

# Royal West Academy Student Bulletin

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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.)

## Upcoming events

- ❖ Sep. 5 – Sep. 10 – MindPoP Homeroom
- ❖ Sep. 11 – Course Change Deadline
- ❖ Sep. 11 – Welcome Back Assemblies
- ❖ Sep. 12 – STM OPUS Photos
- ❖ Sep. 12 – Meet the Teacher Sec.1 (7PM)
- ❖ Sep. 13 – Welcome Back BBQ
- ❖ Sep. 16 – 18 – Sec. 1 Guidance visit
- ❖ Sep. 19 – Open House
- ❖ Sep. 20 – Ped Day
- ❖ Sep. 21 – International Day of Peace
- ❖ Sep. 22 – Car Free Day
- ❖ Sep. 23 – 27 – MindPoP French



### Device Tips

*Did you know that using your device within an hour before bedtime impacts your brain's ability to produce melatonin, our sleep hormone, which then delays your ability to fall asleep?*

**NEW!**

### **Dance Show 2025 Tryouts**

Tryouts for Dance Show 2025 are next week in room 102

**Monday, September 9th:** Grade 7 and Grade 8

**Tuesday, September 10th:** Grade 9 and 10

**Wednesday, September 11th:** Grade 11

**Thursday, September 12:** Contemporary

**Monday, September 16 (at midnight):** Choreographer and Duet audition videos due

Sign-up sheets will soon be posted in front of room 313. We hope to see you there!

- Ms. Cayer

**NEW!**

### **Costa Rica Trip**

All secondary 4 and 5 students interested in attending Royal West's Costa Rica trip are invited to Room 215 at the start of lunch on Thursday September 5th. See y'all there.

- Mr. Wilson

**NEW!**

### **Park'n'Lot-Gardening**

You like plants and vegetables? You want to put your hands into the soil? You need fresh air after school? And you want to learn? The Park'n' Lot ECA activity is for you! Our first session will be held on September 10<sup>th</sup> at 3:00. Come to room 101 and we will head to the garden!

- Mme Dupaul

**NEW!**

### **Bantam Boys Volleyball**

Due to lack of interest, there will be no bantam boys team this year. All boys are welcome to try out on Thursday September 5<sup>th</sup> for the Juvenile boys team.

**NEW!**

### **Club de crochet**

Débutant ou intermédiaire, les cours commenceront le jeudi 3 octobre dans la salle 110 et se poursuivront tous les jours 2 jusqu'au printemps.

Notez que 8 présences vous rapporteront un crédit culturel ou communautaire.

Bienvenue à tous!

- Mme Moreau et Mme Roy

### **HOPS (Grade 11)**

The Hospital Opportunity Program for students is once again being offered. HOPS is an opportunity for students who are interested in, or who are considering a career in the field of medicine (doctor, nurse, specialist, technician) to observe and assist medical personnel in various departments within the Jewish General Hospital. The program consists of two 5-week sessions during which the selected students will spend 1/2 a day a week at the hospital as well as attend 4 mandatory evening lectures. This is a very serious yet rewarding program. To be considered for the program, students must; be in grade 11, have an 85% average or above, and be taking Sciences courses. Please see Ms. Di Pietro in room 226 (west wing) by Friday September 6th, for an application form or for more information. Forms are due no later than Monday, September 9th.

- Ms. Wineberg and Ms. di Pietro

### **BIG BROTHER/BIG SISTER PROGRAM (SEC I)**

Would you like to come chat with a RWA student and share experiences of growing up? Discussions will take place once a week during lunch. If interested, please see Ms. Di Pietro in room 226-west wing office or email at [sdipietro@emsb.qc.ca](mailto:sdipietro@emsb.qc.ca) ECA credits offered.

### **BIG BROTHER/BIG SISTER PROGRAM (SEC 4 AND 5)**

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](mailto: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

### **Popsicle Sales**

Grad Committee will be selling popsicles at lunch in the foyer for \$1 on Tuesday, Wednesday, Thursday and Friday.

### **ATTENTION ALL GRADE 7 STUDENTS**

Are you interested in an enjoyable way to meet new people, have fun, and earn an extra-curricular credit as well? If so then this is your lucky day! Simply sign up for the 30th annual RWA "Walk & Talk" group. This group will meet for 10 consecutive weeks, have lunch together outside and then go for a brisk walk in the community during the lunch hour. Games will be played and yes, there will even be prizes awarded as well. All this and you will also earn a cultural or community ECA credit!

In order to join in the fun all you have to do is sign up on the sheets on the bulletin board on the main floor outside room 208 (right above the water fountain). You can choose whether you want to participate on either Tuesday or Wednesday, however space is limited to the first 40 students who sign up for each day - so don't delay!

