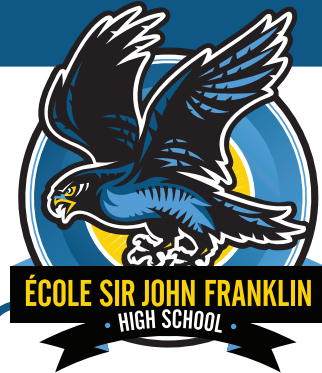


# MARCH 2021 NEWSLETTER

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

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## Principal's Message

Mr. Dean MacInnis

I hope you are getting outside to enjoy the longer days and the beautiful sunshine! March is going to be a short month with March Break just around the corner.

Staff and students are hard at work with their second semester courses. This semester we welcome two new EAs: Marcel Amirault and Kaitlyn Wiseman. We say goodbye to EA Mariah O'Connor-Mossman and wish her the best of luck in her new job!

Staff and students are collecting food for the YK Food Bank. Some are having a little more fun with this collection as they build a 'wall of food' in front of Mr. Curran's office. See picture inside.

SJF Student Services recently visited Grade 9 classes and held zoom meetings with Grade 10-12 students to go over course selections for next year. Yes, we're already planning next year! Students that are in Grade 8 this year are being automatically enrolled in classes by our counsellors. If your child doesn't have a schedule created for next year, they should reach out to their academic counsellor.

In preparation of the Yellowknife Music Festival, Sir John pianists and vocalists have agreed to serenade us on our way to class by performing in the foyer! It's such a treat to hear these talented musicians.

If you have any questions about your child's school, please don't hesitate to contact us at (867) 669-0773.

## IMPORTANT DATES

### March 1-5

Grade 8 Camp Akaitcho

### March 12

No School

(in lieu of Parent/  
Teacher Interviews)

### March 15-26

March Break

### March 29

Students Return  
to School

### April 2

Good Friday No School

### April 5

Easter Monday No School

### April 9

STIP Day

No School for Students

### April 12

Report Card Day

FOR MORE DETAILS SEE  
CALENDAR ON LAST PAGE.



# Walk to Tuk

For the fourth year in a row, Miss Brancato's class has walked the 1658km from Fort Providence to Tuktoyaktuk as part of Walk to Tuk 2021!

Pictured left to right: Miss Brancato, Seth Barnes, Maxie Hayes and Tahlea Zoe



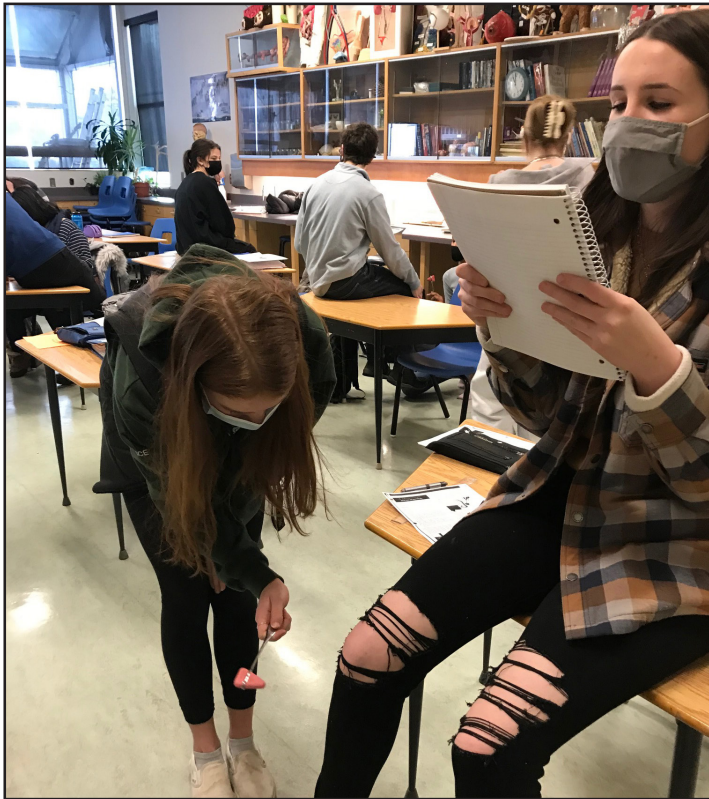
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Spread the  
LOVE 

**The Spread the Love Food Drive ends on March 11th.** There is still time to form a team and collect food in support of the SJF Food Bank. The team that collects the most will win a \$100 prize! Right now the Humanities Department is in the lead as they aim to block Mr. Curran's office with KD.





# Quick Reflexes

Pictured on the left are Ms. Young's Biology 30 students checking reflexes of their classmates. Looks like everyone is alive and kicking!



Follow us  
on instagram!

