

MDJH

March 26th, 2016



NLESD

MACDONALD DRIVE JUNIOR HIGH

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



Parent Newsletter

Congratulations to our MDJH Science Fair Winners!



See page 2 for complete details of science fair winners

Important Upcoming Dates:

- Easter Break starts on **Friday, March 25th** and school reopens **Monday, April 4th**
- School Council Meeting: **Monday, April 11th, 2016**
- PD Day for teachers: **May 6th (tentative)**
- MDJH Community Market: **Saturday, May 7th, 2016**
- Grade 9 School Leaving: **May 27th (details to follow)**
- **NOTE: The Breakfast Program resumes on Wednesday, April 6th.**
- **Monday April 4th will be Day 7**

MDJH Science Fair Winners Going to the Regionals

Another year, another science fair! Over 200 projects with approximately 300 students presenting; 26 members of the St. John's scientific community as judges, 7 science teachers, 4 cartons of Macdonald's coffee plus assorted treats, 33 medals, one full gym and cafeteria, and four and a half hours later, the science department is proud and excited to announce the winners of the MDJH Science Fair 2016.



Grade 7 LFI Ecosystems projects:

- Allison Borgaonkar and Brooke Coffey
- Chelsea Stack and Georgia Livingstone
- Dana Stanbridge and McKenna Mercer
- Victoria French and Regan Scott

Experiment/Model Projects - going to represent MDJH at the Regional Science Fair (which this year will be held at our own school on April 22nd and 23rd)

Grade 7

- Perros Mathioudakis
- Jack Goldsworthy
- Victoria Smith
- Emma Kannenberg and Kate Williams
- Max Brown and Sam Sheppard
- Momin Anwar

Grade 8

- Andrew Howell and Andrew Curtis
- Julianna Koen-Alonso
- Madison Noseworthy and Anastasia Yanova
- Angus Best and John Shea
- Martha Snelgrove and Daniel Gosse
- Aaron Sarkar

Grade 9

- Katie Steeves
- Andrew Ross
- Beth Hanrahan
- Jenna Evans and Caroline Keats
- Marie Kelly
- Holly Stack



MDJH Science Fair Winners going to the Regionals

Judges were very impressed with the overall caliber of the projects and enjoyed the experience of talking with our students, who represented themselves and MDJH well. Science teachers wish to express all their appreciation for all those who pitched in and helped make the science fair another success. Sincere thanks to both our Physical Education teachers, Don and Scott, who every year put up with the disruption to their teaching space.

The Science Department



Heritage Fair

Every year the Social Studies department sponsors the school wide Heritage Fair. As usual, it was a great success. Fifty-five students participated from grades 8 and 9. Dana Ryan's project The History of the Knights of Columbus Fire won best English language project and Emily Meade's project Les Violonistes won for best French language project. Both students were awarded \$30.00 and will attend the Regional Fair in May to be held in Spaniard's Bay. Congratulations to all our participants and thanks to all our volunteer judges. Without you help our fair would not be possible.



Mr. David Lawton (Social Studies Department Head), awarding Dana Ryan from 8 - 1 and Emily Meade from 8 - 8 LFI \$30.00 cheques for their first place finish in the 2016 MDJH Heritage Fair. Congratulations and good luck at the Regional Heritage Fair in Spaniard's Bay.

Band Notes:

ROTARY MUSIC FESTIVAL:

Clinic dates have been released- they are as follows:

Grade 8/9 Band:	Tuesday, April 26 1:15-2:00 at MUN School of Music
Grade 7 Band:	Thursday, April 28 2:05-2:50 at MUN School of Music
Jazz Band:	Sunday, May 1 9:20-10:05 at MUN School of Music

Evening concert for all bands: Sunday, May 1 Holy Heart Auditorium 7:00 pm

MDJH Community Market

MDJH will be holding its first community market on Saturday, May 7, 2016 at the Macdonald Drive Junior High gymnasium, 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 the enhancement of technology across the curriculum.

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).

