

JANUARY 2021 NEWSLETTER

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

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



Principal's Message

Mr. Dean MacInnis

Welcome back! I hope everyone had a wonderful and safe Christmas break. Students should be finishing up any class assignments and preparing for exams. To help students prepare for exams, two Study Skills sessions were held on Jan. 6th showing students how to manage their time while studying. Thank you to staff members for organizing this. See inside for more study tips and for the exam schedule.

Our Northern Studies classes recently took part in the blanket exercise. The blanket exercise is an interactive education program that teaches the history of Indigenous peoples in Canada. See inside for pictures.

Over the last few months, the Senior Drama class has been working on a one act play called "Tracks". Although they are unable to perform in front of a large audience, they will perform the play in front of a few lucky classes.

To celebrate the last day of Semester 1, we encourage students (and staff) to wear falcon swag on January 15th! Send a selfie wearing falcon swag to sjf@yk1.nt.ca or post on Instagram. Make sure to include #falcons wagjan15 to enter your name for a chance to win a prize from the Falcon's Nest.

Badminton practices have wrapped up for this school year. An in-school tournament was held and the results can be found inside. Thank you to staff members who continue to volunteer their time. Students can look forward to basketball starting sometime in February.

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 January 28th and report cards will be handed out on February 1st.



IMPORTANT DATES

January 4

Students Return to School

January 11

First Day of optional Diploma Exams

January 14

PAC Meeting 7pm

January 15

Last Day of Semester 1 Classes
Spirit Day! Wear falcon swag

January 18

First Day of Grade 9-11 Exams

January 28

First Day of Semester 2

February 1

Report Cards Go Home

IMPORTANT DATES

FOR MORE DETAILS SEE CALENDAR ON LAST PAGE.



January 2021 Exam Schedule – Final

ELA 30-1/30-2 Part A: Monday, January 11 from 9:00-3:00 (Room 38)

Social Studies 30-1 Part A: Tuesday, January 12 from 9:00-3:00 (Room 38)

FLA 30 Part A: Wednesday, January 13 from 9:00-3:00 (Room 38)

| Block | Mon, Jan 18 | Tue, Jan 19 | Wed, Jan 20 | Thu, Jan 21 | Fri, Jan 22 | Mon, Jan 25 | Tue, Jan 26 | Wed, Jan 27 |
|------------------------|--|---|--|--|--|--|---|-------------|
| Morning 9:00-12:00 | ELA 9 (40, 39, 37, 36, 35) ELA 9F (A) <u>9:00-1:00</u> (32, 33) ELA 20-1 (Gym) | FLA 30 (34) Math 10C (Gym) Math 20-1 (39) Math 20-2 (29) | Physics 20 (Gym) ELA 9F (B) (Gym) | ELA 30-1 ELA 30-2 (40, 39, 34) SS 9 (Gym, 36) | SS 30-1 SS 30-2 (40, 39, 34) FLA 9 (32, 33) | Bio. 30 (40, 37) Science 10 (Gym) Science 10F (39) | Chem. 30 (Gym) Chem. 20 (Gym) | |
| Afternoon 1:00-4:00 | ELA 10-1 (35, 36, 39) ELA 10-2 (Gym) ELA 20-2 (40) | Science 9 (Gym) Science 9F (39) | N. Studies (Gym) N. Studies (39) | SS 10-1 SS 10-2 (40, 38, 34, 36) SS 20-1 SS 20-2 (Gym) | FLA 10-1 FLA 20-1 (Gym) | Bio 20 (Gym) | Math 9 (Gym) Math 9F (40) Math 9 (34, 36, 39) | |

Please note that although Diploma Exams are listed, they remain optional.

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.

Grade 9 class 'Writes for Rights'

On December 10, Ms. Robson's ELA 9 class joined thousands of other people around the world for Amnesty International's Write for Rights campaign. Write for Rights is the power of words multiplied by a million; it is the world's biggest human rights event.

