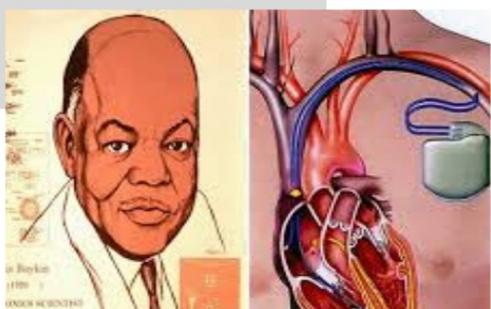


# Royal West Academy Student Bulletin

Day  
04

Did you know that the first artificial pacemaker was invented by an African American man by the name of Otis Boykin



#01 invention fun fact

## UPCOMING EVENTS

February 11th-Ped Day

February 14th -Ped Day

February 15th -Dress down day

February 18th -Ped Day

February 21st -Ped Day

### Club de crochet

Le club reprendra ses activités mardi prochain, soit le 8 février 2022, à 12h30 au 110.

Les élèves déjà inscrits sont les bienvenus.

Les personnes intéressées à se joindre au groupe peuvent le faire en communiquant avec Mme Moreau ou Mme Roy. Premiers arrivés, premiers servis!

Les places sont vraiment limitées! **(NEW)**

**Midget Boy's basketball** practices this week on the following dates: Thursday, Feb 3<sup>rd</sup> @ 7:30 AM in the New Gym. Friday, Feb 4<sup>th</sup> @ 7:30 AM in the New Gym. Please ensure you are present for both practices." **(NEW)**

### Girls Rugby

The first practice for the girls rugby team will be held this Thursday (Feb 3rd) after school at 3PM in the New Gym. Any girl from grade 7-11 are invited to join. **(NEW)**

### Midget Girl's basketball team

There will be a practice on Thursday after school (Feb 3) in the new Gym at 3:10 PM. All team members are expected to attend." **(NEW)**

### PENNYDROPS

For all those who signed up please note that we will have a Pennydrops session Thursday (Feb. 3) during lunch in room 214. **(NEW)**

### CAMP LIFT

Camp LIFT is a non-profit organization that promotes healthy lifestyle habits. The Lift Workshop focuses on physical and mental health. It's an 8-week interactive program involving stress management, movement, nutrition, conflict resolution, values, procrastination, discussion, and overall wellness. Sessions will take place during lunch (Tuesdays) for (grade 9-10-11) and afterschool (Tuesdays) for (grade 7-8). Each week will encompass a different theme based on cutting-edge scientific research, as well as mindfulness. If interested please sign up outside bulletin board 224 or see Ms. Di Pietro in room 226. **(NEW)**

### Feminism Club

Fem club is back! This Friday grades 7-8 are invited to room 312 for the first fem club of 2022. See you there! Maya, Evelyn, Ms. Gehr and Mr. Dupuis **(NEW)**

### Grade 7 and 8 lunch time volleyball

This program will resume on Wednesday February 9 and 16 at 12:30 in the boys gym. **(NEW)**

### **Grad Apparel**

It's that time of year to place your order for grad apparel. All grade 11 students received an order form in homeroom on Monday January 31st. Orders will be placed on Monday February 7, Tuesday February 8 and Wednesday February 9 in room 113. (NEW)

### **Girls Badminton Try-outs!!**

Wednesday, Feb. 2<sup>nd</sup>. 3:10pm to 4:30 pm in New Gym. Remember to sign up on the sheets posted in the new Gym area. See Mr. Bateman with any questions. (NEW)

### **Ski/Snowboard Club: Grades 10 and 11**

Our second outing to Sutton is happening on Friday, February 18<sup>th</sup>! As it is a ped day, this will be a full day outing. You can pick up an official registration form as of today. Forms will be available outside of office 224 in the second floor west wing (near the water fountain). Please read the instructions on the form carefully and follow proper instructions for handing them in. If you have any questions, you can speak to Ms. Colannino or Mr. Zigby. (NEW)

### **CAF (Centre d'aide en français)**

Le CAF reprend ses activités à partir du 1er février. On se voit dans le local 101 à 15:05. (NEW)

### **Track and Field**

Track practice afterschool on Thursday, February 3<sup>rd</sup> in the Boys Gym. (NEW)

### **Fitness**

Fitness class will resume Friday, February 4<sup>th</sup> in room 102. New members are welcome to join. Ms. Di Pietro 226 (NEW)

### **Boys' Rugby**

It is time to start getting ready for a new rugby season. I don't know yet what it will look like, or even if it is going to happen, but we are not going to sit around waiting to find out. Signup sheets for bantam boys (grade 7), midget boys (grades 8 and 9) and juvenile boys (grades 10 and 11) are posted outside the New Gym office. There will be a meeting in the Boys' Gym at 12:30 on Wednesday February 4. Important information and documentation will be handed out. If you can't make it, or if you have any questions, see Mr. Lapierre in room 310. The first practice is scheduled for Tuesday February 8. (NEW)



### **BLACK HISTORY MONTH**

Once again this year, we ask HMRM classes to decorate their doors in celebration of Black History Month (February). Please be as creative as possible when displaying inspiring Black figures. Not only do these decorated doors aim to celebrate inspirational Black heroes who have made history, but they also empower students and kickstart a dialogue. If any staff member or student is interested in brainstorming ideas for the month of February please email or see Ms. Di Pietro or Mr. Linton in room 226. ECA credit offered. sdipietro@emsb.qc.ca

If anyone is in need of posters please feel free to see Sadia in room 226. 😊