

MDJH

November 4,  
2016



PARENT NEWSLETTER

Macdonald Drive Junior High School  
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# Parent Newsletter



## Studying The Great War

Students in Grade 8 are participating in a cross-curricular study of World War I. The study will continue throughout the year. English students have started by writing an epistolary narrative – a story told through letters. Each student chose to write about an actual soldier from the time period or about characters from the story “Forget-Me-Not” by Maxine Trottier.

To prepare for the writing process, students viewed the NL documentary film “I Remain Your Loving Son” and they read actual letters from soldiers in the trenches and family members on the home front. Once they were aware of writing styles from the time period and possible topics for their letters, it was time to put pen to paper.

The project ultimately provided insight into the hearts and minds of soldiers and their loved ones during a very turbulent time period. Students in Mrs. MacNeill’s 8-6 class decided to go the extra mile to produce epistles written in cursive script on paper that had been “aged” with tea. The picture depicts some of their efforts.



The next stop for students will be a trip to the Rooms where they will tour the archives and will research a soldier they have chosen to adopt. Those trips have been arranged by Mr. Lawton for January.

## Parking lot reminder

Coming off of Toronto Street there are two lanes. The right lane is for Buses and traffic going around MDJH. The Left lane is for parents/ guardians dropping off their children.



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.

Please take a moment to watch MDJH Drop off Video... the people may of changed but the instructions are still the same!!!!

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

Dates to Remember:

November 7, 2016 - School Council Meeting (7 pm, Conference Room)

November 9, 2016 - Remembrance Day Assembly

November 11, 2016 - Holiday, no classes

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## **Student Council News**

### ***Halloween Costume Contest***

Thanks to all students who participated in our Halloween costume contest. There were a lot of great costumes. Prizes were awarded to Gavin White (Baby Face) for Funniest, to Erin Brennan (Zipper Face) for Scariest and Ahmed Shehata (Rubik's Cube) received the prize for Most Original.



### ***Janeway Pyjama Day***

Students and staff of MDJH wore pyjamas in support of the Janeway on Thursday, October 20<sup>th</sup>. A total of **\$755.00** was donated to the Janeway!



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

### ***Photography Club***

Next Photography Club meeting will be held Wednesday, November 16<sup>th</sup>. Leah Burke will represent MDJH in photography at the Skills Canada competition November 26<sup>th</sup>. Good luck Leah!

### ***Adopt a Senior for Christmas***

Each year the student council organizes an "Adopt a Senior for Christmas" project. There are seniors in our community nursing homes with no family nearby and the holidays can be a very lonely time for them. For the past few years, we have partnered with St. Pat's Mercy Home to adopt 25-30 seniors. Each homeroom will be given a Christmas wish list for a senior. Class reps will organize who brings in the various items on the list or organise a collection to purchase the items. Each student in the homeroom signs a card for their senior, the gift is wrapped and student council members deliver to St. Pats. Stay tuned for more information on this as the lists become available and given to the homerooms.

### ***Yearbooks***

2015-2016 Yearbooks were sent to Gonzaga for distribution to last year's grade 9 students. Please pick up your copy there.

### ***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.

**We're on the web!**

<http://mdjh.info>

Twitter: @MDJH

# Announcements



Macdonald Drive Junior high is a WE school which raises awareness and finds for local and global causes.

As part of our global initiative this year, the student council is supporting education in Ecuador and are selling Rafiki beaded bracelets at a cost of \$10 each. The proceeds will help support Kenyan artisans create a better future for themselves and will also support our global cause - education in Ecuador.



Students will be bringing home order forms. Please see the following website for more info and to view the bracelets: <https://www.we.org/we-at-school/we-schools/campaigns/we-are-rafikis/>

**ALL  
ARE  
WELCOME**

Welcome to MDJH! MDJH is proud to announce that we now are a **LEARN** school ! Ms. Lynne Sheppard has been hired and we have five new students. These students bring a myriad of cultural backgrounds and will add to our school! Welcome.

**LEARN** stands for "Literacy enrichment and academic readiness for newcomers". All the students participating in the program here are ESL (English as a second language) students as well as ELD (English Literacy Development) students. Essentially, this population of adolescents have limited and/or interrupted schooling. Some children have no first language literacy, others have attended school however may have only attended school into the early elementary years, frequently due to conflict in their home country.

# Neighbourhood Watch



City of St. John's Neighbourhood Watch invites you to our

## COMMUNITY CLEAN UP

Join us as we gather with  
friends and neighbours to

Clean Up Our Community... One Spot at a Time!

ALL ARE WELCOME

**Saturday November 5**

**10am - 12pm**

**MacDonald Drive Elementary**

**100 MacDonald Drive**

Hot chocolate and cookies  
(limited quantities available)

Remember – a clean community is a safer community!

Thank you to our partners  
Royal Newfoundland Constabulary  
Clean St. John's

*"Let's Connect and Protect!"*



# ST. JOHN'S



## Take your Child to Work! If your child participated November 2...

Please make sure that you have visited the Learning Partnership Web Site and registered ... the link is here...

<http://www.thelearningpartnership.ca/what-we-do/student-programs/take-our-kids-to-work/getting-started>



## Healthy 3 Ingredient Muffins

2 bananas, mashed  
4 eggs  
Approximately 1 cup of any berry of your choice!

### Directions

Preheat oven to 375°F (190°C).  
Mash both bananas.  
Whisk in the eggs until combined.  
Spray a mini muffin tin with cooking spray.  
Add a few berries to each compartment and pour the banana egg mixture until each compartment is filled.  
Bake for approximately 12 minutes or until mixture appears set.



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Picture and Recipe sourced from: <http://winkgo.com/flourless-berry-egg-muffin-recipe/>

## Bagel Fruit Pizzas

Whole wheat bagels  
Variety of fruit  
Yogurt or cream cheese

### Directions

Toast bagels and spread yogurt on top  
Top with variety of fruit



Picture and Recipe sourced from: <http://www.number-2-pencil.com/2015/06/04/bagel-fruit-pizzas/>

## **Importance of Breakfast**

We've all heard that breakfast is the most important meal of the day; the foods we eat fuel our minds and bodies and without breakfast our day just would not start off right. It's not only important to eat breakfast each morning, but it's also important to consider the foods you and your family eats for breakfast. Starting your day off with a healthy well balanced breakfast can make all the difference to how you feel, the way you think, your energy and attentiveness throughout the day.

Your breakfast should be well balanced and include at least 3 out the 4 food groups. When choosing grains, choose whole grains such as whole wheat. When choosing fruits, choose fresh, frozen or canned; if canned or packaged make sure they are packed in water or 100% juice. When choosing milk products, consider milk, hard cheese instead of sliced/processed cheese and yogurts low in sugar (plain yogurts are also a great choice and can be sweetened naturally). Breakfast proteins often tend to be high in sodium and fat. Choose healthier options like eggs and peanut butter. If you and your family choose to eat breakfast meats make it occasional and in moderation, be mindful of your portion size as well aim to purchase low fat and low sodium choices.

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## **Breakfast BLITZ**

If you have not already done so please send along your donation to help **FILL** our Breakfast Club cupboards. For those that sent along donations, **THANK YOU!!!!**

