

École Sir John Franklin High School

DECEMBER 2022 NEWSLETTER

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

Phone: (867) 669-0773 Fax: (867) 873-3630 www.sjf.yk1.nt.ca



Principal's Message Mr. Dean MacInnis

Wow! It's already December. December is a short month but we still have a lot of work to do to prepare for the upcoming winter break and exams happening in January 2023.

The Christmas break runs from December 21st to January 4th inclusive. Students will need to make sure that they are caught up in all of their classes before the break to ensure that they can properly prepare for their final exams in January. The exam schedule will be posted in early January. The last day of regular classes for the first semester is scheduled for Tuesday, January 17th.

Congratulations to Mr. Peters and the cast and crew of 'The Children's Theatre Festival 2022'. They put on a wonderful show! If you didn't get enough of Sir John's talented performers make

sure you come for our Music Department's Christmas concert. This concert will feature Sir John's best singers and musicians and will take place on Wednesday, December 14th at 7:00pm in the foyer with free admission.

Congratulations to our hockey players who competed in Challenge Cup on November 23rd. Our Falcon girls took the championship and our boys fought the good fight, but fell slightly short in the end. As always, we are so proud of all of our athletes!

The SJF staff are available to discuss concerns or answer any questions you may have. Please email the staff or call the school at 669-0773 to arrange a meeting or time to talk.

A grad meeting for parents was held on November 15th. If you were unable to attend and would

like more information on what was discussed, please call the school.

Email addresses can be found on our website (www.sjf.yk1.nt.ca). The first day of Semester 2 classes is Friday, January 27th, 2023. I hope you enjoy some time off over the holiday season.

Merry Christmas and Happy New Year!



IMPORTANT DATES

December 3-4th
Badminton Tournament
December 14
Music Concert 7pm
December 20
Christmas Assembly
December 21- January 4th
WINTER BREAK- NO SCHOOL

STAY CONNECTED

SJF Online:
Website: www.sjf.yk1.nt.ca
Email: sjf@yk1.nt.ca
Facebook (Sir John Franklin High School)
Twitter (@sjf_school)
Instagram (sirjohnfalcons)



Poster made by Samantha MacDougall



A grad parent meeting

was held on November 15th. Many topics were discussed including validation statements, required credits for graduation and student financial assistance.

If you would like a copy of the information booklet, please contact andrea.pellerin@yk1.nt.ca



Planning for Next Year

Students/families decide if they want to:

Return to high school for upgrading

Get a job or start an apprenticeship /training program

Travel or participate in an Exchange Program

Apply to a few post-secondary institutions (give yourself options)



É
C
O
L
E

S
I
R

J
O
H
N

F
R
A
N
K
L
I
N

On Saturday, November 26th, our grad council students participated in the Yellowknife Santa Parade. They helped decorate the YK1 bus and showed their falcon spirit!





The holidays are usually a time of happiness and family, but they can also be a very busy and stressful time of year that can be tough on your mental health.



MAGMA would like to remind you to take care of yourself and each other this Holiday Season!

**É
C
O
L
E

S
I
R

J
O
H
N

F
R
A
N
K
L
I
N**

ROCK YOUR MOCS 2022



NATIONAL NATIVE AMERICAN HERITAGE MONTH



Indigenous Drumming

Students involved in our drumming program went to NJ MacPherson to drum at their Rock Your Mocs celebration. Students practice weekly on Tuesdays at lunch in room 39 and have the opportunity to participate in school and district events to earn credit towards their high school diploma. Students are always welcome to join.



É
C
O
L
E
S
I
R
J
O
H
N
F
R
A
N
K
L
I
N

Sir John's, "2022 Children's Theatre Festival"

On November 3rd and 4th students from the drama and music department performed their favourite childhood stories, such as 'The Paperbag Princess', 'Where the Wild Things are', and 'Alexander and the Terrible, Horrible, No Good Day'. Many elementary schools around Yellowknife brought their students to watch during the daytime shows. On Thursday evening they also performed for their friends and families. Great job everyone!



É
C
O
L
E

S
I
R

J
O
H
N

F
R
A
N
K
L
I
N

ÉCOLE SIR JOHN FRANKLIN HIGH SCHOOL
PRESENTS

HOLIDAY
TIME
MACHINE

FREE
ADMISSION

14 DEC 2022

7 PM

FEATURING
**THE
CONCERT BAND, CONCERT CHOIR,
JUNIOR BAND AND GUITAR
ENSEMBLE**

ÉCOLE SIR JOHN FRANKLIN HIGH SCHOOL FOYER

REFRESHMENTS WILL BE AVAILABLE FOR PURCHASE AT
INTERMISSION



Career and Education Advisor

Stop By To Meet

CEAs work with Grade 9-12 students to help you prepare for what's next after high school.

They can connect you with people who are doing work that interests you and opportunities you can do while you're still in school!

