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Principal's Message

Happy Valentine's Day!

Welcome back for a new semester! It is time for a fresh and exciting start with new classes, new teachers and new activities, both in and out of the classroom. To be successful, it's important that students participate fully in all class activities and that means regular attendance. Without regular attendance, most students will be unable to keep up with their classroom work, will miss out on the collaboration with other students which has been found to be very beneficial to learning, and they will not be able to tap into the expertise of their teachers. Our teaching staff is highly skilled and always available to provide extra help to students when it is required. All students are encouraged to take advantage of this service.

I want to thank teacher **Danielle Payne** and educational assistant **Johanna French** for their work at Sir John. Ms. Payne is leaving our school for a teaching position split between École William McDonald School and Range Lake North School. Ms. French is taking leave from her position at Sir John to pursue studies in Education and will soon be a certified teacher! We wish Ms. Payne and Ms. French all the best in their new endeavours. Perhaps we'll see them back at Sir John at some time in the future!

I also want to welcome to Sir John, **Ms. Robyn Stewart** who is returning to our English Department after taking time off for a maternity leave, and **Ms. Heather Emeneau** who will be taking over for Ms. French in the role of EA.

Here's to a great start to our second semester!

Ed Lippert, Principal

IMPORTANT FEBRUARY DATES:

- 2: Report Card Distribution
- 3-5: High School Fun Bball Tourney
- 6: Photo Retakes
- 6-8: Grad Photos
- 9: Grade 8 P/S Information Night
- 13-17, 20-24: Bliss Lake Camp
- 14: Music/Talent Showcase
- 15-16: Immunizations
- 24-26: Senior Cager Basketball Tournament

Cooking with YK1's Superintendent



YK1's Superintendent, Mr. Metro Huculak came to Sir John Franklin on January 10th and 11th to show the students how to make perogies.

The lesson was a huge success. Four of the foods classes were able to participate. Even our very own Mr. Ed Lippert attended to get some tips from the master. Thanks Metro for taking the time to share your talents with the students.

We really appreciate it!

WEST SIDE STORY



Coming this Spring to the Northern Arts and Cultural Centre.
Buy your tickets early and don't miss out!



Grad Photos & Retakes

Lifetouch will be here to do retakes on *Monday, February 6th.*

Forms can be picked up at the office.

Packages can also be purchased online at www.lifetouch.ca.

Grad photos will be taken on February 6th, 7th and 8th.

There will be a sign up sheet at the office for Grads to book their sitting.



Grade 8 Information Night

École Sir John Franklin will be hosting a Parent/Student information night for parents of Grade 8 students interested in coming to ÉSJF for the 2012-2013 school year.

The information night will be held on

Thursday, February 9th, 2012 at 7:00 PM.

Tours around the school will be offered to those interested.

Bliss Lake - Trapper training

Interested in the Bliss Lake Trapper Training Program?

The dates are February 13th - 17th and February 20th - 24th.

For more information see Mrs. Cleary.

Valentine's Day

Talent Showcase Fundraiser

Hello? Is it a talent show you're looking for? I can see it in your eyes. I can see it in your smile. Calling all lovers in a dangerous time. Please come support talented musicians from our school and community because there's a hole in your heart that can only be filled by a talent show.

Some of the performers to include:

SJF Jazz Band, Concert Band, Choir, Teachers from both YK1 and YCS, "House of Chen", Nick Walker and guest artists Norm Glowach and Greg Nasagaloak from "Priscilla's Revenge".

This is a fundraiser concert, with all money going towards purchasing equipment to start a vocal jazz ensemble at Sir John!

