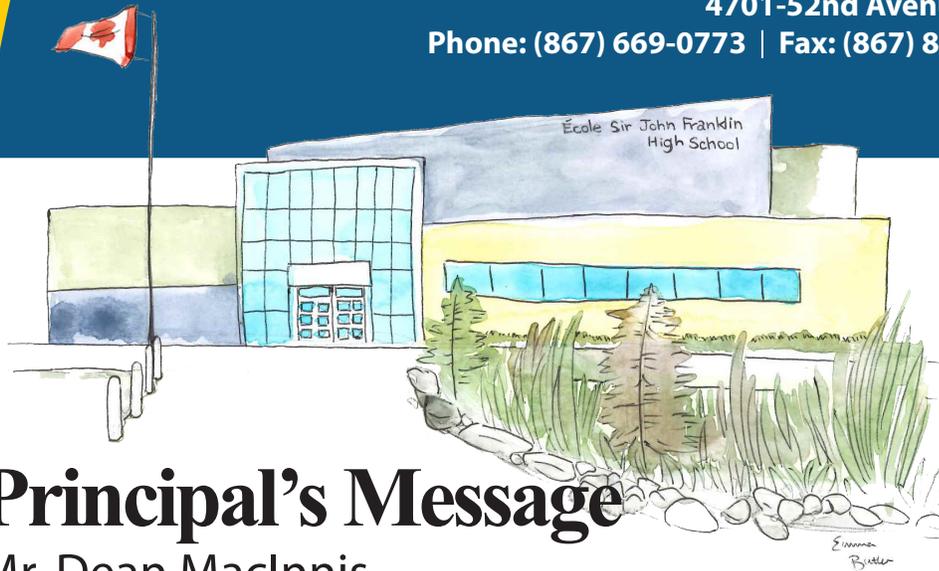


# JANUARY 2020 NEWSLETTER

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

Phone: (867) 669-0773 | Fax: (867) 873-3630 | [www.sjf.yk1.nt.ca](http://www.sjf.yk1.nt.ca)



## Principal's Message

Mr. Dean MacInnis

Welcome back! I hope everyone had a wonderful Christmas break. Students should be finishing up any class assignments and preparing for exams. See inside for the exam schedule follow this link for helpful study tips <https://www.homeworkhelpglobal.com/ca/blog/essential-study-tips-to-ace-your-next-exam/>

In December, members of Grad Council announced the theme of Grad 2020... (drum roll please)... Roaring '20's! This year our grads will be walking across the stage to receive their graduating certificate on June 26th. There are many ways parents can volunteer for SJF grad ceremonies. If you would like to volunteer, please call the school.

SJF Falcon hockey players are getting ready for the 35th Annual Wade Hamer Challenge Cup. This year, the game will take place on Friday, February 7th to coincide with Hockey Week in Canada (which is being broadcast in Yellowknife). We will be live-streaming the hockey game on our YouTube channel so out-of-town family members can tune in! The link to our YouTube channel can be found on our website.

Our basketball athletes are getting ready for Cager! Cager takes place on February 27th-March 1st, 2020. We wish them the best of luck! Take a look inside for practice schedule.

I'd like to take this opportunity to thank the community for everything you've done to help make our students succeed. Whether you've donated an item for a fundraiser or came in to visit a class and share your knowledge on a certain subject; please know that your time is noticed and is very much appreciated.

Remember to take a look inside for exam schedule and study tips. And remember that teachers are here to help you if you need additional help. The first day of Semester 2 is Friday, January 31st and report cards will go home on Monday, February 3, 2020.



### IMPORTANT DATES

**January 16**

PAC Meeting  
12 noon

**January 17**

Final Day of Classes  
Semester 1

**January 20-30**

EXAMS  
See inside for schedule

**January 31**

First Day of Semester 2

**February 3**

Report Cards go Home

**February 3-5**

Grad Photos  
See SJF website for details

**February 5-8**

Hockey Week in Canada

**February 7**

35th Annual Wade Hamer  
Challenge Cup

FOR MORE DETAILS SEE  
CALENDAR ON LAST PAGE.



# Get ready for exams by following these study tips

Having trouble getting serious about studying for a test? These high school study tips will get you in the right mindset to get prepped for your final exams, or just for your average, everyday quiz.

## 1. STUDY ALONE

Unless you've got a couple of friends who are super-serious about getting down to business, stay away from group study sessions because they tend to get off-topic pretty quickly. Save the social time till after you've handed in your test.

