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.)

Don't wait around for other people to be happy for you. Any Happiness you get you've got to make yourself.

ALICE WALKER

EVERYDAYPOWER

UPCOMING EVENTS

- *Feb.* 19 23 *MindPoP French*
- Feb. 19-22 Musical Production
- Feb. 23 RWA Spirit Day
- Feb. 27 Report Card posted
- Feb. 28 Math Competition
- Feb. 28 Pink Shirt Day
- Feb. 29 Locker Clean Up
- Mar. 1 Tyndale Early dismissal
- Mar. 4-8 March Break
- Mar. 11 Grad Photo Re-take
- Mar. 12 Calculus Competition

NEW!

Lights and sound

Meeting today (Friday) is CANCELLED. Please meet instead on Monday Feb 26 at 12:35 PM in room 308.

NEW

Black Canadian Trailblazers and Changemakers - Did you know?

Dr. Alexandra Bastiany was born in Montreal. She attended Universite de Montreal and graduated with honors. She was the Faculty of Medicine's first Black valedictorian. In 2022, at 34 years old Bastiany became the first Black woman to become an Interventional Cardiologist in Canada (Women make up maybe 6 per cent of the pool of interventional cardiologists). She is now actively working to decrease the race and gender biases in medicine that lead to differences in standard of care and clinical outcomes of patients.

NEW!

Congratulations to all for a great practice last Tuesday. The next practice is next Tuesday in the Boys' Gym. Let's make it even better. We are still recruiting for all levels, but particularly in grades 7, 8 and 9. Bantam rugby is open to all grade 7's.

I am organising the hoodie order. Anyone who wants one and who is not on the original list should see me asap to get your name on the list. If you are not sure if you are on the list, see me.

Mr. Lapierre

WATERLOO MATH COMPETITION (ALL Sec 3, 4, 5s)

Students will write the Waterloo Math Competition on February 28th during period 1 and part of period 2. On the day of the contest, students are asked to go to homeroom and then head to their period 2 classroom to write their contest (see table below). Require materials: pencil (NO pens), eraser, scientific calculator (NOT graphing). Scrap paper will be provided. The contest is 60min. If you finish early, you may read a book or do homework quietly.

FEBRUARY 28 (DAY 2)							
SECONDARY	COURSE	TEACHER	ROOM FOR PERIOD 1 & 2				
3	HIST3-02	J. Cayer	313				
3	ENGLI3-06	K. Cukier	215				
3	HIST3-01	D. Dupuis	315				
3	HIST3-05	N. Dupaul	101				
3	ETD3-03	A. Vamvakas	205				
3	PPO-04	A. Gouin	207				
4	FRAN44-01	M-O. Louissaint	107				
4	ENGL46-05	D. Colannino	213				
4	SCI44-03	J. Fogel	304				
4	HIST44-04	W. Lapierre	310				
4	FRAN46-12	L. Moreau	108				

4	ENGL46-06	M. Wilson	212
5	DES3D-01	S. Nemeth	208
5	CHEM54-01	A. Liscio	307
5	SOUND4-01	S. Macleod	106
5	MATCAL-13	M. Ohayon	303
5	MATH5-07	A. Wiltzer	201
5	PHYS54-02	J. Zigby	306

SEC 1 & Sec 2 ROOM CHANGES

Four classes will move rooms on **February 28th during period 1** due to the Waterloo Math Competition. Please see the table below.

FEBRUARY 28 (DAY 2)							
PERIOD	COURSE	TEACHER	ORIGINAL ROOM	NEW ROOM			
1	ETHIC1-03	K. Cukier	215	214			
1	FRANC1-02	A. Tetreault	307	305			
1	GEOG2-03	D. Dupuis	315	312			
1	ETP1-04	L. Partington	205	206			

WELLNESS COMMITTEE

Are you interested in wellness, want to make a difference in creating healthy habits and practices for your wellbeing and others, would like to create a more positive school environment? This club is open to Secondary 2 to 5 students who have an interest in promoting wellness and awareness on mental health. We'll be organizing projects throughout the year to educate and inspire our school community. Our first meeting will be held Tuesday, Feb 27th in room 225 (during lunch). Hope to see you there! For more info, please see Ms. Wineberg (225)or Ms. Di Pietro (226). ECA credit offered. Sign-up with Ms. Di Pietro in room 226 if interested.

Variety Show 2024

This is a call to all of you talented RWA performers who have not yet signed up for the Variety Show auditions. Auditions begin today at lunch in room 106 and it is not too late to sign up. The next audition sessions are after school this Thursday and Friday and next Monday at lunch. Sign-up sheets are posted on the stairwell bulletin board between the first-floor west wing and the main building. You can audition alone or as a group and we welcome a wide variety of acts. We look forward to seeing you all at the auditions.

- Ms Macleod, Ms Gagliano and the Variety Show Execs.

Attention Grade 11 students! You received, on Friday, an email regarding your Graduation Ceremony on June 20th. In the email, you were asked to join a Google Classroom for the grad ceremony and fill out an attached google form. Please ensure you complete this form by the deadline of March 1st.

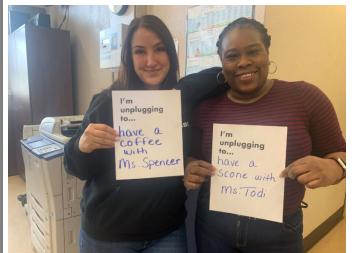
If you have any questions regarding the email or the google form, please see your Vice Principal as soon as possible.

- Ms. Lumsden & Mr. Manstavich

SENIOR SKI TRIP

I am happy to announce the senior ski trip (grades 10 and 11 only) is scheduled for March 15-17 / 2024. To register for the trip please follow the link www.rodroy.com/rwa11. Please note no beginners will be accepted on this trip. Students must be intermediate to advance in their skiing and snowboarding abilities. Registration deadline is February 29th.

How do you unplug? Global Unplugging Day begins the evening of March 1 for 24 hours. RWA encourages all students, staff, and their families to take anything from 1 hour to all 24 to consciously unplug and take a break from technology. This year, RWA is planning to show a slideshow on March 1 with pictures of the student body! If you are willing to submit your photo, please email it to Madeline Crist, the youth counsellor, by Friday Feb. 23 and be entered in a raffle to win a prize! Mcrist2@emsb.qc.ca Here's an example of a photo from last year. If you need a sign, swing by the hallway in guidance or Miss Di Pietro's office.



Need an idea? Paint, take a walk, play an instrument, play a board game, read a book, ice skate, go out for poutine with a friend, host a spa night, bake cookies, or anything else! For more information or other creative ideas, please consult the website. Happy Unplugging!

https://www.globaldayofunplugging.org/