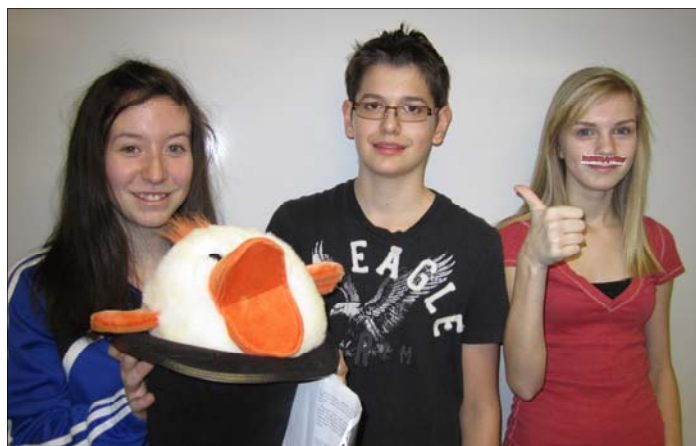
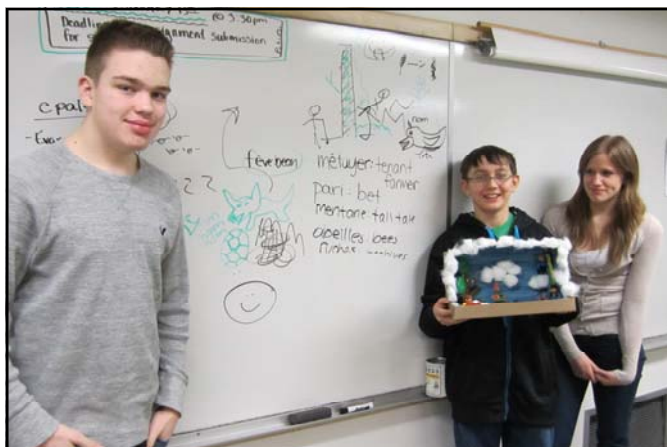


Tuesday, February 14th, 2012

Show runs from 6 to 7pm.

French Department

The Grade 9 French class did a creative project at the beginning of January. They had to read a legend from a Country or Region in which French is spoken (Burkina, Faso, Switzerland, Louisiana (US), Corisica (France)). They were to then retell the story in some creative way and present it to the class.



Looking for Parent Feedback

YK1 is looking for your feedback!

YK1 is proposing to eliminate the half day SIP day in September and make the October 19th SIP a full day. As well, they would make either May 17th or June 7th a full day and eliminate one of the second semesters half days. Please contact YK1 with your feedback at (867)766-5050.



Science Dept

Welcome to Semester 2!

Once again we begin a new semester with excitement and anticipation. The Science Department is looking forward to seeing new students in our amazing programs and courses. We are happy to announce that we will be offering for the first time at Sir John, the Biology 30 AP Program and Exam.

We would also like to welcome Mr. Matt Sullivan who will be joining our department this semester teaching Science 9.



Second semester brings new activities and interesting projects in the Science Department. Tutorials will be scheduled for after school to offer SJF students extra opportunities to learn. The Greenhouse Club will start up with the longer days of sunlight. Contact Ms. Poitras in Room 22 if you are interested.

Best of luck to all students in second semester and contact any of the Science Teachers if you have any questions about courses or activities.

Lunch/Snack Program

Sir John has been running a lunch/snack program for students that come to school hungry and may not always have the means to bring or buy a lunch. Students are encouraged to see their guidance counselor or the main office if they are hungry and would like something to eat. We would like to encourage all students to come to school fed and ready to learn. We do, however, realize that it's not always feasible which is why this program is offered. **Funding for this program is possible by donations.**

Art 9: Totem Pole

As a final assignment for the semester, Ms. Tonge's Art 9's were challenged to think three-dimensionally, and most students were up for the challenge. Using cardboard, glue gun, & acrylic paint (and in the case of the Thunderbird, feathers!), students created their totem animal, knowing that each of their animals would be part of a totem pole on display in the main gallery.



From top to bottom, the totem animals and the students that created them are:

Thunderbird: Cole Philipp, Wolf: Jade Riordan, Frog: Megan Williston, Orca: Summer Silke, Bear: Alison Buckland, Raven: William Buckland, Owl: Kendra Whane, Eagle: Julia Randell



ÉSJF GRADUATION

Please note that the graduation date has been changed to *Thursday, June 28th, 2012.*

Grad fees are due!!

The payment of **\$150.00** can be made to the Main Office (*by cash and/or cheques*) or to the Finance Secretary in the Guidance Area (*by credit, debit and/or cheques*).

Grad photos will take place on Monday, February 6th, Tuesday, February 7th and Wednesday, February 8th. There is a sign-up sheet in the office for Grads to book their appointments.

There will be a **\$30** sitting fee to be paid at the time of the appointment.

STAY ON TRACK: IMMUNIZATION SAVES LIVES.

As you grow, you don't outgrow your need for immunization! As stages of life change, so do risk factors. Keeping up to date with your immunizations during the school years and into young adulthood will help your health stay on track.

