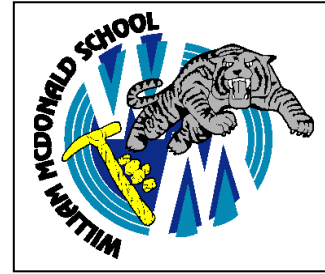

ÉCOLE WILLIAM MCDONALD MIDDLE SCHOOL

Middle News

50 Taylor Road Yellowknife, NT X1A 3X2
Phone 867 873 5814, Fax 867 873 4671



February / March 2014

Principal's Message

It was nice to see all the support given to Yellowknife's own Olympian, Michael Gilday, Sunday at the Fieldhouse. Like Michael who began representing the NWT at international events when he was going to school here in the city, we have many students who will be competing at the 2014 Arctic Winter Games. We wish them luck with their training leading up to the games and in competition at the games.

Over the next 5 weeks leading up to March Break we have many guest speakers and events to which our students will be given something to reflect upon. As February is Heart month it is our hope that the students come away from at least one of the presentations with renewed inspiration to help others through a simple act of kindness or to put more emphasis on healthy living by increasing their personal level of physical activity or improving the nutritional value of what they eat/drink.

Please come out to cheer on your children during the 2014 Junior Cager tournament February 20 - 23. Game times will be posted on our WEB site as well as on Basketball NWT's WEB site as soon as they are finalized.

The report cards be sent home on March 10 and the parent/teacher conferences will take place March 12 & 13 from 5-8 both nights. Safe travels to all those who will be venturing off during March Break. Have a restful two weeks wherever you choose to spend the break. Come back ready for the last term of the 2013/2014 academic year.

Remind your child(ren) to look at all the items in the lost and found before March Break. We have already rescued 5 WMS hoodies which have not been claimed yet. Imagine what else is missing from their closet!



CELEBRATING 75 YEARS

Educating for Life! Hòt'ałòò Hoghàgoetòò Une éducation pour la vie!

Congratulations to our Arctic Winter Games Athletes

Hockey ~ Daniel Enge Table Tennis (Ping Pong) ~ Brian Liang

Biathlon ~ Jack Panayi Figure Skating ~ Anika Allain

Cross Country Skiing ~ Donny Boake, Nicolas Bennett, Spencer Littlefair, Kia Furniss, Ella Kokelj, Niva Stephenson, Emma Seddon

Soccer ~ Kristine Stuparyk (alternate)



On January 20th we were treated to a great Hoop Dance performance by Terrence Littletent accompanied by his brother Jayson Littletent on the drum. These two brothers have been touring for several years telling their story while teaching the importance of respect, tolerance and clean healthy living.





**PARENTS ADVISORY COUNCIL (PAC)
NEXT MEETING: February 20th!
Please Plan to Attend!**

Mark Your Calendars!

- February 14 ~ Michelle Salt speaks to the students about her recovery and rehabilitation after losing her leg in a motorcycle accident. She awaits the chance to compete in Sochi during the 2014 Paralympics in March.
- February 17 & 18 ~ Spencer West will be visiting our city to deliver his message of incredible determination proving to everyone that anything is possible if you put your mind to it.
- February 20 ~ Murray Kelly will speak to our students about addictions and the strength and courage it will take not to fall prey to anyone who is trying to lure you into trying them out.
- February 20 ~ PAC meeting 7pm in the WMS library
- February 20 – 23 ~ Junior Cager visit our WEB site for the schedules when they are created & made available
- February 22 ~ Cager Dance 7 – 9:15pm
- February 26 ~ Anti-bullying event at the Legislative Assembly for 7A lunch and transportation will be provided.
- February 26 ~ Grade 8 Visit to Sir John 1pm – 3pm
- February 27 ~ VERY IMPORTANT – Grade 8 information session at Sir John 7pm
- February 28 ~ No school all day Professional Development Day for teachers
- March 7 & 8 ~ 2nd Annual Traditional Games championships at WMS
- March 10 ~ Report cards go home with students
- March 12 ~ Parent/Teacher conferences 5:00 – 8:00pm (please call the school to book a time with your child's teachers)
- March 13 ~ Parent/Teacher conferences 5:00 – 8:00pm (please call the school to book a time with your child's teachers)
- March 8 – 12 ~ Camp Akaitcho group out on the land

Pirates of the Arctic Maze and Family Fun event



Pirates: Jennifer, Lisa and Kaitlyn
Braving the maze: Sylvie
Sword Fight: Cerynn and Tamara



Parent-Teacher-Student Conferences March 12th & 13th

From 5:00 pm – 8:00 pm, teachers will be available to meet with parents and students regarding progress through the second term. Please call 873-5814 and make an appointment with our secretary, Liz West.

WMS' Artistic Talent



Name the Puppy!!!

Yellowknife, NWT, February 7, 2014– The Northwest Territories RCMP, or “G” Division RCMP is asking the children of the NWT to assist them in the “Name the RCMP Puppy Contest”.