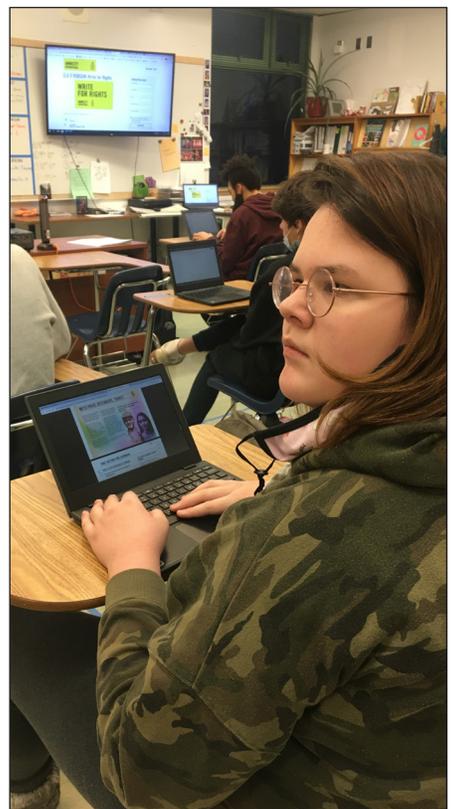
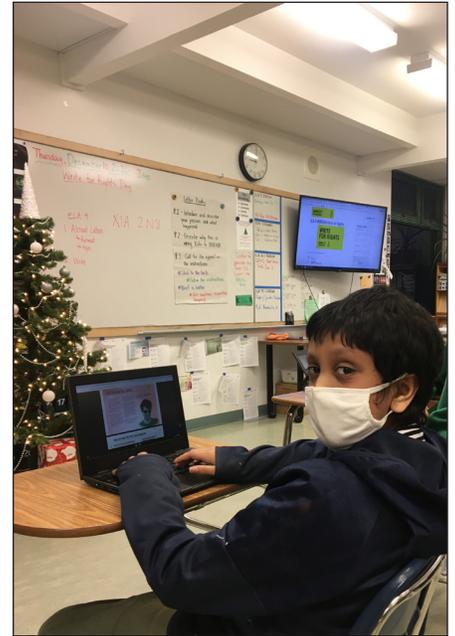
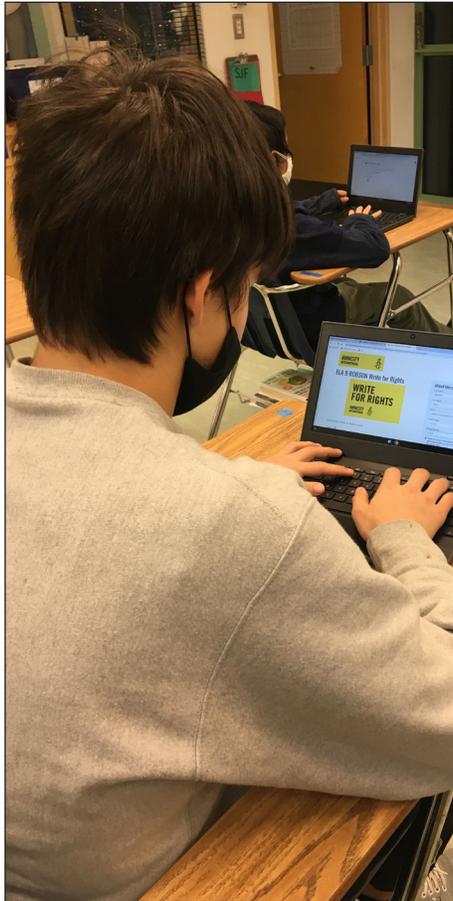
Students wrote letters to speak out and to call on authorities to take immediate action, so that those who abuse will be brought to justice, and those unjustly imprisoned will taste freedom again.

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Students go on an in-depth tour of the museum

On December 4, 2020, Mrs. Powless and Ms. Wilson's classes went to the Prince of Wales Northern Heritage Centre. The presenters were able to teach the students all about the northern economy and the Berger Inquiry. They were split into groups to enjoy a tour through the galleries and to be shown special artifacts taken from the museum archives and collections areas. Thank you to the museum staff for hosting SJF for this educational and entertaining visit!





January 15th is

FALCON SWAG DAY

Three chances to

WIN

prizes from the
Falcon's Nest!

Three chances to

WIN

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Falcon's Nest!

To celebrate the last day of Semester 1, we want you to wear your falcon swag on Jan. 15th!

Take a picture of you wearing Falcon Swag and post it on Instagram or email it to sjf@yk1.nt.ca

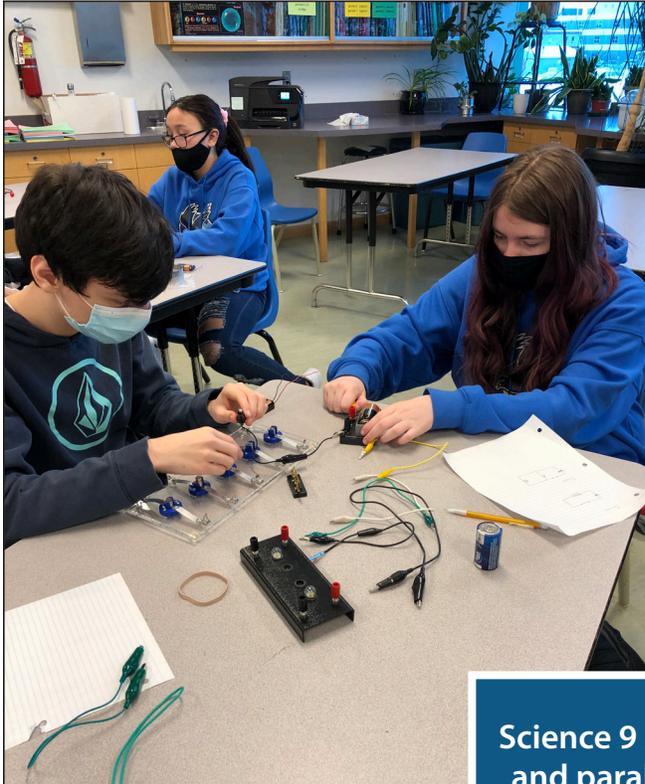
Include **#falconSWAGjan15** to enter your name in three different draws!

