

Royal West Academy Student Bulletin

Day
03



If human beings had genuine courage, they'd wear their costumes every day of the year, not just on Halloween.

Doug Coupland

UPCOMING EVENTS

- Oct 25-29 MindPop Ela
- Oct 26-27 Vaccination SEC 3-4
- OCT 29 Dress Down Day
- Nov 01 Board Ped Day
- Nov 03 Grad Photo Retakes
- Nov 05 PM Ped day
- Nov 09 Progress Report Due
- Nov 11 Remembrance Day Assemblies
- Nov 15- 18 Anti-Bullying week
- Nov 15 Foundation Meeting
- Nov 16 Progress Reports
Pink Shirt Day
- Nov 18 Parent- Teacher Interviews
- Nov 19 PED DAY
- Nov 22-26 MindPop Science
- Nov 24 Sec 1 Arts Rotation ends
- Nov 25 Sec 1 Arts Rotation begins

FLOOR HOCKEY REGISTRATION **NEW!**

Floor hockey registration is open starting on Thursday October 28 in the science room (next to room 302)

M. Ohayon

BANTAM GIRLS' SOCCER **NEW!**

Bantam girl's soccer practices this Thursday October 28 @ 3:10 Front Field.

DO YOU LIKE DOING VISUAL ARTS, DRAWINGS OR DIGITALLY? **NEW!**

Ever wanted to see you work used by a band? One of Mr. Dupuis's music projects is looking for artwork to use on their album cover, to be released shortly. The best submission will be chosen to represent the band digitally and potentially on merch. If interested in trying out, contact Mr Dupuis by email or go see him any time in room 315. Can't wait to see your work! Thanks

Mr. Dupuis

REMINDER- PE UNIFORM **NEW!**

Students are required to wear their PE uniform for PE class on dress down days. Even this one on Oct. 29th Thanks. PE Dept.

GRADE 7 BASKETBALL TRAINING PROGRAM **NEW!**

Starts this Thursday in the boy's gym at 7:30 am with Miss Rossi. Every other week will be on Friday mornings. Please see Mrs O'Neil for more information.

PUMPKINS! 🎃🎃🎃 **NEW!**

If your homeroom would like a pumpkin, please send a student to Room 301 during homeroom to pick one up. Limited quantities act fast! These pumpkins were generously donated by the Rodger family via the Park n' Lot gardening club.

Ms. Partington

PARK N' LOT 🍂 **NEW!**

Please note that our Spooky Garden party has been cancelled. Please see Google classroom for more details. *Ms. Partington*

MENTAL HEALTH CLUB NEW!

Are you interested in learning more about mental health and well-being? Promoting mental health awareness in a variety of ways? If so, you should join the Royal West Mental Health Club! It provides a supportive outlet for students to express their concerns, learn stress coping skills to improve their mental health, discuss topics related to self-care as well as promote awareness of issues related to mental health.



The club will be meeting on Fridays during lunch. If interested, please come see us in the Guidance department (room 225) or Ms. Dipietro (room 226) to sign up.

Ms. Wineberg and Mr. DuMond

MIDGET BOYS BASKETBALL

"Midget Boys basketball practice Thursday morning at 7:30 in New Gym"

SEC 3-5

The food appreciation club is still looking for some members. If you want to expand your knowledge and food literacy, enjoy cooking workshops, sharing recipes, and trying new foods, this club is for you! Please come by room 214 during lunch to find out more! There is a small survey that you will need to fill out and return!

Mr. Stewart

SKI/SNOWBOARD CLUB: GRADE 10 & 11

Attention skiers and snowboarders in grade 10 and 11! Mr. Zigby and Ms. Colannino are looking into organizing 4-night skiing outings from December to early March. If participating in one or more of these outings is something you would be interested in, please sign your name on the sheet outside office 224 in the second-floor west wing by Wednesday (near the water fountain). Please note that this is not an official sign up, but a way to see if there is general interest in moving forward with planning these outings as a lot of arrangements need to be made in advance. Let us know if you're interested! Note that this club cannot accommodate beginner skiers/snowboarders.

JUVENILE BOYS SOCCER

The Juvenile Boys Soccer Team will be dismissed at 1:50 for their game against LCCHS on Wednesday October 27th, 2021.

Mr. Chen

MIDGET GIRLS BASKETBALL

There will be a practice on Thursday October 28th afterschool from 3:00 pm to 4:30pm. Please make sure to eat a good lunch and stay hydrated throughout the day.

