

MDJH

Feb. 21, 2016



NLESD

MACDONALD DRIVE JUNIOR HIGH

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



# Parent Newsletter

## February is:

National Inclusive Education Month.



## Grade 9 High School Course Selection

There will be a parent information session on **Tuesday, February 23rd** beginning at 7:00pm at Gonzaga.

Course selection sheets are due to the homeroom teachers on **Monday, February 29th, 2016.**

## Grade 9 Information Session for Parents

### IB Program

Holy Heart of Mary High School will be hosting an information session for parents of grade nine students interested in coming to Holy Heart in September 2016 at 7:00 p.m., **Wednesday, February 24th** at the Holy Heart Theatre.

Immediately following the general

information session, there will be a meeting for all parents interested in learning about the International Baccalaureate Program for the upcoming school year.

## MDJH Spirit Week Green Apple Days



February 22nd – 26th  
See inside for details!



### Important Upcoming Dates:

*Spirit Week - February 22, 2015-February 26th, 2016. Stay tuned for events!*

*Term 2 - ends Friday, March 11, 2015*

## School Events

---

### MDJH Pet Drive



Thank you to students and parents for their generous donations to the SPCA.

### Teacher Appreciation Week

Many thanks to our School Council members for providing lunch on Thursday, February 18th, 2016. It is much appreciated



### Green Apple Days

Please come and check out Green Apple Pledges



## Spirit Week - Green Apple Days: February 22nd-26th, 2016

---

On **Wednesday, February 24th** the students and staff of Macdonald Drive Junior High will be celebrating **Pink Day**, a national day recognizing Bullying Awareness with the message that **Bullying Stops Here!** This day originated in Nova Scotia when a group of boys noticed a new grade 9 student being bullied for wearing pink. To show their support of the new student they, along with several other male students, arrived at school the next day wearing pink shirts. To promote the anti-bullying theme of Pink Day, students at Macdonald Drive Junior High will be offered **pink cupcakes** on

**February 24th** when they wear an article of pink clothing to school that day.

This endeavor has been very successful in the last few years due to the tremendous support of our students and parents.

***Once again this year we are requesting parental donations of pink, iced cupcakes for Wednesday, February 24th.*** If you are able to help us in this endeavor please email Ms. Susan MacNeill at

[susanmacneill@nlesd.ca](mailto:susanmacneill@nlesd.ca)

Ms. Joan McCue at [joanmccue@nlesd.ca](mailto:joanmccue@nlesd.ca)

or contact the school at 753-8240. Cupcakes should be delivered to the office by 9:00 a.m. Wednesday morning. Please remember that this is a nut-free environment. Gluten-free available too!



## Spirit Week—Green Apple Theme Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>22</b> <b>RAINBOW DAY</b>  Stay tuned!	<b>23</b> <b>RETRO DAY</b>	<b>24</b> <b>PINK DAY</b>	<b>25</b> <b>MULTIPLE DAY</b>  (twins, triplets, quadruplets, etc.)	<b>26</b> <b>JERSEY DAY</b>  Recreational outings in the am /skating/swimming/bowling/field house

**Teachers vs. Students VB.**

**Karaoke and Pep Rally**



**Student Council  
Pink Day 2016  
Wednesday,  
February 24, 2016**

## Europe 2017

Any student interested in going to France and Italy during Easter of 2017 should see Ms. Quann for information. Anyone wishing to sign up for this trip should register before the end of February. There is a reduced cost of

\$350 for those who have already signed up and for those who sign up before that deadline. Email Colette Quann at [colettequann@nlesd.ca](mailto:colettequann@nlesd.ca) for details.



---

## Students Taking Responsibility in Violence Education (STRIVE)

### RNC Presentations

In February, we will have our STRIVE presentations for our Grade 8 students.

The STRIVE program is based on the notion that all students attending schools in Newfoundland and Labrador have the right to attend classes, participate in school activities, and enjoy free time without fear of being the victim of youth violence; being intimidated, verbally or physically abused, sexually harassed, or made to feel excluded or like a victim.

