

JANUARY 2024

# NEWSLETTER



## PRINCIPAL'S MESSAGE Mr. Dean MacInnis

### WELCOME BACK!

I hope everyone had a wonderful and safe Christmas break. Students should be finishing up any class assignments and preparing for exams. See inside for more study tips and for the exam schedule.

Congratulations to our Badminton Team! Nineteen of our athletes collected medals during the competition. SJF was awarded the overall banners for both 19U and 15U. Also a big congratulation to all the students who made their respective AWG teams this past December. Good luck at the games in Mat-Su, Alaska in March!

Staff and students enjoyed a wonderful Christmas assembly and luncheon on the last day before winter break. Inside the newsletter you will see photos of it and other holiday festivities that occurred the month of December.

As we get closer to exams, remember that teachers are here to help you if you need additional support. The first day of classes for Semester 2 starts Wednesday, January 31st and report cards for Semester 1 will be available on PowerSchool on Friday, February 2nd, 2024.

Yours sincerely,

Dean MacInnis



### IMPORANT DATES

- **January 4th**  
School Resumes
- **January 19-29**  
Exams
- **January 31**  
Semester 2 Begins
- **February 2**  
Report Cards posted on PowerSchool at 330pm

### STAY CONNECTED:



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Sir John Franklin High School



@sirjohnfalcons



## PROUD RECOGNITION!

# CONGRATULATIONS!



**Madison Mobach**  
Governor General's Award  
English Language Arts 30-1



**Riley Oldford**  
English Language Arts 30-1  
Social Studies 30-1



**Lana Sanders**  
English Language Arts 30-2



**Léa Schwarz**  
French Language Arts 30-1



**Cooper McLeod**  
Biology 30



**Alex Ketchum**  
Mathematics 30-1  
Chemistry 30



**Jillian French**  
Mathematics 30-1  
Physics 30



**Sebastian Pickles**  
Chemistry 30



**Kaatje Fulford**  
Social Studies 30-1

Every year, the Department of Education, Culture and Employment presents the Minister's Awards to high school students achieving the top marks on the Alberta Diploma Exams. Awards are given to students for performance in the ten core academic subjects.

We are pleased to announce that this year École Sir John Franklin High School students have won eight awards. This is an impressive achievement, and the SJF staff is very proud of the young people recognized. Each recipient will receive a \$500 scholarship from YK1 for each Minister's Award earned.

SJF would also like to acknowledge **Madison Mobach** for being awarded the Governor General's Award. This award is presented to the graduating student who has maintained the highest academic average over her final two years of high school.



We are delighted to announce that **nine** SJF students have secured awards in eight different categories this year – truly impressive achievement!

**Madison Mobach** returned to receive her **Governor General's Award** in person from Dean during the holidays, despite attending our Christmas Assembly virtually!

Also, special shout-out to our **art teacher, Robyn Scott**, for showcasing her calligraphy skills in beautifully writing Madison's name on the certificate!







# AWARDS PRESENTATION







## CHRISTMAS ASSEMBLY







# UGLY CHRISTMAS OUTFITS







# GRADMAS







# BADMINTON TOURNAMENT

CONGRATULATIONS

**SJF hosted the annual badminton tournament. Many of our students placed very well and SJF won the U19 Banner!**







## DEBATE CLUB

On December 9, The SJF Debate Club held its third annual Sir John Invitational Debate Tournament.

The day started at 9:00 am with a participants' breakfast and continued through the morning/afternoon with three rounds of competitive debate in the Canadian Parliamentary Style. The day wrapped at 3:00 pm with a championship round between the two top teams.



### SUMMARY OF RESULTS:

#### Top Rookie:

Tafadzwa Mufandaedza

#### Top Speaker:

Aubrey Sluggett

#### Top Team:

Neve Mahon and Anya Smillie

**Keep up the excellent work, and we are incredibly proud of your achievements!**





# TASTE OF THE NORTH

Ms. Waugh's Natural Resource class has been working hard on prepping "Taste of the North", a pop up restaurant, to provide Sir John students and staff the opportunity to taste test some foods that are significant to the North.



All animals are processed by the students and then they prepare the food using the meat. The fur or hide is stretched and dried to later be used for art.



