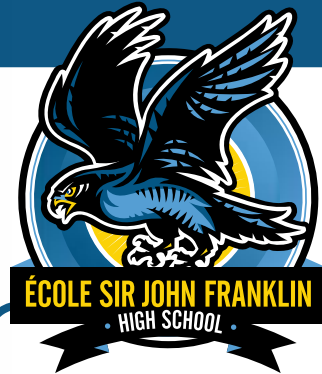
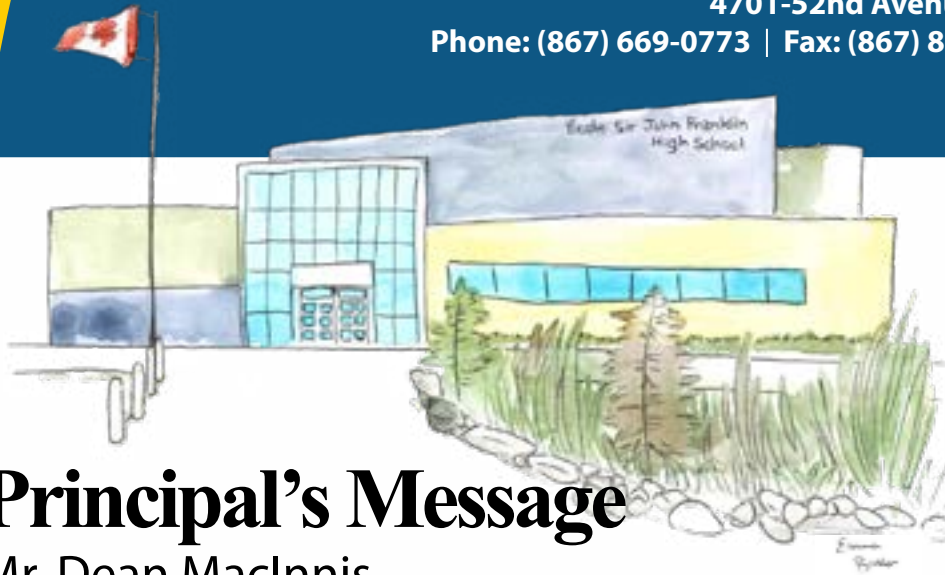


DECEMBER 2019 NEWSLETTER

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

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 2020.

The winter break runs from December 21st to January 5th 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 2020. The last day of regular classes for the first semester is scheduled for Friday, January 17th.

Congratulations to Mr. Peters and the cast and crew of 'Frozen Jr'. They put on a wonderful show! If you didn't get enough of Sir John's talented performers make sure you pick up tickets for our Music Department's Christmas concert. This concert will feature Sir John's best singers and musicians and will take place on Thursday, December 5th at 7:00pm. Tickets are available in advance from the SJF main office for a \$10 donation or at the door.

Congratulations to our volleyball athletes who competed in Spike-It 2019 at the beginning of November. Our Falcons took home one banner and our athletes, as always, made us proud! Our badminton players were also very successful in the tournament this past weekend. See inside for results!

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. A grad meeting for parents was held on November 28th. 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 January 31, 2020. I hope you enjoy some time off over the holiday season. Merry Christmas and Happy New Year!

IMPORTANT DATES

December 3

Skills Canada Power Up
Grade 8 Girls

December 4

Skills Canada Power Up
Grade 8 Boys

December 5

SJF Christmas Concert
7:00pm at NACC

December 11

Grad 2019 Potluck
5:00pm

MAGMA Coffee House
7:00pm

December 12

PAC Meeting
12noon

December 12-14

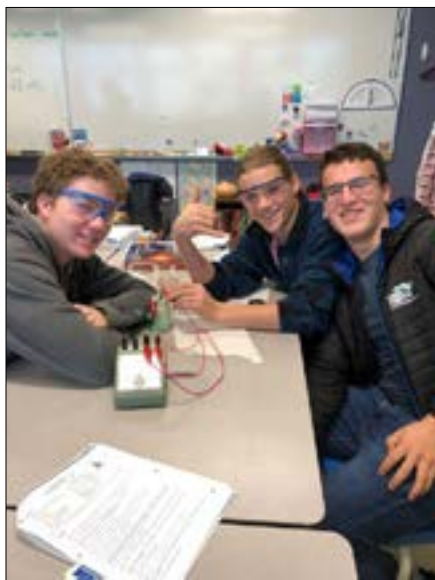
AWG Trials

December 20

Christmas Assembly
& Feast
11:00am

FOR MORE DETAILS SEE
CALENDAR ON LAST PAGE.





Chemistry 30 is building cells!

