

Royal West Academy

Student Bulletin

We would like to acknowledge that Royal West Academy is located on unceded Indigenous lands. The Kanien'kehá:ka* Nation is recognized as the traditional custodians of Tiohtià:ke/Montréal*, which has long been a site of meeting and exchange for many First Nations and is currently home to diverse groups of Indigenous and other peoples. We are grateful to live, work, and learn here and recognize the important role of education in reconciliation. (and in maintaining connections between the past, present, and future.)

NO ONE
IS YOU
AND THAT
IS YOUR
POWER

UPCOMING EVENTS

- Sept 13 - Welcome Back Assemblies
- Sept 14 - STM Opus Photos
- Sept 19 - 21 - Guidance Visits to Sec. 1
- Sept 21 - International Peace Day
- Sept 21 - Open House
- Sept 22 - Car Free Day
- Sept 22 - Ped Day
- Sept 25-29 - MindPop French
- Sept 26 - Governing Board
- Sept 27-28 - Sec. 5 CEGEP Presentation

NEW!

2023-2024 Cafeteria Meal Cards

Many students have now received their Meal Cards. **Please note that the following is included in a meal deal:**

- 1 Main Course (listed on the white board in the cafeteria daily)
- 1 Small Milk or Water
- 1 Dessert (Jell-O / Fruit Cup / Oatmeal-Raisin Cookie / Yogurt / Muffin)

The Meal Deal does not include the following:

- Juice Box
- Large Milk
- Rice Krispies Squares
- Chocolate Chip Cookies
- Oatmeal Galette

Please be prepared to choose your meal items quickly when you enter the cafeteria line. Please present your Meal Card at the cash register where it will be punched. Any lost or stolen cards will not be replaced by the school or the EMSB. Please keep them in a safe place.

Only students with a Meal Card benefit from a Meal Deal. Everyone else must pay for their food items individually. Meal Cards can be purchased by parents through the EMSB website. When we receive delivery of your Meal Card, you will be called to the office in homeroom.

Bon appetite!

NEW!

Bus behavior:

A friendly reminder to all of our students who take the bus in the mornings or after school. Please remember that if you are sitting in a seat designated for people with mobility issues (ie handicapped, elderly, etc), it is your responsibility to ensure that you give up your seat to anyone who has mobility issues. We have received reports of students not giving up their seats. Please remember that you are expected to show positive behavior while on public transport. As well, if you have a bag and are standing on the bus, you should be placing your bag on the floor of the bus so as not to block the aisles. Thank you for your cooperation.

- RWA Admin"

NEW!

Paint by Numbers club

Looking for a relaxing activity to do with friends during lunch while earning ECA credits? Sign up for the Paint by Numbers club in front of room 312. The Club will run every day 2 at lunch and is open to all students!

NEW!

Power-Walking

Just a reminder that power-walking will begin today afterschool. We will meet near the New Gym doors at 3:10.

NEW!

Mindful Moment

Today, at the beginning of period 3, we will start our daily Mindful Moments. This is an opportunity for the whole school community to pause, take in a deep breath, and recharge. Therefore, everyone in the school, **stop** what you are doing, whether in the classroom or the hallway or office, and take advantage of this moment by respecting whom it is meant for.....all of us. Thank you.

NEW!

Junior Robotics (Grade 7 / 8)

Want to make new friends, learn all about coding and building robots, and have a ton of fun? Robotics is the club for you! There will be an information meeting on Monday, September 18th at 12:30 PM in Room 208. No experience necessary. Bring your lunch!

- Ms. Partington / Mr. Nemeth

NEW!

Big Brother/Big Sister Program

The mentoring program provides boys and girls with a role model and friend they can talk to and share their experiences of growing up. If you are in grade 10-11 and interested in participating in the big brother/big sister program please see Ms. Di Pietro or email at sdipietro@emsb.qc.ca. Students will meet once a week during lunch. Make a difference in someone's life today! Ms. Di Pietro -226 west wing office –ECA credits offered

NEW!

Seniors Robotics Club - (GRADE 9 - 10 - 11)

CRC Robotics club are looking for students who are interested in the following areas for the 2023-2024 school year:

- Robot building
- Programmers
- Website Designers
- Art displays
- Video Production

If you're interested, there will be an important meeting on Wednesday, Sept. 20th at 12:30p.m. in room 208. Bring your lunch!

- Mr. Nemeth

NEW!

Lit Mag

Lit Mag is back and recruiting! We are looking for students to help either as: marketers, tech support, or as editors. Important things to consider: what gets published, what will our themes be, should we have more or less dad jokes in the morning bulletin? That's up to you to decide. Any interested Grade 9-10-11 students are invited to Room 212 at the start of lunch on Thursday the 15th. A cultural credit is available.

NEW!

Open House Tour Guide meeting

If you volunteered with Ms Macleod to be a tour guide or greeter at next week's Open House, please come to a short meeting at the start of lunch period on Thursday, September 14th. We will meet in the memorial gym. Please bring your lunches to eat while you listen. The meeting will begin at 12:30 and should last 10-15 minutes. Many thanks to you all! Ms Macleod

NEW!

HELP VICTIMS OF MOROCCAN EARTHQUAKE

The Social Justice Club will be in the foyer on Wednesday and Friday this week collecting donations to send to DOCTORS WITHOUT BORDERS for Moroccan Earthquake Victims. All amounts welcome.

Breakfast Program

Royal West is happy to announce that our subsidized **Breakfast Program** is back!!!

