

MDJH

OCT. 30th ,2015



PARENT NEWSLETTER

Macdonald Drive Junior High School
110 Macdonald Drive, St. John's, NL, A1A 2K9

Phone: 709-753-8240, Fax: 709-753-1243, E-mail: sarahosmond@nlesd.ca



Parent Newsletter

Green Apple News Happy Halloween!



**SCHOOL
COUNCIL**

The School Council would like to thank students and parents for participating in our fall dash for the Cash 50/50 fundraiser. Exact dollar figures are not yet in but at present approximately \$10,000.00 was taken in with a payout of \$5000.00. We will publish the name in next week's newsletter.

Next meeting of School Council Members will be on Monday, November 2, 2015 at 7:00 pm in the Conference Room.

Dates to Remember:

Intermediate Close-out— (PD Day #2) - Friday, November 6th , 2015

Remembrance Day Assembly—Monday, November 9th, 2015

School Holiday—Remembrance Day, Wednesday, November 11th, 2015



Building Renovations

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

Remembrance Day Assembly

Our annual Remembrance Day Assembly will take place on Monday, November 9th. Details to follow.

Lifetouch Picture Retakes

Please be advised that Lifetouch will be in during the morning of Tuesday, November 10th for picture retakes or for those that missed the original photo day.



MDJH Breakfast Program

Did you know that 270+ students enjoy breakfast in our cafeteria every morning.

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.

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).

Europe Easter 2017

Any student interested in going to France & Italy during Easter 2017 can pick up information from Ms. Quann. Any parent who missed the parent information session can email Colette Quann at colettequann@nlesd.ca for more information. There is a discount if you sign up before December, 2015.



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; fund-raising 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.

Macdonald Drive Community Market

The Social Studies Department is proposing a community market to take place in the Spring. In order for this to take place we need the support of our school community. Please contact Krista Houlihan if you are interested in participating as either a vendor, a volunteer, or a performer. Our goal is to celebrate and display the talent and culture of our school community.

Krista Houlihan: kristahoulihan@nlesd.ca





What's Happening at MacDonald 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
School 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)
- Baseball
- Good luck to all MDJH athletes participating in the NLVA's Volleyfest this weekend.



Check school website for practice times.



Duke of Edinburgh

Seventy four students are now qualified for Emergency First Aid. The first group to finish their qualifying hike as shown on the next page.

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



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 AM at the latest to ensure they are ready for their morning classes. After lunch they need to be back in school by 12:33 PM to ensure they are ready for afternoon classes



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 colognes/perfumes

Note: No soy products

Yearbooks

2014-2015 Yearbooks have been sent to Gonzaga for distribution. We have no extra yearbooks left for purchase.

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.

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.



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.

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 devises (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.



NEW

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.



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.

Band Notes for the week of November 2-5

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.

Note: New schedule for band will be posted online.

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.

Parents, If Your Kids Have Any of These Dangerous Apps, It's Time to Hit "Delete"

Ask.fm: Ask.fm is one of the most popular social networking sites that is almost exclusively used by kids. It is a Q&A site that allows users to ask other users questions while remaining anonymous.



Problem: Kids will often ask repeated derogatory questions that target one person. Due to the anonymity of the badgering, it creates a virtually consequence-free form of cyber-bullying. Ask.fm has been associated with nine documented cases of suicide in the U.S. and the U.K.



Snapchat: This app allows a user to send photos and videos to anyone on his/her friend list. The sender can determine how long the receiver can view the image and then the image "destructs" after the allotted time.

Problem: It is the #1 app used for sexting, mostly because people think it is the safer way to sext. However, the "snaps" can easily be recovered and the receiver can take a screen shot and share it with others. Also, a lot of images

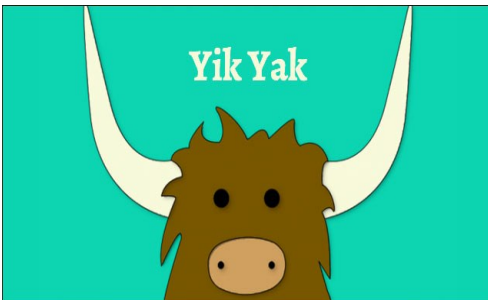
from Snapchat get posted to revenge porn sites, called "snap porn."