The STRIVE program original version was developed by members of the Royal Newfoundland Constabulary Crime Prevention Unit in 1996. The program was developed in response to requests to have officers attend schools to speak to students on the problem of bullying. Since that time, the program has grown with components that can be delivered to students in Newfoundland and Labrador from grades Kindergarten to grade nine.

The goal of the program is to empower students to take ownership of the problem of youth violence and work within their schools and communities to find real-life solutions to problems encountered. The program contains information, statistics and photographs that are aimed to inform and enlighten the students to the effects of their own behavior and to that of other students.



## InspireECO Art Contest

The exciting Environmental Arts Competition, “InspireECO” is back at your school this term. The goal of InspireECO is to awaken the eco-friendly spirit within the youth of our community. This year the competition will include written arts and visual arts, giving participant a choice of media for their entry in form of either an essay or a visual. The theme for this year’s InspireECO contest is:

*Climate change is an issue which concerns the entire global community. Discuss in a fully developed original essay or display through an original piece of visual artwork, the importance of global cooperation in addressing the climate change issue.*

Through exploring this theme, we hope that participants will gain a deeper understanding of what climate change means to them and through expressing this understanding through art, be able to inspire themselves and others. Additionally, students will have the chance to win prizes including e-readers, gift cards and eco prize packs! Through awakening and engaging youth locally, we wish to spark a change globally.

Please see Mrs. Penney (room 227) for rules, judging guidelines, and prize details. The entry deadline for the contest is **Wednesday March 9<sup>th</sup>, 2016**.



## 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
Student Council	As needed	219	Ms. Quann
Intramurals	TBA (on-going) except Wed.	Gym	Mr. Mercer
Recycling	After School	108	Mr. Devine
Maker Technology Club	Tuesdays@ 2:45-4:00	110A/119	Mr. Gillard// Ms. Murray

### 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





## Student Absences/Tardiness

If your child is absent from school for any reason, please contact the office via email/phone or your child's homeroom teacher via e-mail, prior to the start of the school day on the day of the absence or 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

## 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 perfumes / colognes

Note: No soy products



## 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 electronic devices 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 instructional 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.



## 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.

## School Council

The School Council meeting will be held on **March 7th, 2016**



## MDJH Outreach Group



**MDJH Outreach 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

## Safety on School Grounds



It is very important that all students/parents take caution on and around school grounds at all times. We have a lot of on-going construction around our building. 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.

## Yearbooks



You can now preorder yearbooks for the 2015-2016 school year. The cost is \$20. Order forms are available at the office or from Ms. Quann. **ALL MDJH STUDENTS** are included in the yearbook. It is not a book for grade 9 students only. It is a nice keepsake for all junior high students that highlight school events and memories. Our yearbook includes all school events from September 2015- June 2016 and are delivered next fall.

## 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.

## Photography Club

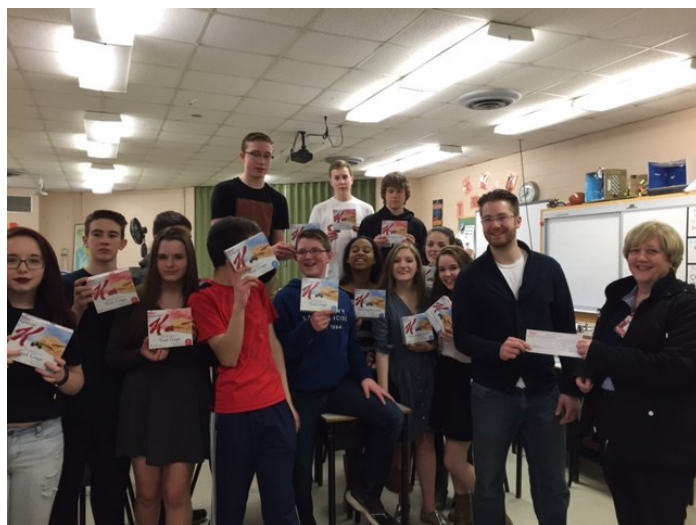


The Photography Club met **Wednesday, February 17th**. The contest theme for February was **Animal Pictures**. Members should submit their photos by **Monday, February 29<sup>th</sup>**. The photography club is interested in taking a variety of pictures of any groups or clubs at MDJH to use in this year's yearbook. All we need is some notice and a schedule. Please email Ms. Quann ([colettequann@nlesd.ca](mailto:colettequann@nlesd.ca)) or Mr. Trevor Wragg ([twragg@hotmail.com](mailto:twragg@hotmail.com)) to advise of practice times, events or games and we can arrange to have your group's picture taken.