Don't be disappointed! Book your table early!

Important Planning Meeting

We are also looking for volunteers to help run this event. There will be a planning meeting for volunteers on **Wednesday, April 6th** at 7 PM in the conference room of MDJH.

Call for Grade 7/8 Parent Volunteers for Gr. 9 School Leaving

We are seeking Grade 7/8 Parents to help out in the cafeteria during the Grade 9 School leaving Ceremony on May 27th. Please contact the administration if you are interested in helping us out. Please contact the administration: Sarah Osmond: sarahosmond@nlesd.ca or Craig Squires: craigsquires@nlesd.ca

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 as soon as possible to avail of possible discounts. Email Colette Quann at colettequann@nlesd.ca for details.



Safety on School Grounds



It is very important that all students exercise caution on and around school grounds at all times. We have a lot of on-going construction around our building. Students need to use crosswalks, be aware of construction zones, act and behave accordingly when going off school property for lunch (parks and eating establishments), and refrain from using the MDE playground. 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 left in a single line as you enter off Toronto Street.
- Buses proceed to the right coming off Toronto Street.
- Student drop off area: Drivers are asked to proceed as far as possible to the stop sign on the left side of the cement divider before dropping your children off. Buses stay on the right side of the cement divider.
- Please wait for the vehicles in front of you to drop off student(s) before moving forward (do not pull out and pass please).
- Through traffic (vehicles going to MDE) stay to the left.
- Ms. Osmond and/or Mr. Squires will be out (rain, snow or shine) each day to help direct traffic.
- Note: Only staff and alternate transportation should travel around the building during peak times (morning and after school).
- There is absolutely no turning right at the STOP sign by the student entrance. If you need to access the front of the school please go around the school. It is one way traffic.

Dear Parents,

Forget to order your child's Fall School Portraits? It is not too late to do so. If you have your child's proof sheet go to: **MYLIFETOUCH.CA** to order your portraits or call **1-800-473-5090** and one of our Customer Service Representatives will be glad to help you.



Ordering deadline is June 15th and then all Fall images will be deleted. Don't be disappointed order your photos.



School milk promotion happening in April, 2016.

OFFICIAL CONTEST RULES

Entries must adhere to the Social Media Use policy and terms of use established by the Newfoundland and Labrador English School District FIN-502 Social Media Use and FIN-502 Student Terms of Reference.

1. ELIGIBILITY: To be eligible to enter and win a Prize, you must be a student, parent of a student, teacher, and/or staff member within the Newfoundland and Labrador English School District.

2. HOW TO ENTER:

- a. Eligible photos uploaded to SMF's Facebook, Twitter and/or Instagram accounts during the Contest Period are automatically entered. Eligible photos must include the @SchoolMilkNL tag, the challenge #hashtag and a school #hashtag.
- b. Individuals under the age of 16 are required to seek parental permission before posting photos of themselves and/or others.
- c. Submissions must not contain photos of other students, teachers or district staff that have been taken without their knowledge or permission.
- d. Participants are reminded to regularly check social media privacy settings to ensure photos and personal information is only available to those for whom the information is intended.
- e. Entries made by students during class time will not be accepted.

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



Intramurals

Grade Level Intramurals this month is volleyball. See schedule of games posted on the gym door. Games take place at lunch time in the Gym.



Student Absences/Tardiness

If your child is absent from school for any reason, please contact the office via phone 709 753 8240 or email one of our school secretaries:

natashawellon@nlesd.ca / kimwalsh@nlesd.ca

Your child's homeroom teacher should be contacted 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 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.



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 perfume / cologne / sprays

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 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, lunch period, and after school.

If a student does not follow rules pertaining to electronic devices in the classroom they will be sent to the office whereby home contact will be made. If the electronic device is not rendered the student in question will be sent home. As well, a student using an electronic device during class time or at any other time throughout the day (hallways) during instructional time will have it confiscated and submitted to the office. Repeat offenders will require parents 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 number at

709 753 8240



Yearbooks

You can now pre-order yearbooks for the 2015-2016 school year. They are available at a cost of \$20.

