

MARCH 2024

NEWSLETTER



PRINCIPAL'S MESSAGE Mr. Dean MacInnis

March will be a short month here at Sir John. There is no school on Friday, March 8th and March Break begins on March 11th. Students will return to school on Monday, March 25th.

We have set dates for the 2024 Grad season. On June 8th, we will host the Indigenous Honor Ceremony on the SJF grounds. Formal Grad will be held on June 25th at the school. Academic grad will be held at Somba'ke park on June 26th More details on these events will be posted as time gets closer.

February was a busy month at the school with many events. On February 22th, MAGMA hosted their first coffeehouse this year. Students were able to come to the library for a nice evening of poetry and music. To see more about this event, check out the rest of the newsletter.

The music department was exceptionally busy last month, with notable highlights including congratulations to our choirs for their outstanding performance at the Yellowknife Music Festival! They earned two Golds and a Silver for their three entries. We take immense pride in their remarkable achievements. Additionally, the month saw the arrival of numerous special music guests from out of town, enriching our students with inspiration and musical insights.

Pink Shirt Day was February 28th. Staff and students were encouraged to wear pink to bring awareness to bullying. Thank you to all Falcons who participated!

Our annual SJF Reading Challenge has already begun! So far, we have read over 200 books! Keep reading everyone! It's very easy to join the challenge. Simply read a book and record your name and book title! See inside for more details.

The weekend of February 15th - 17th was the Senior Cager basketball tournament. We started the tournament off with a school pep rally. Amazing work to all our athletes. Our 15U girls and 19U girls both won the banner this year in the AA divisions!. Great job!

The 2024-2025 school calendar has been released by YK1. Please see the newsletter for more details on this. As always, if you have any questions or concerns please contact the school.



Yours sincerely,
Dean MacInnis

IMPORANT DATES

- **March 8-24**
March Break
- **March 29** • **April 1**
Good Friday Easter Monday
- no school - no school

STAY CONNECTED:



4701-52nd Avenue,
Yellowknife, NT. X1A 2N8

Phone: (867) 669-0773 Fax: (867) 873-3630

Email: sjf@yk1.nt.ca



www.yk1.nt.ca/sjf



Sir John Franklin High School



@sirjohnfalcons



CAGER BASKETBALL TOURNAMENT

Congrats to Our **Cager Basketball Champions!** Go Falcons Go!

A huge shoutout to our winning school teams:

-  **U19 Girls - FIRST**
-  **U15 Boys1 - FIRST**
-  **U15 Girls - FIRST**
-  **U19 Boys - SECOND**

Amazing job, Falcons! You make us all so proud!





CAGER BASKETBALL TOURNAMENT

A Huge shout out to our **photography student, Luna Langlois,** who captured the intensity and excitement of the tournament!





CAGER BASKETBALL TOURNAMENT



We could only include so much in this newsletter, so make sure to head over to our school's official Flickr Page for the full slam-dunk of memories!
<https://www.flickr.com/photos/162514633@N04/albums/>





HOCKEY CANADA



Hockey Canada has graciously arranged for two incredible former **Women's National Team** members, **Meghan Agosta** and **Cherie Piper**, who not only shared their incredible hockey journeys but also touched on vital topics like mental health, the importance of education, and the reality of being professional athletes.

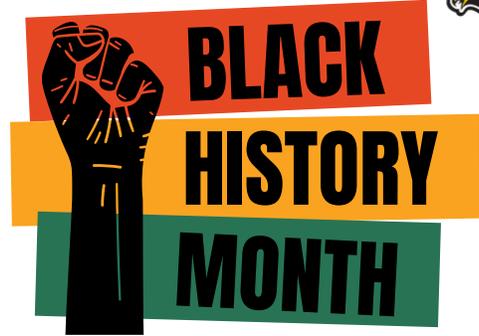


Thank you so much **Meghan** and **Cherie**, for sharing these relatable stories that got everyone engaged and motivated!





SOCIAL STUDIES



TRIVIA DAY in the Foyer



Trivia masters **Lunar**, **Chelsey**, and **Jasmin** get ready to begin the Black History Trivia Day.

