

# Royal West Academy

## Student Bulletin

### HOW I FEEL WHEN MY BLOOD SUGAR IS...



### UPCOMING EVENTS

- November 9 - Grade 7 Day Trip
- 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

### What is a hypoglycemia?

People with T1D can run out of sugar just as easily as they can gain it! A **hypo** is when blood sugar is too low. Hypos can happen when exercising, when a person is energized and happy or after administering too much insulin.

NEW!

### Track and Field

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

NEW!

### Homework Program

Whether you need help with homework, organization, or just need somewhere to get some work done, come by the homework program in the Resource Room after school today.

NEW!

### Grade 7 Level Day Trip

Please be here for 7:50 am so that the buses may leave on time at 8am, upon arrival please go directly to your bus number, buses will be parked on Ainslie. Dress comfortably and according to the weather forecast, as the activities will take place outside. Don't forget to bring your lunch, snacks and a water bottle.

Bus:

Bus 1:

Hmr 113(table 1), 109, 114, 202

Bus 2:

Hmr 113(table 2), 204, 207, 312

Bus 3:

Hmr 113(table 3), 209, 210, 302

NEW!

### Bantam Boys Flag Football

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

**NEW!**

## **SAMOSAS**

Twinkle twinkle samosa

How I wonder what you are

You make the west wing smell good

I'd buy a dozen if I could

Twinkle twinkle samosa

I'd love to eat you cooked or raw.

**Wednesday West Wing: RECESS (early lunch if you're lucky)**

## **Grads 2023**

Reminder: Submit your grad bios

The deadline is November 25<sup>th</sup>.

[https://docs.google.com/forms/d/e/1FAIpQLScadwPu0e44W-q99vC4n3EqReKqqwMrRIZkxo-X4h7CWNPcwA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScadwPu0e44W-q99vC4n3EqReKqqwMrRIZkxo-X4h7CWNPcwA/viewform?usp=sf_link)

- Yearbook Committee

## **Veterans' Week @ RWA:**

- **All Sec 5's: Wednesday November 9<sup>th</sup> Period 4**– *Remembrance with our Community at Montreal West War Monument special presentation/ceremony. (Please make sure to have appropriate clothing to be standing outside for 30-40 min)*
- **November 1-11 - Poppies available** in main office and with SLA
- **Thursday November 10<sup>th</sup> & 11<sup>th</sup> – The Dieppe Exhibit (in main foyer/All are welcome)** In honor of the 80<sup>th</sup> 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 11<sup>th</sup> – Remembrance Video Presentation (Period 3 – All Grades)** On the 11<sup>th</sup> 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.

## **Grade 10 Level Trip**

Please join us in the boy's gym November 10<sup>th</sup> at 12:30 PM for an information session concerning the grade 10 level trip. Important documents will be handed out so please make every effort to be present. Thank you.

## **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.

## **Cheese Club**

For all cheese club members, there's a meeting on November 14 at lunch, in room 103. For anyone who still wants to join, there is limited space available, talk with Mr. Stewart. The first meeting is just a meet and greet, we'll be discussing further meetings and workshops, as well as getting to know everyone.

Bonne  Journée