Order forms are available at the office or from Ms. Quann. **ALL MDJH STUDENTS** are included in the yearbook. 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 ongoing. 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 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) or Mr. Trevor Wragg (twragg@hotmail.com) to advise of practice times, events or games and we can arrange to have your group's picture taken.



Good news from the MDJH Breakfast Program:

Monday, March 21st, volunteers from the Stavanger Drive Dominion Store visited our school and treated our students to some delicious fruit smoothies to kick off Easter Week

March 16th MDJH participated in the province wide Breakfast Blitz! Thanks to parents for their generous donations.



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.



Google Classroom/Google Apps for Education (GAPE) @ MDJH

Students at MDJH are using Google Classroom and several of the Google Apps available to them. Through an agreement between the NL English School District and Google; teachers and students in our province have access to a new online education platform called Google Classroom. As schools and teachers in our province realize the features and benefits of using this Google product more teachers with their students will be accessing the tools and resources (i.e. the Apps and features) available to them. During this school year all Grade 8 and 9 students at MDJH have been using Google Classroom in their Technology Education courses. Soon all grade 7 students will be using Google Classroom either for their Technology Education course or for another curriculum area.

In order for students to access their Google Classroom they need to “Log In” to the website (<https://classroom.google.com>). Once logged in students will be able to access Classrooms created by teachers with specific assignments/projects/resources linked. Google Classroom is new to schools in Newfoundland and Labrador, it is so new that the MDJH teaching staff received a full day of in-service on the topic of Google Classroom, Google Drive and Google Apps on February 19th. Many teachers at MDJH will be looking for opportunities to use this resource in different subject areas in the future.

As we typically expect students to be prepared for all classes including the bringing of appropriate books, pencils, pens we ask students to be prepared for accessing their Google Classroom by memorizing or recording their account details (individual username and password) so that they may be able to work in Google Classroom or with Google Apps when required. This username and password will be used in high school as well so it needs to be secure and retrievable when needed.

The “Maker Technology Club”

This club has been meeting regularly after school on Tuesdays (2:45 to 4:00) in room 110A (Mr. Gillard/Ms. Murray). The main topic focus has been computer programming in the Python language and we currently have a core group of students who are interested in continuing in this direction. At this time we are interested in starting to expand our “technology” themed topics. If you are interested in exploring a DIY suitably planned and created in a Technology Lab or may be just taking the time to explore a design oriented software, this club is for you. Bring your ideas to our next meeting. New members are welcome.

Coming Soon.....New Technology Production Lab

There is a lot of curiosity for what is behind the Room 119 door. Our Production/Computer Lab space is still being renovated and the computer lab is looking great! At the moment we are waiting for the computer networking piece to happen. Please stay tuned.

New Technology Production Lab - Technology Section



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).

Protecting Children's Eyes During Screen Time

Too much screen time can result in digital eyestrain, which can include burning, itchy, or tired eyes. Headaches fatigue, blurred or double vision and loss of focus are other threats for children using screens too often and too long.

Electronic devices give off high-energy, short-wavelength blue and violet light. This light can affect vision and cause premature aging of the eyes. Early research shows that overexposure to blue light can contribute to eyestrain and discomfort. Blue light can also interrupt sleep patterns and circadian rhythms when children view screens close to bedtime.

"The short-term effect of digital eyestrain is not cumulative," Dr. Tina McCarty, an optometrist from Minnesota and member of the AOA Public Policy Committee, pointed out. "The eyes will get better when you give them a break and/or wear the proper eyewear in the form of lenses and coatings based on the patient's specific needs to minimize eyestrain."

To protect their eyes and vision, children should take frequent visual breaks. Use the 20-20-20 rule: Take a 20-second break every 20 minutes and look at something 20 feet away. As far as how many hours a day your child should be allowed to use a digital device, McCarty said there's no standard for what's safe. Taking breaks is the best way to protect their eyes.