The Social Studies Club would send a big thank you to **BACupNorth Yellowknife** for donating 35 amazing books by Black authors to our club for the Trivia Day event!



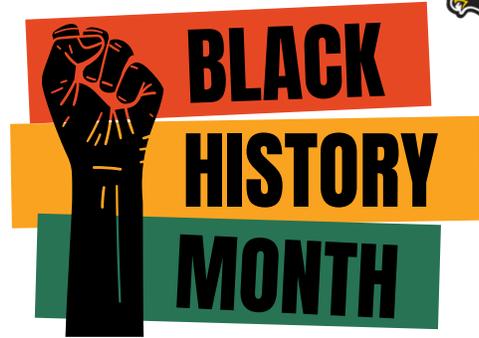
Lunar asks the first question of the day to **Nole**.



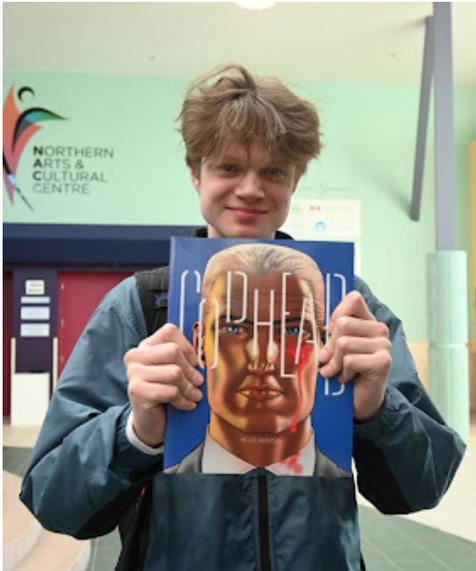
Students use the computer station to brush up on their Black History knowledge.



SOCIAL STUDIES



TRIVIA DAY in the Foyer

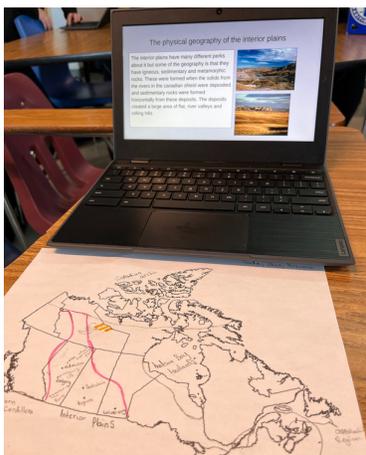
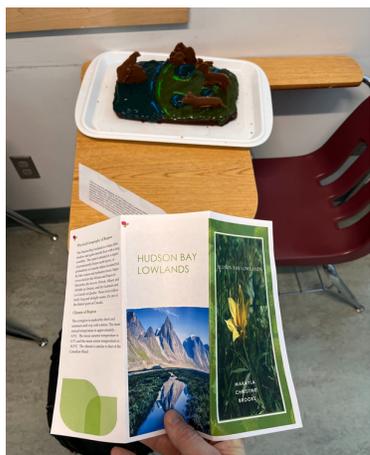
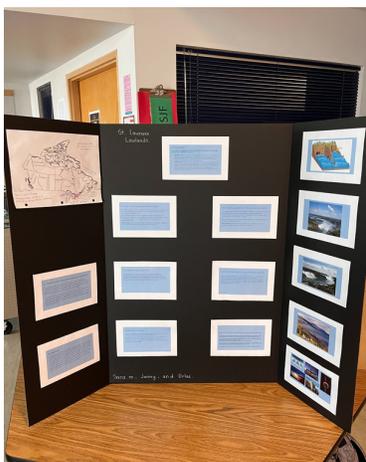


Thank you all students for participating!



SOCIAL STUDIES

In our **Social Studies 9** class, we participated in a **“Gallery Walk”** activity for our project on the Physiographic Regions of Canada.





MUSIC



So many exciting things happened in the music room and SJF this month!

February 21

The Music Academy students from **William Macdonald School** came to Sir John to hear the band and choir perform. They also performed Star Wars with the high schoolers and had a presentation by a **CBC producer** about what CBC kids does, how they get their information and who writes their stories.

