

MDJH

NOV. 13th ,2015



PARENT NEWSLETTER

Macdonald Drive Junior High School
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Parent Newsletter

Green Apple News



Left to right: Emily Rowe, Mr. Squires, Rudi Smith (daughter), Krystal Downey, Teri Downey (daughter), Ms. Osmond

Term 1 School Reports

Please be advised that Term 1 ends for students on Friday, November 27th, 2015. All outstanding work should be passed into teachers a week prior to the deadline date. Every effort will be made to contact parents regarding any outstanding work. Parents/guardians are asked to regularly check PowerSchool information online.

Reports will be going out to parents/guardians on Friday, December 4th, 2015. Parent-teacher interviews are scheduled for Thursday, December 10th beginning at 12:40 pm. Details to follow regarding online registration for interview requests.

Please note: School will be closed for students on Friday, December 11th, 2015 to allow for a professional day for teachers.

Important Upcoming Dates:

Term 1 ends—Friday, November 27th, 2015

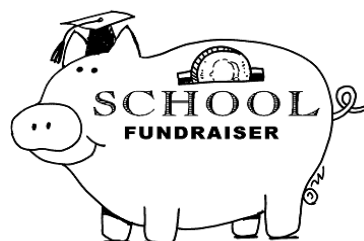
Term 1 Reports to Parents/Guardians—Friday, December 4th, 2015

Parent –Teacher Interviews –Thursday, December 10th, 2015

In-service for Teachers (School closed) Friday, December 11th, 2015

Many thanks to our school community for participating in our Dash for the Cash 50/50 Halloween fall fundraiser. We appreciate the efforts you made on behalf of our students.

Congratulations to Krystal Downey who won our 50/50 Draw. Winning prize was **\$5504.00**. Ticket was drawn on Friday, October 30, 2015 by Krysta Grimes in front of many Volleyfest fans. Congratulations to our top seller, Madison Rowe, who sold 24 booklets of tickets for the fundraiser. Top seller prize was a set of Sony headphones. The sellers of the winning ticket were Ms. Downey's daughters, Rudi and Teri.





Remembrance Day Assembly

Our Annual Remembrance Day Assembly was held Monday, November 9th during Period 3. Our theme was "Women in War". Our students presented themselves very well during the assembly. Many positive comments made from our guests.

SACRIFICE
TRIBUTE SOLDIERS
REMEMBRANCE
POPPY DAY
VETERANS BRAVERY
RESPECT HEROES
LEST WE FORGET



REMEMBRANCE DAY CEREMONY

On Monday, November 9th, students of Macdonald Drive Junior High observed Remembrance Day. An Honour Guard from The Royal Canadian Legion in Pleasantville was on hand to lend an air of solemnity to the occasion. The theme this year was "Women in War" and we heard the stories of Clara Hawker, a Carbonear mother of two sons in World War I; Frances Cluett, a resident of Belleoram who served on the front lines as a nurse during the Great War; Bertha Butler, a 100-year-old woman who lived in St. John's throughout World War II; and Sergeant Donna McDonald, who serves in the Canadian Armed Services today.

The MDJH school band played *O Canada*, *Imagine*, and the *Ode to Newfoundland* under the direction of Grace Dunsmore. The choir offered thoughtful and beautifully performed pieces called *Dona Nobis Pacem* and *Homeward Bound*. Students were led by our music teacher, Ms. Amy Wilson.

Speakers for the ceremony helped to bring the theme to life and moved the ceremony along seamlessly. Many thanks to Laxman and Haley, our school president and vice president, who acted as Masters of Ceremony; Alice McGregor and Alan Alcocer, who recited poetry in English and French, respectively; and Holly Stack, who portrayed Mrs. Clara Hawker, and Megan Reid, who played Frances Cluett. Special thanks to Andrew Ross for his excellent playing of *The Last Post* and *Réveille*.





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. 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 or Mr. Trevor Wragg at twragg@hotmail.com to advise of practice times, events or games.