**Stay tuned for our next pop up which may include dry meat, ptarmigan, fish or muktuk!**





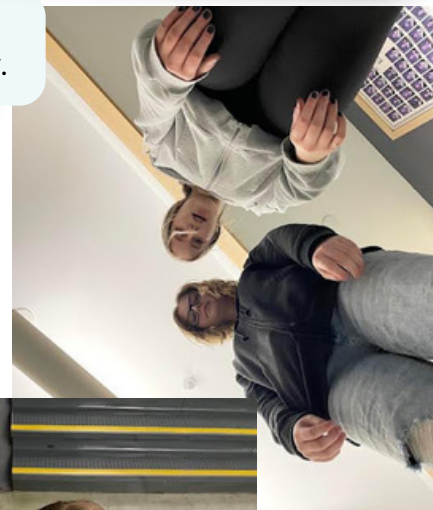
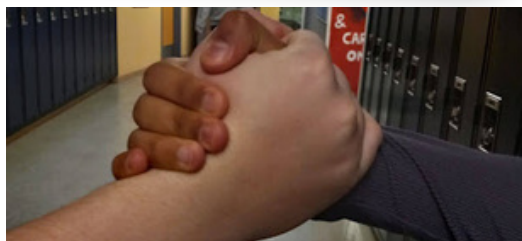


## HUMANITIES



**Mr. Traynor's ELA 9 students** took a unique approach to this year's theme of "holiday characters," showing characters of the English language (letters, numbers, symbols, etc.) within holiday contexts. They call their work, "Dashing through the Snow."

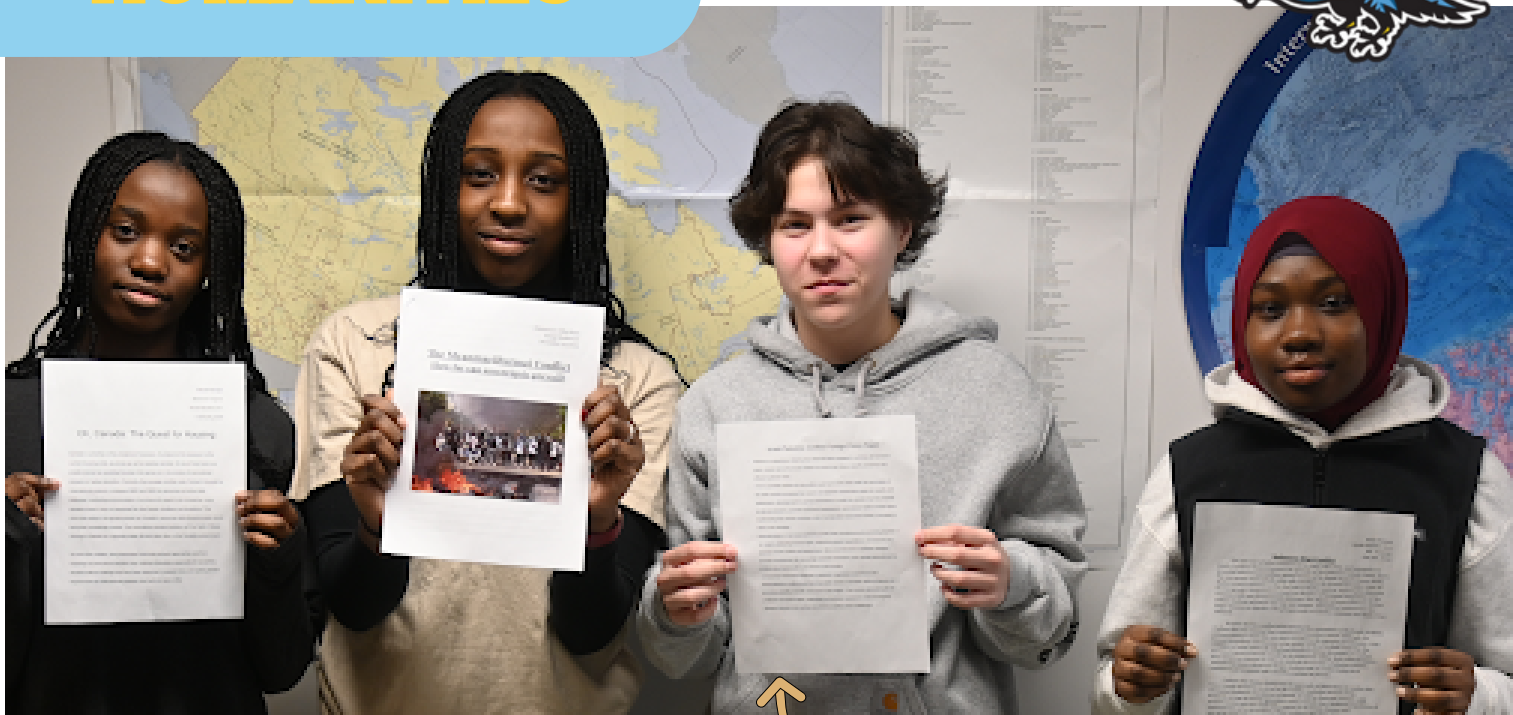
**Mr. Kooymans' ELA 9 students** demonstrate their skills for creating visual elements that impact the meaning of texts through photography.