You received your immunizations during childhood. However, some vaccines require a booster to ensure life-long immunity.. Without a booster, you may be under-immunized. And if you are under-immunized, you risk getting sick and passing it on to others.

Recent outbreaks of mumps and measles (particularly amongst post-secondary students) in Canada have resulted in public health officials in some parts of the country recommend-

As you start going places in life, your plans may include travel and post-secondary education. Both of these may require additional immunization.

While students are school age, parents are urged to talk to their health care provider and ensure their children are fully immunized and up to date. As students grow up, they can learn about their own immunization needs .

WHAT: Grade 9 boosters & immunization updates

WHEN: Week of February 13th, 2012

WHERE: Falcon's Health

If you are a student at Sir John and would like to make sure all of your immunizations are up to date please come and talk to your school nurse. Routine immunizations that you might need include: Chicken Pox, Meningitis, Hepatitis B, HPV, Measles Mumps Rubella, Tetanus Diphtheria Pertussis booster.

IMMUNIZATION FACT AND FICTION: What can you trust on the internet?

There's lots of online information about immunization. Not all of it's true.

For some credible information on immunization check out the following websites:

www.immunize.ca

www.phac-aspc.gc.ca

Canadian Coalition for Immunization Awareness
Public Health Agency of Canada



Yellowknife Public Health Unit
Jan Stirling Centre
Box 608, Yellowknife NT X1A 2N5

February, 2012

Dear Student/Parent/Guardian,

As part of the routine NWT immunization schedule, Tetanus/Diphtheria/Pertussis immunization will be offered at school to grade 9 students during the week of **February 13, 2012**.

Any student who would like to receive missed immunizations will be given information and offered these at this time. Missed immunizations could include Measles, Mumps, Rubella, (MMR), Chicken Pox, Meningitis, Hepatitis B and Human Papillomavirus (HPV).

A student who can understand the side effects and benefits of immunizations can give his/her own consent for immunization. It is recommended that you carefully read the attached information about the Tetanus / Diphtheria / Pertussis vaccine.

You can also check out the following web sites:

www.immunize.ca	Canadian Coalition for Immunization Awareness
www.phac-aspc.gc.ca	Public Health Agency of Canada
www.caringforkids.cps.ca	Canadian Paediatric Society

If you have any questions, or would like further information, please call the Yellowknife Public Health Unit at 920-6570, or my direct line at 920-6565. You can also see me at the Falcon's Health Haven on Tuesday afternoons or Wednesday mornings.

Sincerely,

Nancy Trotter

Nancy Trotter
Public Health Nurse
Yellowknife Public Health Unit
Child & Adolescent Health Team

Falcon News

A new year and a new healthy you - HEALTH TIPS

- **CHOOSE AN OBTAINABLE GOAL.** Resolving to look like a super model is not realistic for the majority of the population, but promising to include daily physical activity in our lives is very possible.
- **AVOID CHOOSING A RESOLUTION THAT YOU'VE BEEN UNSUCCESSFUL AT ACHIEVING YEAR AFTER YEAR.** This will only set you up for failure, frustration and disappointment. Rather than giving yourself a timeline and a set amount of weight to lose, alter your goal to eat healthier and increase your weekly work-outs.
- **CREATE A GAME PLAN.** Write a comprehensive game plan. By writing down your personal plan you'll be more likely to succeed. For example, what kind of exercise and how often. As well as keeping track of your calorie intake and calorie burn.
- **BREAK IT DOWN AND MAKE IT LESS INTIMIDATING.** Rather than one BIG end goal, break it up with smaller achievable goals. Set several smaller goals to achieve throughout the year that will help you reach your ultimate goal. If you want to complete a 10 K run, set a smaller goal to run a 5K in less than 30 minutes. Meeting smaller goals while working on a larger goal will keep you motivated.
- **REWARD YOURSELF WITH EACH MILESTONE.** If you've stuck with your goal for 2 months, treat yourself to something special. NOT a big piece of chocolate cake but rather a spa treatment, an outing with friends, etc...

It's not too late to start making healthier decisions. There is no better time than the present!

UPCOMING EVENTS:

Fun Basketball Tournament

February 3rd & 4th

Senior Basketball Cager Tournament

February 24th-26th

Tara Newbigging of "GET FIT 2 THE T" will be running Zumba classes at lunch time in the Fitness Centre on select days from February to March. There is a schedule posted on Mr. Burlington's office door for specific dates. The classes are free of charge and are open to both Staff and Students.

