

MDJH

Dec. 8, 2017



PARENT NEWSLETTER

Macdonald Drive Junior High School

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Parent Newsletter

Building Resilience in our kids: Ways for parents to help out!



Even without larger traumas, middle school can be an especially difficult time for many children as they struggle to meet extra academic demands and avoid new social pitfalls. They look to teachers and friends as well as parents to make them feel safe.

Reinforce empathy, and help your child keep perspective. When your child is a victim of the shifting social alliances that form in middle school, help them understand that other children may be feeling just as lonely and confused, and help them see beyond the current situation — alliances that shift one way may shift back again the next week in middle school.

Talk with your child about your own feelings during times of extraordinary stress such as the death of a loved one. Your children probably are old enough to appreciate some grey areas in your own feelings, but you should leave no room for doubt when you talk about how you will do whatever it takes to keep them safe.

Enlist your children's help, whether it's a chore or an opinion about a family activity. Include your children in any volunteer activity you do. Make sure your children know how their actions contribute to the entire family's well-being. If your children know that they have roles to play, and that they can help, they will feel more in control and more confident.

For more ways to help your child build resilience visit our school's Guidance and Counselling webpage:

<https://trjtm.weebly.com/counselling>



Thank you to our Coats for Kids Volunteers who collected 67 coats, 4 pairs of boots and many, many hats, mittens and scarfs for others.

Dates to Remember:

December 7 at 7PM—Christmas Concert

December 22— Last Day before break. Dismissal at 12:30. Classes resume January 8, 2018. It will be Day 6.

Skills Canada

On Saturday, November 25, 2017, MDJH hosted the Provincial Skills Canada Competition. Thank you to all the students and staff volunteers who worked so diligently to make this event a success. Special thank you to Ms. Quann and Ms. Sauve who organized and supervised the hospitality suite in the cafeteria. Also special thanks to Mr. Aue who took a leadership role in organizing this event.



Results:

- Rebecca Abbott and Dan Standbridge 2D Animation 1st place
- Julia Andrews and Kate Rowe Junior Chef Challenge 3rd place
- Momin Anwar Public Speaking 1st place
- Daniel Blackmore and Thomas Porter CBDC Pitch 3rd place
- Julia Haire and Sarah Walsh Junior Hairstyling 3rd place
- Sarah Healey Job Skill Demonstration 2nd place
- Joshua Keyet Website Development 2nd Place
- Shreya Parmar Photography 2nd Place
- Devon Oldford and Jason Wang TV Media 3rd place
- Robotics: 3rd place Core Values & Teamwork, 1st Project Presentation

Overall, MDJH placed 2nd in the province! Way to go!!!

F.U.N. (Friends of United Nations) CLUB

Wednesday's at lunch in 109A (bring your lunch & a friend!)

So far in F.U.N. Club this year we have learned some Swahili language, and learned about the language, food and culture of the Middle East. We have also had trivia contests, did crafts and played fun games.



This month, in addition to games and crafts, we are learning about the culture, food and language of **Uganda**. Lunch time, Wednesday, December **13th**. Everyone welcome.



Do you speak another language? Know a cultural dance? Share it with us at MDJH! Drop in any Wednesday and let us know !!



Improv

Congrats to the MDJH improv team on their excellent performance at "The X Games". The team performs again in February at the Regional Improv Games.



Remembrance Day Ceremony

Students at MDJH observed Remembrance Day on November 7, at 10:00. All grades gathered in the gymnasium for our solemn service, which was hosted by our student council president, Kate Cadigan, and vice president, Daniel Blackmore.

Our focus this year was on another of our Blue Puttees, Sydney Frost, whose memoirs were presented in the book *A Blue Puttee at War*. Our band, directed by Ms. Sarah Comerford, played such selections as *O Canada* and *Maple Leaf Forever* while our choir, led by Mr. Gordon Smith, sang *Highway of Heroes* and the *Ode to Newfoundland*. Our teacher band (Mr. West, Mr. Thorne, Mr. G. Smith,

and Mr. Sharpe) performed a stirring version of *The Green Fields of France* while students, Devin Swyers and Leah McCallum performed a vignette. Poetry played a role as well. Emma Haynes and Caroline Kelly recited *Dulce Et Decorum Est* by Wilfred Owen and Braden Hatch delivered the French version of *In Flanders Fields*.

We were quite honoured to have Mr. Edward Roberts, former Lieutenant Governor of Newfoundland and Labrador, as our guest speaker. As the editor and annotator of Sydney Frost's memoirs, Mr. Roberts was able to give a unique perspective



on Frost's life and well as provide insight into the compilation and production of the book. He lent an air of grace and gravitas to our ceremony.



