

# William McDonald School Newsletter

January 2014



## PRINCIPAL'S NEWS

### January Dates to remember

1. PAC Meeting  
January 30<sup>th</sup> 7pm  
(moved from the  
23<sup>rd</sup>)
2. Formal School  
Dance January 24<sup>th</sup>  
7 – 9:15pm
3. Memorial Hockey  
Challenge January  
25 7pm Ed Jeske  
rink
4. WMS 1<sup>st</sup> Annual  
Pirates of the Arctic  
maze and Family  
Fun Night January  
31 6:30pm  
February 1 2:00pm

### Looking ahead

Picture re-takes February  
3<sup>rd</sup>

Subway Lunch February 7<sup>th</sup>

January brings renewed focus for many and here at WMS it is much the same. The students are challenging one another to gain the top spot in the jump rope Double Dutch and the fancy move jump rope challenge. We encourage students to search various websites to get ideas about what they can add to their jump rope repertoire. Any student wanting to practice their routine is invited to do so during Morning Wake up in room 206. Take time this weekend to put something together for the school challenge. In March we will be participating in Jump Rope for Heart as a school. If your child would like a pledge form they will be available in the office. Our package has not arrived yet but once it has I will go around to each class with the forms.

In keeping with Health and safety we remind parents that the drop off zone for their children is in the lower parking lot area. Remember that the speed limit in the parking lot is 15 km/hr. Please be mindful of your speed as we do not want to have any children get hurt. If you are visiting the school or coming in to pick up your child please come to the office

At the end of the month we have our mega fundraiser of Pirates of the Arctic maze and Family fun event. All the monies raised at this event will be used to purchase consumables in Art and I.A. We are preparing three large themed baskets to raffle off. Each grade was given a theme and the students were asked to bring in one item each related to their grade's theme. Keep in mind that the items are not for a specific age but must range from children to adults. The items must be brought in and delivered to the office by Wednesday January 29.

The Grade 6's theme for their basket is ~~ Arts & Crafts

The Grade 7's theme for their basket is ~~ Kitchen

The grade 8's theme for their basket is ~~ Movie / Family Fun

We are still in need of volunteers please read the list of tasks/jobs found on page 3 to sign up to help out for a few hours. Your help is much appreciated.



MEGA FUNDRAISER ~~ PIRATES OF THE ARCTIC



École William McDonald Middle School

Friday, Jan. 31<sup>st</sup> 6:30 to 8:30 p.m. Doors close 8:00 p.m.

Saturday, Feb. 1<sup>st</sup> 2:00 to 4:00 p.m. Doors close 3:30 p.m.

Children 10 & under must be accompanied by an adult.

Admission and tickets sold at the door.



## MEGA FUNDRAISER ~~ PIRATES OF THE ARCTIC TASK LIST

Hello everyone,

On Friday, January 31st and Saturday, February 1st, École William McDonald Middle School will be hosting its first Pirates of the Arctic, a fun-filled family evening. We need your help with our fundraiser. Here are the various tasks and times volunteers are needed for.

Wednesday, January 29th 6:30 to 9:30 p.m. - 8 to 10 volunteers to help with decorating the hallways, help with complete different decorations, etc.

Thursday, January 30th 5:00 to 9:30 p.m. - 8 to 10 volunteers to help with decorating the gym, setting up the maze, etc.

Friday, January 31st all day (9:00 a.m. to 3:00 p.m.) - one volunteer to ensure everything is in order, check installations, etc.

Friday, January 31st 6:00 to 8:30 p.m. -

- 2 volunteers to monitor the doors
- 4 volunteers to take care of admissions
- 1 volunteer to monitor students in the check room
- 4 volunteers to sell tickets
- 4 volunteers to monitor concessions
- 4 volunteers to supervise in the maze.

WMS students will help out in the concessions, games and in the maze. We need adult supervision to ensure things run smoothly.

Saturday, February 1st 1:30 to 4:00 p.m. -

- 2 volunteers to monitor the doors
- 4 volunteers to take care of admissions
- 1 volunteer to monitor students in the check room
- 4 volunteers to sell tickets
- 4 volunteers to monitor concessions
- 4 volunteers to supervise in the maze.

WMS students will help out in the concessions, games and in the maze. We need adult supervision to ensure things run smoothly.

