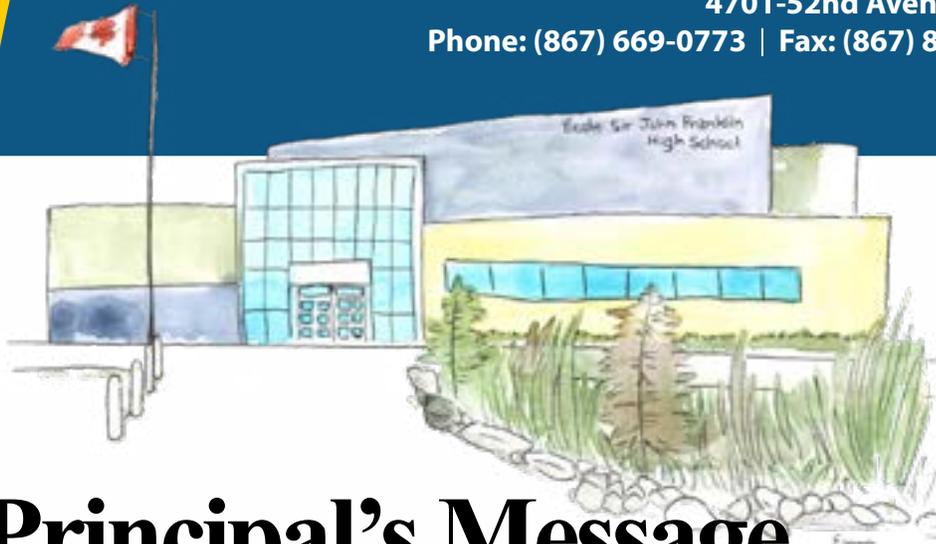


APRIL 2020 NEWSLETTER

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Principal's Message

Mr. Dean MacInnis

I hope that March Break went as well as it could under these challenging circumstances. I hope you and your family are safe and healthy.

With classes cancelled for the remainder of the year, we all enter a new learning territory. This is a work in progress for all of us. Staff are busy working from home on programs and delivery methods for all our students. Our student services department (program support teachers and counselors) is available to assist you anytime. Email addresses can be found on our website.

I will continue to provide weekly updates to families as we move through these unusual times. Connections will be the key to everyone's success. Whether your learning is progressing online or working with learning print packages, we are just a call away for support.

Our first step was taken this past week by staff reaching out to all families with a phone call. This will be followed up this week with your child receiving an email from all their teachers. Some general information will be shared about course plans and outlines. We will begin this new adventure of learning from a distance on April 14. Now is the time to stay healthy and begin to form routines that will help you be successful in this new learning environment. Please check out our learning tips inside the newsletter.

Remember to follow the guidelines, as difficult as they are, set out by the CPHO: **Stay home, Use good hand washing hygiene, Practice social distancing (two metres apart)**

Stay safe & healthy,
Dean MacInnis

Stay Connected to Sir John!

Click on icon below to get to SJF social media sites!

To set up your PowerSchool account, please email wendy.malkin@yk1.nt.ca

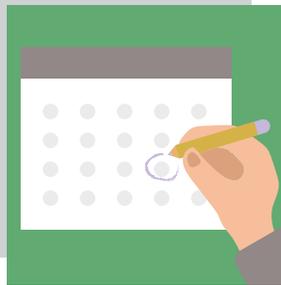


At-home Learning Tips

Hey, Falcons. Doing high school from a distance is brand new to most of us. Here are some tips for staying productive and connected.

Make a Weekly Schedule

Take some time each weekend to look at your week ahead and make a plan to keep on top of things. This includes planning to get out of bed at the right time each morning.



Identify and Protect a Dedicated Work Space

With more people at home for most of the time, it is important that you carve out your own study nook. Make sure it is comfortable, connected, well-lit and free of distractions.

Confirm Course Access Plan

Your teachers will be delivering material and collecting assignments every week. Make sure you know how to access this (Google Classroom, email, video conferencing, hard copy packages).

Form a Virtual Study Group

Reach out to other students in your classes and put together a study group. Conferencing platforms like Google Hangouts and Zoom are great ways to feel connected and to support each other's learning.