#falconSWAGjan15

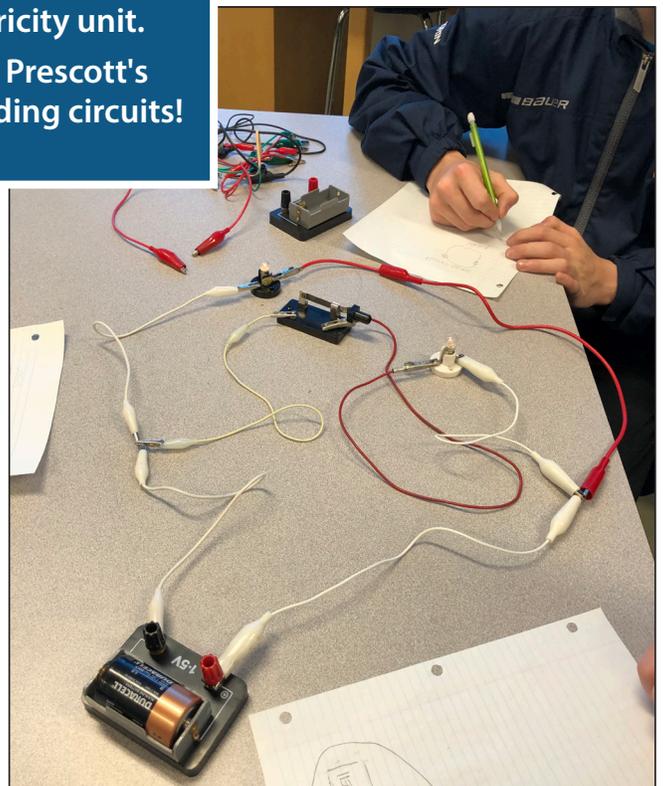
Blinded Me With Science!

(Sorry, it had to be done...)

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Science 9 studied series and parallel circuits in the Electricity unit. Here, Ms. Prescott's class is building circuits!



SIR JOHN GETS NEW COMPOST BINS

The Sir John Franklin Green Team would like to extend a very warm thank you to Kavanaugh Waste Management for these wonderful compost bins (pictured here are Green Team members Cassie Rogers and Pretty Ngo)

With their help, we were able to get enough bins to start up a school-wide compost system, which is an excellent step in reducing Sir John's environmental footprint. Thank you, Kavanaugh!



MERRY MENTAL HEALTH CANDY GRAMS

During the month of December, MAGMA hosted a Merry Mental Health Candy Gram event! The event was very successful and helped to spread some holiday cheer along with the message that Mental Health Matters!

Pictured here is Morgan Noseworthy and Georgia Ridgley handing out Candy Grams before Christmas break.

CHALLENGE CUP UPDATE

The respective coaching staffs from the two schools met in early January to discuss the viability of holding the Challenge Cup this year. The unique nature of the event presents some opportunities for spirit/community building, but it also creates a number of very real challenges.

The two schools have committed to spending the next couple of weeks drafting and scrutinizing some scenarios for holding a springtime game. This of course will involve our working with partners at the City of Yellowknife, Yellowknife Minor Hockey, and the Office of the Chief Public Health Officer. The plan is to meet again in early February to make a decision on whether or not we will move ahead with something this year.





