

William McDonald School Newsletter

February 2011



Principal's News

Important March Dates

1. March 1st Report cards go home
2. March 4th Parent Teacher Interviews
3. March 7th Exploratories begin
4. March 7th – 11th Safe Travel Planning Parent/Student survey
5. March 9th PAC Meeting 7 pm
6. March 18th Exploratories End & last day of classes before March Break
7. Camp Akaitcho - Quyt Lake
March 13 – 17 at camp
March 18 gear clean-up
8. March 18-April 3 Spring Break
9. Return to Classes April 4th

Term 2 is already completed. Please remember to book your parent/teacher interview session by calling the school Secretary – Deanna Black. The interviews are March 4th from 8:30 – 4:30. If you are unable to attend the interviews that day please contact your child's teachers to arrange to meet on another day.

Congratulations to all WMS' Junior Cager teams. You played well and did a fantastic job representing our colors on the court. The next sport is soccer. Stay tuned for practice times which will be announced soon. Not only did our students do well representing our school at basketball, we also did very well with our Hoops for Heart fundraiser for the Canadian Heart & Stroke Foundation. Our four major fundraiser events – Loonie/Toonie for Hearts on Valentine's Day, canteen proceeds on Valentine's Day, candy gram sales for Valentine's week and the pledge form campaign – collected a total of over \$1200. An excellent display of genuine giving!!

We now are moving to the culmination of term by gearing up for our Exploratories. There are many exciting sessions planned for the students, which include outdoor activities, artistic pursuits as well as life-style & fitness sessions.

The Morning Wake-up Activities continue to go well. Our fitness room has more equipment which has recently been set-up. We have a few new stations that will be added after the March Break. The main focus is to engage our students by getting them to move by including a variety of activities that they enjoy doing. Once the weather warms out and both the soccer & baseball fields are dry we will take our morning activities outside. We are part of two new healthy initiatives, SIP Smart and Safe Travel Planning, which are described in detail on page 6 of this newsletter. Stay tuned for a survey which be sent home soon.

In keeping with healthy living we thank those who have made healthy muffins for our Friday morning Healthy snack initiative. We have received some funding from Healthy Food for Learning which has enable us to provide smoothies and muffins on Friday as well as fresh fruit daily. This program has helped WMS promote healthy eating habits. Healthy Food for Learning is an NWT Government funded program which has not been renewed for the 2011-2012 school year. We need your support and help in voicing the necessity for such programs in the Territories. We would like parents along with their children to write letters of support of this very valuable program. You will read on page 8 of this newsletter a message sent to NWT Principals who have received funding, asking them for support. Our MLA for Frame Lake is Wendy Bisaro. If children are hungry they are not able to learn effectively. Please bring your letters addressed to Ms. Bisaro to the school so we can send them to our government demonstrating the necessity to reinstate funding so Healthy Food for Learning can continue to help schools fund their healthy food initiatives.

Have a great restful March Break! Come back to school ready for the last leg of the school year.



École Sir John Franklin High School will be hosting a Grade 8 Parent/Student Information Night at 7 PM on Wednesday, March 2nd, 2011. A more detailed letter will be given to all Gr. 8 students when the Sir John Counsellors meet with them at the middle schools on February 28th and March 1st.



COMMUNIQUÉ from the Canadian Parents for French
February 18, 2011

Dear Friend of CPF:

We would also like to remind everyone that the deadline for nominations to the Nominations Committee is fast approaching, so if you would know anyone who would be a great fit for the committee (including yourself), send in your nominations to Jordan Wright at j.wright@cpf.ca no later than March 1, 2011. For further details on the nominations process, visit us at <http://cpf.ca/eng/governance-nom-process.html>.

Thank you for your continued support of Canadian Parents for French!



Second visit out to Camp Akaitcho site

We all gathered at school and at quarter to nine we all split into groups and started to drive to the site. It took us an hour to drive to our parking location that we have on the ice road. When we all got there, we took our bags put them in a toboggan and got in to one of the two toboggans. Then the teachers and a parent helper drove us out to the site.

