

MDJH

March 2, 2018



PARENT NEWSLETTER

Macdonald Drive Junior High School
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Parent Newsletter



A Big Pink Thank-you!

On behalf of the staff and students at Macdonald Drive Junior High, we'd like to take this opportunity to thank parents and guardians for helping make our pink cupcake day a huge success! We'd also like to thank Sobeys's Paradise for their generous donation of 300 cupcakes. The generosity of our school community made it possible for us to reinforce the message that our school will not tolerate bullying anywhere.

More Kudos

The staff of MDJH would like to extend a huge thank you to our parents and students for sending in treats during teacher appreciation week. All treats were enjoyed and the staff was overwhelmed with your generosity.



Dates to Remember:

- STRIVE Presentations: March 5th and 6th
- Fill your Cupboards for Breakfast program: March 12th-15th
- Report Cards: Monday, March 19th
- Parent Teacher Interviews: Thursday, March 22nd, 1-7pm, Student dismissal at 11:21
- PD Day: March 23rd, no school for students

Invitation to MDJH Science Fair: Thursday March 15th!

MDJH School Science Fair 2018 is Thursday, March 15th, from 1:00 to approximately 5:30 pm. Parents and friends are invited to visit starting at 2:00. Our science students have been at work, busily and creatively designing and performing experiments and building models, and many of them will be proudly showing off their work at our School Science Fair. Come and talk science with us!



WANTED: Science Fair Judges

Science students are getting to work, creatively 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.

The MDJH School Science Fair this year will be held on Thursday, March 15th, 2018, from 1:00-5:30 pm. If you volunteer as a judge and 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. If you are able to participate, please contact me at nathaliebrunet@nlesd.ca

Let's Talk Science Challenge

Macdonald Drive Junior High students will be taking part in the Let's Talk Science Challenge

(<http://www.letstalkscience.ca/Programs/Lets-Talk-Science-Challenge>), which is a science

competition open to students in grades 7 and 8.

Teams of up to four students are preparing by studying provided materials in their chosen science disciplines, and meeting with teachers every Day 1 during lunchtime to practice solving "Design

Challenges" to hone their problem-solving and team communication skills. Sponsor teachers are Mme Brunet, Ms. Anderson, and Ms. Kew (intern). The final competition will take place at Memorial University, on April 23rd, 2018.



MATE ROV Competition 2018

Once again this year, Macdonald Drive Junior High students will be taking part in the MATE ROV Competition on May 3rd-5th, at the Marine Institute, under the direction of Mr. Thorne and Mr. Smith.

(<http://newfoundlandlabrador.marinetech2.org/>)

Stay tuned for the call for interested students!



Spelling Bee Update



The Regional Spelling Bee, hosted by the Telegram, was held on February 24th, at Holy Heart High School. Both of our students did extremely well. The competition was harrowing, and the word list was onerous! Alex Butt (right) from 7-4 went several

rounds until the word "pneumatic" blew him away. And last year's champion, Vincent Burton (left) from 8-5, made it all the way to the second last round, putting him in 4th place, until the word "vilified" maligned him. The top prize eventually went to a student from Roddickton who was the champion two years ago. Tough competition! We are very proud of Alex and Vincent! Great showing guys!



Baby Pictures Needed

During the grade 9 School Leaving Carnival, there will be a display of pictures of our grade 9 students. We are looking for baby pictures to display with their current picture. Pictures can be passed in to Ms. Quann. Photos should be put in an envelope and please include the student's name and homeroom number on the envelope. Baby pictures can also be emailed to colettequann@nlesd.ca. Put the student's name and homeroom number in the subject line. Please submit pictures by April 20th.

STUDENT COUNCIL News

WE Walk for Water

As part of the WE Organization, we are a WE School that participates in many local and global campaigns throughout the school year.

This year's global campaign in support of Education in Ecuador is WE Walk for Water, a national water walk. On April 27th, we will walk around Kenny's Pond (weather permitting). We are asking for a small donation of \$2 from each student in hopes of reaching our goal of \$1000.