February 21

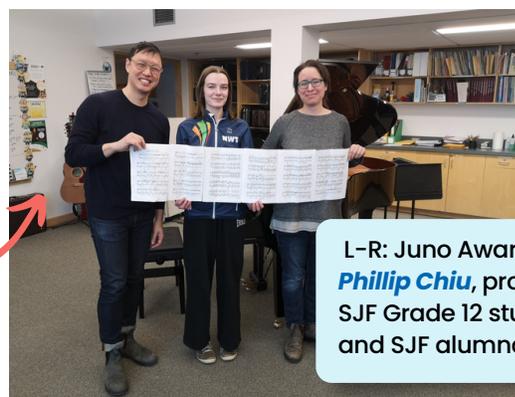
The Royal Winnipeg Rifles Regiment Band came and performed for us in the foyer. They played a number of well known songs and students were encouraged to sing-a-long and even to conduct the group. They then played some songs with the Instrumental 20/30 band class and the students were able to ask these professional players questions and get some pro-tips.

February 21

The **Concert Choir, Falcon Voices** and our **Women's Choir, Peregrine** competed at the **Yellowknife Music Festival** held at Northern United Place.

They were awarded **two Golds** and a **Silver** for their three entries and received very positive feedback on their work!

Many thanks to **Ms. Shantora** for preparing them so well and to student accompanists **Matthew Bui** and **Joseph Curran** for their musical support.



L-R: Juno Award-winning pianist **Phillip Chiu**, professional composer, SJF Grade 12 student **Keira Clinton**, and SJF alumna **Carmen Braden**.





NORTHERN STUDIES



Science meets culture! **Ms. Waugh's** wildlife and northern studies students were taught how to **process a beaver** by traditional knowledge holder **Donavon Boucher**.



Prior to this, students in northern studies researched traditional legends and stories of NWT beavers; while students in wildlife studied the zoology of beavers in the NWT.



NORTHERN STUDIES



DENE NATION
LAND OF THE PEOPLE
DENENHÉ

This is the Dene Nation Logo which has Great Bear Rock on it.

This is a picture of Tulita because that is where the story sorta takes place.

This is Mackenzie River, which is mentioned in the story.

<https://www.rvrtimeline.ca/stories/yamoria-marries-a-beaver/>

Bibliography

I think the story Yamoria Marries a Beaver is one story that all northerners should know because it has been shown in many of the stories I read that Yamoria is a very important person in various Indigenous cultures, and their Indigenous history. I also believe this because it teaches a few valuable lessons. One is that it is very easy to lose someone or something because of neglect or forgetfulness, just because you think you don't need to do something doesn't mean you shouldn't and small actions can cause big consequences. It also shows that other people can suffer the consequences of your mistakes. It may also be trying to say not to just trust anyone whether it's talking about Yamoria trusting his wife or the other way around. I think it is important that all northerners learn about this whether they are Indigenous or not because it will honor the people who lived here before us and that still live here today.

This is another painting/drawing of Yamoria and the great beaver.

This is a picture of Great Bear Rock. In the picture you can see the beaver holes that the story talks about.

This is a drawing/painting of Yamoria and the beaver.

Photos by **Nestor Grey** (Photography student)



Yamoria legend project by Kat Saunders (Northern Studies 10)



😊 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 SJF students and staff the opportunity to taste test some foods that are significant to the North.



Beaver Roast and **Beaver Tail** was served this month and they were a real big hit!