MDJH students are adopting a senior this Christmas season. Seniors are a group who are too often forgotten this time of year. Sadly, there are many seniors in homes in our city who have no

family to visit them and no one to give them anything at Christmas. We have 28 seniors who we would like to be able to provide with gifts. The seniors are residents of St. Patrick's Mercy Home and each homeroom is responsible for providing gifts for one of the seniors. St. Pat's will provide us with a wish list for 28 seniors. Each homeroom will be assigned a senior and will be provided with a wish list for that senior. Please make every effort to donate to this worthwhile cause. If you have any questions, please contact Ms. Quann at colettequann@nlesd.ca.



Thanks to all students who participated in our Halloween costume contest. There was much competition. Prizes were awarded for *Most Original*: Hardy Linegar (Marty McFly from *Back to the Future*); *Scariest*: Katherine Crummey (Carrie); *Funniest*: Ben Gosse (Mr. Porter look-a-like); *Best Group (max of 5 students)*: Shark Week - Linda Zhang, Kathryn Cole, Maria Baker, Sara Humes, Abbi Clift-Reid





What's Happening at MacDonal Drive Junior High?

Activities/Clubs	Time	Room	Teacher Sponsor
Chess	Day 7 @ 12:10pm	205	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 (Spring)	Tuesday @ 2:30pm to 4:00pm	123	Mr. Smith Mr. Thorne
LGBTQ	Day 3	124	Ms. Brunet /Mr. Dyer
French Tutoring	Tuesday @ 12:05pm	109A	Ms. Glynn
Drama	TBA	109A	Ms. D. Mills
Art Club	Day 3 in@ 11:50 Room 227 at lunch time	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
Student Council	As needed	219	Ms. Quann
Intramurals	TBA (on-going) except Wed.	Gym	Mr. Mercer
Recycling	After School	108	Mr. Devine

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
- Hockey (grade 8 & 9 only)



Check school website for practice times.

Congratulations to:

- Gr. 9 girl's volleyball team on their gold medal performance recently in Grand Falls.
- Grade 9 Boys volleyball for their gold medal performance at Volleyfest
- Boys Soccer silver medal in the City Championship.
- Grade 8 Girl's Volleyball silver medal performance at Volleyfest.
- Congratulations to Camryn Bonia who won the Provincial Junior High Cross Country competition. She completed the 2000 M run in 7' 20" and finished 35" ahead of the 2nd place runner.
- Any other accomplishments by MDJH students / staff please forward to craigquires@nlesd.ca



Duke of Edinburgh - Hike from Maddox Cove to Cape Spear

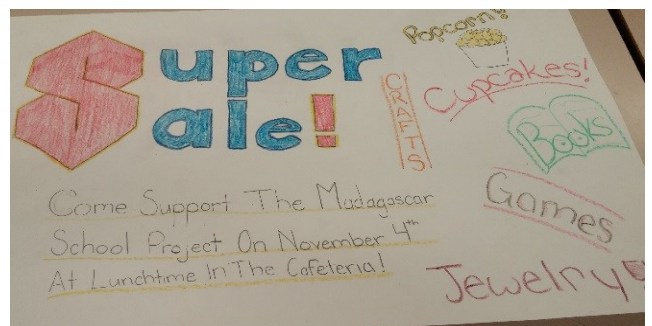


Twenty five students completed the practice hike recently. Students interested in learning more about the program, are asked to see Mr. Porter.



SUPER SALE!

Members of the grade 8-9 class participated in a Super Sale on November 4. Proceeds from the sale (\$300) were divided between *The Madagascar School Project* and people in need within our school community. Students started the project as a way to experience being global citizens – a topic in the Language Arts Curriculum. They collected used items from home, priced them, and created posters (electronic and hard copy) and wrote announcements to communicate about the sale. Overall, it was a great effort and students have already discussed ways to continue making a difference!



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.



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

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.



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**.

If a student is caught with these items during class time or at any other time throughout the day (hallways) they will 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 this happens again, parents will be requested to collect the item from the office. We are not responsible if these items are lost or stolen.

