

Royal West Academy Student Bulletin

Day
05



All things are difficult
before they are easy.

Thomas Fuller

UPCOMING EVENTS

- Sept 01-10 MINDPOP HOMEROOM
- Sept 10 COURSE CHANGE DEADLINE
- Sept 14 OPEN HOUSE
- Sept 15 LATE START 10:28
- Sept 20 Ped Day
- Sept 22 ID CARD RETAKES
- Sept 23 Deadline for Sec 1 Applications
- Sept 24 PM Ped Day
- Sept 25 Qualifying Tests A-L
- Sept 26 Qualifying Tests M-Z
- Sept 27-30 MindPop French
- Sept 28 Gov. Board 19:00

PSAT'S-GRADE 11 STUDENTS **NEW!**

Thinking of applying to an American university? Want to practice writing the SATs? Then the PSATs are for you! Please come by our office to sign up or get more information. Deadline to sign up: **October 6th, 2021.**

*Mr. DuMond and Ms. Wineberg
Guidance Department*

BANTAM GIRLS' SOCCER TRYOUTS **NEW!**

The bantam girls' soccer tryouts will be held tomorrow after school until 4:30 at the Front Field.

Sept 09

ENVIRONMENT COMMITTEE **NEW!**

Anyone interested in being a member of the Environment Committee should come to a brief meeting on Thursday, September 9, at 12:26pm in room 104. You will have time to eat lunch after the meeting.

- Environment Committee (09/09)

Sept 09

REMINDER TO ALL STUDENTS **NEW!**

A reminder to all students coming to school in the morning by bike. Please ensure that you DO NOT ride your bike through the parking lot of the Auto Shop on Westminster. We have had multiple complaints from their staff that students are riding their bikes through the lot in the morning. Please remember that as an RWA student, you have a responsibility to maintain respectful relationships with our local community. Thank you for your attention to this!

RWA Administration Sept 09

GRADE 9, 10 GIRLS VOLLEYBALL TRYOUTS **NEW!**

Those that signed up for the tryouts, please arrive at the New Gym this afternoon right after school to try out for the midget team.

J. Mateus Sept 09

BOYS FLAG FOOTBALL **NEW!**

Tryouts are on Thursday September 9th at 3:10. Meet on the front field.

Sept 09

XCOUNTRY RUNNING TEAM **NEW!**

Xcountry running is open to all students of all grades and fitness levels. Practices will begin next Tuesday the 14th from 3:10 - 4:00pm outside. Make sure to check the weather forecast and be prepared for that day. Signup sheets are on the window at the new gym. Staff members are welcome to come run with us and participate. See Mr. Rafael in room 210 for more details or questions.

Mr. Rafael



DANCE SHOW TRY-OUTS NEW!

Monday September 13: Sec 1 + 2 GIRLS
 Tuesday September 14: Sec 3 + 4 + 5 GIRLS
 Wednesday September 15: BOYS
 Thursday September 16: CONTEMP/BALLET
 Try-outs are from 3:00-4:30

Tuesday September 13 and Wednesday September 14: CHOREOGRAPHERS
 At LUNCH

The sign-up sheets are posted on the bulletin board between room 309 and 311
 Try-outs will be held in ROOM 102 after school.
 If you have any questions, go see Mr. Zigby or any of the execs in room 306!

Sept 09

LIFT PROGRAM NEW!

LIFT is a non-profit organization that aims to promote healthy lifestyle habits. Lift is a 8 week interactive program facilitated by the LIFT organization. The sessions will involve stress management, movement, balanced nutrition, conflict management, exploring values, dealing with procrastination, and overall wellness. Sessions will take place during lunch for (grade 9-10-11) and afterschool for (grade 7-8). Each week will encompass a different theme, as well as, mindfulness meditation and yoga. ECA credits offered. Limited amount of spaces available. Sessions will begin in October –date TBA. If interested sign-up outside room 224 (on the bulletin board). For more info. please see Ms. Di Pietro in room 226.

Sept 09

SLIPP (GRADE 10-11)PROGRAM NEW!