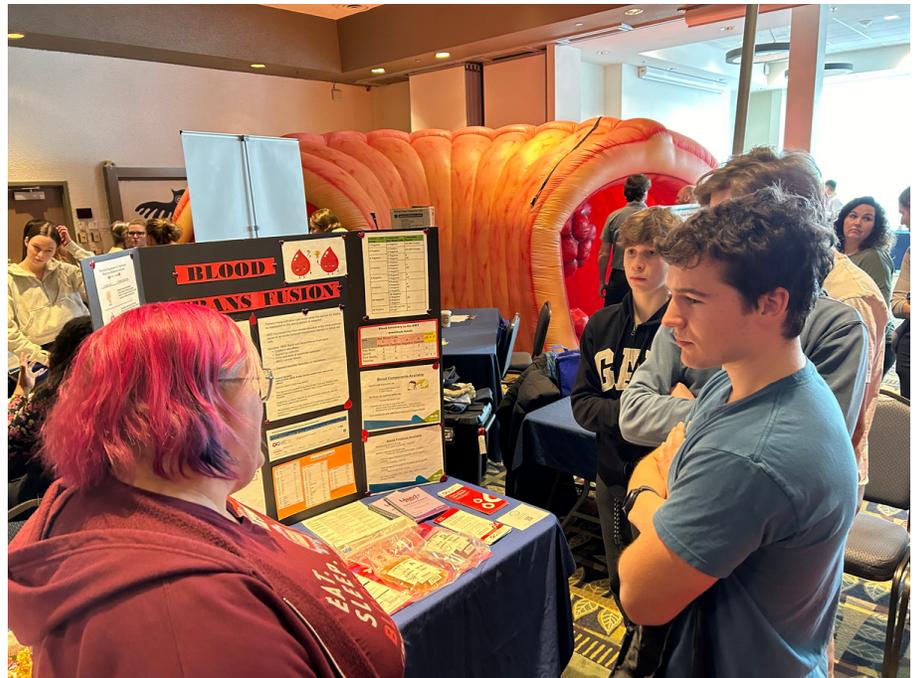


ACUTE CARE HEALTH EXPO

Ms. Poitras's Biology 20 class started Semester 2 with attending the **Acute Care Health Expo** at the Explorer Hotel on February 9.

The expo is to showcase and highlight education, clinical programs and clinical services that support acute care nursing at northern hospitals. There were multiple presentation booths with topics varying from program information, community resources, nursing skill stations, simulation, and an escape room.

During the afternoon, there were interactive presentations, games and prizes. Students got a glimpse of what happens inside healthcare, what types of clinical services and health careers are found in hospitals, experience with clinical skills on mannequins, and plant seeds of interest that may blossom into pursuing a career in Northern Healthcare.



This event is organized by Melissa Holzer, BScN RN, Territorial Specialist Acute Care, Health Services, GNWT. Melissa is a SJF alumni who takes the time and effort to include SJF students in this amazing event each year. Thank you Melissa!!





MATH

February has been a fun month in the **Math Department!**
Here are just a few highlighted moments:





MAGMA'S Coffee House & Open Mic

On Thursday the 22nd of February, **MAGMA**, the **Magnanimous, Advocates, Generating, Mental Health, Awareness group** hosted a Coffee House, and an Open Mic for Valentines day.

The event was all about loving yourself, listening to some great performers and enjoying yourself. Anyone could've signed up to perform for the Open Mic. But the most anticipated acts were Connor Burns, performing "I'm Just Ken" From the Barbie Movie, and Spike singing "Fly By Night" by Rush.

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An Open Mic is where you can sing, do spoken word poetry, comedy and play any instrument. They served hot chocolate, coffee and tea, and there were biscuits, cookies, chips, and other delicious treats for everyone who attended.

But, this event wouldn't have happened if it wasn't for the amazing dedicated members of MAGMA for making the plan, and executing it with the help of some volunteers.

Such as **Mrs. C, Ms. Ryan, Millie Marsh, Cyrus Walton, Jaida Deutschman, Connor Burns, Morgan Miller, Aiden Smith, Andy Sieben** and **Scarlett Anderson**. Right after school they began setting up, until 5:30. If you are interested in joining MAGMA, they hold meetings every Thursday at lunch in room 29.

- Scarlett Anderson





MAGMA'S Coffee House & Open Mic





SPECIAL GUESTS

February was a month filled with numerous special guests visiting SJF, each offering valuable insights into post-secondary options, including universities and different career paths.



University of Calgary Info Session



SPECIAL GUEST!