Google Hangouts



Communicate Regularly with School Staff

Reach out to your teachers if you have questions about course work. It is important that they know when you are stuck on something. Even if things are going well, be sure to drop your teachers/counsellors a note or email once in a while to let them know things are cool.

Research and Review the Many High-Quality On-line Learning Resources Out There

On-line learning is not a new concept. Many services already exist, so spend some time exploring what is available: Khan Academy, National Film Board, CBC Archives, etc.

At-home Learning Tips

Make Sure You Protect Yourself On-line

As your time on-line increases, so does the potential for vulnerability to harm. [Click here for tips from our local RCMP.](#)

Start Work Right Away and Keep It Moving

Not every day is going to be a cornucopia of productivity, but make sure you get some meaningful school work done every day of the school week. Just keep putting one foot in front of the other, and you will manage to stay in the groove.

Try to Support the Learning of Your Siblings

Sometimes the best way to stay sharp is by teaching others. Identify ways that you can support your family by helping brothers and sisters with their school work.



Check the PowerSchool Student Portal

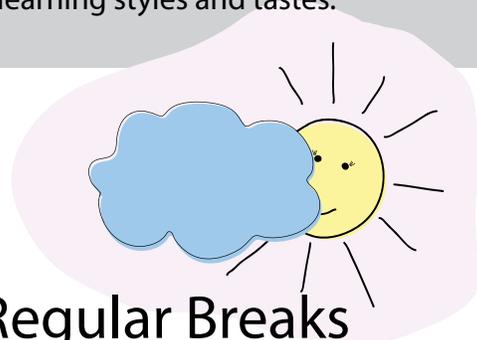
Just like any other year, end-of-year report cards will be coming out in June. So as to avoid surprises, make sure you are checking for grade updates on PowerSchool. If you



don't have PowerSchool access, send Ms. Malkin an email at wendy.malkin@yk1.nt.ca, and she will set you up.

Challenge Pre-existing Learning Preferences

In some ways, these next 10 weeks will present you with some real difficulties. Don't despair! Instead, stay positive, and use this as an opportunity to build capacity and to develop additional learning styles and tastes.



Take Regular Breaks and Get Some Exercise

When the lines between home and work get blurred, it is easy to work too much, and this will contribute to burnout. Make sure you consider exercise and fresh air when you are putting together your weekly schedule.

#SJFspiritday



Just because
we're not in the
building,

doesn't mean
we can't show our
school spirit!



**On April 14th, show your Falcon Pride by
posting a picture on Instagram of yourself
wearing your favourite Falcon swag!**

**Make sure to tag @sirjohnfalcons and include hashtag #SJFspiritdayAPRIL14
Your name will be entered in a draw for a prize from the Falcon's Nest!
(Of course, your prize will be given to you when it is safe to do so!)**

SJF STUDENTS! Consider installing your YK1 email and Google Classroom on your phones and turn on the notification for both of these apps. This way you will know when teachers are posting work and sending emails.

GRADE 12 STUDENTS! During this time, requesting a transcript from Education, Culture & Employment might be difficult. If your post-secondary school is asking for a transcript, please ask them if they will accept a validation statement and a letter from SJF and then get in touch with your counsellor!

Even now, some of the SJF clubs and groups are still planning to meet on a regular basis.

-**G&SS** will meet via Zoom on Mondays from 11:30 to 12:30. If students would like to join, please email kirstin.prescott@yk1.nt.ca

-Plans are being made for **AFTER SCHOOL CHOIR AND BAND** to continue with practices. More information to follow!

-**MAGMA** is still meeting via Google Hangouts, the same time as usual (Wednesday's at 11:30am). Anyone who wants to join can do so by sending me an email (denise.hurley@yk1.nt.ca). MAGMA also has a Google Classroom, which we will continue to post updates in. We invite students to follow us on Instagram @sjfmagma and/or on Facebook at: Unofficial: SJF MAGMA for Mental Health related posts!

Looking after your mental health and wellbeing is just as important as looking after your physical health, even when you are in self isolation.

