

MDJH

March 29, 2018



PARENT NEWSLETTER

Macdonald Drive Junior High School

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Parent Newsletter

One Path to the true values of Life

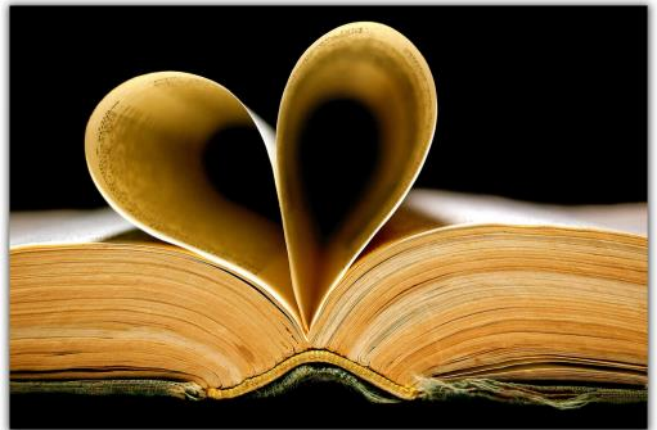
A Turning Points essay by Ahmad Saady 7-5

Reading can give unlimited knowledge if you give it your time. It can give you everything from everyday morals to priceless lessons. It can give you a different perspective of life you've never seen before. But at the peak of its giving, it can give the one most valuable lesson, that once you learn it, you can understand life in its true colours, and its meaning. That lesson is: The true values of life.

It all began in grade two, when I was only seven years old. I could only read a few sentences and small books, but it was the beginning of a small fire burning inside of me that would one day make me devour libraries in a matter of months. Soon, I was reading entire texts silently, but only when I had to. And then, all of a sudden, I started reading books voluntarily.

At grade four, my lust for books was still in its early stages, but steadily growing. I quickly learned a very important lesson, which would repeat itself over and over again. That piece of advice was:

never judge a book by its cover. And boy, if I never learned that one, I would have never developed into the person I am today.



By the time I entered grade five, I was already reading a wide variety of books, from ridiculously funny to adventurous, courageous and romantic ones. At that level of my life, I started to give myself challenges, like what is the fastest time I can read a book, or a book marathon, or even, can I read a book upside down while balancing objects with my feet?

Dates to Remember:

April 9 — Monday, Day 7, first day back after Easter Break

April 27 — WE Walk for Water

May 3 — All student attend **Rising Above** movie at Cineplex Theatres



It was only when I began grade seven did I start to devour (cont.) books, and start to realize the true messages these books were giving me. And I will share some of them. One remarkable book was *Inventing Elliot* which has shown me that as much loss you get from something, you also gain from it, and there always a light at the end of the tunnel.

Another terrific one is *The other side of the dawn* which shows how war can change someone entirely, but also states colours are truly just shades of gray.

And now is a message of my own to you, dear reader. It's only now, writing this essay, that I realize how to construct this message in words. Most who would read my essay here would think that my story is about how I discovered my passion for books, but truly it's about the path I took to discover the values, the meaning of life itself. My words here don't come from the brain, but from the heart. And all the hardships and pain and suffering to love and happiness and all the emotions that come with everything is what makes life worth living. These are the true values of life.

My name is Ahmad Saady. This is what I live for.

NLESD Drama Festival

Our Drama Club made an excellent showing at the NLESD Drama Festival on Saturday. The play was "Kindness" by Dennis Foon. Many awards were given and were richly deserved!

Kaitlin Healey, Adam Jewer, Dario Hiedra—**Acting in a leading role, junior category**



Best tag team - Gina Gibbons and Maggie Carew as Zoe and Chloe.

Best Tag team - The Three Brothers - Josh Keyte, Julia Cole and Olivia Bannister

Props, Backstage Crew, Lighting Design, Sound Design and Ensemble awards were given as well.

Many thanks to all students who participated and especially to Ms. Donna Mills for her amazing direction and devotion! Also, thanks to intern Hedley Pritchett for his hard work, to Alanna Penney for props and costumes, to David Walsh for fight choreography, to Sarah Comerford for music coaching, and to Jason Aue for technical support.