Thank you!

Canadian Student Leadership Conference



There will be a **meeting for parents** and students interested in attending the national leadership conference from September 25th - September 30th, 2018, in Edmonton, Alberta. The meeting will be **Thursday, March 8th, at 7:00pm**. The theme for the conference is Leadership Through the Looking Glass. The conference theme will flow through the keynote speeches, leadership workshops, volunteer opportunities and cultural experiences of the conference. You can also visit the website <http://cslc2018.studentleadership.ca/> for more details. Registration opens in March. All students who have expressed an interest will be registered, but may be put on a waitlist until registration ends and the number of student delegates for each province is allotted.

Please note:

If there is a DELAYED Opening, please be reminded that there will NOT be any Cafeteria Service.



Yearbooks

There are several 2016-2017 yearbooks available for purchase. The cost is \$20. Please contact colettequann@nlesd.ca if you wish to purchase a yearbook from last year. You can also preorder this year's yearbook. Forms are available at the office and from Ms. Quann. Parents will also be able to place an order during the upcoming parent teacher interviews.

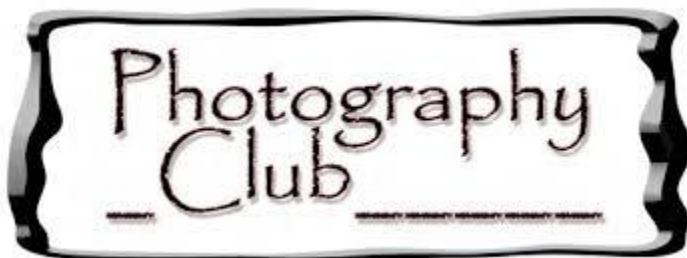
All yearbooks must be preordered. **ALL MDJH STUDENTS are included in the yearbook.** It is not a book for grade 9 students only. It is a nice keepsake for all junior high students that highlight school events and memories. Our yearbook includes all school events from September 2017- June 2018, and will be delivered next fall.



Thank you to everyone who has submitted pictures for the yearbook. Please send any team pictures to colettequann@nlesd.ca. If sending from a cell phone, please select "actual size" to ensure the quality is good for uploading to the yearbook site.

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.



Photography Club

Photography club meets every second Wednesday from 3-4:30. Each month there is a photo contest. Club members are reminded to please submit their photos to twragg@hotmail.com

Math Help

After School Tutorials/Homework Help - The Math Department is proud to offer afternoon tutorials to the students of MDJH. The tutorials take place on Monday afternoons from 2:30 to 3:30, in the LRC and are open to students from grades seven, eight and nine.

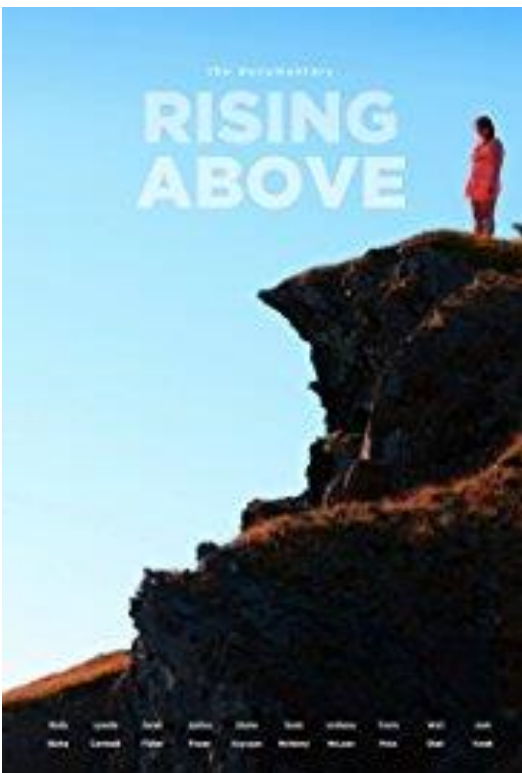
Lunchtime Tutorials/Quiet Study - The Mathematics Department also offers a lunchtime tutorial/quiet study session. The Lunchtime sessions will be offered every Day 7, from 11:48 to 12:10, in room 223. All students are welcome and encouraged to attend.

