

# Royal West Academy

## Student Bulletin

**EGO - KILL IT**  
**LOVE - VALUE IT**  
**SMILE - KEEP IT**  
**GOSSIP - IGNORE IT**  
**SUCCESS - ACHIEVE IT**  
**JEALOUSY - DISTANCE IT**  
**KNOWLEDGE - ACQUIRE IT**  
**CONFIDENCE - TRUST IT**

### UPCOMING EVENTS

- *September 14 - Welcome Back Assemblies*
- *September 15 - STM Photos*
- *September 16 - Ped Day*
- *September 15 - Open House*
- *September 19 - ID photo retakes*
- *September 20 - ECA Fair*
- *September 22 - Car Free Day*
- *September 23 - PM Ped day*

[WWW.LIVELIFEHAPPY.COM](http://WWW.LIVELIFEHAPPY.COM)

**NEW!**

### WELLNESS CLUB

Looking for a calm zen space at lunch? Looking for ways to improve your wellbeing or want to drop in for short meditations? Are you interested in wellness, want to make a difference in creating healthy habits and practices for your wellbeing and others, would like to create a more positive school environment? Thursdays at lunch this club is open to Secondary 3-4 and 5 students who have an interest in promoting wellness and awareness on mental health. Together we'll be brainstorming ways to educate and inspire our school community. Please sign-up outside room 224, spaces are limited. Stay tuned for more info on our first meeting! For more info, please see Ms. Wineberg (225), Ms. Di Pietro (226) or Ms. Trehin (112B). Two ECA credits offered.

**NEW!**

### Science Fair 2023

The Science Fair is back at RWA on February 9<sup>th</sup>, 2023!

The Science Fair is a great opportunity to develop research skills that are essential for working in all fields of science at any levels of academia. Top projects are given the opportunity to participate in regional and perhaps even national science fairs with other students from all across the country!

This year, the Science Fair is **optional** for students in grades 8-11. Participation will give you **2 credits** related to the research you choose to do.

If you think you would like to participate in the Science Fair, please follow the link below and fill in the required information before September 23<sup>rd</sup>, 2022. **All students planning on participating must fill in the form, regardless of whether you are working with a partner or individually.**

<https://forms.gle/3ftBC88x54NfSGKQ7>

If you have any questions, please direct them to your science teacher. Looking forward to seeing all of your amazing minds in action!

The RWA Science Department.

**NEW!**

### Music Room /Memorial Gym/ Caretaker Entrance

Students and staff are asked not to use the Music Room /Memorial Gym/ Caretaker entrance or the bike rack that is located in that area. **An additional bike rack was added on the walkway leading to the front entrance.** The area beyond the gates is for construction workers and vehicles only. For your safety, please stay away from this area at all times. Please do not move the gates. This includes evening activities.

# Royal West Academy

## Student Bulletin

**NEW!****Debate Team – No after school practice this week**

Due to the Ped Day on Friday, there will be no debate team practice on Friday. Our next lunch meeting will be on Wednesday, Sept. 21<sup>st</sup>, when we will do a run-down of how competitive debating works. It is not too late to sign up. Check out the practice info, MS Teams code, and sign-up sheet on the door to Room 211.

– Ms. Holloway

**NEW!****SWIM TEAM!!**

Are you ready to join the Swim Team? Please sign up outside the Foundation (New) Gym and attend the Information meeting **Tuesday, September 20<sup>th</sup>** in Room 305 at lunch.

**NEW!****Math and art club**

Any secondary one student who has not sign up for math or art club, please come to room 302 to see Mrs. Darouach

**NEW!**

“For all Sec 4 and Sec 5 students interested in exploring a possible career in Medicine, Dentistry, Physical Therapy, Occupational Therapy, Nursing (plus others): The deadline to apply for a mentor who is currently a student at McGill in one of these programs through McGill’s Academic Immersion in Healthcare (AIH) program is Friday September 16<sup>th</sup>, 2022. Please go to the Google Classroom “RWA Career Exploration & Student Services 2022-2023” for the application package and process. This program is open to all sec 4 and sec 5 students interested in careers in Healthcare.”