Improv

Congratulations to the talented MDJH improv team! Last month they represented our school at the Improv Games at the LSPU Hall. Super job!



**SkillsCompétences
Canada**

Skills Canada

The Skills Canada Provincial Competition was held on Friday and MDJH had three students who competed in the Intermediate category. All three of them had a great time and they all medaled!

Dana Standbridge and Rebecca Abbott won Bronze in 2D Character Animation. Momin Anwar won Silver in Public Speaking.



Attached are a couple of pictures from the award ceremony. This was a great showing considering our students were up against high school students.

Also a big congrats goes out to former MDJH student Ally Wragg, who won a gold medal in Photography and is off to the Nationals in June

Athletics



Boys Volleyball

The Grade 8 Boys Volleyball Team won Gold at the tournament hosted at our school this past weekend.



Girls Hockey

The NE FU15 hockey team won the provincials this past weekend in Harbour Grace, and Janaya Collier from 7-7 scored the winning goal!

Newfoundland and Labrador Winter Games 2018

Front row (L-R): Finbar Browne (basketball), Ben Lundrigan (basketball), Justin Hepditch (basketball), Georgia Scott (figure skating), Anna Barrington (hockey), Ebyni Clarke (figure skating), Leah McCallum (gymnastics), Skye Coffey (figure skating).

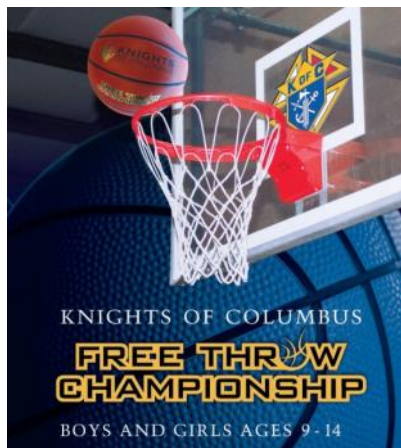
Back row (L-R): Ben Barnes (basketball), Abby Newhook (hockey), Conor Shortall (hockey), Ahmed Shehata (basketball), Evan Martin (hockey), Mckenna Mercer (figure skating), Brooke Coffey (figure skating), Kara Flynn (hockey), Victoria French (curling).

Missing from photo: Sam Kirkland (hockey), Noah Piercey (skiing), Tadhg Strand (skiing), Daniel Dolomount (hockey).



Soccer

Soccer players travelled to Vancouver to participate in the Whitecaps FC U13/U14 High Performance Combine, March 10-17th. Members from Macdonald Drive Junior High included: Boys: Kirkland Edwards, Anderson Pritchard, Owen Afonso Girls: Olivia Browne, Mary Whiffen



Knight of Columbus Freethrow Competition

Earlier in February, Samy Kirkland won the Knights of Columbus Council Level Competition at MDJH in a close battle with Finbar Brown. Both boys shot 14/15 in the opening round. Samy went on to shoot 4/5 in the tie breaker round and the right to represent MDJH at the District Level.

At the District Free Throw later in February, Samy shot 21/25. Two other students from MDJH shot in this competition as well. Victoria Strickland, Grade 9, and Russel Noseworthy, Grade 9.

On Sunday, March 11, Samy participated in the Regional Knights of Columbus Free Throw Competition at St. Paul's Junior High. He shot 24/25 in the Grade 8 Division and earned an invitation to the Provincial Level Free Throw Competition this coming weekend in Grand Falls.

They are a fine bunch of basketball players at MDJH!

ATTENTION RUNNERS!

Are you interested in running a 5km race!!

The "Run for It" program is a 6 week running group for female students aged 13-18 which combines mental health education while training for a 5K run.

Female students will train as a group, 2 x per week while learning about causes, tools and resources available to combat mental health issues. The purpose of this program is to improve the students' mental health, and physical fitness, with the end goal of participating in the "SHOPPERS LOVE. YOU. Run for Women"- 5k walk/run in support of Stella's Circle.



Stay tuned after Easter break for details on how to join!

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.



