

OCTOBER 2019 NEWSLETTER

4701-52nd Avenue, Yellowknife, NT X1A 2N8

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Principal's Message

Mr. Dean MacInnis

Welcome to another school year at Sir John! We're one month in and already students and staff are busy preparing for numerous things. Plans are underway to select this year's student council and grad council and our soccer athletes have already traveled to Hay River to participate in the Elks Soccer Tournament. Congratulations to our Boys Blue Team who brought home the silver medal and our Girls Blue Team won the banner in an exciting 12 player shootout. Bravo Falcons!

We are pleased to welcome the following new staff members: Helen Wong, Sharon Oldford, Sophie Thériault and Travis Sidoroff. We hope you have a great year!

Our athletes are getting ready for Cross Country Championships in Fort Providence on October 4th and our volleyball players are getting ready for their trip to Fort Smith on October 17th and Spike-It on October 30, 2019. See practice schedules inside.

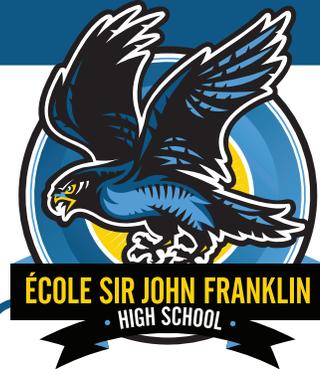
The Fine Arts Department is busy rehearsing for the fall production of Disney's "Frozen Jr". The enchanting modern classic from Disney brings Elsa, Anna, and Olaf to life. The show features all of the memorable songs

from the animated film. Tickets are available at the NACC box office or NACC website. Don't miss it!

Don't forget about our early dismissal days! On most Thursdays our school day will end at 2:30pm. See calendar inside for a list of these dates.

The Parent Advisory Committee (PAC) is made up of parents whose child(ren) attends SJF. The purpose of the PAC is to provide opportunity for communication between parents and school administration. Any and all parents are welcome to be involved with this committee. Staff members and students are also welcome to attend the meetings. Next meeting will be at noon on Thurs., Oct 10. If you have any questions please contact the PAC Chairperson Audra Donison at donison@theedge.ca

Thank you to the parents who attended our Parent Information Night on September 12th. If you were unable to attend please feel free to stop by and visit the school or check our website for a list of staff email addresses. See inside for a list of other ways you can stay connected to Sir John.



IMPORTANT DATES

- October 4**
X-Country Championships
Fort Providence
- October 8-10**
NWT Principal's Conference
- October 10**
PAC Meeting 12 noon
- October 11**
No School for Students
- October 14**
No School
Thanksgiving Day
- October 17-20**
Vball Tournament
Fort Smith
- October 21**
Federal Election
- October 30-November 3**
Spike-It Vball Tournament
Yellowknife
- October 31**
Hallowe'en

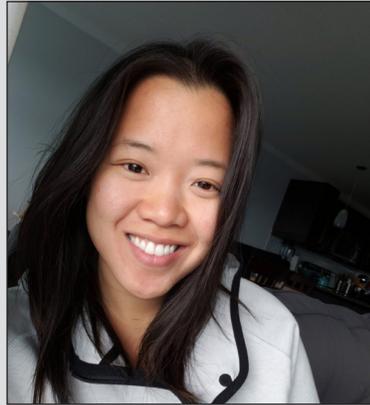
FOR MORE DETAILS SEE
CALENDAR ON LAST PAGE.



New Staff



My name is Sophie Thériault and I am happy to be an EA at Sir John Franklin this year. I was born in Montréal but grew up in New Brunswick, where I got my love of the land. I returned to my native city to complete a Bachelor in Psychology at the University of Montreal. This is my third year in Yellowknife. Outside of school, I can be found taking long walks in nature or in the comfort of the homes where I house sit, listening to a good album. I have a great appreciation of people and culture, especially ethnic food. I wish you all a great 2019-2020 school year!



My name is Helen Wong and this year I will be teaching Math and Science. I was born and raised in Yellowknife. I attended the University of Alberta where I completed my Bachelor of Education, specializing in General Science. One of my biggest passions is teaching through an inquiry approach, and allowing student's curiosity to drive their own learning. I am extremely excited to be teaching at the high school this year!