When we got to the site Mr. Seabrook showed us the cabin we could use for the day to keep our gear warm. Then we took some people on a tour of where everything was on the island. After the tour we all split into groups and went to build our quinzhee's. About an hour into building our quinzhee's people started to run out of snow so they used the skidoo to bring snow off the river to help finish their quinzhee's. At noon we all stopped building and went to have lunch. After lunch we all went back to work on our quinzhee's. One of the groups finished and they went and helped Mr. Seabrook to take garbage from the site and bring it to the big trailer. They also helped him move about 25 sheets of ply wood from the trailer on to a skidoo and back to site. Around 2:00 we all started to pack up all of the gear and a couple of people got into the toboggans and two people got to drive the skidoos back to the trailer. We helped load the skidoos into the trailer with all the garbage and went back into our groups that we came with and drove back to the school.





Yellowknife Education District No. 1 2011-2012 SCHOOL CALENDAR

| | Staff | Students |
|--------------------------|--|----------------------------|
| Opening: | Admin Leadership Day: Thursday, August 25, 2011 Admin Leadership Day: Friday, August 26, 2011 New Staff Orientation/Staff Day: Monday, August 29, 2011 District Based PD: Tuesday, August 30, 2011 District Based PD: Wednesday, August 31, 2011 School Based PD: Thursday, September 1, 2011 School Based PD: Friday, September 2, 2011 | Tuesday, September 6, 2011 |
| Christmas Break: | Saturday, December 17, 2011 to Monday, January 2, 2012 (inclusive) | |
| Semester 2 Start: | Tuesday, January 31, 2012 (SJF only) | |
| Spring Break: | Saturday, March 3, 2012 to Sunday, March 18, 2012 (inclusive) | |
| Closing: | Thursday, June 28, 2012 at 3:30 p.m. for students Friday, June 29, 2012 at 3:30 p.m. for staff | |

| 1 st Semester | Sessional (Students) | Professional Development | P/S/T Days | Holidays |
|--------------------------|--------------------------|---|--|--|
| August | 0 | 3.0 <small>(District: Aug. 30, 31) (School-based: Sep. 1, 2)</small> | | |
| September | 18.5 | 2.5 | | Labour Day.....5 th |
| October | 19.5 | 0.5 | SJF.....27 th /28 th | Thanksgiving Day....10 th |
| November | 19.5 | 0.5 | K-8.....18 th | Remembrance Day...11 th |
| December | 12.0 | 0 | | Christmas Day.....25 th |
| January | 20.0 | 0 | | New Year's Day.....1 st |
| TOTAL | K-8 = 89.5 SJF = 89.5 | 6.5 | K-8 = 1 / SJF= 1.0 | Staff Days-K-8 = 98.0 Staff Days-SJF = 97.0 |

| 2 nd Semester | Sessional (Students) | Professional Development | P/S/T Days | Holidays |
|--------------------------|--------------------------|--------------------------|---|--|
| January | 1.0 | 0 | | |
| February | 21.0 | 0 | | |
| March | 11 | 0 | K-8.....2 nd SJF.....22 nd /23 rd | |
| April | 18.5 | 0.5 | | Good Friday.....6 th Easter Monday.....9 th |
| May | 21.5 | 0.5 | | Victoria Day.....21 st |
| June | 19.5 | 0.5 | | Aboriginal Day.....21 st |
| TOTAL | K-8 = 92.5 SJF = 92.5 | 1.5 | K-8 = 1 / SJF= 1 | Staff Days-K-8 = 94.0 Staff Days-SJF = 95.0 |

Professional Development Early Dismissal Days

All K-8 students dismiss at 12:00 noon on the following dates:

| | | | |
|--------------|------------|-------------|----------|
| September 16 | October 21 | November 25 | April 13 |
| May 18 | June 8 | | |

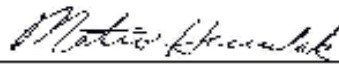
Sir John dismisses at 12:00 noon on the following dates:

| | | | |
|--------------|------------|-------------|----------|
| September 16 | October 21 | November 25 | April 13 |
| May 18 | June 8 | | |

Note: P/S/T = Parent/Student/Teacher interviews K-8: November 18 & March 2 – 8:30 a.m. – 4:30 p.m.