Canadian Student Leadership Conference



The national Canadian Student Leadership conference will be held from September 25th - September 30th, 2018, in Edmonton, Alberta. 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. 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.



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.

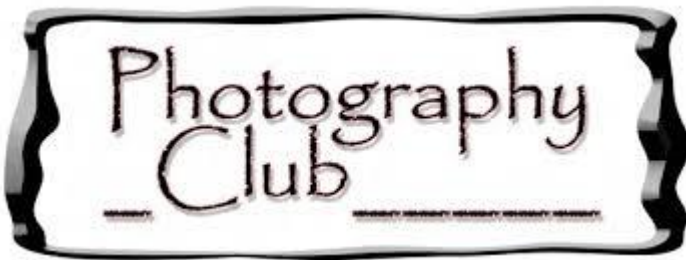
Celebrating Student's Successes

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



was Mr. Phil Smith's class.

A huge thank-you to all who supported our fundraiser and a big congratulations to the winners.

Pictured are Emma Peterson (9-4) and our school secretary Natasha Wellon (L) and three members of the School Council with the winning ticket (R).

50/50 Draw!

Congratulations go out to Jon and Krista Collett who were the lucky winners of our 50/50 Easter Cash Draw, They won \$7210.00! The top seller for MDJH was Emma Peterson from 9-4 who sold a whopping \$620.00 worth of tickets, and the top homeroom



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 requires a final number before Easter break.

Thank you for your continued support!

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.

Math league

We had another great showing at the Junior High Math League this evening. At the end of regulation 'play' we were tied with St. Paul's with 41 points. So we had a head-to-head, first team to get the answer, tie breaker. Unfortunately, St. Paul's walked away with the win. But these kids did so well!

Proud math teacher here this evening!



MDJH School Science Fair 2018

A circular collage of various science-related icons. At the top, there's a lightbulb, a graduation cap, a pencil, a magnifying glass, a globe, a book with text, test tubes, a beaker, and a star. In the center, the words "SCIENCE FAIR" are written in a large, bold, black, hand-drawn font. Below the text, there's a clock, a question mark, a microscope, the equation $E=mc^2$, a palette, a telescope, a molecular model, a planet with rings, an apple, and a beaker. The entire collage is set against a white background.

For students in grades 8 and 9, the science fair project was not a course requirement. The intrepid souls who took on the extra challenge will also have the opportunity to present it at the Regional Science Fair. They are: Andrew Pollett, 8-3, Ryan Butt and Samy Kirkland, 8-7, Ryan Pittman 8-7, and Jason Wang 8-8, Jonathan Harris, 8-7, Emma Peterson and Sabah Kadir, 9-4, Kate Cadigan and Sophie Doyle, 9-6, Emma Kannenberg and Lucy Finn, 9-6, Kate Williams and Ella Walsh, 9-6, Victoria Bennett, 9-6, Claire Jensen, 9-9.

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).

let's talk  science 
CHALLENGE

April Recipes Nutrition Note



Kids Eat Smart
Foundation
NEWFOUNDLAND & LABRADOR

Blueberry Oat Pancakes

- 1 cup rolled oats
- ½ cup cottage cheese
- 2 large eggs
- 1 tsp vanilla
- 1 cup blueberries
- Cooking spray



Mix all ingredients except blueberries until smooth. Gently fold in blueberries. Coat skillet with cooking spray and heat. Spoon batter onto skillet. Cook until bubbles form and flip. Cook until golden.

(adapted from <http://www.health.com/health/recipe/0,,10000001991442,00.html>)

Yogurt Pops

1 cup vanilla yogurt

- 1 medium banana
- 1 cup frozen mixed berries
- 1 tbsp honey

Blend all ingredients well. Divide evenly into paper cups. Cover with aluminum foil piercing the foil to insert a popsicle stick into each cup. Freeze and serve.

(adapted from <https://www.superhealthykids.com/frozen-yogurt-pops/>)



Loaded Scrambled Eggs



- 1 red onion
- 1 bell pepper
- 1 tbsp olive oil
- Pinch of salt and pepper
- 8 large eggs beaten
- ¾ cup grated cheddar
- 1 cup halved cherry tomatoes
- 1/3 cup finely chopped parsley

Heat oil in skillet. Cook onion, pepper and salt over medium heat until tender. Add the eggs and continue to cook while stirring frequently. When eggs are nearly complete add cheddar. Stir until cheese is melted. Remove from heat and add tomatoes.