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



Photography Club

Next Photography Club meeting will be held Wednesday, November 18th. Ally Wragg will represent MDJH in photography at the Skills Canada competition November 28th. Good luck Ally!

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.

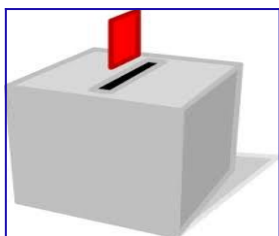


Yearbooks

2014-2015 Yearbooks were sent to Gonzaga for distribution. Please pick up your copy there.

Grade 7 LFI Students: Need help with French?

Ms. Glynn will be offering French Immersion Help Sessions in her classroom, room 223, every Tuesday at 12:05.



Provincial Election

The provincial election advanced polls will take place in Room 109A on Monday, November 23rd. Macdonald Drive Junior High will also host the principal polling station on *Monday, November 30th*. Please exercise caution around the building with the increased traffic.



Macdonald Drive Junior High Outreach

Group had their first meeting of the year. This group will be working within the St. John's local community over the upcoming year. Some community support will be done with our monthly soup kitchen; fundraising for charities, visits to senior's home and Ronald Macdonald House. This group hopes to provide charitable support to various groups in our community throughout the year and allow for students to gain valuable volunteer experiences.

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. Bring your lunch and needles./yarn. We can have you started in no time! Open to all students (male and female) and teachers.

IMMUNIZATION FORMS



Grade 9 students will be receiving immunization for tetanus, diphtheria, and pertussis Feb. 25, 2016 and March 15th, 2016. Immunization forms have been given to all grade 9 students. Please have them returned to the school with parent / guardian signature. A note to parents: Students who do not receive immunization will have to pay for certain immunizations once they leave school.



Celebrating Student's Successes

We want to acknowledge and celebrate the accomplishments of the students of MDJH. We have a wall of celebration where we will place a certificate of acknowledgement highlighting participation and success in a variety of activities. We want to know if your child has participated in any plays, musicals or has been on a team that has won some title or has been recognized in any individual competition. We need your help with this. Please let us know so we can proudly display this on our wall. Please email colettequann@nlesd.ca with Celebrate *YOUR CHILD'S NAME* in the subject line.

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	No soy products

No perfumes / colognes / body sprays

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 cooperation of students and parents to pack an alternative snack/lunch items. And 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.

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 and be extra alert.

Student Drop Off / Pick Up

- 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.
- Note: Only staff and alternate transportation should travel around the building.

We're on the web!
<http://www.mdj.k12.nf.ca>

Band Notes: November 16th-20th, 2015

Jazz Band will be performing in the NLTA Christmas Suite
 Wednesday, December 2
 7:00 St. John's Arts and Culture Centre
 Full details will be given to the students involved

NEW

MDJH Christmas Concert

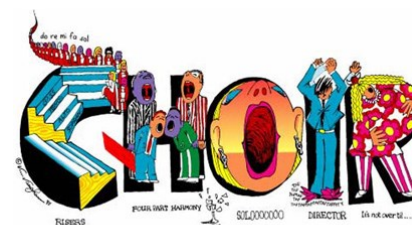
Tuesday, December 15
 7:00 pm in the school gym
 All bands will be performing
 Choir will also perform



Schedule for this week:

	Mon. Nov. 16	Tues. Nov. 17	Wed. Nov. 18	Thurs. Nov. 19	Fri. Nov. 20
	Day 6	Day 7	Day 1	Day 2	Day 3
1	Grade 7 Percussion				Grade 8/9 Trumpets and French Horn
2				Grade 7 FULL BAND	Grade 8/9 Flutes
3	Grade 8/9 FULL BAND	Grade 7 FULL BAND			Grade 8/9 Clarinets
4	Grade 7 Trombones Baritones Tenor Saxes		Grade 8/9 FULL BAND		
5					Grade 8/9 Alto Saxes

The MDJH School Choir will be performing at the Sheraton Hotel in their annual Christmas Carol tradition on **Wednesday, December 9th.**



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Building Renovations

Please be advised that our school will be undergoing outside renovations. Brick and facia will be replaced as well as windows. The renovation should be completed by the spring.