CBC KIDS NEWS **CREATIVE PRODUCER**
Marielle Torrefranca

We have opportunities for tweens to write first-person columns for our website, and we are hiring a tween/teen contributor to do paid, on-camera work for our website and YouTube channel!

TUESDAY
FEBRUARY 20

PERIOD: 5 (DAY 2)
2:20 - 3:00PM

MUSIC ROOM

We also have some free pins and bookmarks to give out!





READING CHALLENGE

The 2024 Reading Challenge runs from FEB 1 to MAR 31!

The Challenge is to get all SJF Students and Staffs hyped about reading!

- French books count
- Graphic novels count
- Audiobooks count
- Books in languages other than English count
- Short books count
- Manga counts
- Long books count
- Fiction, non-fiction counts
- Romance books that you don't want people to know you are reading count (no one but me sees the titles and I won't judge!)
- and... if it looks/sounds like a book, IT COUNTS!

Like last year, we will award weekly prizes to our MVPs!

Background:

For those of you who are unfamiliar with the Reading Challenge, it was born as a competition between Sir John and St. Pat's during the 2020 COVID lockdown and then was the premier (and only) sporting event in 2020-21 and 2021-22.

Two years ago, we acquired an awesome trophy...and lost it to St. Pat's. Heartbreakingly, we still don't have our trophy back. 🙏



Each year, I get questions about what types of books count.

The answer? **ALL BOOKS!**
We aren't discriminating!

Here's how it works:

- Read a book.
- Scan the QR code (on posters) to record your book.
- Repeat many, many times!



In the end, whichever school has the highest average reading (number of books read divided by the number of participants) wins!

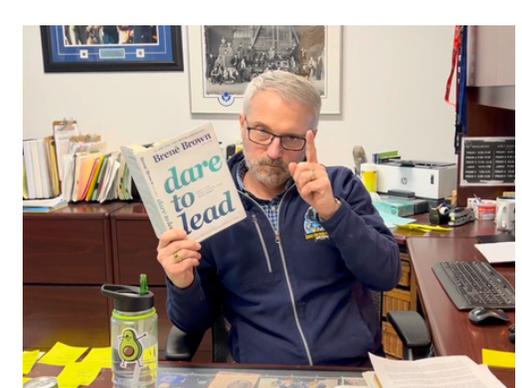
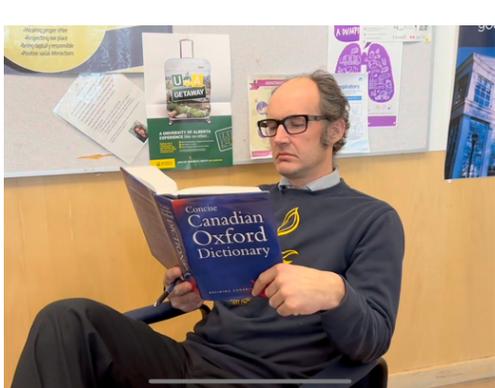
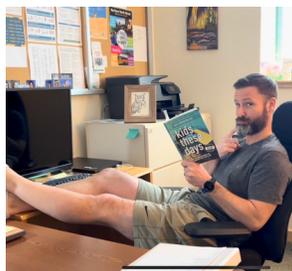
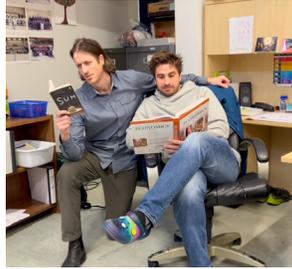
IF you have any questions, please ask Ms. Robson or Janice!

Scroll to the next page to see how our staff have been participating so far!





READING CHALLENGE 2024



The SJF Staffs are fully committed to the Reading Challenge, make sure to JOIN US!



STUDENT SERVICES



MENSTRUATION SHOULDN'T BE TABOO. PERIOD.

Don't be shy – we're here for you. Feel free to talk to us anytime with your questions.

Make sure to visit Student Services if you are in need of Menstrual Products!

SJF Student Services

CHOOSING MENSTRUAL PRODUCTS



MENSTRUAL PADS

Disposable or reusable pads that are worn inside underwear to absorb menstrual blood.