H. Held - Student Services

### **Cross-Country Running**

If interested in participating in cross-country running, please sign-up outside the New Gym (Foundation Gym). First practice will be held Thursday September 5th after school. We will meet near the New Gym. The race will take place October 10<sup>th</sup> at Mont Royal. If you have any questions, please see Mr. Rafael (210) or Ms. Di Pietro (226)

### **PEER TUTORS NEEDED (GRADE 9-10-11)**

The Peer Tutoring program is once again being offered at RWA. If you are in grade 9-10-11 and interested in being a peer tutor for the 2024-2025 academic year, please see Ms. Di Pietro. The cost is \$15.00 an hour and students may be tutored either once or twice a week during lunch or after school. Students may pick up forms which are available in Ms. Di Pietro's office, in room 226 (west wing office).

### **Power-Walking**

With fall right around the corner, come enjoy the outdoors by walking through the Montreal West neighborhood. Sessions will take place every Tuesday after school from 3:10 to 4:00. ECA credits offered (community or sport). Sign-up sheet outside room 224 –near bulletin board/water fountain. The first session begins on Tuesday September 10th. We will meet near the New Gym doors at 3:10.

### **Swim team COACHES**

Are you a student in grade 10 or 11 and interested in being a Swim Team coach? Please come to Room 305 to pick up an application form.

- Ms. Kissin

### **School Store**

The Co-op will be open from 8AM to 8:30AM from September 3<sup>rd</sup> -6<sup>th</sup>. It will also be open at lunch for all your purchasing needs.

### **The Prom Musical**

There will be a meeting on Wednesday, September 4<sup>th</sup> during lunch in room 216 for everyone in the cast and crew of this year's musical *The Prom*. Also, please check our Google Classrooms for the rehearsal schedule. See you soon!

- Ms. Kuch

### **Sorties théâtre (ECA)**

Vous aimez le théâtre? Vous êtes en 4e ou 5e secondaires? Deux sorties seront organisées cette année.

**Peau d'âne** le 15 octobre à 19h      **Incendies** le 12 novembre à 19h30

Pour s'inscrire, venez mettre votre nom sur la liste au 108 mercredi 4 septembre à l'heure du dîner. Premier arrivé

- Mme. Moreau

**All Physical Education Students!!**

If your PE class schedule says Room 114 report to the Foundation Gym for class.

If your PE class schedule says Room 115 report to the Memorial Gym for class.

- PE Department

**Jazz Band**

Students in sec 3-5 who are interested in playing in this year's jazz band should see me in 117 or email me at [gpurdy@emsb.qc.ca](mailto:gpurdy@emsb.qc.ca). Rehearsals are Thursdays after school from 3:15-4:30.

- Ms. Purdy

**Debate Team – Returning Members Meeting**

There will be a meeting for returning members of the Debate Team on **Wednesday at lunch in Room 211**. Our practice day has changed, and other decisions will need to be made. If you are a returning member of the team but can't come to the meeting, please be sure to come see me **before** the meeting.

Those interested in joining the team for the first time should keep an eye out for a future bulletin announcement. – Ms. Holloway

**Fall Season Sports & Athletics:**

Welcome back, everyone! As you are likely aware, sports teams hit the ground running as soon as the school year begins. This said, we will be holding meetings, in the Foundation Gym, at 12:30, on the dates listed below. Please be present should you be interested in participating and/or trying out for the following:

Soccer (all teams): Friday, August 30th

Volleyball (all teams): Tuesday, September 3rd

Orienteering (initially open to grade 8s only): Wednesday, September 4th

We will be able to gauge interest in each activity, which is a contributing factor as to the teams that get registered for our GMAA seasons. Important information will be provided, as well. Looking forward to seeing many of you there!

- P.E. Department

**Open Gym:**

We will have our first session beginning on Thursday, September 5th. For those who are unaware, Open Gym is an activity that is supervised by the Phys. Ed. teachers, at lunch. Students may come to the Foundation Gym in order to play different sports and/or activities, that are of interest to them, in a safe fashion. Participants must be in phys. ed. shoes to be allowed to enter the gym. Days 1, 3, 5, 7 will be open to the grade 9, 10, 11 students; days 2, 4, 6 will be for the grade 7 & 8 students. Sports credits are available for anyone who signs in 20 times over the course of the school year. You must sign in before 12:35 and stay for the duration of the activity. Rules for Open Gym will be posted. Students not complying will be asked to leave. Take advantage of this opportunity - it's a great way to break up your days in the classroom, it's fun, and you might make new friends in the process!

- P.E. Department

Have a Nice Day!  