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 or Caleb Thorne: calebthorne@nlesd.ca, if you wish to participate.

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.

What Every Parent Should Ask

Social Media Revisited

Does your son/daughter have a Facebook, Twitter, Instagram or other social media account? Do you know if this account is private or public? What are they posting online?

Employers routinely run online profile checks of those looking for work. In a 2015 Society for Human Resource Management poll, 77% of employers admit to social searching potential employees. Think about what this percentage will be five years from now.

Companies want to know if the daily lives of future employees align with theirs. They are interested in online lifestyle, likes, dislikes, bias, personality, work ethic, etc.

Public Service Announcements

Trying to keep up with the challenges of parenting? Finding yourself questioning yourself, your child's behavior and your parenting? To educate and support parents, Child/Adolescent Mental Health is pleased to offer the following parent sessions: **Parenting An Anxious Child: Dec. 2nd**

All sessions will be held at Mount Pearl Intermediate School. Registration is required. Please call Laurie Ryan at 709 777- 4020.

What Every Parent Should Know about Social Media

Parents: Digital FYI - Excessive Internet Use

Between doing research for homework, texting friends, updating social networking pages and playing games, it's easy to see how a teen's life revolves around the Internet. Excessive Internet use, however, can negatively affect young people's schoolwork, health and social lives.



It's tempting for a parent to lay down the law on the number of hours their kids can spend online. Family guidelines are always a good idea; but making a teen self-aware of their actions may be a better solution. When there is a commitment on the part of the teenager to be aware of their behavior, they learn the life-long skill of balance.

Five Tips Worth Considering

- Agree to a cut-off time for electronics to be turned off in the home. What is a reasonable time for your family?
 - Keep electronics out of bedrooms. They are not *just* telephones. Phones, iPad and computers are now a portal to your kids sleeping area.
 - Recharge phones, iPads, etc., in a centrally located area where sleep can't be interrupted. The allure of catching up with the tweets and the posts of friends may be too much of a temptation to resist for your teen if these devices are charged in the bedroom.
 - Ergonomics. Young people are developing postural problems that typically didn't happen until later in life. The most common problems include a forward head posture, uneven hips and rounded shoulders among users. Keep your teen honest with their posture. It's the only body they'll own!
- Model online habits for your teen. If you expect teens to use electronics in moderation, model this behaviour.



What Students Should Know about Social Media

“Send This Instead App” Gives Kids an Alternative to Sexting

To sext or not to sext? For the reported one out of every six kids who have received a “friend’s” naked picture online and been asked to return the favour, there is pressure to participate. No longer categorized as a trend, sexting is an epidemic – an epidemic that now has a smart answer. The *Send This Instead* app gives a novel and witty way to say “No!” to the request for an intimate image.

Created by members of the Ontario Provincial Police, Child Sexual Exploitation Unit in Ontario, Canada, the free app gives an edgy and funny alternative to sexting. Inspector Scott Naylor, manager of unit, says, “Until now, anti-sexting campaigns have focused on warning kids about the dangers of sending explicit pictures of themselves, but it isn’t working, we need a new strategy.”

The *Send This Instead* app contains digital posters of humorous and sarcastic retorts that users can send instead of nude photos. Combined with entertaining graphics, funny and pointed messages include, “Sorry, just in the middle of something...Can I reject you later?” and “Save the bandwidth....Download a life” among many others.

The free *Send This Instead* app also offers teen education called “Life Bytes” on how to deal with issues surrounding sexting. The app provides links to organizations like *NeedHelpNow.ca*, a website and program maintained by the Canadian Centre for Child Protection which helps kids get nude sexting photos off of the Internet. It also links to abuse pages for social media and IM platforms as well as to country specific agencies to report people asking for nude images.