CEAs can also help you:

- Fill out applications for part-time jobs, post-secondary, scholarships, awards and Student Financial Assistance
- Write a résumé and cover letter
- Find experiences you can participate in while still in school, such as Schools North Apprenticeship Program (SNAP)

You can find CEAs during these times/dates:

Ecole Sir John Franklin High School

Wednesdays and Thursdays- Health Haven Room

Stop by or send me a text or email:

shona_barbour@gov.nt.ca or 867-446-6387



Challenge Cup Pep Rally



É
C
O
L
E
S
I
R
J
O
H
N
F
R
A
N
K
L
I
N





Challenge Cup

The Wade Hamer Challenge Cup 2022 was Wednesday, November 23rd at the Ed Jeske Arena. This is the first time since February 2020 that we have been able to host this hockey game challenge against St.Patrick's High School. We started the day off with a pep rally. Students and staff were very excited for the event and filled the stands at the multiplex.

A huge congratulations to our girls team who defeated St.Pats 6-2 for the championship! Our boys team had a tougher battle and unfortunately lost 4-2 this year. All of our athletes worked tremendously hard and we are so proud of them all!

More photos are posted on our Flickr page. To see them follow this link: <https://www.flickr.com/photos/162514633@N04/albums>

É
C
O
L
E

S
I
R

J
O
H
N

F
R
A
N
K
L
I
N



Challenge Cup



É
C
O
L
E

S
I
R

J
O
H
N

F
R
A
N
K
L
I
N





Science in Action

On October 27th, Ms. Young's Medical Sciences Class had an opportunity to participate in the Acute Care Health Expo at the Explorer. The Expo showcased and highlighted education, clinical programs and clinical services that support acute care nursing in northern hospitals. During the Expo, there were multiple presentation booths with topics varying from program information, community resources, nursing skill stations, simulation and an escape room.

Students had the opportunity to experience interactive presentations, games and win prizes. They also got a glimpse of what it's really like in the field of healthcare, types of clinical services and health care careers.

After the event, students shared how much they learnt, how fun they had in the activities and escape room and that they felt it was a worthy event to take part in.

Thank you to Melissa Holzer - Territorial Specialist Acute Care (Sir John Alumni) for the invitation to join this amazing event. In the pictures you will notice alongside the Medical Sciences students other Sir John Alumni who are now nursing students at Aurora College.





É
C
O
L
E
S
I
R
J
O
H
N
F
R
A
N
K
L
I
N





MAGMA

The Tree of Peace invited MAGMA to participate in their annual Wellness Walk to kick start National Addictions Awareness Week in Yellowknife! National Addictions Awareness Week highlights ways to address harms related to alcohol and other drugs. It provides an opportunity to learn more about prevention, talk about treatment and recovery, and share solutions. The theme of this year's walk was Caring Communities.

É
C
O
L
E
S
I
R
J
O
H
N
F
R
A
N
K
L
I
N





MAGMA also hosted an event earlier in the month called, 'Smash The Stigma'. Students could pay to take a few swings at the pumpkins! Here are some pictures!





Remembrance Day Ceremony 2022

É
C
O
L
E

S
I
R

J
O
H
N

F
R
A
N
K
L
I
N



Are you interested in joining the **Parent Advisory Committee?**

The PAC has met once since school started in September but it's not too late to join! Please email mikipromislow@yahoo.com, newtonmgrey@hotmail.com, or doreen.cleary@y1.nt.ca if you would like more information. To read minutes from previous meetings, visit our website at www.sjf.yk1.nt.ca and click the PAC button.



QUEER TIPS TO GET THROUGH THE HOLIDAYS – A NOTE FROM THE GENDER & SEXUALITY SQUAD

FIGURE OUT FRIENDS YOU CAN CALL & TEXT When you're stressed or scared or your family says or does something messed up and you need advice or just to vent, have a friend or two on standby that you can reach out to

SET BOUNDARIES You are allowed to take care of yourself. We can set and maintain boundaries that keep us safe, happy, and healthy. You don't have to go to the Christmas service at your awful childhood anti-gay church. You don't have to explain how you know you're a woman on the drive to your aunt's house. Communicating your boundaries to your family ahead of time might work well for you or you can decide on them yourself and enforce them if folks bump up against them.

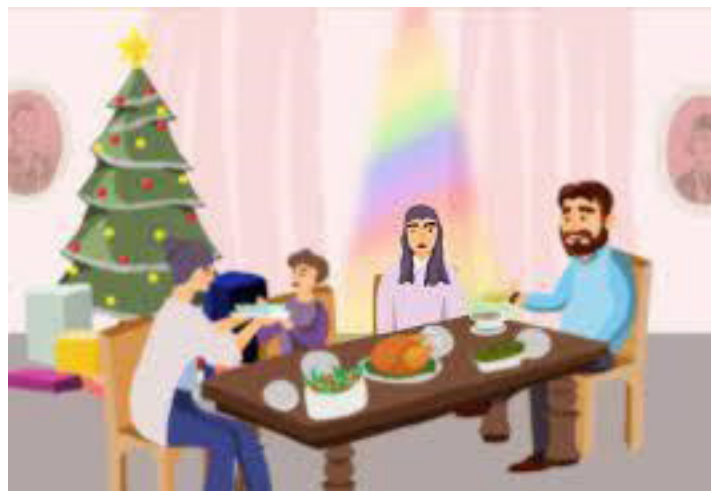
MAKE TIME TO BE ALONE These days, my family is wonderfully supportive and still, I need some time to sneak away and just be myself. Spending time with lots of people can be exhausting and families that are not supportive can be *extra* exhausting. Make time to sit in bed and read a book; to get outside and go for a walk, run, or bike ride; or even to take a nap.