Please Note: Additional tutorial/study times may be added by individual teachers as the need arises. These additional tutorial times will be communicated to parents via the homework web page.

Stay tuned for additional announcements with respect to tutoring sessions at MDJH.

YLCC Film Announcement

We are excited to announce that all students and teachers will be attending a film at Cineplex Theaters (Avalon Mall) on Thursday morning, May 3rd.



Rising Above is an engaging 90-minute documentary film by YLCC Media that sheds light on the issue of bullying within our schools and communities. It tells the stories of ten Canadians who have either been the targets of bullying or a person who bullied others in the past — their stories of hope, growth and courage in overcoming and rising above the challenges they faced.

This film ties into our school district's Safe & Caring Schools Policy and helps us to work toward our goals related to bullying.

The cost of this film and transportation to the event is \$10 per student. It is highly subsidized by the Canadian Red Cross. We are asking that you send in this fee and the completed permission form as soon as possible. Cineplex is requiring numbers before Easter break.

Thank you for your continued support!

Mini Enrichment Information

DUE March 12. See <http://mdjh.info> for course offerings, applications, and student expectations. There are also printed copies of information and applications available at the office. Please note: There is a \$40 fee that MUST accompany all applications. Please bring completed applications to the office.



Knights of Columbus FREE Throw

Re: Winners of the Knights of Columbus District Competition (February 24th)

Girls 12 - Rachel Deveraux 17/25

Boys 13 - Sammy Kirkland 21/25

Girls 14 - Victoria Strickland 23/25

These students will move on to the Regional Competition on March 10.

Our Easter 50/50 tickets are on sale now!

Get your sold tickets back to the office early and your name will go in for a weekly draw! The possible payout is \$10,000!





Leprechaun Hats

Ingredients:

cucumber
orange pepper or cheddar cheese
white cheese (mozza, provolone)

Directions:

Slice cucumber into 1 inch sections. One section will make 2 hats. Stand cucumber up and slice down the middle. When you lay it flat on a plate it will create the top of the hat.

Cut orange pepper or cheddar cheese (your preference) into small squares.

Using white cheese cut a thin strip to act as the belt on the hat.

Adapted from <http://creative-food.blogspot.ca/2013/03/leprechaun-hats.html>



St. Patrick's Day Pancakes

Ingredients:

1 cup (123g) whole wheat flour	1 large egg
1/2 cup (40g) quick oats	1 cup milk
1/4 teaspoon salt	2 tbsp dark brown sugar
2 tsp baking powder	1/4 cup Greek yogurt
1 tsp ground cinnamon	1 tsp vanilla extract
Small drop of green food colouring	

Directions:

1. Toss the flour, oats, salt, baking powder, and cinnamon together in a large bowl. Set aside. In a medium bowl, whisk the egg and milk together. Whisk in the brown sugar and yogurt until no lumps remain. Whisk in the vanilla until combined. Whisk in green food colouring.
2. Make a well in the center of the dry ingredients and pour the wet ingredients in. Stir gently until just combined.
3. Heat a griddle or skillet and cook over medium heat.
4. Keep pancakes warm in a preheated 200F degree oven until all pancakes are cooked. Serve immediately. Pancakes taste best right after they are made. Pancakes freeze well, up to 2 months.



Adapted from <http://www.thoughtfullysimple.com/green-pancakes/> & <https://sallysbakingaddiction.com/2013/11/04/whole-wheat-oatmeal-pancakes/>

Apple Cinnamon Yogurt Breakfast Parfait

Ingredients:

1 ½ cups of yogurt
1 tbsp honey
1 tsp vanilla

1 apple (cored and diced)
¼ cup applesauce
cinnamon for topping



Directions:

Stir together yogurt, honey, vanilla and cinnamon. Sprinkle ¼ of the apples on bottom of cup. Add 1/3 of the yogurt. Top with more apples, yogurt and apple sauce. Add more apples and top with cinnamon if desired.

