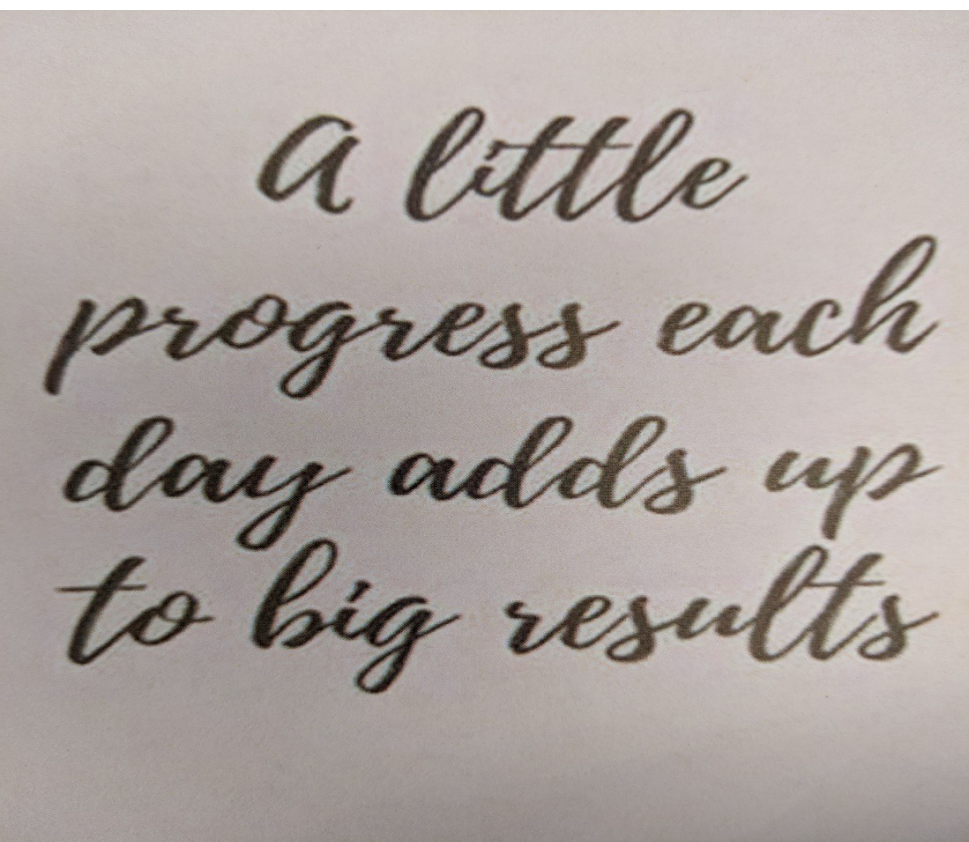


Royal West Academy

Student Bulletin



UPCOMING EVENTS

- October 12 - PSAT
- October 14 - Ped Day
- October 17-21- Waste Reduction week
- October 19 - Sec 3 EMSB Education and Career Fair
- October 20 - Sec 1-3 Reading assessment
- October 24-28 - MindPop ELA
- October 31 - Halloween Dress down

NEW!

CRC Robotics

Today's after-school meeting will be moved to lunch today at 12:30pm

NEW!

She loves you yah, yah, yah...

She loves you yah, yah, yah

Ah, sorry but actually, ah, She loves **SAMOSAS!**

Wednesday, west wing. recess. lunch. all profits to Montreal Native Women's Shelter

NEW!

Karate Club

A reminder that our second session will be today in the Memorial (Boys) Gym after school today at 3:15!

Hope to see you all there!

NEW!

Indoor Track and Field

Come join RWA's track and field team!!! Sign-up sheets will be posted outside the New Gym. Our first practice will be held Thursday, October 27th afterschool.

NEW!

Table Tennis

Meeting today (Wednesday, October 12) is canceled. Please sign up for Google Classroom. The code is: **byei77z**. All information about the club's functioning can be found in Google Classroom. If you have any questions, please see me in room 204 at lunch.

NEW!