## Good news for the MDJH Breakfast Program:



On Friday, February 5th our school breakfast program received a \$1000.00 donation from the Memorial Stadium Dominion store, care of Kellogg's breakfast. Manager Bev Wills came to our school to deliver the cheque, along with some Kellogg's cereal bars, where she was greeted with a smile and a big thank-you from Mr. Caleb Thorne and some of our Grade 9 students.



This coming Monday, February 22, volunteers from the Stavanger Drive Dominion Store will be visiting our school and helping us treat our students to some delicious fruit smoothies, to kick off Spirit Week.

March 16 MDJH is participating in the province-wide Breakfast Blitz! Please support our breakfast program through donations. See our school web site for details.





**Kids Eat Smart  
Foundation**  
NEWFOUNDLAND & LABRADOR

# Breakfast Blitz

**Food drive to help fill our KES Cupboards**

**Drop your donations off to your Local School  
with a KES Club on March 16, 2016**



## *KES Breakfast Club Grocery List*

1. Cheerios
2. Multigrain Cheerios
3. Shreddies
4. Cereal Bars
5. Granola Bars
6. Whole Grain Crackers
7. Fruit Cups packed in water or 100% Juice
8. Applesauce
9. Raisins
10. 100% Fruit Juice
11. Donate online

[www.kidseatsmart.ca](http://www.kidseatsmart.ca)

**School : Macdonald Drive Junior High**

**Drop off Details: School Office between 8 AM and 4 PM**

**March 14 – March 16**

## WANTED: Science Fair Judges

The MDJH School Science Fair this year will be **Thursday March 17th, 2016**, 1:30-5:30 pm.

Science students have been busily and creatively at work designing and performing experiments. Many of them will be proudly showing off their work at our School Science Fair. It will be, as every year, a big event with a high degree of community involvement from parents and other scientists. We are proud of our high rate of student participation!

If you have a science background and want to share in the excitement of doing and talking science with young people, we want you! Judges visit individual projects and engage the students in conversation about their work, giving each participant the benefit of a supportive, enthusiastic, and thoughtful audience for their learning. Then the judges help select the Science Fair winners, who will have the option of going on to the Regional Science Fair or other event depending on their type of project.

If you are able to participate, please contact me at [nathaliebrunet@nlesd.ca](mailto:nathaliebrunet@nlesd.ca)

If you have a child in our school, you will be asked to judge a different grade.

If you know someone else who would like to be involved, please forward this information.

Nathalie Brunet,

Science teacher and Department Head, MDJH.

---



**Coming soon!**  
**Heritage Fair:**  
**Mid-March**



## 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](mailto:colettequann@nlesd.ca) with Celebrate *YOUR CHILD'S NAME* in the subject line.

## Coming soon.....New Technology Production Lab



In the December 18<sup>th</sup> Newsletter we noted how the original Industrial Arts room at MDJH was going through a change. We have two new walls; plaster and paint is currently being completed on the inside of the computer room portion of the lab. The work surfaces for the computers are getting measured and being put together to fit. The paint color is very refreshing and bright .... Stratosphere. Please stay tuned for more information on this initiative in the near future.

## The “Maker Technology Club”

Starting Tuesday, January 26 after school, a new extracurricular opportunity will have its inaugural meeting. This Technology Club will explore topics and themes that interest our membership. Our future home will be the newly renovated Technology Production Laboratory but until the facility is ready we will meet in Room 110A.