## HUMANITIES



Students in Mr. Traynor's social studies class shared their own insightful proposals for Canadian foreign policy on a range of international matters.



The Bake Sale put on by students in Ms. Griffin's Northern Studies class was a big hit with students and staff. Proceeds were donated to the Yellowknife Women's Society.





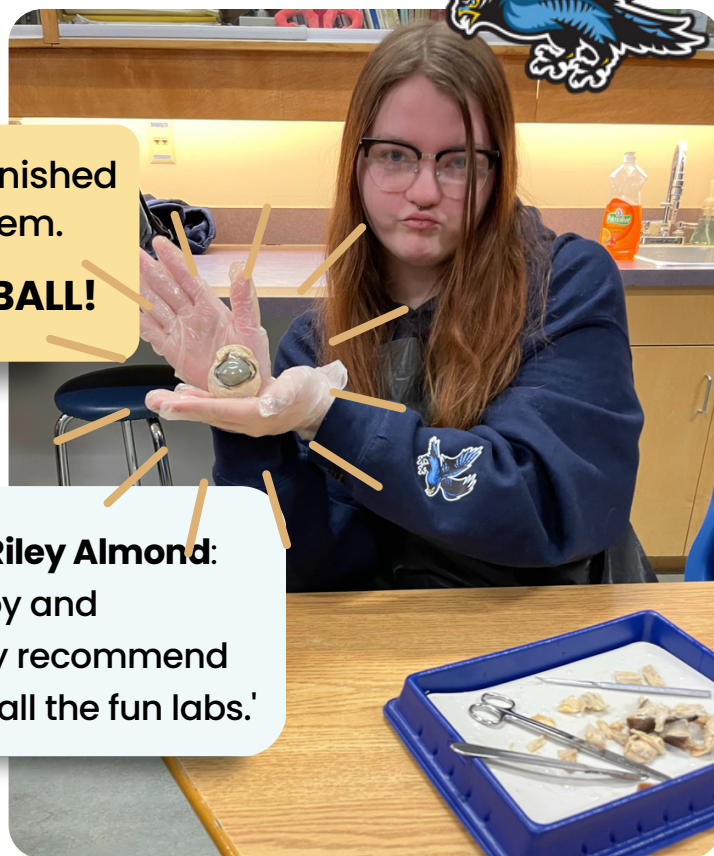


# BIOLOGY 30

**Biology 30 students in Ms Young's class finished the semester with labs on the Senses System. Students are shown dissecting an **EYEBALL!****



**Morgan Stabel and Riley Almond:**  
"The lab was fun, gooy and interactive. We highly recommend taking Biology 30 for all the fun labs."

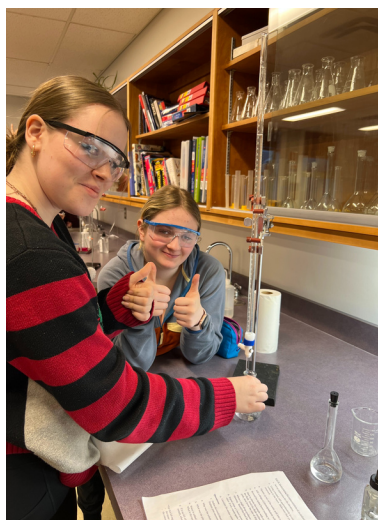
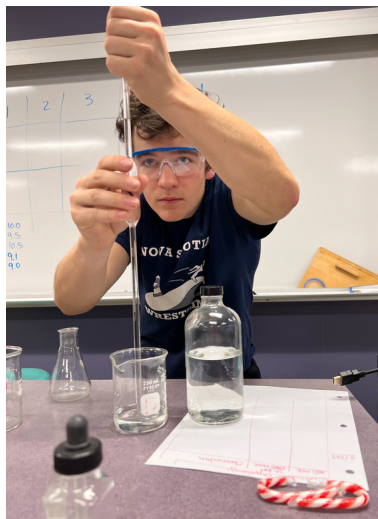