Looking after your mental health enables you to function well and be able to cope when things aren't going so well. Some little things you can do include:

~Stay connected with family and friends through social media and by phone. Talk about how you are feeling with your friends and family regularly

~Get enough sleep

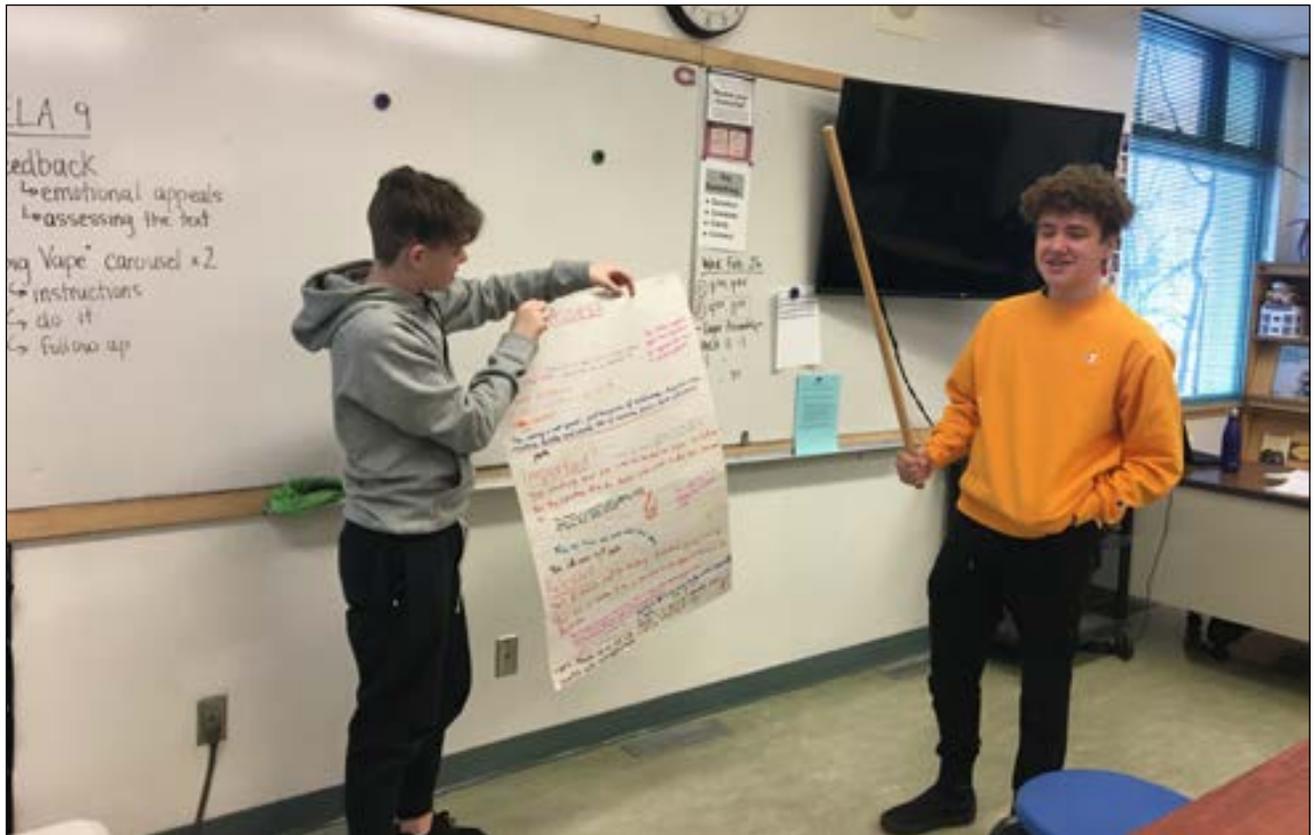
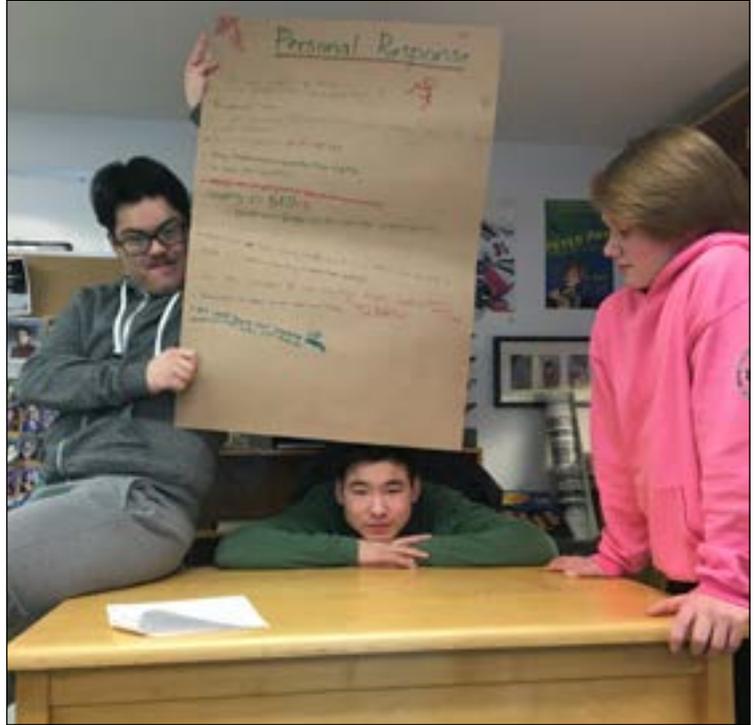
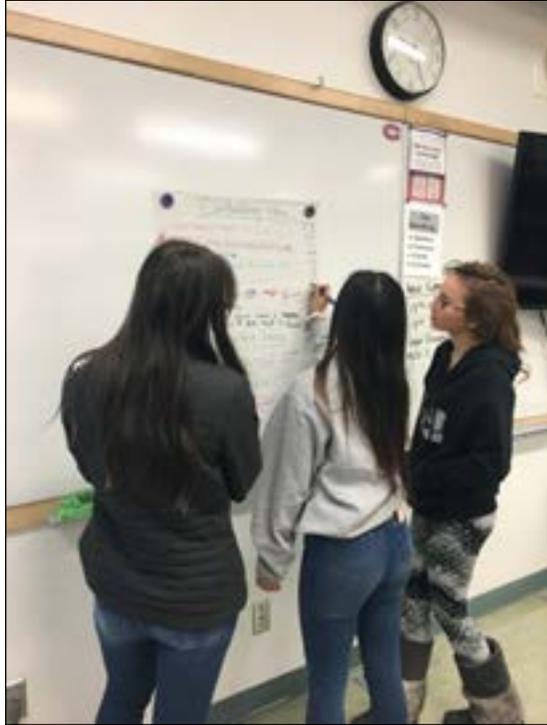
~Pursue hobbies to keep busy

