

Royal West Academy

Student Bulletin

DIABETES:

NO MATTER HOW MUCH SLEEP YOU GET YOU WILL STILL BE TIRED FROM LAST NIGHT'S MIDNIGHT HIGH/LOW, AND NO MATTER HOW TIRED YOU ARE YOU STILL WON'T BE ABLE TO SLEEP BECAUSE YOU NEED TO STAY ON TOP OF YOUR BG LEVELS.



40-50% of people living with Diabetes suffer from sleep deprivation.

UPCOMING EVENTS

- *November 11- Remembrance Day assemblies*
- *November 14 - Blue shirt day*
- *November 15 - Report card issued*
- *November 17 - Parent-Teacher night*
- *November 18 - Ped Day*
- *November 21 - 25 - MindPop Science*
- *November 24 - Sec 1 Arts rotation ends*
- *November 25 - Sec 1 Arts Rotation begins*

NEW!

Bathrooms

We have great news. The renovation of the girls' washrooms on the second and third floors have been completed. As a result, we are returning to the original designation for all washrooms on the second and third floors.

- The newly renovated washrooms near room 208 and 309 are now for female students once again.
- The washroom previously designated for girls on the third floor next to room 304 is once again for male students.
- The washroom in the second-floor west wing will return to being an all-gender washroom.
- The portable outdoor washrooms have been removed.

We thank all our students for their patience as these important improvements to our building are made.

- RWA Administration

NEW!

Huge congratulations to the GMAA Juvenile Boys Volleyball 2022-2023 Champions. The team outperformed the opponents in every aspect of the game, despite the fact that they were missing one of the captains due to injury (Phoenix Trew).

MVP: Isaac Sadowy (captain) led the team by not only receiving and defending very well, but also managed to score in key moments, including the last championship point

NEW!

Beginners Italian:

Reminder: We meet today Thursday, Nov. 10 at 12:30 Rm 307

NEW!

CONGRATULATIONS to Bantam Soccer!!

- On Friday Night the RWA Bantam Boys Won the GMAA championship defeating Beaconsfield High School 2-1.
- On Saturday the RWA Bantam Girls placed second, dropping a heart-breaker to LCC 2-1 at Terra Cotta Park in the GMAA Soccer Championship Show Case tournament.

An incredible season by both groups, playing outstanding soccer all season long and demonstrating sportsmanship and integrity both on and off the pitch.

A big thanks to the student-coached for both groups: Julliette Bulot & Jonah Blant with the Boys. And Emma Pierantozzi & Jewel Tilner with the Girls. Your impact on these athletes will be felt for years to come.

- J. Bateman

NEW!

GRADE 8 LEVEL SKI TRIP SIGN UP DEADLINE Nov. 30

All Grade 8 students who not signed up for the GRADE LEVEL SKI TRIP are reminded that the deadline to sign up is fast approaching, Wednesday, November 30. Please sign up online at www.rodroy.com/rwa8. Please feel free to see Mr. Vamvakas (Rm 205) if you have any questions.

NEW!

Plant Club

Plant Club is starting back up again! If you have a green thumb or are interested in learning about plant growth sign up on the door of room 314. Meetings will be at lunch and an environment credit will be offered. Open to all grades!

Blue Shirt Day on Monday

This Monday, Nov. 14th, RWA challenges Diabetes!!! In honor of World Diabetes Day, come to school in a blue shirt to show solidarity to the teenagers struggling with Type 1 Diabetes. Cost to wear blue is 2\$. Money will be going to IChallengeDiabetes, an organization that supports, mentors, and empowers teens and children with T1D.

New ECA! Join the Royal West Historical Society!

Do you want to explore and preserve real historical documents? If that sounds interesting to you, you can become a founding member of the new *Royal West Historical Society*! Our first project will be preserving our oldest school yearbooks, which date back to 1933! There will be a meeting and sign up for all of you amateur historians and archivists in **the library with Ms. Germain at the start of lunch on Thursday, November 10th**.

Play Watchers

Secondary 4 and 5 students interested in watching upcoming plays at the Segal Center and Dawson college are invited to room 212 on Thursday November 10th at the start of lunch. Cultural Credit available to participants.

Track and Field

Just a reminder that there will be a track and field practice Thursday, November 10th afterschool. We will meet near the New Gym doors.

Bantam Boys Flag Football

Merci de laver et de remettre votre jersey à Monsieur Tétreault dans le local 109 le plus tôt possible. Félicitations pour votre deuxième place dans la quatrième division.

Grads 2023

Reminder: Submit your grad bios

The deadline is November 25th.

https://docs.google.com/forms/d/e/1FAIpQLScadwPu0e44W-q99vC4n3EqReKqqwMrRIZkxo-X4h7CWNPcwA/viewform?usp=sf_link

- Yearbook Committee

Veterans' Week @ RWA:

- **November 1-11 - Poppies available** in main office and with SLA
- **Thursday November 10th & 11th – *The Dieppe Exhibit (in main foyer/All are welcome)*** In honor of the 80th Anniversary of Dieppe, RWA Staff and students are invited to explore a historical travelling exhibition: *Courage in Chaos: The Dieppe Story*. Come meet members of the Royal Montreal Regiment Foundation ([Je Me Souviens](#)) for interactive guided tours of the Dieppe exhibit during lunch on Nov.10 & 11.
- **Friday November 11th – *Remembrance Video Presentation (Period 3 – All Grades)*** On the 11th day period 3, Royal West Academy will participate in a solemn Remembrance and Reflection presentation to honor our Veterans, Members of the Canadian Armed Forces, our hope for global peace and a moment of silence.

Hogwarts House Games! (aka Harry Potter Trivia Battle)

Do you love the wizarding world? Do you think you know your Harry Potter books? The library will be holding its annual Hogwarts House Games on **Friday, November 11th, afterschool from 3-4 PM**. Spaces are limited so make sure you drop by the library to reserve your spot ASAP! Ask Ms. Germain for more details.

Bonne Journée 