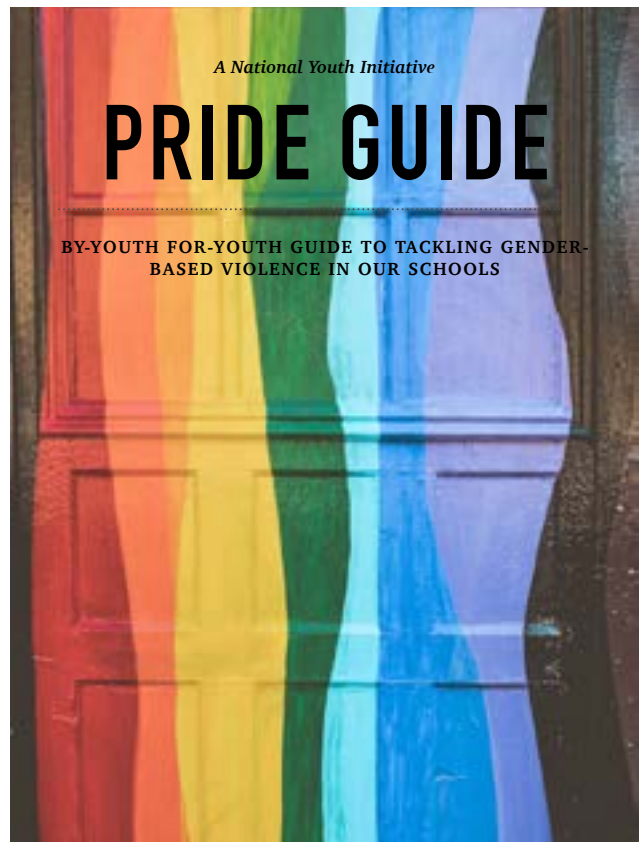
Each cell is composed of two half-cells, a metal electrode in its own ion solution. The difference between the two metals creates a competition for electrons and this is what produces the voltage. Change the half-cell combination, and you will produce different voltages. Here Ms. Prescott's Chem 30 class was using copper (blue), zinc (clear), nickel (green), and dichromate (orange).



Sir John students help create Pride Guide

In February and March 2019, students from Sir John Franklin High School's Gender & Sexuality Squad (GSS) participated in video chats with 11 other schools from across Canada. In March, student representatives from each school travelled to Edmonton to create the Pride Guide. It is a by-youth for-youth guide to address gender-based violence in schools. This national document is finally complete, and is available to be shared far and wide!

It was such an honour to be chosen as one of only twelve schools from all across Canada to participate in this project. Our students loved the weekly video chats with other schools. Travelling with the two boys from Sir John was amazing, and we had such a great time. It has taken our GSS a few years to get up and running, but it is so worth it. If any parents have questions they would like to ask before having a discussion with their child, please contact me at kirstin.prescott@yk1.nt.ca



Rock Your Mocs

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This worldwide movement started in 2011 in hopes of unifying Indigenous peoples and promoting cultural pride. It is so great to see all of the beautiful designs and the diversity of our Indigenous cultures.

We are incredibly lucky to have so many students and staff participating in this movement and showing pride in Northern and Indigenous culture.



#rockyourmocs2019



Season's Greetings

CHRISTMAS CONCERT

Thursday, December 5, 2019

7:00pm at NACC

Tickets: \$10 at the SJF main office

*Featuring: Sir John Choir, Sir John Concert Band,
Music Academy Band and Choir*





Skills Canada

Presenters visit Sir John

Every year, our students are given opportunities to attend different presentations by universities or organizations. These presentations give students ideas on how to further their education after high school whether it be entering the trades, going to university or joining the Armed Forces. Thank you to all the presenters that have visited Sir John students so far this year!



Royal Canadian Armed Forces



University of Alberta

Sending holiday greetings



Isabelle Boucher, a grade 11 student, has organized Holiday Cards for Operation Impact. Her goal is to send 300-holiday cards to Canadian Armed Forces personnel stationed overseas during the holiday.

The cards are meant to send well-wishes to the CAF members who have to be away from their families over the holidays.

The cards from SJF will be sent to the men and women deployed in Operation Impact in Iraq who are working with Iraqi security forces and Iraqi military education institutions to prevent the return of ISIS in the region.

Congratulations!

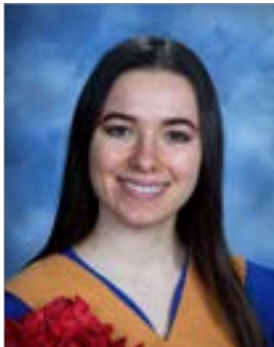
Every year, the Department of Education, Culture and Employment presents the Minister's Awards to high school students achieving the top marks on the Alberta Diploma Exams. Awards are given to students for performance in the ten core academic subjects.

**We are pleased to announce that this year
École Sir John Franklin High School
students have won five awards.**

**This is an exceptional 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 Emma Butler for being awarded the
Governor General's Award. This award is presented to a graduating student
with the highest average in a high school.