## 2. CREATE YOUR PERFECT STUDY AREA

The place where you study should be quiet, comfortable and free from distractions. Go to your room, close the door and kill as many distractions as possible - like music, television, and even the internet and your phone. If you don't have your own room that you can sneak away to, consider studying at the library instead.

## 3. GET IT ALL OUT

Your study materials, that is. Before you dig in, make sure you have all your books, notes, study guides and writing utensils in front of you. Don't give yourself another excuse to get up and rummage around.

## 4. TURN YOUR NOTES INTO FLASH CARDS

Now that you've got all your notes in front of you, open up a pack of index cards. As you read through the important facts, rewrite them in Q&A form on the cards. For instance: to study historical facts, write the historical fact on one side of the card and the key details on the other side. To study geometry formulas, right the name of the formula on one side and the formula itself on the other side.

## 5. SNACK HEALTHY WHILE YOU STUDY

If you want to stay sharp while you study, stay away from junk food. Instead, snack on dark leafy greens, whole grains, peanut butter, milk and seafood. Feeling sluggish? Caffeine or energy drinks won't help you in the long run. Get your energy boost instead by eating a banana or an apple.

## 6. NARROW IT DOWN

If you try to study every single thing your teacher has ever said, you'll go crazy. Instead, focus on the most important topics. If you're not sure what those are, read the study guide (if there is one), or ask your classmates. Once you've nailed down the important stuff, if there's still time left before the test, you can move onto the finer details.

## 7. TAKE A BREAK

Your brain can only take so much hard work at one time. For every hour that you study, take about 15 minutes to do something mindless, like taking a walk, listening to music or playing a computer game. (You can even take a 15-minute nap, if you're confident you can wake yourself up at the end of it.) It'll keep your stress level down and give your brain a chance to let all that information sink in.

## 8. PUT YOURSELF TO THE TEST

Once you've got your set of flash cards, test yourself with them. If you don't trust yourself not to cheat, give the cards to your parents and have them test you. Don't stop till you've made it through the whole stack without any mistakes. And be sure to bring your flash cards to school with you on the day of the test: you'll be amazed at how much more you can retain if you run through the cards right before your teacher hands out the test packet.

## 9. GET SOME SLEEP

You might be tempted to pull an all-nighter, but if you do, you'll only be hurting your chances of getting an A. Get a full 8 hours of sleep so your brain is in good shape on test day.

## 10. STUDY ALL SEMESTER LONG

It's tempting to hold off on studying till the last minute, especially if you tell yourself that anything you try to memorize earlier on won't really stay in your brain. That's not true. Take some time throughout the semester to review all of your notes and re-read important passages in your text book. It might seem tedious, but it'll really keep all those facts in your brain on test day.

## January 2020 Exam Schedule – Final

ELA 30-1/30-2 Part A: Monday, January 13 from 9:00-3:00 (Rooms 40, 36, 19, library)

Social Studies 30-1 Part A: Tuesday, January 14 from 9:00-3:00 (Room 40 and library)

ELA 30 Part A: Wednesday, January 15 from 9:00-3:00 (Room 40)

Block	Mon, Jan 20	Tue, Jan 21	Wed, Jan 22	Thu, Jan 23	Fri, Jan 24	Mon, Jan 27	Tue, Jan 28	Wed, Jan 29
Morning 9:00-12:00	ELA 9 ELA 10-1 ELA 10-2 ELA 20-1 ELA 20-2 9:00-12:00 Gym	FLA 30 (B) 9:00-3:00 Rm 40 Math 10C Math 10CF Math 20-1 Math 20-2 9:00-12:00 Gym	Math 30-1 Math 30-2 9:00-3:00 Rm 34, 40 PIF 9 PIF 15 PIF 25 Core Fr. 10 Physics 20 9:00-12:00 Gym K&E M/S 9:00-12:00 Rm 41, 42	ELA 30-1 (B) ELA 30-2 (B) 9:00-3:00 Rm 36, 40 SS 9 SS 10-1 SS 10-2 SS 20-1 SS 20-2 9:00-12:00 Gym	SS 30-1 (B) 9:00-3:00 Rm 40 Bio. 20 Science 10 Science 10F 9:00-12:00 Gym	Bio. 30 9:00-3:00 Rm 40 Chem. 20 9:00-12:00 Gym ELL 9:00-1:00 Rm 19	Chem. 30 9:00-3:00 Rm 40	Physics 30 9:00-3:00 Rm 40
Afternoon 1:00-4:00	K&E Hum. 1:00-4:00 Rm 41, 42	Science 9F Science 9 1:00-4:00 Gym	ELA 9F (B) 1:00-3:30 Rm 28 N. Studies Gym	FLA 9 FLA 10 FLA 20 1:00-4:00 Gym	Math 9 Math 9F 1:00-4:00 Gym			