~Keep active
~Get outside



This message brought to you by:
SJF MAGMA

Students in Ms. Trimble's class work together to examine *non-fiction texts*.



Grade 9 Science Class gets visit from Western University



On February 28, representatives from Western University visited Ms. Prescott's Science 9 class. Activities from the Canadian Space Agency's Junior Astronauts program were conducted in three areas: Teamwork and Communication, Science and Technology, and Fitness and Nutrition.

In Teamwork and Communication, students had to work together to make a patch representing their fictional space mission. Science and Technology had the students building hovercrafts out of cds, paper cups, and balloons.

The False Alarm game for Fitness and Nutrition was a game of x's and o's, but in between every move each team member had to do 10 seconds of physical activity; each win the team was awarded a letter that then had to be rearranged into the code word!

SJF student, Chloé Malin, works on a sculpture in the library. This project was part of an application process for her post-secondary studies.

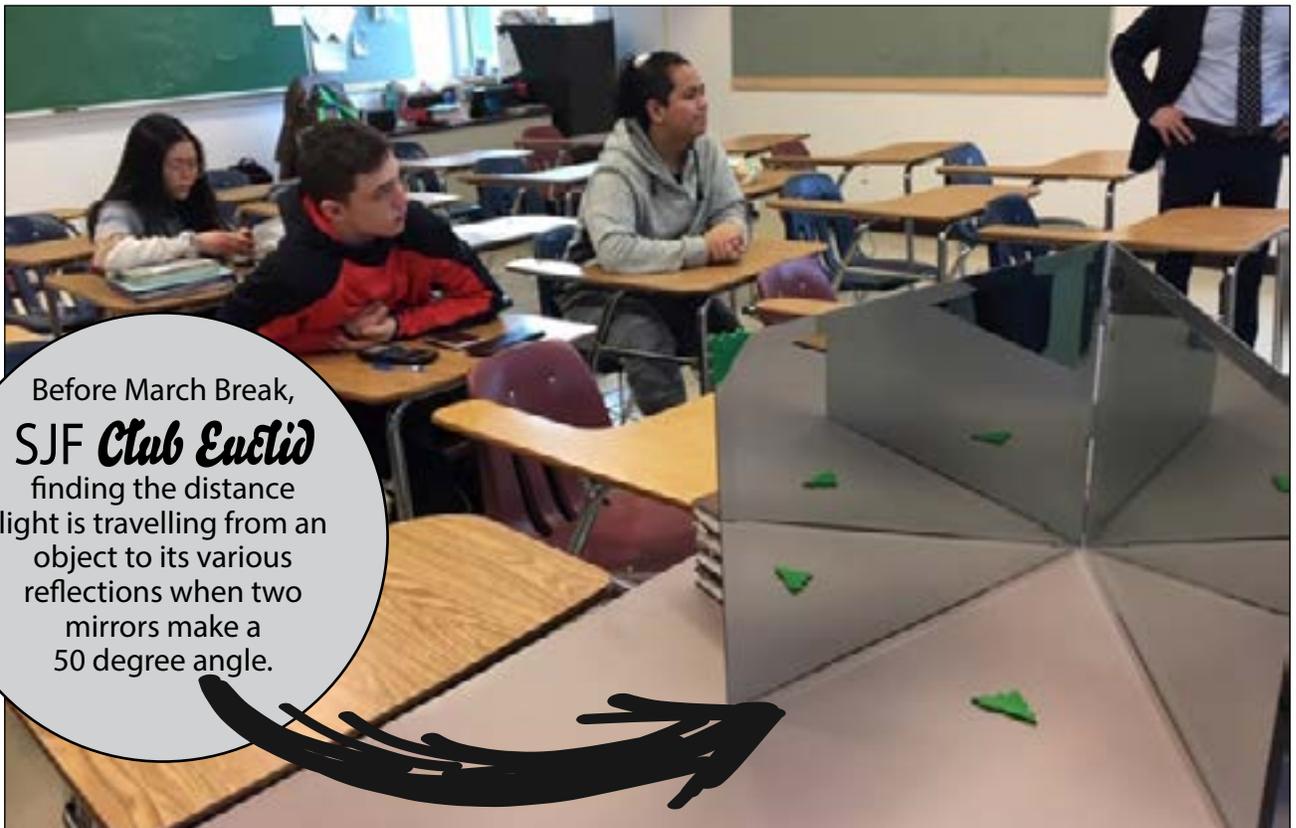
*Good luck,
Chloé!*



SJF student chosen for *Arctic Expedition!*

I am more than excited to be given the opportunity to participate in the 2020 Arctic Expedition with Students on Ice! The expedition will focus on biodiversity, climate change, ocean health, healthy communities and global youth leadership. Myself and 100 other students from around the world will travel from St. John's, Newfoundland, to Iqaluit, Nunavut, with a few stops along the way. We will visit Torngat National Park and possibly St-Pierre & Miquelon, France. I hope to see wildlife while on this trip, and also hope to learn new things about the Arctic and bring back some knowledge and experience from the trip!

**This article was written by SJF student, Danica Taylor, before March Break. Danica's trip has been postponed to Summer of 2021 due to the outbreak of COVID-19. The staff at Sir John are extremely proud of her for being chosen!*



Before March Break, SJF *Club Euclid* finding the distance light is travelling from an object to its various reflections when two mirrors make a 50 degree angle.

Fort Providence Youth Conference

This February, Miss Taylor took a few students from our Indigenous Leadership program to Fort Providence to attend a Youth Conference. The conference included workshops, a traditional dancers performance, traditional games and hand games demonstrations, drum dance, dance party hosted by Magoo Krew, a tour of the town, as well as a trip to the Residential School monument.

The conference also included a tour of the Youth Centre, which was a product of last year's conference work. It was so amazing to see real results from all the hard work that was put in by these youth and their fearless leader, Jason Collard. It really showed our students that with passion, knowledge and a cause, you can achieve anything you put your mind to.

Some of the issues that were discussed in workshops included violence against women and children and the work done by the Moosehide Campaign, Residential Schools and the intergenerational trauma that accompanied them, and substance abuse in our communities.