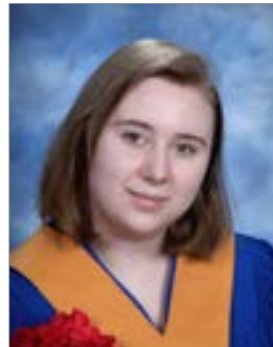
Emma Butler

English Language Arts 30-1
Physics 30
Governor General's Award



Charlotte Dixon-Wiest

English Language Arts 30-2



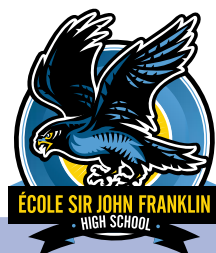
Ida Fells

Social Studies 30-1



Emma Willoughby

French Language Arts 30-1



A busy November for MAGMA!

Sir John Franklin's Mental Health Advocacy Group, SJF MAGMA, hosted a Regional Mental Health Summit on Sunday, November 24th at Sir John! The Regional Summit brought youth from all over Yellowknife and the surrounding area together for the chance to strategize ways to improve youth mental health at the local level. Students participated in several Workshops including how to be there for others, publicly speaking about mental health in a safe way, and how social media can both help and harm your mental health.

Aboriginal Sports Circle also provided a movement break for our delegates, and there were several draws for prizes throughout the day. Advocacy is tricky work! The Summit brought passionate mental health advocates together to exchange big ideas.

By teaming up and sharing their experiences, our young advocates learned the best ways to improve mental health for their peers.

These young advocates are revolutionizing Mental Health, and they are JUST getting started!

We can't wait to see how far they go!

MAGMA and Sir John's Indigenous Leaders group also participated in the Tree of Peace Wellness Walk on Monday, November 25th to kick start Addictions Awareness Week!

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Music for Mental Health

Coffeehouse

brought to you by SJF Magma!

Join us in the library on
Wednesday, December 11th
at 7:00pm

Snacks and hot beverages available through donation!

If you are interested in performing,
please see Mr. Kilbride!





SJET Parent Meeting

**Wednesday, January 15th
7:00pm
Fitness Centre**

There will be a notary public present.

Please watch for important emails in preparation of this meeting.

Badminton Tournament

Congratulations to all the badminton athletes who had a great tournament last weekend. In the U15 age group, Colton Robertson took singles gold and mixed doubles gold with his partner Taneisha Steinwand. Lucas Wilson took silver in singles and gold in doubles with his partner Brock Mercredi.

Matthew Patzer and Rennie Chaisson took doubles silver and Mackinley Talbot and Keiran Fox took the bronze medal in doubles. In the 19U category, Nathan Cluff took home a silver medal in singles, gold in doubles with his partner Drayton Pagonis and gold in mixed doubles.

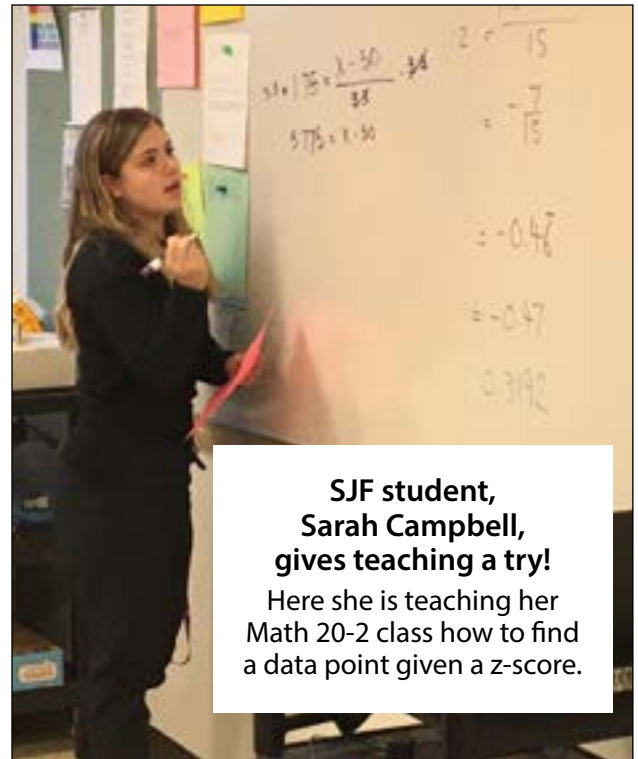
Hillary Huynh won gold in all three categories she played: Singles, doubles with Elaine Cronk and mixed doubles with Nathan Cluff.



Thank You

to the following for supporting
the Music department
Silent Auction!

- Bella Dance Academy**
- Northern Food Services**
- Robbie Craig**
- Joie de Vivre**
- Essentials Orthopaedic Massage**
- Kingpin Bowling**
- Roy's AudioVideo Unlimited**
- Handmades by Mikaela**
- Northwestel**



**SJF student,
Sarah Campbell,
gives teaching a try!**
Here she is teaching her
Math 20-2 class how to find
a data point given a z-score.