As always, the volunteers from the Canadian Legion performed the Color Guard duties wonderfully. They signaled to students the seriousness of our ceremony, and the students did not disappoint. They offered a reverence in their attitude and behaviour.

Many thanks to all who participated!

Math News

1. **After School Tutorials/Homework Help** -Again this year the Mathematics Department is proud to be offering 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.
2. **Lunchtime Tutorials/Quiet Study** - As well, the Mathematics Department is offering a lunchtime tutorial/quiet study session. The Lunchtime sessions will be offered every day 7 from 11:48 to 12:10 in room 223. Again, 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.

School Council

Meeting: December 4, at 6:30 in the Conference Room. Our next meeting will be announced!

If you would like to attend or add anything to agenda, please contact Chair, Susan Ledrew at smledrew@gmail.com.



Merry Berry Christmas Bark

Ingredients

- 1 ½ Cup Vanilla Greek Yogurt
- ½ Cup Granola
- ½ Cup Blueberries
- ½ Cup Finely Sliced Strawberries

Directions

Line a baking sheet with parchment paper.
Pour a thin layer of yogurt on top.
Sprinkle granola and berries over the yogurt.
Cover in aluminum foil and freeze. Cut into pieces.



Adapted from: www.goatandrepeat.com/greek-yogurt-breakfast-bark/?utm_source=P-1020&utm_medium=FB&utm_campaign=SocialFabric)



Got Teenagers?

Do you have a son or daughter who...

- is absolutely sure that YOU were never his or her age?
- speaks in shrugs, grunts and other strange sounds?
- seems unaware that volume control knobs also turn to the left?
- can remember the words to every hit pop song but none that you said five minutes ago?
- is allergic to chores, homework, getting up in the morning, and sometimes...you?
- seems sad, irritable or just plain angry?
- is involved in behaviour that leaves you feeling scared and helpless?

If you answered **YES** to any of the above questions,

Come to:

Parenting

Your

Adolescent



A group for parents offered by staff of the Janeway Family Centre and Youth Services

Be Safe online! Check out these resources....
<https://www.nlesd.ca/families/socialmediasafety.jsp>

**Internet
Safety**



Canadian Student Leadership Conference



The next national leadership conference will be September 25th - September 30th, 2018, in Edmonton, Alberta. The theme 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. Any current grade 8 student interested in attending this conference next year should see Ms. Quann. Parents can email colettequann@nlesd.ca to express a desire to have your child attend this conference. You can also visit the website <http://cslc2018.studentleadership.ca/> for more details.

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.



It is never too early to start compiling pictures for the 2017-2018 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. Some school sports have a short season and we would really like to have team pictures to include. Please send along your soccer and softball photos!

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

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.



We need volunteers!

This is a free program, all students are welcome, and we start at 7:45 am in the cafeteria. If you have an hour to spare in the morning, we would love to have more parent volunteers for this worthwhile program.

Food or monetary donations are also welcome! All donations should be submitted to the school office, Re: "MDJH Breakfast Program".

Please contact Ms. Daisy Hardy (daisyhardy@nlesd.ca), if you wish to participate as a volunteer. Your time is greatly appreciated!



Eating Healthy During the Holidays!

It's that time of year again where chocolates, candies and processed foods are everywhere. Try to base all your meals on whole food choices to provide you with higher quality nutrients and to keep you fuller for longer. Whole foods mean fruits, vegetables, healthy whole grains, etc. Avoid packed foods that are sometimes higher in sugar, artificial sweeteners and trans fats. During this time of year, stock the kitchen cupboards with healthy food in preparation for the big day! Have fruits and veggies stocked up and cut up in the fridge so they are easy to grab and go. Continue to prepare your meals on a daily basis and ensure you have a good shopping list when you go to the store. This means you can spend less time browsing, and head straight to the correct aisles to pick up the foods you need for this holiday season.

Student Drop Off / Pick Up Student Entrance

- 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.
- If you arrive before Ms. Pike and Ms. Hardy open the doors, Please do not park and wait in front of the school doors, you are blocking traffic. Please proceed to the parking lot and park there so other cars can get through.
- If you drop your child off on Toronto or Quebec Street, Please drive past the crosswalk before stopping to let them out. If you stop before the crosswalk, cars behind you cannot see children as they cross the road.



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

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.

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 at 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**



Absent / Late

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

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>