A consideration of our future topics will include the resources, tools and software available in the new lab. Our first topic will be of interest to any students interested in computer programming, specifically programming in the Python language. Our topic leader will be our very own A.A. from homeroom 9-5.

If we have peeked your interest, see you next Tuesday in Room 110A, 2:45 to 4:00 pm.

Mr. Gillard and Ms. Murray

## Request for Support: 3-D Printing

Have you heard about Additive Manufacturing? Maybe Not. The popular term is 3-D printing; try Googling the concept and you will find that there has been a significant number of articles written about the innovative uses of 3-D Printing as a production/manufacturing process. MDJH is looking to expose its students to a design process utilizing this current technology. Even though the price tag on 3-D Printing has dropped significantly in the last couple of years, it is still a specialty item and we need support from our school community to invest in this direction. Is there a company or companies that would be interested in assisting us in making this initiative a reality? The startup costs for 3-D printing is approximately \$4000.00.

Any interested persons please contact Wade Gillard (wadegillard@nlesd.ca).

## Supporting Health & Wellness through Health & Community Services

### QUICK FACTS:

The Provincial Government has expanded *Bridge the gAPP* - a free mobile app that connects residents with guidance and supports for mental health.

The existing youth app has been expanded to offer more supports and services. A new standalone app has been developed for adults as well.

*Bridge the gAPP* features self-help resources, a comprehensive directory of local services and access to the Breathing Room program.

The apps are available for download on the Apple App Store or Google Play. Both apps and a mental health and addictions service directory can also be accessed at [www.bridgethegapp.ca](http://www.bridgethegapp.ca).

The expansion of Bridge the gAPP was a partnership initiative between the Provincial Government, regional health authorities, community stakeholder groups, individuals with lived experience, and members of the Premier's Youth Advisory Committee.





# Band Notes: February 22nd– February 26th, 2016

Due to spirit week activities, there may be some adjustments made to this schedule- any changes will be announced in school

**Jazz Band will practice Monday 2:40-4:00**

**Schedule for this week:**

	Mon. Feb. 22	Tues. Feb. 23	Wed. Feb. 24	Thurs. Feb. 25	Fri. Feb. 26
	Day 4	Day 5	Day 6	Day 7	Day 1
1			Grade 8/9 FULL BAND	Grade 7 FULL BAND	
2	Grade 8/9 Percussion	Grade 7 Clarinets			Grade 8/9 FULL BAND
3	Grade 7 Trumpets		Grade 7 Trombones Baritones Tenor Saxes		
4		Grade 7 Alto Saxes	Grade 7 Percussion		
5	Grade 8/9 Low Brass Tenor, Bari Sax, Bass Guitar	Grade 7 Flutes			

## Choral News

The choir will be competing in the Kiwanis Music Festival on Wednesday, February 24th at 2:25pm at the D.F. Cook Recital Hall.

Starting February 1, the choir schedule changes slightly. An updated schedule is on Ms. Wilson's website.

Regular choir periods(starting Feb 1): Day 3, Period 5 and Day 6 Period 4.

Vocal Ensemble meets Wednesday after school until 3:30 and Day 3 Period 1.

## Macdonald Drive Junior High Green **APPLE** Parent Awareness

Are you grappling with your child's digital world? Would it be appealing to understand their world a little more? The Green Apple Project will be highlighting one app a month that you may want to be aware of.

**ask.fm** – Who uses this app? Primarily used by teens globally. How does this app work? Users anonymously ask people questions, ranging from "Do you think I'm cute?" to "why are you so unpopular?" The teen/tween will often post a photo of themselves on the site. Answers are anonymous.



### What you should know

Anyone in the world can ask a question or comment on the teen/tween. Answers may range from being supportive to sexual to outright cruel. A teens/tweens self-esteem and sense of belonging may be delicate during this developmental stage. The teen/tween may take comments or misleading information to heart. Some people join sites like this to emotionally hurt others.

This site can be used by adults to lure or target teens/tweens. Profiles that *appear* to be a teenager can be that of an adult. The adult can direct the teen/tween to a private texting site such as KIK for one-on-one conversations or trading of photos.



