

January 2019

# NEWSLETTER

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**ÉCOLE SIR JOHN FRANKLIN**  
HIGH SCHOOL

## IMPORTANT DATES

### January 7

First Day of School after  
Christmas Break

### January 18

Last Day of Semester 1 classes

### January 21

First Day of Exams

### January 31

First Day of Semester 2  
Students will receive Semester 2  
schedules morning of Jan. 31

### February 4-7

Grad Photos

### February 5

Photo Retakes

### February 27-March 3

Cager Basketball Tournament

FOR MORE DETAILS SEE  
CALENDAR ON LAST PAGE.

## Principal's Message

Welcome back! I hope everyone had a wonderful Christmas break. Students should be finishing up any class assignments and preparing for exams. Thank you to the staff members that helped students prepare for exams by offering a Study Skills 101 group. They provided skills and strategies on how to study and manage stress and anxiety. We hope this group will meet again in preparation for June exams!

The SJF Music Department put on a wonderful Christmas concert just before the break. Thank you to Ms. Shantora and all of the performers for getting us into the Christmas spirit! (And for letting us sing along to some of the songs!)

In December, members of Student Council and Grad Council were busy preparing a Winter Prom and a potluck night. We're lucky to have hard-working students who continue to plan these fun and memorable events for their peers. See inside for pictures.

Our basketball athletes are getting ready for Cager! Cager takes place on February 27th-March 3rd, 2019. We wish them the best of luck! See inside for basketball practice time.

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.

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 Thursday, January 31st and report cards will go home on Monday, February 4, 2019.

*Mr. Dean MacInnis*



# 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 2019 Exam Schedule – Final

ELA 30-1/30-2 Part A: Monday, January 14 from 9:00-3:00 (Rooms 40, 36, 19, library)

Social Studies 30-1/30-2 Part A: Tuesday, January 15 from 9:00-3:00 and 9:00-2:00 respectively (Room 40 and library)

ELA 30 Part A: Wednesday, January 16 from 9:00-3:00 (Room 40)

Block	Mon, Jan 21	Tue, Jan 22	Wed, Jan 23	Thu, Jan 24	Fri, Jan 25	Mon, Jan 28	Tue, Jan 29	Wed, Jan 30
Morning 9:00-12:00	ELA 9 ELA 10-1 ELA 10-2 ELA 20-1 ELA 20-2 9:00-12:00 Gym	<b>FLA 30 (B)</b> 9:00-3:00 <b>Rm 40</b>  Math 10C Math 10CF Math 20-1 Math 20-2 9:00-12:00 Gym	<b>Math 30-1</b> <b>Math 30-2</b> 9:00-3:00 <b>Rm 34, 40</b>  PIF 15 PIF 25 Physics 20 9:00-12:00 Gym  K&E M/S 9:00-12:00 Rm 42	<b>ELA 30-1 (B)</b> <b>ELA 30-2 (B)</b> 9:00-3:00 <b>Rm 34, 40</b>  SS 9 SS 10-1 SS 10-2 SS 20-1 SS 20-2 9:00-12:00 Gym	<b>SS 30-1 (B)</b> <b>SS 30-2 (B)</b> 9:00-3:00 <b>Rm 34, 40</b>  Bio. 20 Bio. 20F 9:00-12:00 Gym	<b>Bio. 30</b> 9:00-3:00 <b>Rm 40</b>  Chem. 20 9:00-12:00 Gym	<b>Chem. 30</b> 9:00-3:00 <b>Rm 40</b>	<b>Physics 30</b> 9:00-3:00 <b>Rm 40</b>
Afternoon 1:00-4:00	Hum 9 1:00-4:00 Rm 41 K&E Hum. 1:00-4:00 Rm 42	Science 9F Science 9 Science 10 Science 10F 1:00-4:00 Gym	<b>ELA 9F (B)</b> <b>1:00-3:30</b> <b>Rm 32</b>  N. Studies	Core French 9 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?

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

## 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 FEBRUARY 1, 2019**

# 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.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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## 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 1 FÉVRIER 2019**

# VOLLEYBALL

## Star of the Month



### ALLANA ZETTLER

Allana is an intelligent athlete who not only challenges herself to be the best athlete she can be but she also desires to understand the how and why of the sport. This makes her an exciting individual to work with and to challenge her to specialize in more than one position from power hitter, to setter to offside.

