branscombe St. (servicing Lancaster St. & Ventura Pl.) right on Rhodera St. right on Airport Heights Dr. to Majors Path (servicing Waterline Rd., Baeuford Pl. & Lockheed St.) left on Torbay Rd. left on Hussey Dr. left on Green St. left on Hussey Dr. right on Torbay Rd. right on Harbour View Ave. on to school.

The District and bus company are aware and alternatives are being investigated. In all likelihood there will be some changes to the above route in the coming week. Students and parents will be notified.



MDJH will have their annual Thanksgiving assembly on Thursday, October 8th at 10:35 AM in the school gymnasium. This will be approximately 45 minutes in length. Please support our food drive this coming week by having your child bring in non perishable food items to their respective homeroom.

Note that this Friday, October 9th is a Professional Development day for teachers and Monday, October 12th is Thanksgiving Day. School will be closed to students on these days. The gymnasium will not be available as it is being utilized by Elections Canada for the upcoming Federal election.



MDJH will be holding Student Council elections on Wednesday, October 7th. With Federal and Provincial elections looming this becomes a tremendous teaching opportunity for both parents and teachers to promote civic responsibility to our youth. Please take the opportunity to discuss with your child.

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### **PARENT NEWSLETTER**

Macdonald Drive Junior  
High  
110 Macdonald Drive  
St. John's NL  
A1A 2K9  
Phone: 709-753-8240  
Fax: 709-753-1243  
E-mail:  
sarahosmond@nlesd.ca



**We're on the web!**  
**<http://.mdjh.info/>**

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## **Public Service Announcements**

### **City of St. John's Youth Programs**

#### **Here's how to register:**

Online [www.stjohns.ca](http://www.stjohns.ca) through **REC**connect

- In person at either H.G.R Mews Community Centre or Wedgewood Park Recreation Centre
- Telephone at (709) 576-8499
- Courses available in

**Guitar Lessons - BEGINNER**

**X-Cellent Leader**

**Girls Active Lifestyles (G.A.L'S)**

**Youth Ball Hockey**

**Youth Learn To... Animal Care, Robotics,  
Electronic Fabrication**