Tinder: An app that is used for hooking-up and dating. Users can rate profiles and find potential hook-ups via GPS location tracking. 450 million profiles are rated every day! The good news is, this app pulls information from user's Facebook profiles, so it is more authenticated than other apps.



Problem: It is easy for adults and minors to find one another. Also, due to

the rating system, it is often used for cyber-bullying, because a group of kids can target another kid and purposefully make his/her rating go down.



Yik Yak: An app that allows users to post text-only "Yaks" of up to 200 characters. The messages can be viewed by the 500 Yakkers who are closest to the person who wrote the Yak, as determined by GPS tracking.

Problem: Users are exposed to and are contributing sexually explicit content, derogatory language and personal attacks. Although the posts are anonymous, kids start revealing personal information as they get more comfortable with other users.

Poof: This app allows users to make other apps "disappear" on their phone. Kids can hide any app they don't want you to see by opening the app and selecting other apps.



Problem: It's obvious, right? Luckily, you can no longer purchase this app. But, if it was downloaded before it became unavailable, your child may still have it. Keep in mind that these types of apps are created and then terminated quickly, but similar ones are continuously being created. Others to look for: Hidden Apps, App Lock and Hide It Pro.

No breakfast program on Monday, November 2nd as the windows in the cafeteria have to be sealed in preparation for brick work with the contractors. It will resume on Tuesday morning.



Head Lice: The school nurse would like to advise parents/guardians to be aware and cognizant of lice this time of year.

Have you ever had this experience - your child pulls out of their backpack a notice from the school nurse, informing you that there has been a lice outbreak in your child's class or school? Have you had that sinking feeling? Did your scalp start itching right away? Did you get worried that if your child has lice, the other parents will think you are a bad parent?

If you have experienced any of these fears and emotions, you should first of all know that you aren't alone. Most parents reading that notice from the school nurse experience one or more of those feelings. The second thing you can do is arm yourself with knowledge. Knowing about the different types of lice, how to treat and help prevent it, and keeping a watch out for lice is your best defense. Please visit the following website should you have concerns and notify the school should there be a confirmed outbreak.

<http://www.healthline.com/health/lice-parents-guide-to-outbreaks>

Public Service Announcements



All sessions will be held at Mount Pearl Intermediate School.

Registration is required, please call Laurie Ryan at #777-4020.

Struggling 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 3 parent sessions:

"Video games/ electronics how much is too much?"

Nov. 2nd

Parenting An Anxious Child

Dec. 2nd -

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, terrylynncoady@nlesd.ca or the school administration.

NEW

Science Field Trips

All Grade 9 students will be attending the movie, "The Martian" on Monday, November 2, 2015. Some of our grade 7 students will be going to the Fluvarium.

MDJH webpage

Check out our webpage: mdjh.info, for updates on homework, upcoming tests, assignments, school news, announcements, band and team practices. Feedback welcome.



Student Council

Many students participated by dressing up for Halloween on Friday, October 30th. Prizes were awarded for i) Funniest

ii) Scariest iii) Most original iv) Best group (maximum of 5 people in the group). Winners and pictures to be announced in the next newsletter.

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High

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Phone: 709-753-8240

Fax: 709-753-1243

E-mail: sarahosmond@nlesd.ca



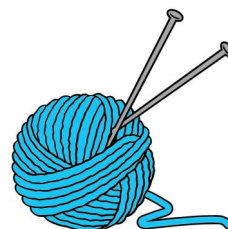
Photography Club



Seven of our members participated in a school competition on Wednesday, October 28th. They had 15 minutes to take 5 pictures of a mystery object (a box of crayons). Staff and some students voted on Thursday. The winner of this competition is **Ally Wragg**. Ally will now represent our school at the Skills Canada competition November 28th.

Next Photography Club meeting will be held Wednesday, November 4th. A reminder to members to submit their photos for the monthly contest by November 2nd. Remember our theme is "Fun with Perspective."

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.

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.