

Women's Self-Defense:

Hands-On" Self-Defense Workshop with Attack Simulation for Sec IV and V girls will take place on May 15 at 3pm, if interested space is limited(20 spots available), sign up outside Rm 307 and come to a short meeting to pick up your permission forms on **Wednesday, April 24** during lunch - Rm 307. **You will receive a half-sport credit**. For more information see Ms. Liscio.

EXPO RWA April 30th – May 3rd (Cultural Week)!!!

Welcome RWA to our first EXPO! Next week we would like all homerooms to participate in our cultural week. Homerooms are asked to:

- a) Select a culture you would like to represent. Homeroom teachers will have access to a google document to indicate their choice. No duplicates are allowed. Due Tuesday April 30.
- b) Decorate your door with fun facts, cultural art and flags. To be completed by Wednesday May 1st.
- c) EXPO Dress Down Day whose theme is "Wear Your Culture" on Thursday May 2nd. Cost is 2\$ and students and staff are asked to come to school wearing cultural attire or flags.
- d) "Pin Your Culture" The SLA will post a world map in the Foyer on Tuesday April 30th and students are encourage to place pin on the country that best represents their cultural identity.
- e) Food or activities at lunch on Friday May 3rd in front of your homerooms. Homerooms are asked to collect money and deposit it with the office.
- f) "A Night Around the World Dance" On Friday May 3rd we will hold a dance for grade 9-10-11 students only, from 7PM 10PM. Cost will be 5\$.

All money raised will go towards "Centre Pour Les Victimes D'Agression Sexuelle de Montreal"

REMINDER: Callbacks for next year's musical

Callbacks for next year's musical are today, April 24th, in room 216 beginning at 3:05.

<u>Newi</u> PISA

PISA participants must attend a short meeting in the PAC today at 12:30. Please use west wing door. (HB students go to rehearsal.)

NEW!

Outdoor Track - Throw practice change of date

We will be throwing javelins, shot puts and discus on Thursday at lunch on the back field instead of Wednesday due to the weather.

NEW! Grade 7 volleyball

Our next lunch practice will be on Wednesday May 1st in the memorial gym instead of Tuesday April 30th.

NEW!

Swim team sweaters

Have arrived! If you ordered a sweater, you can come and pick it up in Room 305.

<u>Diversity Caravan</u>

Trip 2: Historical Walking tour of Little Burgundy- Monday May 6th (spaces are limited). Discover Montreal's connection to Black History and its impact on today's society. Please pick up your permission forms from Mme. Ferland-Turcotte in Rm.111 and return as soon as possible to reserve your spot. *"Let's Discover Together!"*

Track and Field

Practice will be held Thursday during lunch for long and triple jump in the boys gym and afterschool (outdoors) for general fitness -meet near the Foundation gym.

Just a reminder that track and field qualifying meet is scheduled for May 1st for boys and May 2nd for girls. The championship meet will be held May 7th for girls and May 13th for boys. Location will be held at Parc Marcel-Laurin, 2345 Boulevard Thimens, Montréal, QC H4R 1T4 - The bus will depart from RWA at 7:35 -we will meet near the cafeteria. Please submit forms ASAP, if not you will not be able to attend the meet.

** LAST CHANCE! ** Please pass by to retrieve any lost items in the lost and found bins. Bins will be emptied <u>on the 3rd of May</u>. All items found in bins will be donated to a good cause.

Thank you!!!

🚴 Bike trip Saturday May 18th to Sunday May 19th 🚴

RWA's Bike Trip is gearing up for another cycle! This is a *weekend trip* with one night of camping (and lots of biking). Join the RWA bike club on Google Classroom (code: ajm6n3r) and come to a meeting in Room 301 on <u>Wednesday April 24th at luncl</u> to find out more. This trip is for students in Grade 8 to 11 only. - L. Partington