Music News

The Music Department is proud to have many students participating in extra-curricular choir and band ensembles. We are still taking new members and it isn't too late to join!

We had special guests join us in September. Ian Fundytus and Cheryl Emery performed for the choir class at lunch hour and in October three Sir John students will be apprentices when the Canadian Chamber Choir visit and work with the choir. Apprentices will sing alongside the choir professionals for their concert on October 12 at St. Patrick's Catholic Church.

We will be travelling to Toronto in May to explore the cultural offerings by visiting the Royal Ontario Museum, the Bata Shoe Museum, Kensington Market and by attending Symphony, Musical Theatre and Opera performances. The deadline to register for the trip is October 3 and students must commit to participating in a performing ensemble for the year.

The first performance of both the band and choir will be at the Remembrance Day Assembly.





Questions and Answers on Vaping: What Parents Need to Know

What exactly is vaping?

Vaping is the inhaling of a vapor created by an electronic cigarette (e-cigarette) or other battery-powered vaping device.

Isn't the vapour being inhaled just smoke or steam?

No. Vaping devices usually contain an aerosol consisting of fine particles, containing varying amounts of propylene glycol, glycerin, flavourings and other chemicals. E-cigarettes also contain nicotine. Some vaping devices have been adapted for use with cannabis or its components (THC, hash oil) or other substances.



What Are the Risks of Vaping for Young People?

Vaping among youth is on the rise across Canada. This is concerning for a few reasons.

- **There are health risks linked to the chemicals found in vape products and long term effects of vaping are still unknown.** Lung illnesses and deaths in the United States are being associated with the use of vaping products and health officials here in Canada are actively monitoring the situation as it unfolds.
- **Youth vaping may lead to tobacco use.** Youth are more vulnerable to addiction because their brains are still developing. There are concerns that adolescent vapour product users may begin smoking tobacco products. Research suggests teens who vape are twice as likely to start smoking tobacco cigarettes.
- **Vaping liquid can be toxic.** Even small amounts of e-juice can be poisonous to a young child if ingested and can be toxic if spilled on the skin.
- **The device itself can be harmful.** Defective batteries in vaping devices have caused some fires and explosions.

What Can Parents and Caregivers Do?

- **Start a conversation.** Talk with your children and teens about the risks of vaping. Check out <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/risks.html> for more information.
- **Be a positive role model.** Don't smoke or vape around children or youth
- **Don't buy or give vapour or tobacco products to minors.**

- **Store vaping products safely.** Keep vapour products, including their nicotine refills and empty cartridges, out of the reach of children and youth.

What About People Who Already Smoke? Isn't Vaping Better for You?

This is debatable. While the vapour from vaping products may contain fewer chemicals than cigarette smoke, harmful chemicals and contaminants are still present. During the vaping process, the liquid is heated; this process creates new volatile chemicals (e.g., formaldehyde), contaminants (e.g., nickel, tin and aluminium) and particulate matter in the vapour that is inhalable by the user and bystanders as second hand vapour exposure. The truth is we really don't know the long term effects of vaping on human health, yet.

What Should You or Your Family Member do if they are Vaping?

If you or your family member are using vaping products, we recommend everyone try their very best to stop now. If you or your family member are using vaping products and cannot quit, monitor for symptoms such as difficulty breathing, shortness of breath, or chest pain and promptly seek medical attention if you have concerns about your health.



Need Help Quitting?

If you or your family member smoke or vape and are having trouble quitting, talk to a health care provider. The NWT Quitline (1-866-286-5099) is available 24/7 to support residents who want to quit smoking. Nicotine replacement therapy is always covered in NWT with a prescription. Contact the GNWT Health Services Administration office at 1-800-661-0830 ext. 0 for more information.

What is the Government of the NWT Doing About All This?

Health Officials in the NWT are actively monitoring the developments around the health effects of vaping and will keep the public informed as new information becomes available.

Two new bills, Bill 40 Smoking Control and Reduction Act and Bill 41 Tobacco and Vapour Products Control Act were developed to protect the public, particularly children and youth, from a variety of second hand smoke exposure; and deter uptake by children and youth.

The Department is currently working to bring these Bills into force. They will align the NWT with increasing tobacco and vapour product control measures taking place across Canada and focus on where smoking is permitted and how tobacco and vaping products can be advertised and sold in the NWT.