# Attention: NWT Students (JK-Grade 12)

Are there educators in your school you'd like to say *thank you to?*

**Who?**  
**Where** do they work?  
**How** do they make a difference?  
**Tell us** about them!

# Thank You for making a difference!



**Students**  
School Prize

**WIN PRIZES!**

**Educators**  
School Prize  
Flight Voucher Prizes

## EDUCATOR INFO

Teacher's name: \_\_\_\_\_

What grade did they teach you in? \_\_\_\_\_

What school does your teacher work at? \_\_\_\_\_

How has this teacher made a difference in your life?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## STUDENT INFO

What is your name: \_\_\_\_\_

How old are you? \_\_\_\_\_ What grade are you in? \_\_\_\_\_

What school do you go to? \_\_\_\_\_

What is your email address? \_\_\_\_\_  
(you can put in your parents' email address if you don't have your own)

What is your phone number? \_\_\_\_\_  
(you can put in your parents' phone number if you don't have your own)

Submit Online

**nwtta.nt.ca**

or

Submit in School

**DEADLINE JANUARY 31, 2020**

# Attention: Élèves des T.N.-O. (prématernelle à 12e année)

Y a-t-il des éducateurs dans  
votre école que vous  
aimeriez remercier?

Qui?

Où travaillent-ils?

Comment font-ils une différence?

Parlez-nous d'eux!



# Merci d'avoir fait une différence!

**Élèves**  
Prix de l'école

**GAGNEZ!  
DES PRIX!**

**Éducateurs**  
Prix de l'école  
Bons de rabais pour vols

## INFOS DE L'ENSEIGNANT(E)

Nom de l'individu: \_\_\_\_\_

Année scolaire: \_\_\_\_\_

École: \_\_\_\_\_

Décris comment cet individu a fait une différence dans ta vie.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## INFOS DE L'ÉLÈVE

Quel est ton nom? \_\_\_\_\_

Quel âge as-tu? \_\_\_\_\_ Ton année scolaire: \_\_\_\_\_

Ton école: \_\_\_\_\_

Ton adresse courriel \_\_\_\_\_  
(Inscrire l'adresse courriel de tes parents au besoin.)

Ton numéro de téléphone \_\_\_\_\_  
(Inscrire le numéro de téléphone de tes parents au besoin.)

