

Royal West Academy


Student Bulletin

UPCOMING EVENTS

- *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*

Enjoy the little things, for one day
you may look back and realize they
were the big things.

- Robert Brault

 SayingImages.com

NEW!

Music During Recess

The 2nd floor west wing will be playing music during recess and we would love to hear your song suggestions. Please email your song requests to Ms. Di Pietro at sdipietro@emsb.qc.ca.

NEW!

Variety Show Auditions

Just a reminder that Variety Show auditions will be held Monday October 17th afterschool in room 117. If you have not yet signed up, you can still attend the auditions. Looking forward to seeing all the talent!

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!

Debate Team: Lunch Meeting Cancelled

Today's Day 7 meeting is cancelled. Please consult the calendar on the door of 211 for the schedule of meetings and practices in October and November.

-Ms. Holloway

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

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.

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!

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!

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 (Itg56lw) 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..

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