Be sure that children have had an annual comprehensive eye exam to find out if the digital devices are causing any eye problems. If there's a problem, it's easier to correct when detected early as vision and eye health can also affect a child's learning capacity.



My kid texts constantly! What can I do?

Staying in touch with friends is super important to tweens and teens - when we were teens, many of us talked for hours on the phone! Now the same kind of contact happens through texting. And, as annoying as it can be to see your kids jabbing away at their phones, it's a normal part of life for many kids and teens.

However, if cell phone use is getting in the way of [family time](#), [homework](#), and [other responsibilities](#), it might be time to help your kid manage his or her phone time.

Help kids find space for face-to-face conversations. Put phones down during key conversation times such as dinner or car rides.

Model the manners and behavior you want to see. Avoid texting in the car. Consider narrating your phone use ("I'm looking up directions to the party") so young kids understand the utility of the device. Make sure to excuse yourself if you have to interrupt a family moment to attend to your phone.



Charge your kids' phones in your room at night. Removing their phones can give kids a needed break.

Establish consequences for problematic phone use. If your kids are having trouble putting the phone away when you ask or are engaging in other problematic phone-related behavior, consider instituting temporary time or location limits. Some wireless carriers offer parental controls that let you set daily phone-use limits, and some apps can disable your kid's phone when he or she hits a limit.

Links to Videos: (that are of interest to parents)



<https://www.youtube.com/watch?v=iJRWqWcEYo4>

<https://www.youtube.com/watch?v=7yi3cho5kog>

<https://www.youtube.com/watch?v=P16GZVXsUlc>

<https://www.youtube.com/watch?v=AkDmhFNJeEY>



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 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 or with cashier

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 @ 709 722-1996.



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

Kitchen Party
KIDS EAT SMART FOUNDATION
GALA 2016

Public Service Announcements

Preteen Scene:

Are you looking for a place to hang out with your friends and learn some new skills? Drop by and try ball hockey, pickle ball, fitness games or low key activities like making a hacky sack! Light refreshments served. Check the website www.stjohns.ca for details.

Location: **Wedgewood Park Recreation Centre**, 47 Gleneyre Street

Times: 6:30 to 8 p.m.

Dates: March 22, April 12, April 26, May 10

Cost: \$3.00 drop in

For more information call 576-8631.



14th ANNUAL YOUTH ONLY ART EXHIBIT

The City of St. John's, Recreation Division is pleased to announce our 14th Annual Youth Art Exhibit. Youth between the ages of 12 to 18 years are invited to submit a piece of original artwork to be displayed at City Hall. This show is part of a week-long series of events to be held during International Youth Week, May 1 to May 7, 2016.

Participants must be between the ages of 12 and 18 years.

- Submissions can be presented in any form (i.e., photography, paintings, sculptures, etc.).
- Unframed work will NOT be accepted (please have it ready for hanging).
- Youth will have the opportunity to exhibit their work during International Youth Week.
- All pieces of art should come with specific installation, hanging and/or other specific instructions, in writing. The entry form should be filled out and enclosed with your entries.
- Please ensure that all work is packed securely for the safe transportation to the gallery.
- All participants will be invited to attend the opening reception, scheduled Monday, May 2, 7:00 to 8:00 PM in the Great Hall, City Hall.
- Please ensure that all pieces of art work are suitable for a Youth Only Art Exhibit and appropriate for family viewing.

Deadline for submissions is Friday, April 15, 2016, at 4:00 PM. All Submissions are to be dropped off at the City of St. John's / Recreation Division / Crosbie Building / 1 Crosbie Place / St. John's, NL / A1C 5M2

Official Opening: Monday, May 2, 2016

Location: St. John's City Hall - Great Hall

Time: 7:00 to 8:00 PM

Please Note: All pieces will be on display in City Hall April 25 to May 6, 2016

We greatly encourage all youth between the ages of 12 to 18 years to participate.

PARENT NEWSLETTER

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