# CHEMISTRY 20

## Titration Lab

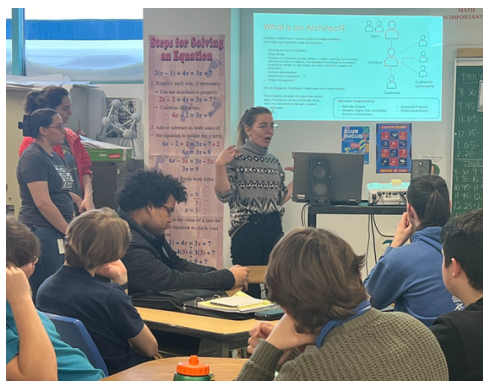






# STANTEC PRESENTATION

On January 4, Ms Schlosser's Pre-Calculus 30 classes welcomed guests from **Stantec** who presented on their professional roles and responsibilities.



Pictured are **Maggie Burt** – *Intern Architect*, local YKer **Jada Hawkins** – *Mechanical Engineer in Training*, and **Nicole Gonin** – *Environmental/Civil Engineering Student*, three great representatives of **women in STEM**.







## EXAM SCHEDULE

### January 2024 Exam Schedule – Final

Block	Fri., Jan. 19	Mon., Jan. 22	Tues., Jan. 23	Wed., Jan. 24	Thurs., Jan. 25	Fri., Jan. 26	Mon., Jan. 29	Tues., Jan. 30
Morning 9:00-12:00	<b>FLA 30</b> 9:00-12:00 Rm 33  <b>ELA 9</b> <b>ELA 9F</b> 9:00-12:00 Gym	<b>SS 30-1</b> <b>SS 30-2</b> 9:00-12:00 Rm 40  <b>SS 10-1</b> <b>FLA 20</b> <b>FLA 9</b> 9:00-12:00 Gym	<b>ELA 30-1</b> <b>ELA 30-2</b> 9:00-12:00 Rms 34, 40, 36  <b>Science 9/9F</b> 9:00-12:00 Gym  <b>Science 9 (Martin)</b> 9:00-12:00 Rm 23	<b>Math 30-1</b> <b>Math 30-2</b> 9:00-12:00 Rms 34, 40  <b>CF9/10/20</b> <b>PIF 9/15</b> 9:00-12:00 Gym	<b>Bio. 30</b> 9:00-12:00 Rm 34  <b>Math 9/9F</b> 9:00-12:00 Rms 14, 29, 30	<b>Physics 30</b> 9:00-12:00 Rm 40  <b>Science 10/10F</b> <b>Physics 20</b> 9:00-12:00 Gym	STIP (Collaborative)	STIP (Personal)
Afternoon 1:00-4:00	<b>Chem. 30</b> 1:00-4:00 Rm 34  <b>K&amp;E Hum.</b> 1:00-4:00 Rm 35  <b>ELA 10-1</b> <b>ELA 10-2</b> 1:00-4:00 Gym	<b>ELA 20-1</b> <b>ELA 20-2</b> <b>FLA 10</b> 1:00-4:00 Gym  <b>SS 10-2</b> 1:00-4:00 Room 35	<b>N. Studies 30</b> <b>N. Studies 10</b> <b>Bio. 20/20F</b> 1:00-4:00 Gym	<b>SS 20-1</b> <b>SS 20-2</b> 1:00-4:00 Gym	<b>Math 10C/F</b> <b>Math 20-1</b> <b>Math 20-2</b> 1:00-4:00 Gym	<b>Chem. 20</b> <b>Chem. 20F</b> 1:00-4:00 Rm 34	STIP (Collaborative)	STIP (Personal)

#### IMPORANT DATES

- January 18th** - Final Day of Regular Classes for S1
- January 19th** - 29th - Exam Week
- January 30th** - Report Card Writing day
- January 31st** - The first day of S2
- February 2nd** - Report Cards posted on PowerSchool

We kindly request all students to be present at their designated exam location at least **20 minutes PRIOR to the scheduled start time.**

Your timely presence not only reflects responsibility but also sets the stage for success. Best of luck to all our students in their upcoming examinations!