Clubs and Activities at Sir John

Magnanimous Advocates Generating Mental Health Awareness

MAGMA stands for Magnanimous Advocates Generating Mental Health Awareness. The group was created to promote mental health awareness in our school and community, to reduce the stigma surrounding mental health, to disseminate knowledge about stigma and mental health and to help students build healthy relationships and maintain strong mental health. Magma members not only generate awareness and educate others, they also take action to end the stigma! Come join us and help #endthestigma! *The first Meeting will take place on Wednesday, September 18th. Magma meets every Wednesday during lunch (11:40) in Room 6.

Club Coordinator: Denise Hurley

SJF Combined Arms Club

The Combined Arms Club began as the Sir John Archery Club, and was formed back in 2011. In 2014, Fencing equipment was purchased, and both sports were amalgamated into the SJF Combined Arms Club. Since then 100's of students have learnt the basics of the bow and the sword, with the Club, and in PE classes. In 2016, Olympic 10 metre air pistol, and in 2017, Olympic air rifle, were added to our repertoire, and students now enjoy all three disciplines. The club is supervised by Mr. Kennedy, along with Ms. Trimble and Ms. Skauge. The past three years SJF students have won 13 Gold medals at the NWT Archery Championships. We have sent students to Canada Winter Games, and will be sending students to the Arctic Winter Games, and North American Aboriginal Games in the upcoming months. It could be you! We generally meet every Friday at 3:30 in the Sir John gym. Club Coordinator: Rod Kennedy

Falcon Voices

The school choir, Falcon Voices, meets three times a week all year long. The choir takes part in the Yellowknife Music Festival, school assemblies, concerts and performs at various community events. In 2016, the choir performed a Choralfest North and South and received a Gold standing. In 2017, some choir members travelled to Vancouver to perform at various locations and had a workshop at the University of British Columbia. In 2018, the choir travelled to Edmonton for a workshop with the University of Alberta Madrigal Singers and competed in the Alberta Provincial Music Festival
Club Coordinator: Susan Shantora

SJF Unplugged

The school band meets once a week after school. The band participates in school assemblies, concerts and performs at various community events. In 2017, the band received a Gold standing at the Yellowknife Music Festival and performed at the Festival Showcase. Travelling is an option for members of this group and in 2017, some members visited Vancouver for workshops and performances at the University of British Columbia and Granville Market. In 2018, the band travelled to Edmonton and participated in a workshop with Rita Burns at the Old Strathcona Performing Arts Society.
Club Coordinator: Susan Shantora

SJET 2020

SJET 2020 will be travelling to Prague, Vienna, and Zagreb in March 2020. The trip is a chance to experience food, customs, and culture in a different country with a super fun group of people. We expect that student travellers will be students first and good representatives of Sir John.

Head Chaperone: Kirstin Prescott

Clubs and Activities at Sir John

Skills Cooking and Baking Clubs

Chef Stewart offers an extension to his Culinary Arts program for students interested in competing in either Cooking or Baking. Students participating in the Skills Clubs practice during the school day for about 12 - 18 hours per week for the Territorial Skills Competition (TSC) that occurs every year in April or May. The winner of the TSC then continues to work with Chef Stewart to prepare for the Canadian Skills National Competition (www.skillscanada.com) which happens in June. Chef Stewart encourages any students interested in developing their cooking and baking skills to come and talk to him directly.

Club Coordinator: Travis Stewart

SJF GSA (Gender & Sexuality Squad)

We are an anonymous group of students and staff that meet weekly during the school year to socialize, to listen to concerns, and make recommendations to school life as we see need working on. In the past, we have successfully put forward the idea of having gender free washrooms located in the school. We have had a student on the city's Rainbow Coalition of Yellowknife group the past few years. It's all about making this a better, more caring, and more respectful world to live in. This year, we want to start working with the feeder schools to strengthen the GSAs in the rest of YK1.

Club Coordinator: Paul Bennett

Me to We SJF

We are proud to announce that some of our students are representing the organization ME to WE at Sir John Franklin high school! Me to We is a social enterprise enabling people to do good through their everyday choices. If you are interested in joining this dynamic group, come see Mrs. Durepos for more details.