Adapted from <https://www.kitchentreaty.com/apple-cinnamon-greek-yogurt-breakfast-parfaits/>

Sunny-Side Up (Apples, Yogurt and Peaches)

A silly play on healthy food! Use a peach sliced in half, an apple cut into the shape of French fries, and a large spoonful of yogurt!

Ingredients:

1 apple
¼ peach
2 tbsp yogurt



Adapted from <https://laughingsquid.com/a-healthy-breakfast-of-yogurt-peach-and-apple-disguised-as-a-sunny-side-up-egg-and-fries/>



Chartwell's

The Zipthru Dine Smart card is a fast and convenient way to purchase food at the school cafeteria.



Gary Summers, Hypnotist. Always an awesome time!



All kinds of pink shirts for
#PinkShirtDay



MDJH teachers win one/lose one as they take on the Grade 9 Girls Volleyball Team for Spirit Week!



**Kids Eat Smart
Foundation**
NEWFOUNDLAND & LABRADOR

Breakfast Blitz

Food drive to help fill our KES Cupboards

**Drop your donations off to Macdonald Drive
Junior High from March 12 - 16**



KES Breakfast Club Grocery List for Grade 7 students:

1. Corn flakes
2. Cheese Strings
3. Mini Wheats Original

KES Breakfast Club Grocery List for Grade 8 students:

1. Granola Bars (peanut free)
2. Breakfast Cereal Bars (peanut free)
3. 100% Orange Juice or 100% Apple Juice

KES Breakfast Club Grocery List for Grade 9 students:

1. English Muffins
2. Bagels (plain or blueberry)
3. Paper Bowls



School : Macdonald Drive Junior High



**PLEASE DO NOT PARK AT CROSSWALKS
STUDENTS CROSSING ARE NOT ABLE TO BE SEEN**

To let your child out, please stop and park after the crosswalk

Congestion in Bus Lanes

As you enter the school parking lot, please ensure that you keep to the left lane if you are dropping your child off in front of the school. Also please make sure that our buses can enter our lot on the right.

Student Drop Off / Pick Up Student Entrance Procedures

- For student drop-off, stay in the left lane in a single line as you enter the school grounds.
- When you turn left in front of the building, 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 proceeding.
- Through traffic stays to the left in front of the student entrance.
- Busses will enter the school grounds in the right lane and proceed to the far right closest to the building.
- Note: Only staff and alternate transportation should travel in the right lane to proceed around the building.
- Ms. Pike and Ms. Hardy will be out each day, rain or shine, to help direct traffic.



For ALL the latest news please visit our web site @ <http://mdjh.info> OR download our APP— It's Free!

Be Safe online! Check out these resources....

<http://www.nlesd.ca/families/socialmediasafety.jsp>



Attendance Matters

If a child in your household misses school, please contact the homeroom teacher and/or use the MDJH App and send a note.

Absent / Late

Please send an email or note to your child's Homeroom Teacher if your child is going to be absent or late. All students who come late are to check in at the office.

CHECK OUT ALL Policies <https://www.nlesd.ca/about/policies.jsp>

- DRAFT—Assessment & Evaluation Policy, Attendance Policy, Use of Instructional Time
- **NEW Regulations for Honours, Honours with Distinction, update available mdjh.info**



Allergy Alert

We have students/staff with life-threatening allergies. Products containing the following **will not** be permitted in the building:

Latex, Fish, Nuts, Shellfish, Peanuts

***Please send all updated allergy sheets to homeroom teachers.**

REMINDER:

In keeping with our Safe and Caring Schools Policy...

ALL visitors MUST check in at the office!

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