What you can do? Review the site. Become an expert on what questions or statements can be asked on the app. When you feel well versed in what this site is all about, chat with your teen about it. A basic piece of advice is to remind them to think twice before posting or using this site. Continue the dialogue .

## What Every Parent Should Know

### 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..

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..

# What Every Parent Should Know

## Teen tracking apps: Good parenting or risky?

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.



## First Annual MDJH Community Market:

MDJH will be holding it's first community market on May 7, 2016, just in time for Mother's Day.

Admission to the event is \$2.00. All proceeds from the event will go towards the school's breakfast program and technological improvement / upgrades in the various departments @ MDJH.

Please help support our event by liking and sharing our page on Facebook:  
<https://www.facebook.com/mdjhcommunitymarket/>

Interested vendors should check out the information/registration form on the event link on our page or contact Krista Houlihan ([kristahoulihan@nlesd.ca](mailto:kristahoulihan@nlesd.ca)). We are also looking for volunteers to help run this event.

## **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 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".





Chartwells has introduced a **NEW and CONVENIENT** way to purchase food at the school cafeteria with the **Zipthru DINE WITH US Reloadable Card!** Just like any gift card, a balance is loaded on a card and declines as purchases are made. The online function of this program provides convenience for parents to purchase, reload and monitor spending as well as set up an account to protect the remaining funds. In 4 easy steps you will be confident that your child has been provided with healthy meal options and a protected balance. This relieves the need for a packed lunch or carrying cash. Purchasing or reloading \$100 or more will give you an **ADDITION** of 10% bonus dollars directly added to your balance. Visit [www.zipthru-card.ca](http://www.zipthru-card.ca) to purchase an e-Certificate by email today. Present the printed e-Certificated to the cafeteria and receive a **Zipthru** card with the designated balance!

PUT AWAY  
**THE CASH**  
AND DINE WITH US!

**Reloadable Card**  
Simply load a balance and use like cash.

Get 10% **Bonus Dollars** with a minimum \$100 load

...the fast & easy way to buy fresh food at school.

**Load today!**  
Online at [zipthru-card.ca](http://zipthru-card.ca) or with cashier

[Eatlearnlivecanada.ca](http://Eatlearnlivecanada.ca)

**Zipthru** **Chartwells**  
Eat-Learn-Live

## Teachers /Parents

Please see below about our upcoming Kids Eat Smart Gala on Saturday, April 30, 2016 at the Delta St. John's.

Our gala helps raise funds to help support our 246 Kids Eat Smart Clubs throughout the Province. Each school day we serve over 23,000 meals!

Join us for an entertaining evening which includes a silent and live auction, children's choir, comedian entertainment, and to hear the wonderful stories about our 246 KES Clubs in the Province!

To discuss ticket purchase please contact our office @ 722-1996.

**Don't be disappointed, Book your table today!**



**April 30, 2016 Delta St. John's**

- Table of 10 - \$1500
- Some sponsorship opportunities available
- For more information call 722-1996 or email [gala@kidseatsmart.ca](mailto:gala@kidseatsmart.ca)

**Kitchen Party**  
KIDS EAT SMART FOUNDATION  
GALA 2016

---

# Public Service Announcements

## *GirlSpace*

GirlSpace is a Signature Turning Point Program offered by YWCA's across Canada. These six sessions will engage girls in learning about a variety of topics, allowing the opportunity for them to build on skills such as leadership, teamwork, self-reliance, increased independence, self-awareness, and positive self-esteem.

We are thrilled to have partnered with the St. John's Native Friendship Centre for the delivery of this six week GirlSpace program. This program will take place at the St. John's Native Friendship Centre and will run on Monday evenings from 7:00 to 8:30 pm from February 1st until March 7th. This program is open to anyone who identifies as a girl and is between the ages of 13 and 17.

Registration closes on January 22nd, 2016. To

register, contact Deanne via phone (726-9922) or e-mail ([deanne@ywcastjohns.ca](mailto:deanne@ywcastjohns.ca)).



### **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](mailto:sarahosmond@nlesd.ca)



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