**NEW!****Chess Club**

Venez vous amuser en jouant aux échecs tout en vous faisant de nouveau amis. Pour vous inscrire et informations, passer me voir au local 202. Cette activité a lieu tous les jours 3 à partir de 15h. Tout le monde est bienvenu ! J. Lemelin

**STM OPUS**

**When:** Thursday, September 15<sup>th</sup>, 2022.

**Where:** Room 102

**What you need:**➤ **If you are 12-13 YRS OLD**

- 1- Complete the application form. The form is available on the RWA website as well as at [www.stm.info/en/student](http://www.stm.info/en/student) and have it signed by parental authority.
- 2- Bring the above form, proof of age (Medicare Card, Passport, Permanent resident card) and exact change:
  - \$15 for a new card (1<sup>st</sup> time users and those whose card expires on Oct. 31, 2022)

➤ **If you are 14 YRS OLD or OVER**

- 1- Complete the application. The form is available on the RWA website as well as at [www.stm.info/en/student](http://www.stm.info/en/student) (parent does not have to sign form)
- 2- Bring proof of age ((Medicare Card, Passport, Permanent resident card or driver’s license) and exact change:
  - \$15 for a new card (1<sup>st</sup> time users and those whose card expires on Oct. 31, 2022)

If you cannot attend on the day the STM will be there, other options are available:

Make an appointment at the STM photo studio (1755 Berri Street). Please note that you must make an appointment in advance. Book your appointment here: <https://www.inscriptweb.com/stm/EN/index.html>.

Apply for a new card by mail. Visit the STM website ([www.stm.info/en/student](http://www.stm.info/en/student)) for more information on how to apply.

**Photographs will be taken in alphabetical order. Students should present themselves, at the scheduled time in Room 102 with the exact change, signed application form and identification (proof of age i.e. medicare, birth certificate, student card, official copy of your timetable showing date of birth).**

<b>Time</b>	<b>Last name starts with:</b>
<b>8:45</b>	<b>A-B</b>
<b>9:10</b>	<b>C-D</b>
<b>9:40</b>	<b>E-G</b>
<b>10:05</b>	<b>H-J</b>
<b>10:45</b>	<b>K-L</b>
<b>11:10</b>	<b>M-N</b>
<b>11:40</b>	<b>O-P</b>
<b>12:05</b>	<b>Q-R</b>
<b>1:20</b>	<b>S-T</b>
<b>1:45</b>	<b>U-Z</b>
<b>2:15</b>	<b>Any remaining students who were unable to attend earlier.</b>

### **Pennydrops -Financial Planning Workshop -grade 9-10-11**

PennyDrops' high school program offers live activity-based financial literacy workshops to students. The lessons are delivered in-person by trained university mentors and take place during lunch (Wednesday) starting in October. Throughout the workshop, students will work through a series of interactive activities with mentors. ECA credit offered. Please sign-up outside room 224 if interested. Session will begin in October.

### **RWA Photography Club**

Hey all you aspiring and experienced photographers. Do you want to learn how to take good photos? Would you like to help promote the school? Do you like meeting new people and having fun? Would you like to earn a Community, Cultural or Environment Credit? If so, join Photography Club. This year, the format will be a bit different. Anyone who was in the club last year will be classified as Experienced, regardless of their grade level. Any newcomers will be classified as Beginners, regardless of their grade level.

First Meeting for Experienced Members: Thursday Day 4 at Lunch in Room 206

First Meeting for Beginner Members: Tuesday Day 6 at Lunch in Room 206

### **Table Tennis Volunteers Needed for Open House**

All you need to do is play table tennis during open house from 5:00 to 8:00 on Thursday, September 15. Possibility of ½ community credit. See Mr. Girardin in 204 to sign up.

### **Board Games/D&D Volunteers Needed for Open House**

Display and play some board games during open house from 5:00 to 8:00 on Thursday, September 15. Possibility of ½ community credit. See Mr. Girardin in 204 to sign up.

### **CAMP LIFT (grade 7 and 8)**

Camp LIFT is a non-profit organization that promotes healthy lifestyle habits. The Lift Workshop focuses on physical and mental health. It's an 10-week interactive program involving stress management, movement, nutrition, conflict resolution, values, procrastination and overall wellness. Sessions will take place after school for grade 7 and 8. Each week will encompass a different theme based on cutting-edge scientific research, as well as mindfulness. Please sign-up outside room 224 if interested (bulletin board). First session will take place afterschool on October 5th in room 210. For more info. please see Ms. Di Pietro in room 226 (west wing office). Community or Cultural ECA credit offered.

### **HOPS (GRADE 11)**

The Hospital Opportunity Program for students is once again being offered, however will be virtual this year. HOPS is an opportunity for students who are interested in, or who are considering a career in the field of medicine (doctor, nurse, specialist, and technician). The Jewish General Hospital Auxiliary has created projects for students that are related to the medical field. Students will spend once a week, (half day) working on the project in their respective school. Students will have to attend four mandatory evening lectures (virtually). This is a very serious, yet rewarding program. To be considered for the program, students must; be in grade 11, have an 85% average or above, and be taking Sciences courses. Please see Ms. Di Pietro in room 226 (west wing), for an application or more information before September 14<sup>th</sup>.

### **Cross-Country Running**

Next practice will take place Wednesday September 14<sup>th</sup> afterschool. We will meet near the New Gym.

Bonne  Journée