

MDJH

March 31 2017



PARENT NEWSLETTER

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Parent Newsletter

2017 Chess Challenge

The 2017 Canadian Chess Challenge—NL Provincial Finals was held in Corner Brook on Saturday. At this competition, provincial champions for each grade level were chosen to represent NL at the National Chess Tournament in May.



Nandan Chandrakanth played 4 rounds against other competitors and had one free round. He won all of his matches and got first

place for Grade 9! Nandan will now go to the Nationals in May. He won a trophy and a Free Newfoundland t-shirt.

Another MDJH student, Daniel Gosse also participated in the tournament and took second place for Grade 9. Congratulations to our Chess Champs!

Free Throw Champ!



Congratulations to Richard Barry (Grade 9) who won the State/Provincial Championship in the Knights of Columbus Basketball Free Throw in Grand

Falls on March 18. Richard earned

his way to the Finals by winning both District (February 11) and Regional (February 18) level Championships. We are very proud of Richard and his achievement!

Tai Chi

Miss Anderson's Grade Seven Health class invited a local Tai Chi group to come in and teach the basics of Tai Chi and its health benefits. The students appreciated the experience and were heard to say they would rather do Tai Chi than sit in their desks for a class.

In the Harvard publication "Healthbeat", (February 29, 2016) Tai Chi was named as one of the 5 best



exercises you can ever do. "Fung Loy Kok *Taoist Tai Chi*™ arts is a form of exercise and personal development that promotes health and relieves stress. The focused concentration required to practice occupies the mind, drawing it away from daily worries and tensions. Each step in the training is intended to help the mind return to stillness, clarity and wisdom, and the body to a balanced, relaxed and healthy state. With regular practice, you see a wide range of health benefits to the muscular, skeletal and circulatory systems. Begin what may be a life changing experience."

For more information www.taoist.org

Music

The grade 7 students enrolled in music this term are in the final days of their unit on African Song & Percussion. We were fortunate to have Mr. Andrew McCarthy work with each class for 5 sessions where they learned multiple instruments and songs from the country of Ghana. This project would not have been possible with our support from the Department of Education in the form of a PLACE Grant. It was an amazing experience for all involved!



Rotary



We have 5 groups participating in the Rotary Music Festival this year so please take note of all of the performance and pick up times for the ensemble(s) your child is in. All groups will be performing together in the same evening concert. A detailed note, and permission forms, have been sent home with all students involved.

Evening Concert Performance

The Grade 7 Concert Band, Grade 8/9 Concert Band, Concert Choir, Vocal Ensemble and Senior Jazz Band will all be performing in an evening concert at Holy Heart Theatre on **Wednesday April 26, 2017**. All students must attend this performance. All students must arrive at Holy Heart at 6:15pm. The concert starts at 7:00pm and admission is \$10 for adults and \$5 for (non performing) students. Students are expected to stay for the duration of the concert.

Vocal Ensemble

The Vocal Ensemble clinic takes place in the D.F. Cook Recital Hall at the MUN School of Music on **Tuesday, April 25, from 8:30-9:10am**. All students should be dropped off by parents/guardians at the MUN School of Music at 8:00am. Students will be bussed back to school following the clinic.

Concert Choir

The concert choir clinic takes place in the D.F. Cook Recital Hall at the MUN School of Music on **Thursday, April 27 from 2:20-3:00pm**. All choir members will be bussed to the MUN School of Music from school. Students will only miss period 5. We need to leave by 1:20pm to arrive at the university in time for check in and warm up. **Parents/Guardians will need to pick up students at the MUN School of Music at 3:00pm immediately following our clinic.**

Jazz Band

The Senior Jazz Band clinic takes place in the D.F. Cook Recital Hall at the MUN School of Music on **Sunday, April 30, from 10:50-11:40am**. Students should be dropped off at the MUN School of Music at 10:00am for check in and warm up, and parents/guardians will need to pick students up immediately following our clinic time at 11:40am.



Grade 8/9 Concert Band

The Grade 8/9 Concert Band clinic takes place in the D.F. Cook Recital Hall at the MUN School of Music on **Tuesday, May 2, from 11:50-12:35pm**. Students will be bussed to and from the university for the clinic.

Grade 7 Concert Band

The Grade 7 Concert Band clinic takes place in the DF Cook Recital Hall at the MUN School of Music on **Thursday, May 4, from 10:10-10:55am**. Students will be bussed to and from the university for the clinic.

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.



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Head Lice

A case of head lice has been detected in our school. Anyone can get head lice, mainly through direct head-to-head contact but also from sharing hats, combs, hair brushes, headphones, helmets, hair accessories and other personal items.

Parents or guardians may feel frustrated or embarrassed, however the problem has nothing to do with standards of cleanliness. Please do your part to prevent the spread by checking your child daily for the next few weeks and weekly thereafter. Lice infestation is much easier to treat if caught early. Once a case of head lice has been found all family members should be checked as well.