Soumettre une candidature en ligne

**nwtta.nt.ca**

OU

Soumettre à l'école

**DATE LIMITE 31 JANVIER 2020**



**CANADIAN  
PARENTS  
FOR FRENCH  
NORTHWEST  
TERRITORIES**

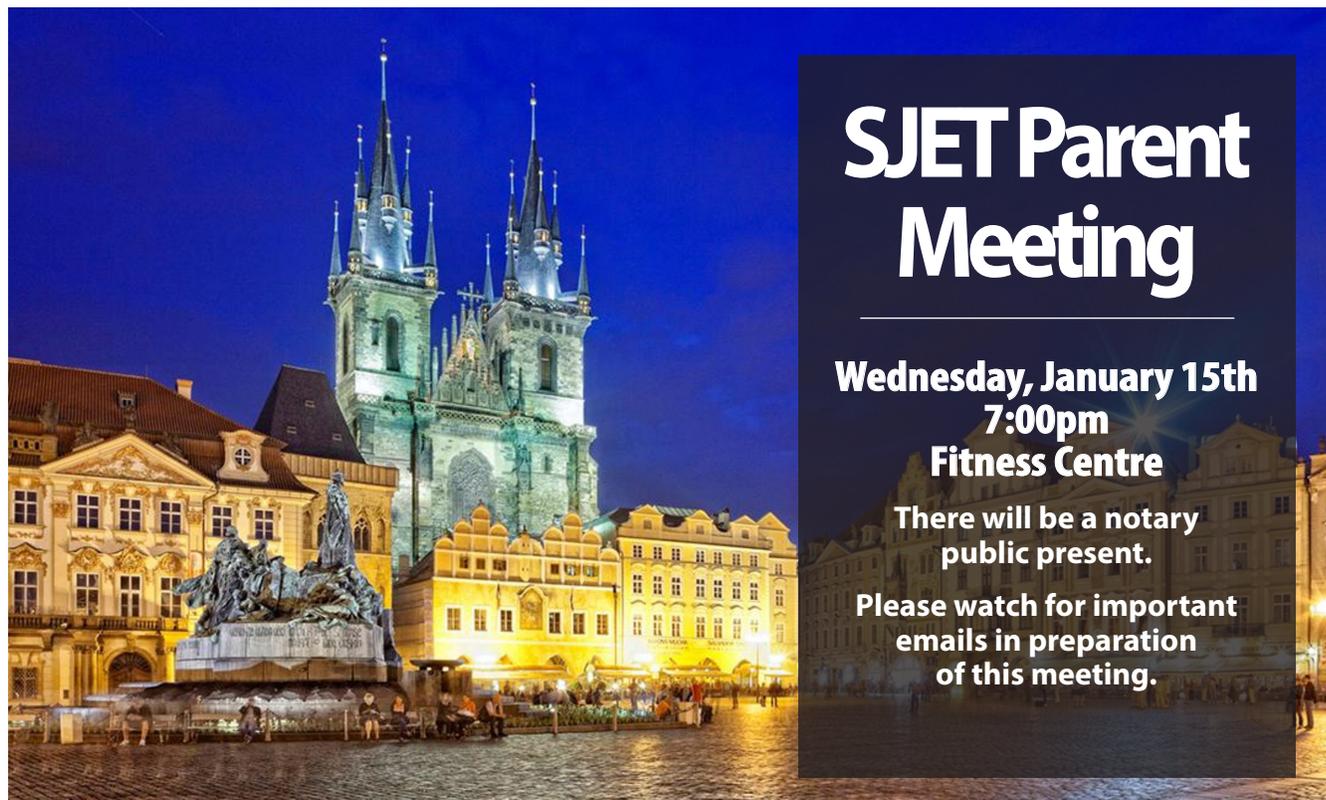
## Annual General Meeting

Monday, January 27th at 7:00 PM  
Stantec Building - 4910 53 St

Are you interested in having opportunities for kids to learn French and activities to use French outside the classroom?  
Come out to our AGM and see what CPF is all about. Free kids activities provided!

For more information visit our website or our Facebook page or e-mail Jessica at [cpfnwt.ed@gmail.com](mailto:cpfnwt.ed@gmail.com)

[nwt.cpf.ca](http://nwt.cpf.ca)  [@cpfnwt](https://www.facebook.com/cpfnwt)



## SJET Parent Meeting

Wednesday, January 15th  
7:00pm  
Fitness Centre

There will be a notary public present.

Please watch for important emails in preparation of this meeting.

Jaylen Base-Smith  
and Stella Smyslo in  
Northern Studies 10

# MÉTIS GUITAR PRACTICUM



## PAC News

Upcoming Parent Advisory Committee Meeting dates for 2020.

All meetings are held in the SJF Boardroom. To see meeting minutes from previous meetings, please visit our website and click on the 'Parent Advisory' button.

---

January 16, 12 pm  
February 12, 7 pm  
No meeting in March  
April 9, 12 pm  
May 13, 7 pm  
June 11, 12 pm

---



## Spreading holiday cheer

Les élèves d'immersion française en 9<sup>ième</sup> et 10<sup>ième</sup> année ont fabriqué des cartes de Noël pour des enfants souffrant de maladies chroniques à l'hôpital Ste Justine, à Montréal. Ils espèrent ainsi créer de la joie pendant ces temps des fêtes!!

The Grade 9 and 10 french immersion students have made Christmas cards that have been sent to children suffering of illnesses at the Ste Justine Hospital in Montréal. They hope this will spread some cheer this holiday season!!

# SJF Falcon Basketball Practice Schedule

Boys 15U  
Tuesday & Thursday  
5:00 - 6:30 pm  
Coaches: Mr. Ramos  
and Ms. Martin

Girls 15U  
Tuesday at 3:30pm  
Wednesday at  
5:00pm  
Coach: Ms. Straker

Boys 19U  
Monday &  
Wednesday  
3:45 -5:00 pm  
Coach: Mr. Hagen

Girls 19U  
Monday 5:00-6:30  
Thursday's 2:30-4:00  
**(3:30-5:00 when no  
early dismissal)**  
Coach: Mr. Craig

## Jessie Curell with the Far North Photo Festival

had a photography workshop with some students. Here are some of their pics...



