

Royal West Academy

Student Bulletin

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Auteure-compositrice-interprète de descendance haïtienne, Dominique Fils-Aimé est née à Montréal en 1984. En 2019, elle remporta un prix Félix pour l'album jazz de l'année et se retrouva sur la courte liste du prestigieux prix de musique Polaris. Elle reçut également un prix Juno en 2020.

UPCOMING EVENTS

February 11th - Ped Day

February 14th - Ped Day

February 15th - Dress down day

February 18th - Ped Day

February 21st - Ped Day

Social Justice Club:

There will be a meeting on Tuesday, February 8th in room 215 at 12:30pm (bring your lunch). All are welcome. Ms. Chronopoulos (NEW)

Grade 9 & 10 lunch Volleyball

We are re-starting the grade 9 and 10 lunch time volleyball. The next 2 sessions are on February 10 and the 22nd in the boys gym. (NEW)

TCBY

The grads are selling TCBY this Thursday at lunch in the main foyer and the first floor west wing. Cost is \$2.50. (NEW)

Sign up sheets are posted for Ultimate Frisbee. The first try-out will be on Thursday, Feb. 24 in the new gym. (NEW)

Midget Girl's basketball practice today after school in the new Gym @ 3:10 PM (NEW)

Midget Boy's basketball practices this week: Wed morning @ 7:30 AM in the New Gym & Thurs after school @ 3:10 PM in the New Gym (NEW)

Track and Field Practices (NEW)

Thursday February 10th afterschool in the Boys Gym - Tuesday February 15th during lunch in the Boys Gym -- Tuesday February 22nd afterschool in the Boys Gym

Girls Rugby: Our next practice is Tuesday Feb 8th at 3pm in the new gym. J. Zigby (NEW)

GRAD APPAREL

Reminder for grads: You can order your grad apparel Monday, Tuesday and Wednesday this week in room 113. We have sample sizes in case you are not sure what size to order. Payment is due with the order (cash or cheque). (NEW)

Ski/Snowboard Club: Permission forms for the outing on February 18th must be handed in by Wednesday, February 9th. Please hand them in during homeroom or during recess to Ms. Colannino in office 224 (second floor WW). (NEW)

Girls Badminton TRY-OUT LIST: The list for the students that have been selected to return for the next Girls' Badminton session is posted in the New Gym Area. The next try-out will be Wednesday, Feb. 9th, 3:10 in the New Gym.

Card Making/Mandala Colouring Club

Want to make a difference to a senior citizen's day! Enjoy a creative outlet when you join the card making club. Whether it's a birthday, holiday, or simply a positive message it can make a difference in someone's day. You can also decide to color a mandala if you wish. If interested sign-up on bulletin board outside room 224. Community or Cultural ECA credit offered. Sessions begins Thursday Feb 10th during lunch in room 215. For more info. please see Ms. Di Pietro in room 226. **(NEW)**

Wellness Club

Are you interested in learning about well-being and taking part in self-care? Join the Mindfulness & Wellness Club if you are interested in doing fun, relaxing, and stress relieving activities each week. We will host exciting and informative events where you can learn techniques that are useful for stress management. Snacks will be included! Sign-up on bulletin board outside room 224 or with Ms. Di Pietro in room 226. Sessions will take place Mondays during lunch.

Boys' Rugby update

RWA Boys' Rugby is still recruiting new members from all grades. Signup sheets are still located outside the New Gym. Permission forms are available from Mr. Lapierre in room 310. The practice schedule for February is available on the door of 310. Our first practice is Tuesday February 8 at 3:10 in the Boys' Gym. You need your gym uniform, mask, mouthguard, water bottle and those 13 or older need to bring their proof of vaccination. See Mr. Lapierre in 310 if you have any questions.

To all members of the **Wrestling Team** and for any students who wish to try out: Practices have resumed and we're looking forward to seeing you back on the mat. Please consult the Google Class for the schedule or come and see Mr. Chen in room 206. I will only be reviewing emails during regular working hours.

D&D and Board Games Mondays and Wednesdays

Resumes starting February 7 Mondays and Wednesdays after school, same time same place. Mr. Girardin

Ice hockey/ Skating ECA

We will soon be starting our ice hockey/ skating ECA taking place at the Montreal West Arena (down the street). It will be every Tuesday after school from 3:30 to 5pm. For hockey: helmet, skates, neck guard, gloves and stick are mandatory. For skaters, Helmet and skates only. This is open to all levels of skaters, even if you just want to learn and to students of all grades. You must bring your own equipment, wear your mask and be vaccinated as usual. Sign up sheets are posted by the entrance of the gymnasium. Teachers are welcomed as well. Mr. Rafael/ Mr. Macpherson

Chess Club

Les activités reprennent tous les jours 4 et 5 sur l'heure du midi. Revenez en grand nombre pour vous amuser. J. Lemelin

Floor hockey is back on Wednesday for those who registered. Same place, same time. M. Ohayon

Boys Badminton: Our first round of tryouts will be on Monday, Feb. 7, in the new gym, from 3-5, for the bantam team (grade 7 & 8). Midget and juvenile aged players (grades 9, 10, 11) will have their first tryouts on Thursday, Feb. 10, from 4:30-6, in the new gym. Come in your PE uniform. Looking forward to seeing you there!

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!

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. Please sign up outside bulletin board 224 or see Ms. Di Pietro in room 226.

Grade 7 and 8 lunch time volleyball

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

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.