## STUDY TIPS

### GET READY FOR EXAMS BY FOLLOWING THESE TIPS:

Having trouble getting serious about studying for a test? These high school study tips will get you in the right mindset to get prepped for your final exams, or just for your average, everyday quiz.

#### 1. STUDY ALONE

Unless you've got a couple of friends who are super serious about getting down to business, stay away from group study sessions because they tend to get off-top pretty quickly. Save the social time till after you've handed in your test.

#### 2. CREATE YOUR PERFECT STUDY AREA

The place where you study should be quiet, comfortable and free from distractions. Go to your room, close the door and kill as many distractions as possible - like music, television, and even the internet on your phone. If you don't have your own room that you can sneak away to, consider studying at the library instead.

#### 3. GET IT ALL OUT

Your study materials, that is. Before you dig in, make sure you have all your books, notes, study guides and writing utensils in front of you. Don't give yourself another excuse to get up and rummage around.

#### 4. TURN YOUR NOTES INTO FLASH CARDS

Now that you've got all your notes in front of you, open up a pack of index cards. As you read through the important facts, rewrite them in **Q&A form** on the cards.

For Instance: to study historical facts, write the historical fact on one side of the card and the key details on the other side. To study geometry formulas, write the name of the formula on one side and the formula itself on the other side.

#### 5. SNACK HEALTHY WHILE YOU STUDY

If you want to stay sharp while you study, stay away from junk food. Instead, snack on dark leafy greens, whole grains, peanut butter, milk and seafood.

Feeling sluggish? Caffeine or energy drinks won't help you in a long run. Get your energy boost instead by eating a banana or an apple.







## STUDY TIPS (CONTINUED)

### 6. NARROW IT DOWN

If you try to study every single thing your teacher has ever said, you'll go crazy. Instead, focus on the most important topics. If you're not sure what those are, read the study guide (if there is one), or ask your classmates. Once you're nailed down the important stuff, if there's still time left before the test, you can move on to finer details.

### 7. TAKE A BREAK



Your brain can only take so much hard work at one time. For every hour that you study, take about 15 minutes to do something mindless, like taking a walk, listening to music or playing a computer game.

(You can even take a 15-minute nap, if you're confident you can wake yourself up and give your brain a chance to let all that information sink in.)

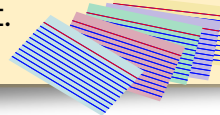


### BONUS TIP!

Be present at their designated exam location at least **20 minutes PRIOR to the scheduled start time**. Your timely presence not only reflects responsibility but also sets the stage for success. Best of luck to all our students in their upcoming examinations!

### 8. PUT YOURSELF TO THE TEST

Once you've got your set of flash cards, test yourself with them. If you don't trust yourself not to cheat, give the cards to your parents and have them test you. Don't stop till you've made it through the whole stack without any mistakes. And be sure to bring your flash cards to school with you on the day of the test: you'll be amazed at how much more you can retain if you run through the cards right before your teacher hands out the test packet.



### 9. GET SOME SLEEP zzz

You might be tempted to pull an all-nighter, but if you do, you'll only be hurting your chances of getting an A. Get a full 8 hours of sleep so your brain is in good shape on test day.

### 10. STUDY ALL SEMESTER LONG

It's tempting to hold off on studying till the last minute, especially if you tell yourself that anything you try to memorize earlier on won't really stay in your brain. That's not true. Take some time throughout the semester to review all of your notes and re-read important passages in your text book. It might seem tedious, but it'll really keep all those facts in your brain on test day.







# GET INVOLVED AT SJF!

**Boys Hockey**

Mr. Curran

**Girls Hockey**

Mr. Killbride

**Olympic  
Weight Lifting**

Ms. Waugh

**Retro  
Video Games**

Mr. Cartwright

**Social  
Studies Club**

Mr. Traynor

**Green Team**

Ms. Robson

**Debate Club**

Mr. Curran

**Gender  
Sexuality Squad**

Ms. Wilson

**MAGMA**

Ms. Ryan  
& Mr Doherty

**Drama**

Mr. Peters

**Band & Choir**

Ms. Shantora

**Student Council**

Ms. Shantora

**Grad Council**

Ms. Martin

**Fitness Room**

Mr. Eastcott

***Check in with  
the teachers  
listed above to  
learn more!***







**WANT MORE INFO?**



**SCAN ME**

***SCAN our QR CODE and  
FOLLOW us on SOCIAL MEDIA!***

**STAY CONNECTED:**



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