At the end of the conference, students and facilitators got together to come up with an action plan that they could follow through on in their community. The students came up with lots of great ideas for the future.



Our students had a great time at the gathering. They appreciated the discussions surrounding hard topics, getting to meet new people and getting to spend time in Fort Providence. We even got to eat some freshly hunted bison!



Effects Colonization & Indigenous Identity

Northern Studies Presentations with Deneze Nakehk'ó

Deneze presented for an hour and a half to our three NS10 classes on February 28, 2020. He led us through the effects of colonization from the perspective of the Indigenous peoples. As well, he taught us about the roots and development of colonial practices and where we see them evident in our society today. But before he spoke, or any indigenous knowledge keeper, a student would present a pouch containing natural, "sacred" tobacco. Students are taught the meaning behind this ancient ceremony. One volunteer student would present the tobacco.

Here is the protocol of how we do it at SJF:

What is Sacred Tobacco and the Indigenous Protocol of Extending Invitations to "Knowledge Keepers and Elders"

Tobacco is extremely important in the Indigenous cultures – it is one of the sacred, cherished and respected medicines. Tobacco is used to open communication, whether to talk with a Knowledge Keeper/Elder to ask questions or when requesting their teachings. When we pass tobacco, we are honouring a tradition that is very old. It is said that tobacco is the leader of our medicines because it comes first (traditionally, it is a fumigating plant par excellence. It is also applied on wounds as an effective scar). Tobacco is sacred, therefore it is very important to respect it, and use it with great responsibility and care. Its properties help to quiet thoughts, calm people and focus on the present moment and oneself. Hence, the point of its use prior to a special talk. Sacred tobacco that is used for ceremonies is not the same as the tobacco we commonly use today. The common cigarette is not sacred, nor is the tobacco contained within it. The original type of tobacco and the sacred herb are of

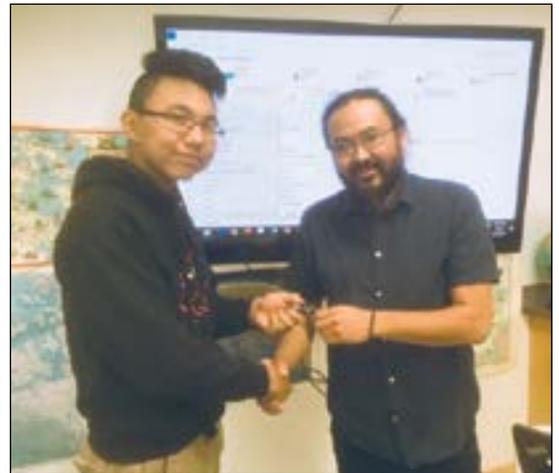
a different variety, or plant, than is commercial tobacco.

Elders and Knowledge Keepers must be offered tobacco when they are asked to share their knowledge and/or attend an event. The exchange of tobacco is similar to a contract between two parties: the Elder/Knowledge Keeper is agreeing to do what is asked; the one offering the tobacco has obligations to respect the Teachings and the Teacher. The tobacco must be passed prior to the presentation.

When giving tobacco, it is to be placed in front of the Elder with your left hand while verbally requesting the presentation and shaking their right hand with your right hand at the same time. If you hand it directly to the Knowledge Keeper/Elder, you do not give him/her the opportunity to accept or pass on your request; it takes away their choice. It is very important to be specific about the request so that the presenter knows exactly what you are asking. If the Knowledge Keeper/Elder accepts your request, they will pick up the tobacco and will then do their best to help you. If they cannot do what you are asking they will say so and not accept the tobacco.

Tobacco can be given in a pouch, wrapped in a piece of cloth, and can "sometimes" be given in the form of a cigarette. The minimum amount of tobacco is the amount needed to use in a Ceremonial Pipe, but a pouch of tobacco is the most common form. As

stated, Tobacco is a sacred medicine and only commercial tobacco or tobacco in its natural form is acceptable. Some people have asked if a mixture of 'healthy' herbs or other medicines can be used instead of tobacco – the answer is no. Whatever one's views are on tobacco, it is still a sacred medicine to our Indigenous peoples.



SJF student, Dawson Craig presenting tobacco to Deneze.



SJF student, Keaira Magrum with a pouch of tobacco.