



Middle News

January
2011

École William McDonald Middle School

Welcome to the New Year from the Principal

I hope this edition of Middle News finds you well and ready for the new year. The new year always brings renewed energy and focus especially since the sun is coming back. Thus far with what we have already planned for our students there are many highlights to look forward to while maintaining focus on their academics.

We finished 2011 with a great display of student talent at our talent show followed by a wonderful family Christmas luncheon then an afternoon of activities. Thank you to all those who were able to help with the luncheon and enjoy the meal with your child/ren. The Me to We group continued to change the lives of those around them by collecting

food for the food bank as well as lending a helping hand wrapping gifts with children from less fortunate families. Our students completed a health and wellness survey which will be used to help direct our activities (Morning Wake-up, assemblies, challenges etc.) and focus for the remainder of the year. At our last sporting event before the new year we were well represented by some great athletes. Although we did not win a banner our students did well at the Territorial badminton championship the weekend of December 3rd. Congratulations to Abigale Coad and Brandon Wallis who were the grade 8 winners. Vitaly Rauch attended all the games as an alternative. Although he did not play he was there to encourage the

team. He was recognized for his sportsmanship by receiving a new badminton racquet. Many of our students participated in the Arctic Winter games trials held in December. Congratulations to those who will represent the NWT at the games in Whitehorse! Fifteen of our grade 8 students did a fantastic job representing William McDonald as pages at the Legislative Assembly two weeks before Christmas Break.



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What We Are Looking Forward To

Once again we are challenging our students and their families to get active this month. There are a few challenges and fantastic incentives. See page 2 for more details.

Grade 7 students will be going on their Dene Kede cultural fish camp this month

7B January 24th and 7A January 25th.

Camp Akaitcho grade 8 trip planning and training begins later this month.

We have 2 school wide outings January 23rd we go to Mildred Hall to listen to a presentation by Rick Hansen and January 27 we go to NACC for Flyin' Bob - Be the Circus show.

École William McDonald Middle School
School Travel Planning Winter Initiatives

January 9 - February 20, 2012 - "*Phys. Ed Pedometer Challenge*"

Students will be given the option during Phys Ed to wear a pedometer to record the number of kilometers they are walking during class.

Students who track their walking will enter into a draw to win a Punch Pass at the Multiplex.

February 20 to 24, 2012

"Winter Walking Challenge"

Students will be encouraged to walk to school during the week of February 20th. They will also be provided with the chance to walk around the track (to ensure inclusivity) as part of our Morning Wake-up activities.

Note: students can also ask their parents to drop them off "part way" so they can participate. As long as they have walked 3 blocks, they can earn a ticket.

For every time they participate in this challenge, they will earn a ballot. A prize will be drawn for a gift certificate for a new pair of running shoes.

SMOKE SCREENING 8

Coming to your school early January 2012

What is Smoke Screening?

Smoke Screening is a tobacco education media awareness activity for grades 6-12. This year it has two components: Smoke Screening (ad viewing) and Get Reel (Video Creation)

Students view 13 of the best tobacco education ads from around the world and select the one they feel is most effective. Viewing the ads usually initiates great classroom discussions.

Why use the program?

Tobacco use continues to be high amongst youth across the three Territories, well above the national average.

Students love it. Learning through Ads is not only fun, but the ads are different each year and the program serves as a strong visual reminder for students of the harmful effects of tobacco use. The ads generate good classroom discussion.

It's easy for teachers. The Smoke Screening program takes 30 – 60 minutes to run (depending on discussion time) and includes all the materials required.

New this year:

GET REEL

An AD competition where students make their own anti- tobacco ads. iPod Touches available for early registrants!



Materials will be in your schools in early January. Packaging will be marked with the Smoke Screening 8 logo above.

Questions? Contact Julie Bennett-Coad smokescreening8@yahoo.ca Phone/ Fax – 867-873-4330



January/janvier 2012

SUNDAY/ DIMANCHE	MONDAY/LUNDI	TUESDAY/MARDI	WEDNESDAY/ MERCREDI	THURSDAY/JEUDI	FRIDAY/VENDREDI	SATURDAY/SAMEDI
1 ← WINTER BREAK →	2	3	4 PAC Meeting	5	6 Minute to Win It Challenge	7
8	9	10	11	12	13 Healthy Snack	14
15	16	17	18	19 PJ or Retro Day	20 Minute to Win It Challenge	21
22	23 Rick Hansen Presentation	24 Grade 7B Dene Kede Fish Camp	25 Grade 7A Dene Kede Fish Camp Camp Akaitcho Camp Set UP	26	27 NACC Flying Bob - Be the Circus School Dance Healthy Snack	28
29	30	31				

School Nutrition Program

If you are interested in purchasing a Nutrition Program Punch Pass please contact the office at 873-5814. For \$20 student can purchase a punch pass that will be good to use towards the daily soup, sandwiches and drink boxes available everyday.

A reminder that the prices are as follows:

Ham/Turkey/Roast Beef

or Veggie Sandwich **\$3**

Daily Soup **\$2**

Drink Box **\$1**

Punch passes can not be used during the dance or during any other events when the canteen open.

Coaches Corner

Coaches Corner - WMS Basketball

We need a coach for the Grade 7 Boys and Grade 6 Girls Teams. If there are any parents or high school students that would like to coach please contact Mr. Wicks (darren.wicks@yk1.nt.ca)



Robin Pook and Emily Paddock perform in the school talent show.