If your child has head lice, please start treatment immediately and notify the school. A booklet called *Managing Head Lice at Home* is available through your school or school nurse, this booklet may help you. This booklet can also be found electronically on the [Eastern Health website](#).

If you have further questions, please contact the Public Health Nurse.



Sports Update

Volleyball

Over the weekend, Team Way won the Tier 2 Championship at the CBS Under 16 Volleyball Tournament. The girls defeated a grade 10 team from Ascension Collegiate in the final in straight sets. Congratulations to the girls for taking home the banner and for representing MDJH so well, both on and off the court.



Hockey News

These are four of MDJH's students. Kirk Edwards (7-9) Tyler Cook (7-5) Liam Bridget (7-7) and Anna Barrington (7-9). They won the provincial AAA hockey title this weekend in Harbour Grace. They went undefeated and claimed the gold medal with a 4-2 win over their year-long rival Tri-Com.

Student Council News

Canadian Student Leadership Conference 2017



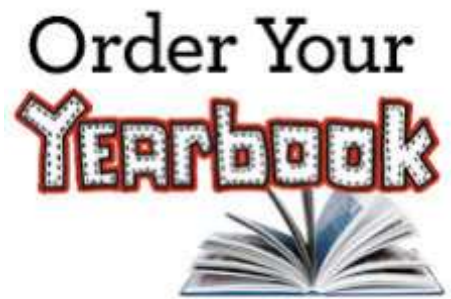
The national leadership conference for Grade 9-12 students will be held in Waterloo, Ontario from September 26-October 1, 2017. This is a wonderful experience and provides opportunities for students to participate in leadership workshops and activities. The theme this year is *Start Up Leadership—Ignite your Innovative Spirit*. The conference theme of developing an innovative spirit and how it will benefit Canada in the future will flow through the keynote speeches, leadership workshops, volunteer opportunities and cultural experiences of the conference.

Please visit the CSLC website at <http://cslc2017.studentleadership.ca/> to see what these conferences are all about. A full itinerary of activities is also available on the website.

Any current Grade 8 student who would be interested in attending this conference next year should contact Ms. Quann for more information. Parents are asked to email colettequann@nlesd.ca to have your son or daughter put on the list as there are a limited number of spots available per school and per province.

2016-2017 Yearbooks

You can now preorder yearbooks for the 2016-2017 school year. The cost is \$20. Order forms are available at the office or from Ms. Quann. Place your order by passing in an envelope with your order form and \$20 (cash or cheque made out to MDJH) labelled with student name and current homeroom to the office or Ms Quann. Please note that yearbooks are only available through preorder.



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 2016- June 2017 and are delivered next fall.

MDJH Team Pictures Needed

Thanks to everyone who has sent in pictures. We are still looking for pictures of many of our teams. It would be much appreciated if a parent, coach, or student could pass along a picture by emailing Ms. Quann at colettequann@nlesd.ca. Any pictures taken from a cellphone should be sent selecting actual size to ensure the quality is correct for uploading to the yearbook.

2015-2016 Yearbooks

All 2015-2016 yearbooks have been distributed to our current students. Last year's yearbooks have been delivered to Holy Heart and Gonzaga for distribution with a list of the names of who ordered them.



Purple Day

Students and staff wore purple on Friday, March 24th, to raise awareness about epilepsy.

Dates to Remember:

- April 14 - 23 inclusively, No School—Easter Vacation;
- April 24 - School Reopens, Day 1, Active Wear Day!
- May 25 – 6:30-9:00 Grade 9 Carnival





Photography Club

Leah Burke will be representing MDJH on Friday, April 7th at the Skills Canada Provincial Competition. She won gold at the Regional competition in November so has earned the right to participate in the provincial competition. She will be competing against high school students. Good luck Leah!

Next Photography Club meeting will be held Wednesday, April 12th.



Knights of Columbus Speak-Off

On Tuesday, March 28, three grade nine students from our school competed in the regional Knights of Columbus Speak-Off at the K of C Terra Nova Council Location on St. Clare Avenue.

The three representatives participated in a grade nine competition here at MDJH in advance of the regional contest.

They placed as follows:
Emma Mitchell – 1st place
Maria Baker – 2nd place

When we gave the winners' names to our contacts at the K of C, they invited our third place speaker, Sara Humes, to represent the school as well.



Topics were suggested by the K of C committee but offered a variety of choice. Emma wrote on the effects of music, Maria explored the advantages and disadvantages of marijuana legalization, and Sara mused about the true meaning of success and happiness in life.

All the girls were winners! Sara placed first and won \$125; Maria, in second place, took home \$75; and our third place finisher, Emma, was awarded \$50.

Next stop: Gander! There, they will all compete at the provincial level.

ATTENDANCE MATTERS!!!!