SJF Parent/Student/Teacher interview times: Semester 1: October 27 – 7:00-9:00 p.m. & October 28 – 8:30 am – 4:30 p.m.
Semester 2: March 22 – 7:00-9:00 p.m. & March 23 – 8:30 a.m. – 4:30 p.m.

Semester 1: 89.5 days
Semester 2: 92.5 days
Student Total: 182.0 days
Staff Total: 192.0 days

Approved: 
Superintendent of Education

Approved – February 8, 2011



Yellowknife Education District No. 1

2011-2012 SCHOOL CALENDAR

| | | | |
|--|---|--|--|
| First day of school | <ul style="list-style-type: none"> School Office Staff — August 23, 2011 New Staff Orientation/Staff Day — August 29, 2011 Educational Staff — August 30, 2011 First Day for Students — September 6, 2011 | | |
| Last day of classes | <ul style="list-style-type: none"> June 28, 2012 @ 3:30 p.m. (students) June 29, 2012 @ 3:30 p.m. (staff) | | |
| Parent/Teacher/Student Interviews (PTS) | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> <ul style="list-style-type: none"> October 27/28 — SJF November 18 — K-8 </td> <td style="width: 50%; padding: 5px;"> <ul style="list-style-type: none"> March 22/23 — SJF March 2 — K-8 </td> </tr> </table> | <ul style="list-style-type: none"> October 27/28 — SJF November 18 — K-8 | <ul style="list-style-type: none"> March 22/23 — SJF March 2 — K-8 |
| <ul style="list-style-type: none"> October 27/28 — SJF November 18 — K-8 | <ul style="list-style-type: none"> March 22/23 — SJF March 2 — K-8 | | |

Statutory Holidays and School Breaks - no school for students and teachers

| | |
|--|--------------------------|
| September 5 — Labour Day | April 6 — Good Friday |
| October 10 — Thanksgiving | April 9 — Easter Monday |
| November 11 — Remembrance Day | May 21 — Victoria Day |
| December 17 to January 2 (incl) — Christmas Break | June 21 — Aboriginal Day |
| March 3 to 18 — Spring Break | |

Professional Development (PD) Days - no school for students

| | |
|--|--|
| District-level PD | <ul style="list-style-type: none"> August 30 & 31, September 1 & 2, 2011 |
| School-based PD School Improvement Planning (SIP) • Schools dismiss @ lunch | <ul style="list-style-type: none"> September 16 — All Schools October 21 — All School November 25 — All Schools April 13 — All Schools May 18 — All Schools June 8 — All Schools |

For more information visit " **YK1 Online** " @ yk1.nt.ca or contact your child's school



Amanda Douglas – Healthy Schools Project Coordinator – School Based Initiatives

Sip Smart! NWT – Teaching Students to Make Healthy Drink Choices

Sugary drinks are everywhere!

Pop, sports drinks, fruit “punch” and many other drinks contain a lot of sugar, and too much sugar is not good for a child’s health.

We all know that physical activity and healthy eating are essential parts of healthy living. What is less commonly known is that what we drink also has a major impact on our health. Child health experts believe, for instance, that reducing the consumption of sugary drinks is a key strategy in curbing the rising rates of childhood obesity.

Sip Smart! NWT aims to raise awareness among Grade 4, 5 & 6 school children in the NWT of the negative health effects associated with the consumption of sugary drinks, and provide children with the knowledge and skills they need to make healthy drink choices.

