

# Royal West Academy Student Bulletin

Day  
06



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

### JUVENILE GIRLS (GRADE 9, 10 AND 11) SOCCER **NEW!**

Mandatory meeting today (Thursday September 9th) at 12:30 in room 102 for everyone who wants to play this year.

### SCHOOL STORE **NEW!**

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

RWA Home & School Sept 09

### PSAT'S- GRADE 11 STUDENTS

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 6<sup>th</sup>, 2021.**

Mr. DuMond and Ms. Wineberg  
Guidance Department

### ENVIRONMENT COMMITTEE

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

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

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

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

Ms. O'Neil Sept 09



## **XCOUNTRY RUNNING TEAM**

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 Sept 09*

## **DANCE SHOW TRY-OUTS**

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**

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**

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)**

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 8<sup>th</sup> at 5pm.

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

*Sept 09*

## **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 Sept 09*

## **CAFETERIA ENTRANCE**

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