

# Royal West Academy

## Student Bulletin

Quote of the Month: January

### The Spirit of New Beginnings

*Always*

Be open to New Beginnings.  
To the universe,  
every moment is the  
start of the next big  
thing in your life.

- Marianne Williamson

### UPCOMING EVENTS

- Jan. 8-10 Course Selection
- Jan. 10 Assemblies; Sec4-P2, Sec5-P4
- Jan. 11 Variety Show 7:00pm
- Jan. 14 Home & School Meeting 7:30pm
- Jan. 14-18 MindPop History
- Jan. 16 Winter Concert Matinee
- Jan. 17 Semester 1 Ends
- Jan. 17 Winter Concert 7:00pm
- Jan. 18 Semester 2 Begins
- Jan. 21 Sec 1 Parent Seminar 7:00pm
- Jan. 22 Winter Carnival
- Jan. 23-25 Black-Out Period
- Jan. 28-31 Mid-Year Exams

### GIRL'S RUGBY MORNING PRACTICES!!!!

To all girls regardless of their grade we will be starting rugby practices Thursday mornings at 7:30 am in the boy's gym. Please come dressed in your regular gym clothes. Thank you.

– Mr. Zigby 01/10

### CREATIVE ARTS EXPRESSION GROUP (GRADE 7, 8, 9)

Who am I in this world? Who do I want to be? Join to this group to tackle these questions through the use of artwork! This group is a space to learn about your own identity and values through creative art. The group takes place after school on Thursdays beginning January 17, 2019. Sign-up sheet posted outside of room 225. For more info please see Ms. Di Pietro (room 226) or Jenna Labell (112B) who will be facilitating the group. ECA credit offered.

– Ms. Di Pietro 01/10

### CHESS CLUB

**CHESS CLUB** will resume on Tuesday January 15th at 7:30 in room 101. New players are welcome! An ECA will be given after 10 sessions

–Mme Dupaul 01/11

### **SPORT** INDOOR TRACK PRACTICES

This week's practices are:

Wednesday January 9th at 12:30 in the boy's gym for long jump, triple jump and hurdles.

Friday January 11th at 12:30 in the boy's gym for shot put, long jump and triple jump.

Please bring your lunch with you.

### **SPORT** BASKETBALL SCOREKEEPERS

There is a double header on Wednesday January 9th. Midget girls are at 3:30 pm, and bantam boys are at 4:45 pm. Please arrive in the new gym 10-15 minutes before your game. Remember, if you cannot work your shift, you must inform Mrs. O'Neil and find a replacement.

–M-C O'Neil 01/11

### MENTAL HEALTH AWARENESS COMMITTEE

Come to the foyer this week and look at the Mental Health Awareness Committee project 'Just Post It' posters. The posters show the anonymous post cards that students and staff submitted which include personal stories, answers questions, and gives suggestions on mental health issues.

### MENTAL HEALTH AWARENESS COMMITTEE

Important reminder that the Mental Health Awareness Committee has a meeting on Monday January 14th at 12:25pm in the guidance department. Please bring your inspirational/motivational quote to the meeting.

### LCC PRE-U (GRADE 12) EARLY APPLICATION DEADLINE:

LCC's early application deadline is January 14, 2019 this year. Admission decisions will be announced in February, well in advance of the March 1 CEGEP application deadline. There are also scholarship opportunities for qualified applicants.

-Guidance Department

### STONEHAM SKI TRIP

**Grade 8:** Mandatory meeting in the Auditorium for all the participants. **Monday Jan. 14<sup>th</sup>**. All last minute information will be given.

### INDIA EXCHANGE

All those responsible for putting the video together, please meet in Mr. Northey's room on Friday Jan. 11th at lunch. Bring everything you have!

-Ms Belina 01/11

### THE RWA VARIETY SHOW IS THIS FRIDAY! **NEW!**

Come and encourage your friends and fellow students as they share their talents at RWA's Variety Show this Friday, January 11th at 7 pm in the auditorium. Tickets will be sold in homeroom and during lunch in the foyer, all week. Ticket price - 5\$ for RWA students and 7\$ for guests. Tickets will also be sold at the door, if the show is not already sold out.

- Ms. Dillon & the SLA Variety Show Producers 01/11

### PENNYDROPS –GRADES 9-10-11 **NEW!**

**Interested in learning how to make and manage money? Do you like free pizza?**

PennyDrops is a non-profit organization that has developed an interactive and activity-based curriculum to equip you with the skills needed for financial independence, career navigation and mindful spending. The PennyDrops team consists of students from McGill University who are dedicated to helping you reach your goals. Regardless of if you plan on attending CEGEP and/or later University, PennyDrops mentors are here to help teach you the necessary financial and workplace skills needed to succeed in any of your post-secondary endeavours. Join us once a week (Mondays during lunch) for free pizza and a cool mentorship opportunity! Please sign-up outside room 225 by January 15th. ECA credit offered. Please see Ms. Di Pietro for more info. 01/14

### WINTER CONCERT - MUSIC STUDENTS **NEW!**

All information about the Winter Concert is posted to your classes in Schoology. Please share this important information with your parents and read it carefully.

Ms. Purdy/Ms. Macleod 01/14