We have just finished our second Reporting Period. There are approximately 9 weeks left until Final Exams. It is very important that your son / daughter attend school each day.

If your son / daughter is absent, then a parent / guardian needs **to notify the school of the reason for the absence**. During the absence, the student should be checking the teachers' web sites for all missed work. Parents / guardians can also contact the subject teachers through PowerSchool to get any missed work. **It is the responsibility of the student, parent/ guardian to ensure that all missed work is completed.**



If your son / daughter is going to be absent for any period of time for any other reason, such as for a family vacation, then the parent / guardian **MUST** email the principal requesting permission for the absence to be excused. According to the School's Act (1997) children under the age of 16 are expected to be in attendance at school. Prior to the time of the absence, the student should make contact with ALL of his or her subject teachers and ensure that arrangements have been made to complete any evaluations during the absence and also that they have all of the work/materials they will miss. It is the responsibility of the student, parent / guardian to ensure that he or she gets "caught" up upon their return.

If you have nay questions, please do not hesitate to contact the school.

A child can not learn if they are not in attendance.



Frozen Yogurt Bites

Ingredients

200 g tub of vanilla or plain yogurt
¼ cup blueberries (fresh or frozen)
¼ cup raspberries (fresh or frozen)
Muffin papers



Directions

Line a muffin pan with muffin papers. Place a few blueberries and raspberries in each paper. Spoon yogurt on each to cover. Freeze and enjoy!

Recipe adapted from “15 Healthy Breakfast Ideas for Kids,” from [Eats Amazing](#).

Nutrition Note – April 2017—Eggs!

Leading up to the Easter Holiday, stores are full of chocolate and candy eggs – although hard to resist at times, we must try to keep these treats for special occasions, everything in moderation of course! While the “traditional Easter eggs” aren’t always the most nutritious, real whole eggs are!

Despite what you may have read or heard in the media, eggs are nutritious and can provide you with such nutrients as zinc, selenium, vitamin D and protein. Celebrate this Easter and all year round, with nutritious, fresh eggs at snack time, breakfast, lunch or dinner. Try having boiled or poached eggs with wholegrain toast for breakfast, or as an omelette with plenty of vegetables....or even in your dinner salad!

This Easter, stay healthy and limit the chocolate and candy eggs as much as possible. To get children active and enjoy the fresh air, get creative. Make an “eggstra” special breakfast before they head out to enjoy a special egg hunt. Create an Easter egg hunt in your backyard; you can use stickers and toys hidden inside plastic eggs. You could also have an egg-and-spoon race for children, which will get them active and out in the fresh air.

Hoppy Easter, everyone!

MDJH 2017 Math Pi Day / Kids Eat Smart Food Drive





Information Sessions for Parents

WINTER/SPRING 2017

Eastern Region District Conference Centre
 (40 Strawberry Marsh Road, just off Allandale Road & opposite to Arts & Culture Centre)

Monday, March 6		Parenting in the 21st Century: How the Pendulum Has Swung & What You Can Do to Recentre It	0-18 yrs old
Monday, March 20		Anxiety in Children: What It Looks Like & What You Can Do to Help	5-12 yrs old
Monday, May 1		Anxiety in Teenagers: What It Looks Like & What You Can Do to Help	13-18 yrs old
Monday, May 29		Challenging Behaviour: Identifying, Understanding & Responding to the Problem	10-18 yrs old



6:00-7:30 PM: *Presentation*
 7:30-8:00 PM: *Questions & Answers*

Please call 777-4020 to register for seats at Conference Centre. **Show up early! Any registered seats that aren't claimed by 5:50 PM on the night of each talk will be given away on a first-come, first-served basis.**

HOSTED BY PUBLIC EDUCATION COMMITTEE:

Hazel Russell, MSW, RSW
 Sandie J. Cook, PhD, RPsych
 Krista Marshall, MSW, RSW
 Derek Singleton, MSW, RSW

Mental Health & Addictions Program

School Leaving Carnival

Grade 9 Parents / Guardians, please return permission forms with \$20 for the Grade 9 School Leaving Carnival, scheduled for May 25, 2017, 6:30-9:00. Also, we are asking for prizes and/or Gift Cards so that all of our Grade 9s will walk away with a prize.

Grade 8 Parents, if you are able to volunteer for the Grade 9 Carnival, a form has gone home with all grade 8 students. A copy can also be found on our web page at <http://mdjh.info>



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.

PLEASE pull up to the **STOP** sign before letting your child out. 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 have changed, but the instructions are still the same!

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



A banner for "Online Practice and Review Tools". It features a student using a laptop, a globe, and various educational icons like a graduation cap, a lightbulb, and a smartphone. Logos for Moodle, YouTube, and Google are also present. The text reads: "The District has been working to build online self-assessment tools that allow students to practice and test their abilities."

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We're on the web!

<http://mdjh.info>