Badminton Tournament Results

SINGLES CHAMPS

Senior:

- Gold: Hillary Hyunh
- Silver: Nathan Cluff
- Bronze: Lucas Wilson

Junior Boys:

- Gold: Luke Potyok
- Silver: Lucas Pontin
- Bronze: Owen Reitsma

Junior Girls:

- Gold: Morgan Stabel
- Silver: Allana Pellerin
- Bronze: Hannah Gillingham

DOUBLES CHAMPS

Senior:

- Gold: Hillary Hyunh
- Silver: Lucas Wilson
- Bronze: Tazir Bhuiyan

Junior Boys:

- Gold: Rudi Slagter
- Silver: Owen Reitsma
- Bronze: Lucas Pontin

Junior Girls:

- Gold: Alanna Pellerin
- Silver: Hannah Gillingham
- Bronze: Kali Skauge



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
Grand prix

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 29 JANVIER 2021

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
Grand 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 29, 2021



Reading Challenge Champions (Covid Edition)

Congratulations to all the readers who took part in the Reading Challenge from April - June 2020! In total, more than 300 books were read by SJF students and staff! (Not all readers are shown in this picture)

Have you checked out SJF's YouTube channel lately? It's full of fun videos of our staff and students including some new videos JUST uploaded by Mr. Kennedy all the way from Edmonton!

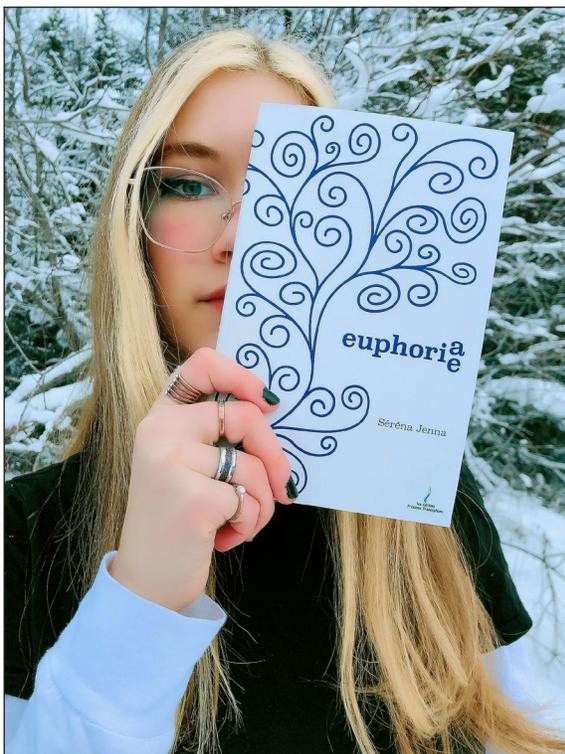
These videos include "Santa Slay", a 2012 Christmas Assembly, promo for 2013 "The Little Mermaid", "West Side Story" promo and so much more! You can find the link on our website.

SJF's Drama show "Frozen Jr." has over 50,000 views!



The Blanket Activity

Northern Studies students take part in the blanket activity in the SJF foyer. The blanket activity teaches the history of Indigenous peoples in Canada.



SJF students publishes poems

Congratulations to SJF student, Séréna Jenna, for getting her poems published!

You can purchase her collection of bilingual poems on Amazon or at the Yellowknife Book Cellar. For a little taste of her work, you can find two of her beautiful poems below.

And If I Should Learn

And if I should learn to Fly
wander in the clouds
burn myself in the sun
for my sparks form the sky

And if I should learn to Die
laugh in the beauty
revel in the knowledge
that such bliss makes me cry

And if I should learn to Spy
twirl upon the sadness
dance of the galaxies
to hide myself moon high

And if I should learn to Lie
bring forward the birds
upturn my cities of seas
to watch the tear in my eye

And if I should learn to Try
throw back the earth
covet my small treasures
made of poems and a goodbye.

Séréna Jenna

Au-delà

Pensez-vous à l'univers
Aux milliers de galaxies
Un ciel plus profond que la mer
Et des étoiles comme une dynastie

Quelquefois, je vois l'infini
Et je ferme mes yeux
Grâce à mon insomnie
Je remercie mes aïeux.

Nous prenons la lumière pour acquis
Remercions le soleil et les profondeurs
Qui nous envoient le paradis
Et une vie sans noirceur ou peur

Je ne peux pas écouter ma vie
Qui passe dans un moment
Et me chante de la philosophie
En tourbillonnant

Dans mes mains je tiens le monde
Et le feu brûle ma peau
Mais la fumée est une catacombe
Et là, il ne fait pas si chaud

Séréna Jenna

JANUARY 2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|--|-----------|-----------|-----------------------------------|---|-----------|
| | | | | | 1 | 2 |
| 3 | 4 Students Return from Christmas Break | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 First day of Diploma Exams | 12 | 13 | 14 PAC Meeting 7pm | 15 Final Day of Semester 1 | 16 |
| 17 | 18 Final Day of Grade 9-11 Exams | 19 | 20 | 21 | 22 | 23 |
| | Exams • Exams • Exams • Exams • Exams • Exams • Exams | | | | | |
| 24/31 | 25 Exams • Exams | 26 | 27 | 28 Semester 2 Begins | 29 | 30 |