A Healthy and tasty breakfast will be sold in the RWA Cafeteria between at 8:00 and 8:25 am each morning. A full breakfast will be sold for just **\$1 (exact change please)**. The Breakfast Program is open to all RWA students. Tasty choices include:

- Bagel with cream cheese/butter/cheddar cheese and a juice or milk
- Pizza Bagel with a juice or milk
- Muffin and yogurt with juice or milk

Come check us out and start your school day off right with a balance breakfast at a reduced cost!

Diversity Caravan

Looking for something to do in a ped day and want to earn an ECA credit? Well then join us for our first trip on September 22!

Brief meeting this Wednesday Sept.13 @lunch in room 111. All are Welcome!

Trip 1: Tour of Kahnawake - Friday September 22nd (spaces are limited) –**Sign up outside room 111. Please come to the meeting to pick up permission forms and for more information. "Let's Discover Together!"**

Synchronized swimming SIGNUPS

If you love to swim but want to try something new, sign up for synchronized swimming! Sign ups are outside Room 305. When you sign up, make sure to come to the information meeting at the **beginning of lunch Friday, Sept. 15th in Room 305.**

Water polo SIGNUPS

Hi RWA, are you interested in a fun way to stay active? Come join the first ever water polo team at RWA. The more people interested the better since we will only be able to make this happen with a high number of willing players! Please sign up outside of Room 305 and come to 104 during homeroom if you have questions.

Bantam Soccer Try-outs:

Bantam Boys Try-out is Wednesday, September 13th & 14th on the front field starting at 3:10pm

The Bantam Girls next try-out will be Thursday, September 14th at 3:10 on the front field.

Display Club

For those who signed up for Display Club (or those who are still interested in joining!) there will be a meeting in the Library after school (3:00 PM) on Wednesday! – Ms. Germain & Ms. Trehin

ENVIRONMENT COMMITTEE

Vous aimez bricoler, dessiner et vous voulez sauver la planète en recevant un crédit environnemental?! OUI!? Et bien joignez-vous à **l'équipe de publicité** du E.C.. Nous ferons des affiches pour le tri des déchets (recyclage, poubelle et compost) et d'autres pour conscientiser notre communauté scolaire aux enjeux de la crise climatique. Nous ferons également une corvée de nettoyage dans le quartier et construirons des boîtes pour la collecte de crayons, stylos et surligneurs usagés. Nous réaliserons nos projets les **mardis après l'école, de 15h10 à 16h00. VENEZ VOUS INSCRIRE AUJOURD'HUI OU DEMAIN DANS LA SALLE 109.** Mme Deschênes

Bantam boys flag football (Sec 1 and Sec 2)

The second tryouts will be held Wednesday, September 13th after school in the back field. Bring your cleats!

Swim team SIGNUPS!

It's now time to sign up if you are interested in joining the RWA Swim Team. Signups will be posted outside of the Foundation gym. Once you've signed up, please be prepared to come to a **mandatory meeting Wednesday, Sept. 20th at lunch in Room 305.** Please bring your lunch with you as the meeting will take around 30 min.

Grade 7 Walk & Talk Groups

The response has been overwhelming and all the places to sign up have been filled (and then some!). The groups will begin the week of Sept. 18th and run for 10 consecutive weeks at lunch time. Watch for an announcement in next week's student bulletin for all the exciting details of where and when we meet. See you then! H. Held - Student Services

Cross-Country Running

Please make sure to come pick up a form (room 226) if you were not at last practice. Next practice will be held Thursday September 14th afterschool. We will meet near the Foundation Gym doors. Just a reminder that forms are due at the latest September 12th.

Math Competition Club

"It is impossible to separate a cube into two cubes, or a fourth power into two fourth powers, or in general, any power higher than the second, into two like powers. I have discovered a truly marvelous proof of this, which this margin is too narrow to contain."

Fermat was almost certainly wrong when he wrote this in 1637. It took until 1995 for a real proof to be proposed by Andrew Wiles.

Be Wiles, not Fermat. Math Competition Club meets for the first time on Tues in 201 at lunch.

Swim Team Coaches

The list of all those who have been selected as a swim team coach is UP outside Room 305. If your name is on the list, please come to a meeting Thursday, Sept. 14th at lunch in Room 305. The meeting will take about 20 min. so please come right at the beginning of lunch.

GMAA Golf Tournament:

Please see Mr. Aiken on Friday, at lunch, on the back field, during the Welcome Back BBQ, if you are interested in

participating in a best ball golf tournament, at Caughnawaga golf course, on Sept. 20. Each golfer will be responsible for a 70\$ green fee and providing their own equipment. Space will be limited. Thank you. Mr. Aiken

Photography Club

Hey all you budding photographers, Photography Club is back! If you are an experienced photographer or have been part of the club before, meetings will be at lunch in Room 206 on Day 5 from 12:30-1:00. For people who have never done photography and would like to learn more about it, a Beginners Group will meet on Days 2 at the same time. Hope to see you there!
- Mr. Chen

Voices of Olympia Canada School Competition

"Voices of Olympia Canada (VOOC) is a global citizenship learning-based initiative that offers a School Competition open to secondary school girls in Canada. It uses a human rights approach to reflect on the central theme of gender inequalities and its impact on the empowerment of girls and women. This competition involves: collaborative and teamwork, use of diverse sources of information, critical thinking, public speaking, writing, innovation, parental and community participation" (Voices of Olympia, 2023).

Open to all Sec 4 and 5 girls! (Cultural and Community credits)

Want to know more? Come to the Information meeting in room 211 on Wednesday, September 13th

-Ms. Bateman