TAMPONS

Cylindrical products made of absorbent material that are inserted into the vagina to absorb menstrual blood.



MENSTRUAL CUPS

Reusable silicone or rubber cups that are inserted into the vagina to collect menstrual blood.

PERIOD PANTIES

Underwear designed with special absorbent fabric that can be worn without additional period products.



REMEMBER:

It's important to change pads, tampons, menstrual cups, and sponges regularly.

SJF Student Services

We are very well stocked with all kinds of menstrual products!

Please feel free to take whatever you need, and ask us if you have any questions!

Speaking of which... Hi, I'm Ms. Au!

I'm the creator of this newsletter, and the new face at Student Services! You'll often find me here in the mornings.

I really enjoy creating content for SJF's social media and newsletters. I love bringing you the latest updates and stories!

A bit about myself: I'm of Chinese descent, fluent in both Cantonese and Mandarin. Yellowknife has been my home for six years now, and when I'm not at Student Services, you might catch me playing the saxophone, a passion of mine since forever.

Feel free to drop by and say hello!





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

Mrs. Oldford
& Ms. Brancato

Grad Council

Ms. Martin

Fitness Room

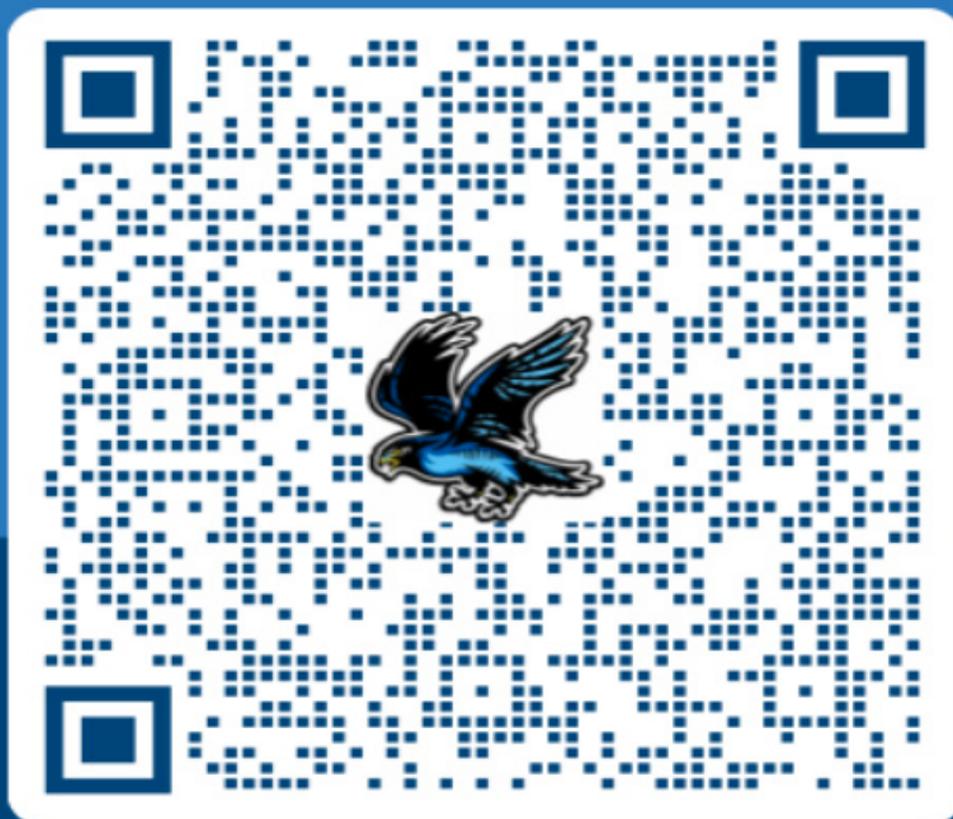
Mr. Eastcott

**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:

 4701-52nd Avenue,
Yellowknife, NT. X1A 2N8

Phone: (867) 669-0773 Fax: (867) 873-3630

Email: sjf@yk1.nt.ca

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 Sir John Franklin High School

 @sirjohnfalcons