YK1 takes part in Santa Claus parade



**Sir John will be live-streaming
our Christmas Assembly!**
Tune in on December 20th at 11am
to hear the band and choir perform,
grads will be discussing theme, a slideshow
of pictures from Semester 1 will be
presented and awards will be presented to our
Minister Award winners!
You can find our YouTube link on our website.



Transgender Day of Remembrance

November 20th was the Transgender Day of Remembrance, a day to remember and honour transgender people around the world whose lives have been lost to transphobia and anti-transgender violence. The Gender & Sexuality Squad had transgender ribbons for sale by donation and had a quiz for people to complete. G&SS t-shirts will be awarded as prizes at the next assembly!

Northern Studies News

Thank you to Brad Steyn who recently spoke to Mme Durepos' and Mr. Bennett's NS10 class about the South Africa pre and post Apartheid situation in comparison to Canada's with our Indigenous peoples under the present "Indian Act": native population differences, land ownership and reform issues, historical paths of colonialism in each country, residential school comparisons, as well as the direct influence of our Indian Act upon the development of the Apartheid Policy.



We are very appreciative of the SJF staff, presenters, cadets and pipers who gave their time and helped organize the Remembrance Day assembly on November 8, 2019.



REMEMBRANCE DAY
Left We Forget

Your Child's Development: Music Study may be the Best Tool

A WEALTH OF SCIENTIFIC RESEARCH over the last decade is proving that music education is a powerful tool for attaining children's full intellectual, social, and creative potential.

- It speeds the development of speech and reading skills
- It trains children to focus their attention for sustained periods
- It helps children gain a sense of empathy for others

Music study requires a high degree of precision in auditory processing: being almost in tune is not good enough. This means that musically trained children are better able to distinguish subtle details of speech, leading to improved reading, better comprehension, and also a greater ability to interpret what other people – children and adults – are really saying.

Musically-trained children develop to their full potential because participation in music is inherently rewarding, making children more likely to devote the time and practice necessary to develop strong cognitive and social abilities.

Most importantly, music gives children a means to express themselves, to unleash their creativity, and to be inspired by their own boundless capacity for personal growth.

For more than 127 years, The Royal Conservatory of Music has contributed to the musical education of millions of Canadians, as well as to their academic success and social well-being. The research we highlight in this document offers compelling insights into the powerful, long-term value children gain through music study.

“Musical activity involves nearly every region of the brain that we know about, and nearly every neural subsystem.” Daniel Levitin, *This is Your Brain on Music*, p.299

Brains of Musically Trained Individuals



MUSIC
EDUCATION →



- STRONGER NEURAL CONNECTIONS
- MORE GREY MATTER
- BETTER INFORMATION PROCESSING
- HIGHER IQ
- BETTER MEMORY AND ATTENTION
- BETTER MOTOR COORDINATION

This article (from April 2014 Royal Conservatory magazine) shows the importance of music in a child's life. At Sir John, we offer band, choir, instrumental music and general music classes. If you or your child is interested in learning more please make an appointment with one of our counsellors.

FROZEN!

Congratulations to the cast and crew of Disney's Frozen Jr.! What an amazing show! If you missed it, check out our YouTube channel to catch one of the performances. Link can be found on our website.



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Congratulations to all of our Falcon Volleyball Players for an excellent Spike-It weekend!

Here are the tournament results;

15U BOYS YELLOW
Won the Tier 2 Consolation

15U BOYS BLUE
Won the Tier 1 Bronze

15U GIRLS GOLD
Won the Tier 2 Bronze

15U GIRLS YELLOW
Won the Tier 1 Consolation

15U GIRLS BLUE
Won the Tier 1 Banner

19U BOYS YELLOW
Won the Tier 2 Consolation

19U BOYS BLUE
Won the Silver in Tier 1

19U GIRLS GOLD
Won the Tier 2 Consolation

19U GIRLS YELLOW
Won the Tier 2 Bronze

19U GIRLS BLUE
Won the Silver in Tier 1



DECEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Skills Canada Power Up Grade 8 Girls Staff Meeting 3:45pm	4 Skills Canada Power Up Grade 8 Boys	5 SJF Christmas Concert 7:00pm NACC	6	7
8	9	10	11 Grad 2019 Potluck 5:00pm MAGMA Coffee House 7:00pm	12 PAC Meeting 12:00pm Dept. Head Meeting 3:45pm AWG Trials	13	14
15	16	17	18	19	20 Christmas Assembly & Feast 11:00am	21
22	23	24	25	26	27	28
Christmas Break • Christmas Break • Christmas Break						
29	30	31				
Christmas Break						