(adapted from <https://www.realsimple.com/food-recipes/browse-all-recipes/loaded-scrambled-eggs>)

Music

Community Performances

Members of our instrumental ensembles had a busy weekend.



Kids Eat Smart

Members of our Jazz Band performed during the Kids Eat Smart Gala Fundraiser at the Delta Hotel on Saturday evening.



NSO Masterworks

The String Ensemble was invited to perform a prelude concert for the Newfoundland Symphony Orchestra's Masterworks 4 Concert on Friday night.



Bravo to both groups on a job well done!



Rotary Music Festival

Our music ensembles are busy preparing for the Rotary Music Festival which runs from April 29th - May 3. Please note the schedule below, including evening performances.



ROTARY MUSIC FESTIVAL 2018

Rotary Daytime Clinics

ROTARY CLINIC	Day	Venue	Time	Important Info
Vocal Ensemble (Grade 7-9)	Friday, April 27th	MUN School of Music	8:30 - 9:10	Students will be bussed to and from this event.
Concert Choir (Grade 7-9)	Friday, April 27th	MUN School of Music	9:15 - 9:55	Students will be bussed to and from this event.
Jazz Ensemble Clinic (Grade 7-9)	<u>Sunday</u> , April 29 th	MUN School of Music	9:20 – 10:05	Students should arrive no later than 8:50 am .
Concert Band Clinic (Grade 7)	Tuesday, May 1 st	MUN School of Music	11:00 – 11:45	Students will be bussed to and from this event.
Symphonic Band Clinic (Grade 8-9)	Wednesday, May 2 nd	MUN School of Music	10:10 - 10:55	Students will be bussed to and from this event.
String Ensemble Clinic (Grade 7)	Thursday, May 3 rd	MUN School of Music	8:30 – 9:15	Students will be taxied to and from this event.

Rotary Evening Concerts

EVENING CONCERTS	Day	Venue	Time	Important Info
Rotary Festival <u>Evening</u> Concert (Choir Only)	Monday, April 30th	Holy Heart Theatre	7:00 pm	Students are asked to arrive no later than 6:30 pm .
Rotary Festival <u>Evening</u> Concert (Band Only)	Wednesday, May 2 nd	Holy Heart Theatre	7:00 pm	Students are asked to arrive no later than 6:30 pm .

Smart Talk



Kids Eat Smart
Foundation
NEWFOUNDLAND & LABRADOR

The Newsletter of the Kids Eat Smart Foundation Newfoundland and Labrador

Winter 2018

Foundation News

School year 2017-2018 has been very busy thus far for Kids Eat Smart Foundation NL. Kids Eat Smart Week was held on October 2-6, 2017. The festivities included a Province Wide Smoothie Day and our TD Province Wide Walk to Breakfast. This year more schools participated in the TD Walk to Breakfast than in any other year.

Since September we started nine new KES Clubs bringing the total to 250. Every school day with the help of dedicated volunteers and the school community we serve over 27,000 healthy meals to children all over Newfoundland and Labrador.

On November 14, we held our 3rd KES Radiothon. This was an incredible success raising over \$180,000 in support of our KES Clubs in the province.

March is Nutrition Month and we will celebrate by holding our annual Rooting for Health event on March 8, in partnership with NL Federation of Agriculture, School Milk Foundation and Egg Farmers NL.

Volunteers and staff are busy getting ready for our Breakfast Blitz that will be held on March 1 in many schools throughout the province. Our KES Gala, *The Silver Gala*, will be held on March 24 at the Delta, St. John's. This year we are celebrating 25 years of providing nutritious food to school aged children in Newfoundland and Labrador.