Lessons included in this program reflect prescribed learning outcomes for the NWT Health curriculum for grades 4, 5, and 6, and also touch on other curriculum areas such as Science and Dene Kede. The comprehensive set of materials and resources will help teachers easily cover 3 of the 40 hours of time allocated to the Health curriculum. Sip Smart! NWT also recognizes and values the important role parents and caregivers play in a child’s food and drink choices. The Family Handouts included in the program, which contain information and tips about sugary drinks, help families to help children make wise drink choices.

Sip Smart! NWT is currently being piloted at William McDonald and other schools in each region of the Northwest Territories in order to ensure that all material is properly adapted for students throughout the North. The final version will be available in September 2011 and will be a great curriculum based resource for teachers during the Drop the Pop month.





School Travel Planning – Safe and Active Routes to School

School Travel Planning (STP) is a community-based approach that has been used with success to increase the number of children choosing active transportation modes to get to and from school. It brings community stakeholders together to devise detailed plans for making active travel a safe and realistic choice for students at individual schools.

Studies show that youth who are physically active rate their quality of life higher than those who are not physically active. The physical activity associated with the active school commute can have a positive effect on children’s well-being. School Travel Planning works towards reducing the incidence of chronic disease by fostering emotional and physical well-being.

The School Travel Planning pilot is currently being implemented in Yellowknife, with an excellent Municipal Steering Committee in place, containing many enthusiastic members of the community. Four schools in the area, including William McDonald Middle School, have signed on with the project, and the pilot will take place from January 2011 to March 2012.

With such great community connections throughout the territory, Amanda Douglas is confident that the Northwest Territories will prove to be a champion in School Travel Planning – resulting in healthier and happier families and a built environment that supports safe and active transportation in all communities.

For more information about School Travel Planning, please visit <http://www.saferoutestoschool.ca/> or contact Amanda Douglas at amanda.hspc@gmail.com.





Good Morning Principals,

Funding for the Healthy Food for Learning has not been recommitted for 2011-12 school year. We recognize that the Government of the Northwest Territories has many competing priorities and worthwhile initiatives however, the feedback we have received from NWT principals convinces us that the Healthy Food for Learning funding was a tremendous support for the many students who were hungry while they were trying to learn.

Kaw Tay Whee students have written letters to their MLA Bob Bromley asking him to advocate for continued funding for their school nutrition program. If other schools felt inclined to advocate for continued funding in a similar effort, this would be the opportune time to connect with their MLA.

The contact information for MLAs can be found on this link:

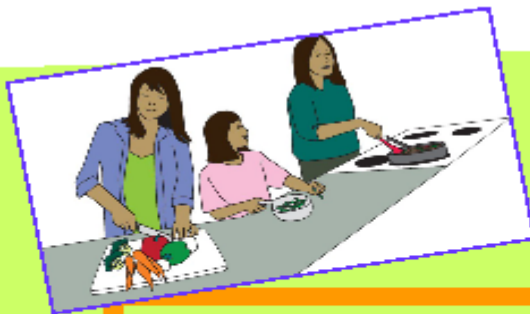
http://www.assembly.gov.nt.ca/_live/pages/wpPages/AssemblyTelephoneDirectory.aspx

Regards,

Paige Saunders,
Coordinator ... Foodfirst Foundation, NWT



P.O. Box 973 | Yellowknife, NT | X1A 2N7 | p. 867.446.3785 | f. 1.780.669.7996 | www.foodfirst.ca



Parent & Tween Cook Night

9-14 year olds, come with your mom
or dad for an evening of fun and
food!

Go home with freezer-friendly meals
for the whole family:

- ♦ Mexican burritos
- ♦ Meatballs & Sauce
- ♦ Maple Oatmeal Muffins

Recipes may be adapted for
your family.

Tuesday, Mar 15, 7:00-9:00 pm
To register call: 920-6546