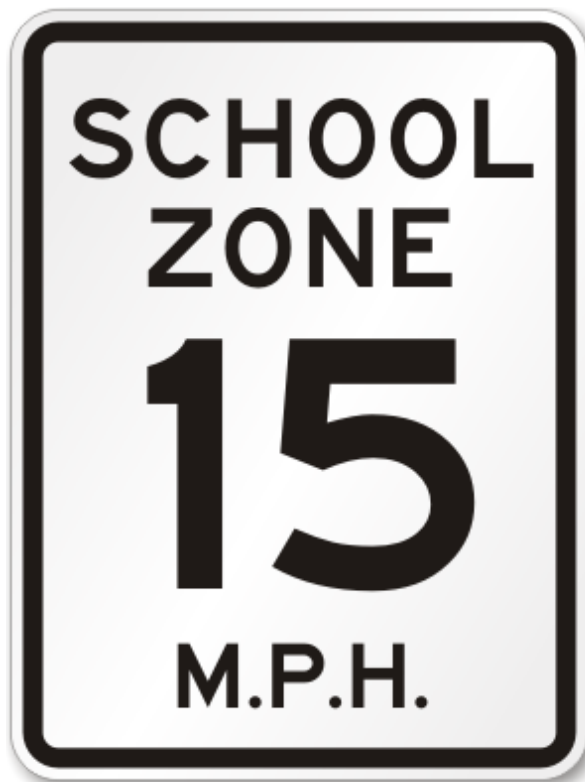
You don't have to work all the time. If you can volunteer for only a short period of time, it would be most helpful. Please let me know as soon as possible if you can lend a hand.

Thank you,  
Monique



SCHOOL ZONE

It is very important that everyone be aware that in a school zone on school property the maximum speed is 15km/hr. For the safety of our staff and children please watch your speed in these areas. It is also important to note that under no circumstances should you be letting your child off in the bus drop off zone area. Students should be dropped off in the **lower parking lot only**.





## JUNIOR BASKETBALL CAGER

École William McDonald Middle School has starting practices for the Junior Basketball Cager which will take place on February 20 – 23. Official game times will be made available by each group’s coach once all teams have been registered.

### Practice times / Coaches / Chaperones

Grade 6 girls – Thursday 3:30 – 4:30

Dean MacInnis coach / Mélanie Parisella chaperone

Grade 6 boys – Wednesday 3:30 – 4:30

Bruce Simmons coach / Paul MacDonald chaperone

Grade 7 girls – Monday 3:30 – 4:30 & Saturday 2:00- 4:00

Nick Diem coach / Lynn Lalonde chaperone

Grade 7 boys – Thursday 4:30 – 5:30

Austin Smith coach / Rachell Simmons chaperone

Grade 8 girls – Sunday 12:00 – 2:00

Sophie Chalker & Wynter McQueen / Angie Gagnon chaperone

Grade 8 boys – Sunday 2:00 – 4:00

Mackenzie Hotte-Joyce coach / Archie Johnston chaperone



### ***Did you know?***

Regular exercise is a continuous activity that is done for at least twenty minutes a day!



**CAMP AKAITCHO**

**CAMP AKAITCHO “A NEW BEGINNING”**

Camp Akaitcho Participants have been selected. The Students have started their training and are eagerly awaiting the first site visit. Stay tuned for the Akaitcho News, coming soon.

Sponsors have been very gracious and continue to support this Camp. We would like to thank the following confirmed sponsors:

YK1, Matrix Aviation and Helicopter Solutions, Weaver and Devore, Matonobee Petroleum, Subway Restaurants, Cranberry Consulting, HomeLife Realty, SMS Equipment, We will continue to look for sponsors to make this Camp one of the most memorable ever.

Congratulations to the following students:

Grace Clark

Sophie Clark

Jack Panayi

Lauren Seabrook

Brady Harbin

Niva Stephenson

Donny Boake

Lindsay Mailloux

Ben Grimes

Nicolas Bennett

Dyllan Martin-Elson

Devon Hodder

Sierra Nesbitt

Sarah Taggart-Miles

Shiri MacPherson



**NUTRITIONAL LUNCH OPTIONS**

Lunch your Kids will **Munch!**

Healthy foods come from all food groups. Use this handy chart to guide your family in packing a delicious, nutritious lunch. Choose one food from each column. Don't forget your water bottle!

<b>Fruit</b>	<b>Vegetable</b>	<b>Grain (Whole Grain)</b>	<b>Protein</b>	<b>Milk or Alternative</b>
Apple	Carrot Sticks	Muffin	Beans	Milk or Fortified Soy beverage
Pear	Celery Sticks	Tortilla	Lentil/Bean/Pea Soup	Cottage Cheese
Orange	Salad Greens	Pita	Egg	Yogurt
Banana	Cucumber Slices	Bread	Tuna or Salmon or other Fish	Milk Based Soup
Plum	Pepper Strips	Bagel	Hummus	Milk Based Pudding
Peach	Snap Peas	Bannock	Sliced Turkey, Ham, Roast Beef	Smoothie
Grapefruit	Green Beans	Bun	Pumpkin or Sunflower Seed Butters	Cheese
Grapes	Cherry Tomatoes	Crackers	Dinner Leftovers	
Raisins	Avocado	Hot Cereal (Oatmeal, Cream of Wheat)	Cheese	
Berries	Vegetable Juice	Leftover pasta		



Dried Fruit

Broccoli

Leftover rice

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Melon

Cauliflower

English Muffin

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Canned Fruit packed  
in juice

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Unsweetened  
Applesauce

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*Submitted by: Tanya Gillard, Community Dietitian YHSSA*