TD Walk to Breakfast

In bays, bights, harbours, coves, towns and cities throughout Newfoundland and Labrador, children and members of their school communities braved wind and rain to walk in support of their KES Clubs. Thank you to TD Bank Group for your sponsorship commitment to TD Walk to Breakfast. Participation in this year's TD Walk to Breakfast increased and we are truly grateful to all of the schools that participated and to all of you who gave so generously to your local KES Clubs. Over \$136,000 was raised and all funds raised at local schools, helps fund their local KES Clubs.



KES Radiothon!



On November 14, we held our 3rd KES Radiothon. It was an incredible success raising over \$180,000 in support of our KES Clubs in the province. Thank you to every corporate company, local business, community organization and individual who opened their hearts to our KES Clubs and gave to ensure our children start their days well nourished to be ready to learn. A huge thanks to VOCM Cares and Steele Communications for this incredible opportunity to fundraise and share our KES story with the entire province. We also want to thank the Avalon Mall for giving us the venue to hold a live radio broadcast production. Thank you to everyone for making Radiothon 2017 such a success. We look forward to our 2018 Radiothon to be held on November 13.

Partner Spotlight



Eagle River Credit Union!

Eagle River Credit Union has 6 branches on the Great Northern Peninsula, South Coast of Labrador and Happy Valley-Goose Bay. They support many great causes in their communities like scholarships, church and community service organizations and the Kids Eat Smart Breakfast Programs at schools in their area.

Since 2009 Eagle River Credit Union has contributed over \$26,000 to Kids Eat Smart Foundation Newfoundland and Labrador. Their support extends beyond their corporate financial donation. Some members of their staff volunteer at their Kids Eat Smart Breakfast Clubs in L'Anse au Loup, Port Saunders and St. Anthony.

Together with other Credit Unions in the province they give almost \$30,000 annually and are considered an Annual Platinum Partner. Credit Unions were one of the first donors to Kids Eat Smart Foundation NL. Combined they donate almost 30,000 Breakfasts every school year. Thank you Credit Unions in Newfoundland and Labrador!

KES Club Spotlight

Forest Park Primary, Grand Falls-Windsor, Kids Eat Smart Breakfast Club offers a healthy breakfast 4-5 days a week. This primary school opened its doors to students in September 2016 and had their Kids Eat Smart Club up and running within weeks. The Club runs successfully with the help of its Club Coordinator, Karen Healey and 50 other volunteers as well as tremendous support from the school, the students and the community. Presently, 289 children attend the school and all have access to a nutritious breakfast. In



October, Forest Park Primary held their TD Walk to Breakfast. All staff and students participated in the Walk. They raised over \$800 in cash and the Grand Falls-Windsor Dominion donated over \$300 in food. Forest Park Primary takes great pride in their Kids Eat Smart Club. They provide a healthy start to each student's day thanks to an exemplary group of volunteers and the support from the community of Grand Falls- Windsor.

Volunteer Spotlight - Thank you!

Clareville High School has a population of 330 students. As with many schools, finding volunteers to help prepare and serve breakfast every morning can be a challenge. Guidance Counselor and KES Club Coordinator, John Russell, came up with a brilliant solution to their volunteer challenge. High school students have to complete a certain number of volunteer hours required for graduation. What better way than to volunteer right at school with a program that gives so much to your school life. At the beginning of every school year Mr. Russell picks 5 students and matches them with teachers to run the KES Club at Clareville High.



At the beginning of the school year the student/teacher duos are assigned one week day to prepare Breakfast and they ensure breakfast is ready on that day when students arrive for school. Their grab and go menu usually consists of bagels, cheese, granola bars and fruit cups.

In Honour

Please honour that hard-to-shop for person on your list with a gift in support of Kids Eat Smart Foundation NL. Whether it's a Retirement Gift, Birthday or Wedding Gift, we will ensure the person receives a card letting them know we have received a gift from you in their honour. You will receive a tax receipt and you may choose to designate your gift to a KES Club that is dear to you or the person you are honouring.

Thank You!



**Kids Eat Smart
Foundation**
NEWFOUNDLAND & LABRADOR

80 Elizabeth Avenue, 2nd Floor • St. John's, NL • A1A 1W7
(709) 722-1998 fax: (709) 722-7250 toll free: 1-877-722-1998
info@kidseatsmart.ca www.kidseatsmart.ca



**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>