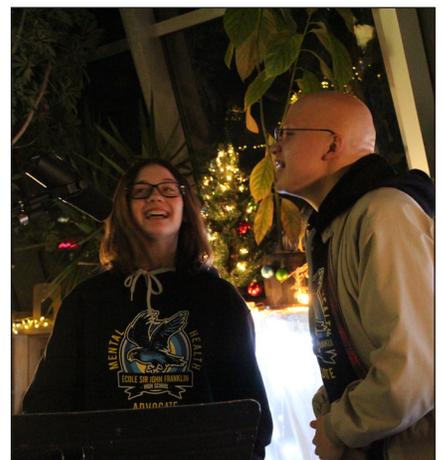
# FALCON'S NEST



<b>NEW!!!</b> FALCON SOCKS.....	\$15
<b>NEW!!!</b> FALCON HOODIES (blue with gold logo) .....	\$55
<b>NEW!!!</b> FALCON SHORT SLEEVED TEE.....	\$20
FALCON'S TOQUE.....	\$30
SWEATPANTS.....	\$30
HOODIES (blue with white lettering).....	\$50
LONG SLEEVED TEE .....	\$25
FLEECE ZIP-UP .....	\$30
HOCKEY JERSEYS .....	\$30
SLIM PLASTIC WATER BOTTLES.....	\$5

# Falcons perform in MAGMA's Coffee House

Sir John Franklin's Mental Health Advocacy Group, MAGMA, held its third Coffee House on the evening of Wednesday, December 11th in the school library. The Coffee House brought talented staff and students together to share music, and talent (ranging from musicians and singers to magicians) in a welcoming setting. Our MC's Zack White and Stella Smyslo also shared information about the power of music to unite, and the positive connection between mental health and music. Look for the next Coffee House coming in Semester 2!



# Congratulations!

Every year, the Department of Education, Culture and Employment presents the Minister's Awards to high school students achieving the top marks on the Alberta Diploma Exams. Awards are given to students for performance in the ten core academic subjects.

**We are pleased to announce that this year École Sir John Franklin High School students have won six awards. This is an exceptional achievement, and the SJF staff is very proud of the young people recognized.**

Each recipient will receive a \$500 scholarship from YK1 for each Minister's Award earned. SJF would also like to acknowledge Emma Butler for being awarded the Governor General's Award. This award is presented to a graduating student with the highest average in a high school.



**Emma Butler**

English Language Arts 30-1  
Physics 30  
Governor General's Award



**Charlotte Dixon-Wiest**

English Language Arts 30-2



**Ida Fells**

Social Studies 30-1



**Diana Rockwell**

Social Studies 30-1



**Emma Willoughby**

French Language Arts 30-1

# France-Italy Trip 2021

Are you currently studying French and you would like to use your skills to order a crepe in Paris over the March break 2021? Our group currently has 15 travellers and we are looking for at least five more students.

If you would like to take part in this trip please contact Mme Poitras at [kim.poitras@yk1.nt.ca](mailto:kim.poitras@yk1.nt.ca) as soon as possible in order not to miss out on the fundraising activities which are planned to start in February.





# Christmas Concert

Thank you to Ms. Shantora and the SJF Music Department for getting us all into the Christmas spirit! They put on a wonderful concert on December 5th.

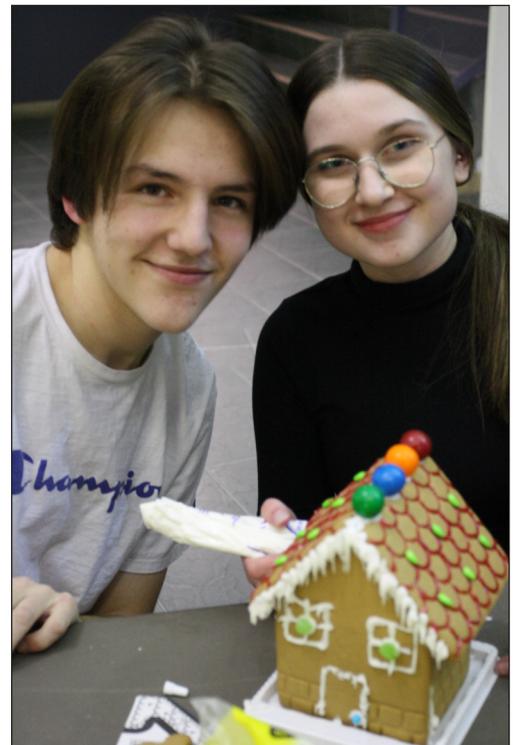
If you missed it, you can find the video on our YouTube channel! The link to our YouTube channel is on our website.

*Photo credit: Brendan Burke*



# Grad Events

The Class of 2020 were busy in December with annual potluck, decorating gingerbread houses and getting their pictures taken with Santa. Thank you to all the members of the Grad Council who take the time to organize these fun events for our grads!



# JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
				PAC Meeting 12:00pm	Final Day of Classes		
19	20	21	22	23	24	25	
	Exam Week • Exam Week • Exam Week						
26	27	28	29	30	31		
	Exam Week • Exam Week • Exam Week					First Day of Semester 2	