Ms. Chronopoulos October 28th:

HALLOWEEN CONTESTS ON FRIDAY OCT 29TH

The SLA will be giving out pizza lunches for the following:

- Best decorated homeroom
- Best dressed students from homeroom
- The overall best dressed student
- The best dressed teacher
- The best decorated pumpkins

Please note grade 7 home rooms can still participate even though they will be away on their trip!

SLA and J. Zigby

CURLING TEAM

HURRY! HARD!! Yes, it is that time again. If you are interested in trying out for the curling team, please sign up on the listed posted in the New Gym Area ASAP. There will be a meeting on Thursday, Oct. 28th in room 102 at lunch, 12:30. There will be forms to pick up, fill out and return before you will be allowed to take part in try-outs. *Jeff Bateman*

WRAPPING PAPER CLUB

Wrapping paper club this week is Tuesday after school and Wednesday at lunch instead of Thursday.

Ms. Gehr

TABLE TENNIS

If you want to join table tennis, this is your chance. The Google Class code is **ddmk43k**, please fill in the survey so I can organize a schedule that will fit for everyone. All information about Table Tennis will go through Google Class from now on.

Mr. Girardin

BEEHIVE

If you have not done so already, please fill in the survey (posted as an assignment) in Google Class so I can organize the two workshops. Deadline is today, afterwards there is no guarantee you will have the spot you want. *Mr. Girardin*

HOGWARTS HOUSE GAMES

Love the world of Harry Potter? Join us in the library on Wednesday, Nov 3rd from 3:00-4:00pm for the Hogwarts House Games! Get sorted into a house team, play Harry Potter-themed trivia, and win prizes! Please sign up in the library.



LIFE SKILLS PROGRAM

Come join our Life Skills Program to learn more about mental health. Facilitators from Concordia University will be coming to run the group.

Our Life Skills Program will include tips and tricks to help set you up for a successful future. Firstly, we will discuss ways on how to cope with stress, burnout, depression and anxiety. Following this session, we will be touching on the importance of effective and healthy communication, along with tips on how to make a successful CV. Afterwards, we will be discussing how to manage money and banking, which will help you achieve all your future needs. Lastly, we will be discussing interpersonal relationships and the importance of being there for yourself and others. Program will begin in November afterschool on Thursday. If interested sign-up outside room 224 (bulletin board). ECA credit offered. For more info. please see Ms. Di Pietro in room 226.

ART CLUB

Are you interested in working with other ECA's to help them create artworks that will provide a visual aspect to their productions? Then please come to the first meeting on Wednesday October 27 in Room 113 at the beginning of lunch.

Ms. Suarez

SLIPP (GRADE 9-10-11) 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 (Tuesdays). ECA credit offered. Students will receive a certificate from the Montreal Children's upon completion.

For more information or to sign-up, please see Ms. Di Pietro in room 226 (west wing office) or email at sdipietro@emsb.qc.ca

VACCINATION SEC 3 & SEC 4 (AUDITORIUM)

Reminder! Grade nine and ten student's vaccination is in 1 1/2 weeks!

If you would like to be vaccinated at school on October 26th (for Sec 3) and October 27th (for Sec 4), please hand in your consent forms. You can leave them in the nurse's box in the main office.

To those sec three & four students who are getting vaccinated please remember to bring your vaccination books on Tuesday October 26th or Wednesday October 27th. Also wear short sleeved shirts and remember to have a good breakfast! Vaccination will take place in the auditorium. See you then

Vaccination schedule goes according to the first letter of your last name:

October 26th, 2021 Secondary 3 vaccination day:

| | |
|-------|-------|
| A+B | 8:45 |
| C+D | 9:15 |
| E-G | 9:45 |
| H-K | 10:05 |
| L-M | 10:30 |
| N-O | 11:00 |
| P-R | 11:15 |
| S | 11:50 |
| LUNCH | |
| T-Z | 13:16 |
| | |

October 27th, 2021 Secondary 4 vaccination day:

| | |
|-------|-------|
| A+B | 8:45 |
| C+D | 9:20 |
| E-G | 9:55 |
| H-K | 10:25 |
| L-M | 10:45 |
| N-O | 11:15 |
| P-R | 11:30 |
| S | 12:05 |
| LUNCH | |
| T-Z | 13:16 |



BEEKEEPING

Two dates are available for the honey extraction workshop: Friday, October 29 and Wednesday, November 17. Both workshops will be from 3:15 to 4:15. A assignment/survey was posted in Google Class. Please fill it in by Monday, October 25 to tell me your preferred date. If you want to join the club, please see me in room 204.

Mr. Girardin

SCHOOL STORE

Mondays through Thursdays during lunch. We accept cash, cheques, and Debit!

RWA Home & School