

MDJH

October 28, 2016



PARENT NEWSLETTER

Macdonald Drive Junior High School

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

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



Parent Newsletter



Help support our
Breakfast Program!

Every morning we feed approximately 250+ students. With our even earlier start to the day, the Breakfast Program is needed even more than before.

To help support our program, on October 28, 2016 please send \$2 with each child. To celebrate Walk to Breakfast, every student will take part in a short walk and then a hot breakfast.

Please support our program by sending in your \$2 donation.

OCTOBER is Autism Awareness Month

"We are Aware."



Breakfast BLITZ

Our school will be participating in a **Breakfast Blitz**, to help fill our KES Cupboards, on Wednesday, November 2, 2016. We are asking you to please send along a breakfast item or a donation to support our school's Kids Eat Smart Breakfast Program. If you wish you may make your donation online at www.kidseatSMART.ca and designate our school to receive your gift. It's important that we fill our KES cupboards to ensure our children start their days well nourished and ready to learn.

Parking Lot Reminder

The drop off lane should only be used for quick stop, drop and go, even if the doors are not open yet. If parents do not want to leave until the doors open they should park in the parking lot.



Dates to Remember:

October 28 – Walk to Breakfast

November 7 – Picture Retake Day (in the pm)

November 7 – School Council Meeting (7pm, Conference Room)

HAUNTED HOUSE EXTRAVAGANZA



MDJH is happy to announce the return of the *spooktacular* Haunted House this year. Students and staff have been preparing for our annual haunted house on October

31st for all students and staff. It will promise to get you in the Halloween spirit. This *spooktacular* event will take place in Room 108 and continue throughout the day.

The admission to our haunted house will be \$1.00 per student, collected at the door.

See you in Room 108... if you dare!!!!!!



Macdonald Drive Junior High Outreach Group

had their first meeting of the year. From this meeting we decided to have a school wide bake sale. It was a huge success. Thanks to our members and the school community support. The outreach group will be working within the St. John's local community over the upcoming year. Some of our community support will be done with our monthly soup kitchen; fundraising for charities, visits to Ronald Macdonald House and New Gower Street community lunch program. This group hopes to provide charitable support to various groups in our community throughout the year and allow for students to gain valuable volunteer experiences.

FRANKLY, YOU'LL LOOK RIDICULOUS IF YOU DON'T WEAR PAJAMAS TO WORK.



Raise Money. Wear PJs.
Help Kids. October 21st

CHARITABLE REGISTRATION NUMBER: 11923 9127 RR0001

What's Been Happening?

Our PD Day was Friday so we celebrated Jamarama on Thursday October 20, 2016.!!! We raised... **\$775.00** for the Janeway!!! Way to go MDJH!!!!!!

For the Latest Updates

Check out our web site, our Twitter account, **OR** download our APP.



Band Notes



Grade 7 Full Concert Band is Day 1
Grade 8/9 Full Concert Band is Day 4

See Ms. Penney's website or your band schedule for sectional times.

We're on the Web!

<http://mdjh.info>

Twitter: @MDJH

Public Service Announcements



INVITES YOU TO
A PRESENTATION
FOR PARENTS



ANXIETY: WHAT IT IS & WHAT YOU CAN DO TO HELP

Monday, November 7, 2016 [Focus on children]
Monday, December 5, 2016 [Focus on adolescents]
6:00 – 7:30 PM: Presentation
7:30 – 8:00 PM: Questions & Answers

Eastern Region District Conference Centre
(40 Strawberry Marsh Road) or via Skype at your child's school

Please contact Laurie to register for seats at Conference Centre (seating is limited so call early): 777-4020; laurie.ryan@easternhealth.ca

Please contact administration staff at your child's school for further details & to register for the talk(s) via Skype

TOPICS

Nature of anxiety:
what is normal &
what is not

When to seek
professional help

Strategies for
helping your child

How parenting
style plays a role

PRESENTED BY:

Hazel Russell &
Krista Marshall
Social Workers

Dr. Sandie J. Cook
Psychologist

Mental Health
& Addictions
Program

Get out and VOTE

in the 2016 Newfoundland and Labrador School Board Elections

To learn more about voter eligibility,
visit www.SchoolBoardElectionsNL.ca

On November 22, make sure
your school zone hears your voice.

www.SchoolBoardElectionsNL.ca



Let Your Freak Flag Fly

by Rudi Smith

(read at the MDJH Thanksgiving Assembly

October 6, 2016)

Our genders may be different,
We may not be the same,
But thank you for accepting us,
Each and every day.

We're diverse within our sizes
Some are big or small,
But thank you for accepting us,
Even short and tall.

Don't be afraid to be yourself,
We don't have to be proven,
Religions, cultures, colors, abilities,
We are all human.

Just because we're different,
Don't mean that it's right
For people who attack us,
Bullies lay off, please don't cause a fight.

It does not matter who we like,
Girls, boys, or all,
Thank you for accepting us,
Thanks to one and all.

We're thankful for our differences,
In our community
Thank you for accepting us,
And all diversities.

Sick / Absent? Email the School Directly

We have a new email address to notify the school if a student is going to be sick or absent for any other reason. Just send an email to

macdonalddrivejrh@nlesd.ca

and we'll make sure the information is recorded!

Halloween Costume Contest - Monday, October 31st

Students can wear costumes for the morning, and judging will take place at recess. Students are asked to change back into their regular clothes at lunchtime.

Remember— there are to be no masks or hoods worn with costumes except during the judging period. Costumes should also meet the school dress code.

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