The student leadership in injury prevention program is a student-run yearlong education and public health awareness campaign focused on the dangers of alcohol intoxication, and road safety. The students partaking in this project will develop and produce various unique awareness activities targeting a wide array of safety topics to share with their peers. Students must attend the MCH Trauma SLIPP student preparation workshop presented by MCH Trauma Center virtually. Meetings will take place once or every second week during lunch (Thursdays). Limited spaces available. ECA credit offered.

For more information or to sign-up, please see Ms. Di Pietro in room 226 (west wing office).

Sept 09

PREFECT APPLICATIONS (GRADE 10 & 11) NEW!

A reminder to all grade 10 and 11 students interested in joining the Prefect Board this year: Applications are due this week. If you are interested, please take note of the following:

- Fill in the application form online; you must be signed into your EMSB account.
- Sign up for an interview on the bulletin board outside office 224 in the second floor west wing (near the water fountain).
- The deadline to submit your application and sign up for an interview is Wednesday, September 8th at 5pm.

Application form: <https://forms.gle/mAb9PUctJ1VXZWoc7>

Sept 09

SCHOOL STORE NEW!

The school store will be open this Friday during lunch. We accept cash, cheques, and Debit!

RWA Home & School Sept 09

OPEN GYM

Open gym has started! This year, grade 7 and 8 students are scheduled on days 2, 4 and 6. Grades 9, 10 and 11 are scheduled on days 1, 3, 5 and 7. The locker rooms will not be open at lunch, therefore to participate you only need to change your shoes. Anyone 13 and over must show proof of vaccination to join this activity at lunch.

Sept 08

VOLLEYBALL

Practices for the week of September 6th:

Bantam girls are on Wednesday (boys' gym) and Friday (new gym)
 Midget boys are on Tuesday (boys' gym) and Thursday (boys' gym)
 Midget girls are on Wednesday (new gym) and Friday (new gym)
 Juvy Girls and Juvy Boys are on Tuesday (new gym) and Thursday (new gym)

FEMINISM CLUB

Fem club is finally returning! If you want a safe space to discuss issues of importance to women, come join us Fridays at lunch in room 312, starting this week. Cultural credit offered. All genders welcome!

Maya, Evelyn, Ms. Gehr and Mr. Dupuis.

2021-2022 YEARBOOK'S PHOENIX COVER

Every year, Royal West Academy's yearbook features a Phoenix on its front cover. As per tradition, the 2022 Yearbook committee is accepting submissions for original artwork of a Phoenix. The piece of art can either be hand drawn or created digitally. Please note that if the chosen artwork is not drawn on an 8"x11" paper, it may be scaled and/or resized. As well, only secondary 5 students are eligible. We will be accepting submissions up until September 30th. If

participating, submit your artwork at jfogel@emsb.gc.ca. or give it in to Ms. Fogel in room 304. We can't wait to see what you guys come up with!!

The yearbook committee



LOOKING FOR SWIM TEAM COACHES

The Royal West Swim Team will be starting up again soon and I am looking for seasoned swimmers to be coaches. You must be in grade 10 or 11 and have an interest in a leadership opportunity. If interested, please come and pick up an application form from Room 305.

Sept 08

JUVENILE BOYS SOCCER

Correction to the Juvenile Boys Soccer tryouts. The tryouts will now take place on Thursday November 9th at 3:30 at Hodgkins Field. See you there.

Sept 08

POWER-WALKING

With fall right around the corner, come enjoy the outdoors by walking through the Montreal West neighborhood. Sessions will take place every Thursdays afterschool from 3:10 to 4:00. ECA credits offered (community or sport). Sign-up sheet outside room 223 –near bulletin board/water fountain. First session begins September 9th. We will meet near the New Gym doors at 3:10. Ms. Di Pietro and Ms. Wineberg

MINDFUL MOMENTS

Mindful Moments will resume on Monday, September 13.

Your support and encouragement to students by providing a mirror neuron for them would be greatly appreciated.

MindPOPpers Cristina and Jan

CAFETERIA ENTRANCE

All students using the cafeteria at lunchtime should enter the cafeteria through the 1st floor hallway entrance. Please note that the staircase entrance is locked.

BANTAM BOYS SOCCER TRY-OUTS

Wednesday, Sept. 8th, 3:10pm to 4:30pm, Front Field

*Please make sure you have signed up on the Try-out sheet posted in the new gym area.