Contest details are below, and follow the National rules. One of the rules is that the Puppy’s name must start with the letter “G”. This is where it gets fun for our NWT children.

In the RCMP world, each Province or Territory is represented by a letter – the Northwest Territories Division letter is “G”. With the Puppy names having to start with the letter “G” this year, it’s our chance to have those Puppies represent the North!

We are lucky to have two Police Dog Service Units here in the NWT. One PDS member is “Relek” out of Hay River, his handler is Cpl Grant Stebanuk. Yellowknife has “Brando”, with his handler Cpl Craig Matatall. Both units mobilize across the NWT as the need arises for their services.

This is your opportunity to have the Northwest Territories, or “G” Division RCMP represented by naming a Puppy, starting with the letter “G”. So put your thinking caps on and send your entry in. Come on children of the NWT, let’s GO for it!

Barry

Sgt. Barry LEDOUX
Royal Canadian Mounted Police
5010 Veterans Memorial Drive
Yellowknife, NT. X1A 2R3
W. 867-669-5276
C. 867-445-6996
barry.ledoux@rcmp-grc.gc.ca

NEWS RELEASE Name the RCMP Puppy 2014

INNISFAIL, Alberta, February 5, 2014–The Royal Canadian Mounted Police (RCMP) needs help in naming a handful of their newest (and cutest) recruits!

The Police Dog Service Training Centre (PDSTC) in Innisfail, Alberta is asking young Canadians to suggest names for 10 German Shepherd puppies recently born at the Centre. Children are encouraged to be original and imaginative in finding names that will serve these puppies well in their careers with Canada’s national police force. When thinking of names, it is important to keep in mind that these are working police dogs, not pets.

The 10 children whose names are selected will each receive a laminated 8×10-inch photo of the pup they name, a plush dog named Justice and an RCMP cap.

Contest rules are simple:

- Contestants can suggest only one name (one entry per person).
- The name may be for a male or a female pup.
- The name must start with the letter “G”.
- The name must have no more than nine (9) letters.
- The name must be one or two syllables.
- Contestants must live in Canada and be 16 years old or younger.

Three ways to enter:

1. Enter online: www.rcmp-grc.ca/depot/pdstc-cdcp/name-the-puppy-nomme-le-chiot-eng.htm
2. Email the **child’s name, age, address, telephone number** and the **suggested name** for a puppy to pdstc-cdcp@rcmp-grc.gc.ca.
3. Send a postcard or letter to the following address. Be sure to print the **child’s name, age, address, telephone number** and the **suggested name** for a puppy.

Attn: “Name the Puppy Contest”
Police Dog Service Training Centre
Box 6120
Innisfail, AB T4G 1S8

We love to receive drawings and paintings! If submitting by mail or email, children are invited to get creative with their entries.

Although there can be only 10 winners, names not selected for the contest will be considered for other puppies born during the year.

The deadline for entries is **March 5, 2014**. Contest winners and prizes will be announced on **April 15, 2014**.

Winning names will be chosen by the PDSTC staff. A draw will determine the winning entry in the event of multiple submissions of the same puppy name.

The PDSTC is home to the RCMP national police dog training program and is a part of RCMP “Depot” Division.

How to Build a Better Sandwich

Americans love their sandwiches. According to the NPD Group, sandwiches are the number-one food eaten at lunch, the number-one main dish at dinner, and the fastest-growing breakfast food. That's a lot of sandwiches! Here are some tips to help you dodge the white flour, saturated fat, and salt that are found in many sandwiches.



The Building Blocks

1



THE BREAD:

Look for a bread that is labeled 100% whole grain or 100% whole wheat. Try light breads, light tortillas, or sandwich thins to cut calories. Avoid higher-calorie (mostly white flour) options like focaccia, ciabatta, baguettes, or croissants. Bread can also be loaded with sodium. Your best bet is one that contains no more than 150 mg of sodium per slice.

2



THE PROTEIN:

If you're a fan of lunch meat, it's easy to find one that's low fat. The catch: most lunch meats are high in salt. Look for meats that are labeled "lower sodium" or "no salt added." You may have to order these from the deli counter. Even better, swap the processed meat for fresh-cooked chicken or turkey, unsalted peanut or almond butter, no-salt-added tuna or salmon, or your favorite veggie burger.

3



THE CHEESE:

Your best bet is to skip the cheese. Cheese is a top source of saturated fat in the American diet. If you can't do without, look for a "lite" or "50% reduced-fat variety, like Jarlsberg Lite or Cabot 50% Reduced Fat.

4



THE TOPPINGS:

Veggies, veggies, veggies. Think of sandwiches as a salad without a fork. Try loading your sandwich with dark leafy greens, tomatoes, onions, cucumbers, peppers, mushrooms, avocado...the options are endless. To keep calories and sodium down, use mayo, mustard, and ketchup sparingly. And don't be afraid to branch out. Hummus, tzatziki, salsa, and guacamole make great sandwich spreads.