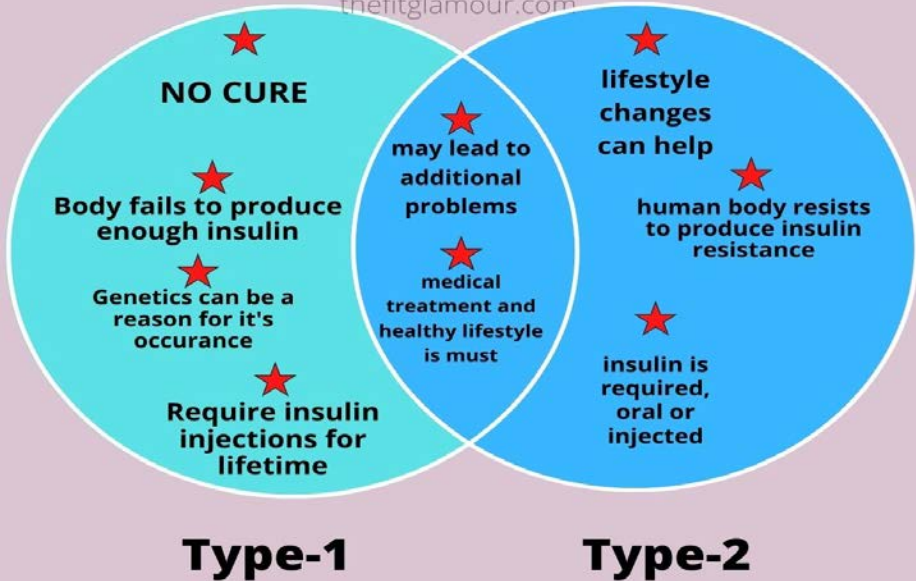


Royal West Academy

Student Bulletin

TYPE 1 V/S TYPE 2 DIABETES

thefitglamour.com



UPCOMING EVENTS

- 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
- December 2 - Board Ped day
- December 5-9 - Tyndale Week
- December 7-9 - Black out Days

When you have diabetes, there is no particular meal plan you have to follow. But you should try and fill your body with healthy choices—paying attention to portion sizes and meal scheduling—to help keep your blood sugar levels in check.

NEW!

O my Luve i**S** like **A**, red, red rose
That's newly sprung in June;
O my Luve is like the **M**elody
That's sweetly played in tune.

So fair art thou, my b**O**nnie lass,
So deep in luve am I;
And I will luve thee **S**till, my dear,
Till a' the seas g**A**ng* dry.

**gone in Scottish*
West Wing, Wednesday Recess and Early Lunch

NEW!

Homework Program

Whether you need help with homework, organization, or simply need a place to get some work done, come visit the resource room after school today.

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!

LOST TRUMPET

If anybody has seen a trumpet case with the number #2443, please bring it to the office or to the music room. Thank you!

NEW!

WELLNESS CLUB TO ALL RWA STUDENTS!!

Have you been feeling a bit blue or down lately?

The Wellness club wants to cheer you up with a “Smiley Board” posted on your homeroom door.

Please take a moment to write about anything that will brighten your day or put a smile on your face. It’s a simple way to share and spread wellness :)

The Smiley board with the most positive messages wins a prize.

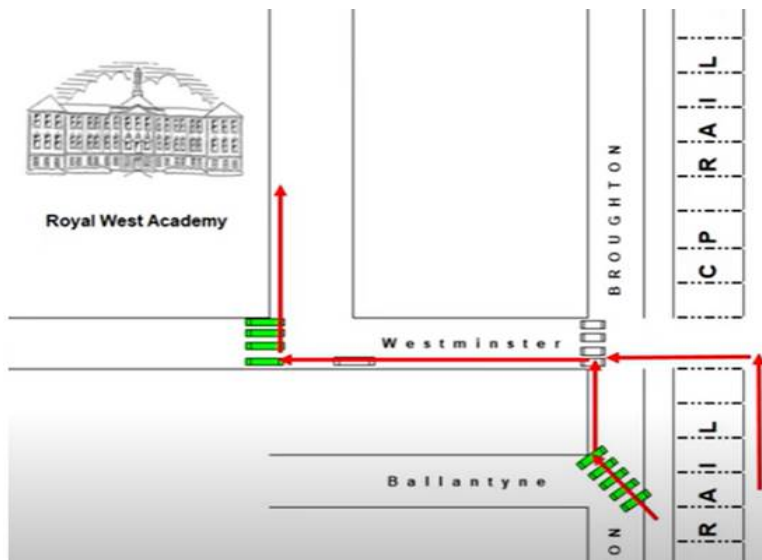
“There is always a reason to smile, you can find it!”

SET BUILDING- ECA opportunity!!

If you are interested in getting involved in set building and helping out with the RWA musical, please sign up on the sheet posted outside room 216, near the Musical Bulletin Board. See Mr. Bateman for details.

IMPORTANT Announcement

Due to the construction on Westminster, safe pedestrian crossing is even more important. RWA received a reminder from the local police that **students will receive tickets if they are caught crossing anywhere other than at a designated pedestrian crossing**. A second reminder from the police is to **cross Westminster at Ainslie South in the morning NOT at Broughton** (see diagram). Please be vigilant, cautious, and respectful.



Bonne Journée