Club Coordinator: Melanie Durepos

SJF Green Team

The SJF Green Team is a student-led club that aims to empower students to take action towards environmental sustainability. Over the past year, the Green Team has held several successful activities, such as Fish Fridays and Earth Week. They also helped establish the school garden! Weekly meetings are held on Tuesdays at lunchtime in M. Bennett's room (Room 27). We are excited to have you join us in creating a greener future!

Club Coordinator: Angela Martin

Falcon Friends

Falcon Friends is a community of students that wish to connect with more students throughout the school. It is ideal for students who are new to the school or those who are wanting to meet others in the school. Students are matched with two or three buddies and over the year they build a relationship through weekly meetings. Each month, there is a large group meeting where we share stories, food and play games.

Club Coordinators: Angela Martin, Cora Brancato, Carrie Lauder, Paul MacDonald, Brad Steyn

Club Euclid

For anyone, Grades 9-12, who likes Math and wants to explore cool problems in a collaborative setting.

Club Coordinators: Jeremy Kielstra & Pam Schlosser

OUTDOOR SOCCER

Congratulations to our Boys Blue Team who brought home the silver medal and our Girls Blue Team won the banner in an exciting 12 player shootout. Bravo Falcons!



New club at Sir John!

CLUB EUCLID

For anyone, in Grades 9-12, who likes Math and wants to explore cool problems in a collaborative setting. Please see Mr. Kielstra or Ms. Schlosser for details.



Candidates visit Sir John

On Wednesday, September 25th at lunch, some of the Territorial Election candidates visited Sir John to have conversations with students. This was a great opportunity to meet the candidates, ask questions and make their issues known, regardless of whether they are able to vote or not!



Volleyball Practices

- 15U Girls - Monday, September 9th at 5:00 pm
- 19U Girls - Monday, September 9th at 3:45 pm
- 15U Boys - Tuesday, September 10th at 3:45 pm

Lawrie Hobart Volleyball Tournament (Ft. Smith) - October 17-20, 2019
 Sr. Spike It (Yellowknife) - October 30-November 3, 2019





COMING SOON!

École Sir John Franklin
High School Drama
Department presents



November 6, 7, 8th
7:00pm

November 9th
1:00, 3:00 & 7:00pm

\$20

**Tickets available at Northern Arts and Cultural Centre
box office or visit www.nacnt.ca**

Summer Canoe Trip

Over the summer, a group of Sir John students explored the Nahanni during a 12 day canoe trip. Two of their stops included the beautiful Virginia Falls and Sunblood Mountain. Check out next month's newsletter for more!



École Sir John Franklin High School Calendar 2019-2020



This handy reference tool places your child's school-year schedule at your fingertips, whether it's used at work or at home!

August 2019

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2019

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29	30					

October 2019

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28	29	30	31			

November 2019

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19	20	21	22	23	24	25
26	27	28	29	30		

 Non-school Day
 No Classes for Students
 First Day of Classes
 Early Dismissal - 2:30 pm

Yellowknife Education District No. 1

5402 50 Avenue • Yellowknife, NT • X1A 2N6 • Phone: (867) 766-5050 • Fax: (867) 873-5051 • E-mail: yk1@yk1.nt.ca • www.yk1.nt.ca



December 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2020

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26	27	28	29	30	31	

February 2020

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23	24	25	26	27	28	29

March 2020

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22	23	24	25	26	27	28
29	30	31				

 Non-school Day
 No Classes for Students
 Early Dismissal - 2:30 pm

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April 2020

S	M	T	W	T	F	S
				1	2	3
				4	5	6
7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30				

May 2020

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24	25	26	27	28	29	30
31						

June 2020

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24	25	26	27	28	29	30

July 2020

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						2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

 Non-school Day
 No Classes for Students
 Last Day of Classes
 Early Dismissal - 2:30 pm

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Western Summer Games

Congratulations to our students who participated in the Western Summer Games this past summer. Some of the highlights included our very own Naomi Yukon being named flag-bearer and Leo Konge winning one Gold medal and two Bronze medals in swimming. Leo's Gold medal was the only one awarded to an athlete from the NWT. Monika Kunderlik (Gr. 9 SJF student) won a Bronze medal in tennis and Nic Bennett (former SJF student) also won a Bronze medal as part of an all-male Medley Relay.



falcon pride!