Allana is always one of the first people to find her way to the class and one of the last to leave. She never needs to be given directions on getting things set up as her natural instinct is to quickly assess what needs to be done and to step in to offer a helping hand. This also go for helping out a classmate. She gets along with everyone and is the first to congratulate another on the successful completion of a skill or scoring a point in a game play situation.

Off the court Allana works and gets involved in activities which help her grow as an athlete and an individual. She does all of this while maintaining principal's list marks in her all of classes. It has been a pleasure to work with Allana this year. We look forward to watching her take on a leadership role with her Volleyball teams during her grade 12 year at Sir John. Congratulations for being chosen as the Volleyball Academy athlete of the month for December, 2108.

### SIR JOHN FRANKLIN EXCHANGE GROUP

Students from SJF are welcoming 20 visitors to Yellowknife to show off the town and to introduce them to the wonderful northern culture and lifestyle. Plans are coming together nicely, but we are still looking for families to billet some of our visitors while they are here. If you have a spare bed or two and would like to make connections with others in Southern Vancouver Island, contact Shellie Trimble at the school for the details and requirements. Fifteen of our students are heading south in May to experience island life in return.

### CAGER BASKETBALL PRACTICES

Junior Girls Thursdays 3:45-5:30pm  
 Senior Girls Tuesday 3:45-5:30pm,  
 Thursday 4:30  
 Junior Boys Monday 5:30-7:15pm,  
 Wednesday 5:30-7:15pm  
 Senior Boys Monday 3:45-5:30pm,  
 Wednesday 3:45-5:30pm

### TOURNAMENT: FEB. 27 - MARCH 3, 2019







## DEBEERS LUNCH

De Beers Canada, Inc. hosted a Women in Mining Luncheon on November 19th and invited Sir John students to attend. The purpose of the luncheon was to provide information to young females interested in pursuing a career in mining or interested in the STEM scholarships available through De Beers.

## FALCON VOICES PERFORM AT THE SENIORS CHRISTMAS TEA

In December, the Falcon Voices performed at the 2018 Seniors Christmas Tea at the Legislative Assembly. The Seniors really look forward to this annual event and especially like to hear the Christmas music sung by the school choirs.







# POWER UP

Every year, Skills Canada organizes workshops for Grade 8 students in a day-long program called PowerUp. Students spend the day exploring various skills and trades. Here are a few pictures of Grade 8 students visiting the CTS classes here at Sir John.







### VISIT FROM LOCAL ARTIST!

Ms. Tonge's Senior Art class welcomed local artist, Dawn Curtis who came in on Tuesday, Dec 11th to introduce students to working abstractly with the Cold Wax Meium and Oil Painting technique.

Students loved the freedom of this approach!



# WINTER PROM

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# GRAD ACTIVITIES

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Sir John drama teacher, Landon Peters, spent some of his Christmas break painting a float that appeared in the world-renowned Pasadena Rose Parade. The float earned the prestigious Grand Marshal Award for "Most outstanding creative concept and float design." Congratulations Landon!



**EXAM PLAY** Every year the Senior class along with the Grade 10's perform a black box show in Room 3 (drama space). This year's selection is "Laura Dennis" by Horton Foote. A very challenging drama that the students have been working on since the end of "The Little Mermaid". There will be an evening performance on Thursday, January 11th at 7pm in the Black Box theatre. Free of charge and all are welcome. We hope to see you there!

## PAUL LAFRANCE

Our school is always appreciative of presenters! Paul LaFrance, from HGTV's "**Decked Out**" visited SJF students to share his story about how he turned his passion into a career. Thank you for visiting our school and inspiring our students!





# JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1	2	3	4	5	
6	7	8 Staff Meeting 3:45pm	9	10 PAC Meeting 12noon	11	12	
13	14	15	16	17	18 Last Day of Semester 1 Classes	19	
20	21	22	23	24	25	26	
	Exams • Exams • Exams • Exams • Exams • Exams						
27	28	29	30	31			
	Exams • Exams • Exams						