CELEBRATE THE HOLIDAYS WITH YOUR CHOSEN FAMILY TOO We're told that spending time with our families of origin is the only "proper" way to spend the holiday. In some cities, like New York City, where I live, "Orphan Christmas" is a thing... friends who aren't going home to their families gather together to celebrate. But getting together with close friends to celebrate a holiday shouldn't need a qualifier... it can just be Christmas, or Thanksgiving, or Chanukah, or Kwanza. Remember to celebrate holidays with the people in your life who *are* supportive (even if that means hopping on a Google Hangout because they don't live nearby).

HAVE MUSIC AND MOVIES THAT MAKE YOU FEEL GOOD Make a playlist of music you love and that makes you feel awesome. If you need to, step away for a bit and listen to your favorite song. Bring some DVDs to the Christmas party and put them on for distraction. Give yourself some breathing space.

CREATE AN EXIT STRATEGY IF YOU CAN Have a friend call with an emergency. Say that you have to leave at a certain time. Give yourself permission to leave if things get too intense. You don't have to stay super late. You can stay in a hotel instead of sleeping on your parents' couch. Do what you need to do to give yourself the out you need.

CELEBRATE THE HOLIDAYS WITH YOUR CHOSEN FAMILY TOO We're told that spending time with our families of origin is the only "proper" way to spend the holiday. In some cities,





HOW TO BE A GOOD ALLY DURING THE HOLIDAYS – A NOTE FROM THE GENDER & SEXUALITY SQUAD

With the holiday season coming up, it can be a triggering time for the 2SLGBTQIPA+ community. Many queer people experience high levels of stress, anxiety, and depression at this time of year. Some 2SLGBTQIPA+ individuals may not return home for the holidays, but this time of year can remain challenging and triggering.

WHY ITS ESSENTIAL TO BE A GOOD ALLY DURING THIS TIME many people in the 2SLGBTQIPA+ community face rejection or are removed from their families due to their identity. Many individuals in the community may feel guilt around the holidays about wanting to avoid their families so they can protect themselves from the stigma and judgement that can occur with uninformed family members at gatherings. If you wonder how you can be a good ally to 2SLGBTQIPA+ people this holiday season, here are some tips.

LISTEN TO YOUR 2SLGBTQIPA+ LOVED ONES It is essential to listen and not comment right away when 2SLGBTQIPA+ people in your life are opening up to you. Never minimize their feelings or experiences, or shut down their emotions.

SET A GENTLE REMINDER THAT THEY NEED TO PRIORITIZE THEIR WELLBEING Those struggling during the holidays might pull away from loved ones, self-medicate, or use other responses that could not benefit their wellbeing. Be sure to check in on them, ask how they're doing, and speak up in a gentle way if you see some warning signs that they are not taking care of themselves. Offer to be part of their self-care plan if that makes it easier on them.

BE THE GO-TO ALLY If your queer friend or family member is nervous about the holidays, you can tell them you are there for them and that they can get in touch with you at any time. Being available to them can be very helpful, and letting them know they can ask you for help is key.

INVITE THEM ALONG WITH YOU Some 2SLGBTQIPA+ people may not have the option of being with their families of origin; however, if you are their chosen family, you could always invite them along with you for the holidays (if your destination is a safe space for 2SLGBTQIPA+ people!). If they do attend your family holiday celebration, be sure not to bring attention to their personal story – keep it simple and say they are a good friend who is coming to join the festivities.

THINK ABOUT HOW YOU ASK THEM ABOUT THEIR HOLIDAY PLANS Instead of straight-up asking your queer friend if they're spending time with family during the holidays, asking open ended questions may be more effective. If you phrase your question as "Do you have holiday plans?" they can choose how much to share with you.





Get involved at SJF!

Indigenous Drumming
MS. Lafferty

Political Discussions
Ms. Traynor

Guitar Club
Mr.Hagen & Ms. Traynor

Hockey
Mr. Curran

Badminton
Mr. Eastcott

Green Team
Ms. Robson

Debate Club
Ms. Griffin

Gender Sexuality Squad
Ms. Wilson

MAGMA
Mrs. Hurley

Drama
Mr. Peters

Band & Choir
Ms. Shantora

Student Council
Ms. Shantora

Grad Council
Ms. Martin

Fitness Room
Mr. Kilbride

É
C
O
L
E
S
I
R
J
O
H
N
F
R
A
N
K
L
I
N

See anything you like?

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!

SJF Online:
Website: www.yk1.nt.ca/sjf
Email: sjf@yk1.nt.ca
Facebook & YouTube:
(Sir John Franklin High School)

É
C
O
L
E

S
I
R

J
O
H
N

F
R
A
N
K
L
I
N