Board Games/Dungeons and Dragons

These activities will be starting up very soon. Sign up to Google Class and fill in the Google Form found there.

Google Class Code: **juusf54**

See me in room 204 if you have any questions.

Mr. Girardin

NEW!

Sec 4-5 DiaCare ECA

Interested in healthcare? Looking to boost your resume? Do you want to build rapport with professionals through advocacy work? Ambassadors of DiaCare (Type 1 Diabetes Care) will be representing RWA at a seminar on Type 1 Diabetes, a meet and greet with doctors and politicians, and to mentor a child with Type 1 Diabetes. Sign up for your interview on Ms. Lumsden's door by October 13. Scan the QR code for further details.

NEW!

Juvenile Girls Basketball

There will be a brief meeting today at 12:30pm in the resource room.

Ms. Todi

NEW!

Yoga

Yoga classes will start next Monday in room 113 after school, at 3:15 with an amazing instructor, come join us. Get a community or sports credit by attending 8 out of the 12 classes offered, on Mondays and Thursdays!

See you there!

SEC 3s: EMSB EDUCATIONAL & CAREER FAIR

This is a reminder to all Sec 3s that opt-out forms for the EMSB Educational & Career Fair must be submitted to the main office by Oct 12th.

HEADSTRONG YOUTH SUMMIT

Are you in secondary 4 or 5? Looking for ways to boost your resume? Are you interested in being a youth leader representing your school? Would like an opportunity to attend a youth summit joining numerous youth from schools across the province? Well then come join the HEADSTRONG YOUTH SUMMIT on Oct.18,19 and 20! You will have an opportunity to participate in this event full of real-life stories, thought provoking activities, and explore the benefits of living a healthy life and its effects on mental wellbeing. **If you are interested, please sign up as soon as possible outside room 224, spaces are limited. Please attend the mandatory Wellness club meeting this Thursday at Lunch in room 215 to pick up permission forms.** Please see Ms. Wineberg (225), Ms. Di Pietro (226) or Ms. Trehin (112B) to learn more.

WELLNESS CLUB

Reminder that Wellness club will be **meeting this Thursday October 13th @ lunch in room 215.** Mandatory meeting for all those participating in the Headstrong Summit. Still a few spaces left, if you are interested please join us for the meeting on Thursday. This club is open to Secondary 3-4 and 5 students who have an interest in promoting wellness and awareness on mental health and looking for a credit in culture and/or community. Together we'll be brainstorming ways to educate and inspire our school community. Looking forward to seeing you then!

Bike Club

Just a reminder that our last Fall bike ride is happening on Wednesday October 12th. We will be headed to the René Levesque park in Lachine. Please confirm your presence via our Google Classroom page.

- Ms. Partington

GRADE 11 SCIENCE STUDENTS

To those who have not yet registered for the Science Fair, a reminder that you must register by **Friday at the latest.**

You must join the Google Classroom (ltg56lw) AND fill in the registration Google Form.

BOTH MEMBER OF A GROUP MUST FILL IN THE FORM

Join the RWA Well-Being Google Classroom

The RWA Well-Being Google Classroom is where you can access science backed tools, techniques, and tips for lowering stress, coping with performance anxiety (and anxiety in general), and how to increase your overall sense of well-being. To get into this Google Classroom use this class code: **xhny2jm**. This Google Classroom also has no homework and is completely voluntary to join. So come check it out and see what tools might be helpful to you

Bracelet Club

Bracelet club is starting on October 18th. Come to the art room to make a string bracelet. Open to grades 7-11, but limited number of spots.

JB Flag Football

Practice is on Wednesday October 12th at 3:10 on the front field. Wear your full uniform for our yearbook picture.


Table Tennis

Sign up meeting in the Memorial Gym Wednesday, October 12 at lunch.

MAKEUP CREW (ALL GRADE LEVELS WELCOME)

Would you like to become a makeup artist to the stars of RWA?! For all those interested in joining the makeup crew for this year's theatrical productions, there will be a very short information session at the beginning of lunch in room **209** on

Thursday October 13. (Day 7). Hope to see you there!

Bonne  Journée