Staying connected to your child's school is as easy as ever!

See below for a list of ways you can stay up-to-date on what's happening at Sir John:

SCHOOL WEBSITE

The Sir John website is updated daily with announcements and school calendar. The special "NEWS" button is filled with activities and news that we are proud of. Sections on Fine Arts, Athletics and Grad highlights photos, news, team or club rosters, practice schedules, travel forms, etc. The program of studies is also available which provide an overview of high school program and NWT requirements. You will also find a list of staff members and links to their contact information, PAC news and minutes, links to Facebook, Twitter, District Website, other Yk1 schools.

NEWSLETTER

The newsletter is printed monthly and highlights events, activities, guest speakers, student achievement, etc. To subscribe to our newsletter, enter your email address on our website or respond to this email.

SOCIAL MEDIA

SirJohn2Go App - This app is a convenient way to check on announcements and upcoming events
Facebook, Twitter, Instagram, Flickr – These are updated regularly with daily announcements, photos, news flashes (CBC, Yellowknifer), important notices, etc.

POWERSCHOOL

Parents and students can stay connected by checking the parent/student portal on powerschool which will provide updated marks and attendance information. If you don't have access to PowerSchool please call the school at (867) 669-0773 to gain Access ID's and passwords.

AUTO DIALER CALLOUT SYSTEM

Messages and specific news for clubs, teams, grad, grade level announcements, etc. and daily attendance are sent out via text, email, phone (cell, work, home). If you have not received a callout from Sir John, please call the school to make sure we have your current contact information.



FROZEN JR! Drama students are busy getting ready to put on a great show for you! Here they are learning choreography and participating in a vocal session led by Ms. Shantora. Show dates for "Frozen Jr" are November 6-9th. Get your tickets at the NACC box office or go to nacnt.ca.



Fall Harvest

SJF students reap the benefits from their garden harvest earlier this month. This was a joint project with SJF Green Team and Ecology North. Students were able to enjoy soup and salad with the fresh veggies they grew!



Northern Studies students visit local landmarks

Our NS10 students took a two hour tour of several landmark places that all tie in with our Northern Studies 10 curriculum. The purpose of the tour was to give authenticity and relevance of the Yamoria and Franklin accounts (both at the Weledeh River site), Giant Mine (both the murders in the mine and the environmental As2O3 disaster), the Prince of Wales and Northern Heritage Centre (Giant Beaver skull in the Tundra Room and the Sacred Tree and Dene artifacts in the Taiga Room), the tragic treatment of our Inuit during the 1940's TB outbreak (Lakeview Cemetery visit), and Group of Seven artist A.Y. Jackson's 1955 painting of Jack Fish Lake ("The prettiest lake I've ever painted" - A.Y. Jackson)

First Photo: Jaylen Base-Smith and Dawson Craig pay their respects to the grave marked "Eskimo"... the unknown Inuk who died of TB in the 1940's. Remembering never to let this happen again as we move forward in reconciliation.

Second Photo: Getting back on the bus after our Giant Mine historical talk and what is presently happening with the reclamation project.

Third Photo: Jaylen acknowledges his gratitude in passing through this land as he gifts the stump of the historical Sacred Tree that blew over in the August wind storm of 2018.



Sir John Franklin sails in the Annual Snowking Sailboat Race

Staff members Levi Davis and Greg Skauge built a boat and entered it into the Annual Snowking Sailboat race! They named the boat 'The Sir John Franklin'. They didn't win but still had a great time! Maybe next year!



International Students at Sir John

On September 19th, the Settlement Workers in Schools Program (SWIS) hosted an event at Sir John for new international students. Peer leaders (SJF students Eshana Gohil, Alden Tumoth and Olivia Dragon) provided an orientation and gave students a tour of the school. If you are interested in learning more about SWIS, please see Ms. Straker in Student Services.



OCTOBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 X-Country Championships	5
6	7	8	9	10	11 No School for Students	12
13	14 No School Thanksgiving Day	15	16	17 PAC Meeting 12:00 noon	18	19
20	21 Federal Election	22	23	24	25	26
27	28	29	30	31 Hallowe'en		

NWT Principal's Conference

Vball Tournament Ft. Smith

Spike-It Vball Tournament Yellowknife