@sirjohnfalcons

@sjfgreenteam

@gradsjf

@sjf\_gss

@sjfmagma

@sjf\_studentcouncil



# MAGMA Update

On Wednesday, February 3rd, members of Sir John Franklin's Mental Health Advocacy Group, MAGMA, participated in a full day retreat! Throughout the day, students completed mental health training through Jack.org, planned events for Semester 2, expanded their mental health knowledge, and participated in team building and leadership activities. The students shared that during the day they, "learned about Jack.org and

resources in our community, practiced The Five Golden Rules!, brainstormed future projects, and learned: How to be there for Yourself and Others. One member described the retreat as, "fun, informative and interactive!"

MAGMA would like to thank our staff, students, parents/guardians, YK1 District Office staff, YK1 Board Members, and Yellowknife community members for their ongoing

support. Recently we have been fortunate to receive generous donations that have allowed us to continue spreading mental health awareness. As a student-led group of mental health

advocates, we deeply appreciate your support! You are helping us to share the message that Mental Health Matters, and bring us closer to ending the stigma around mental health.

**MAGMA members below:** Ms. Hurley, Annabella Churchill, Morgan Noseworthy, Jimena Maule, Georgia Ridgely, Ella Ireland, Jasmin Hans, Lacey Furniss, Zack White, Pretty Ngo







Gender & Sexuality Squad.  
We're awesome, so follow us on  
Instagram. @sjf\_gss

All humans welcome.

# Students Visit the Museum

All six of our NS10 classes, both morning and afternoon groupings, recently visited the museum. The intent of the two-hour visit was to analyze significant media artifacts, trading artifacts, items of cultural identity, Yamoria stories and look at the “giant” skeletons of the pre-ice age animals, furs, our pre-contact economy.. and much more. Curator Mike Mitchel and his helpful crew, including former SJF student. Mary Buckland, guided our groups throughout the day. Kudos to the museum and SJF staff member Ms. Powless for arranging the visits.







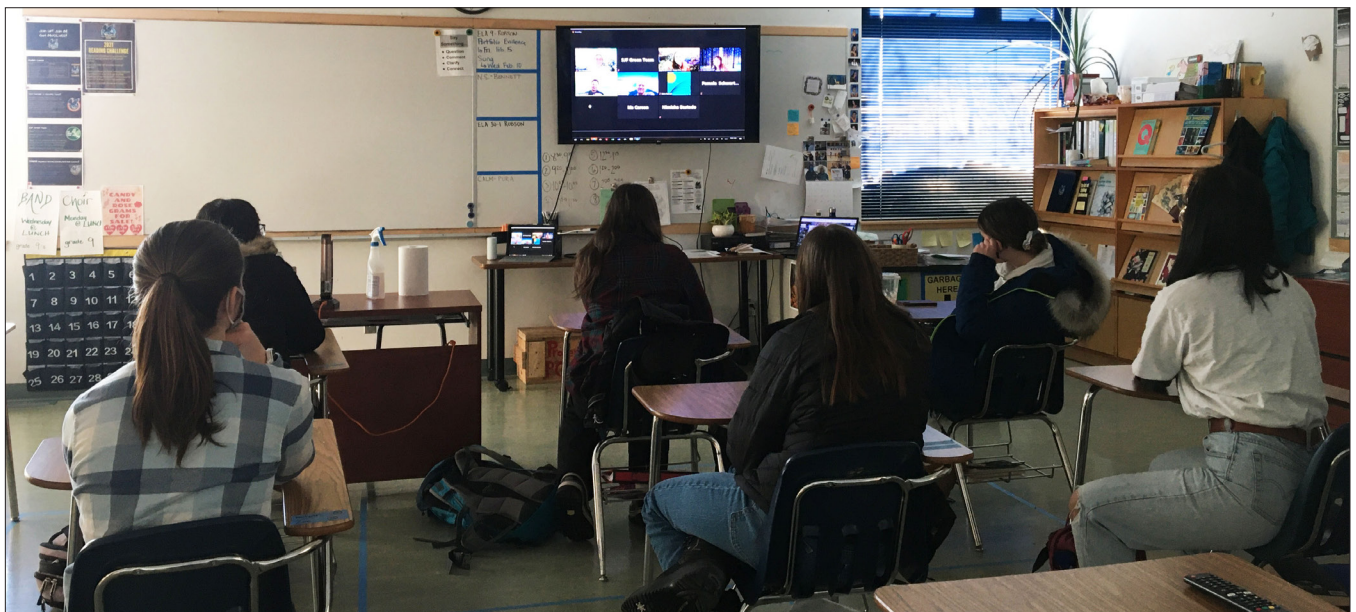
## 'MICE' to know you!

In celebration of Valentine's Day, SJF student Chelsea Makaro, taught her classmates how to make one of her favourite crafts. She was a great teacher! Her 'students' loved creating this fun valentine to bring home to their families.



## SJF Green Team News

The SJF Green Team is participating in a Virtual Student Forum on the Climate Crisis. Along with students from across Canada's North, SJF Green Team members have participated in five virtual workshops in January and February and are currently working to plan their own climate action projects.





# THANK YOU! THANK YOU!

Just because we aren't able to defend our title as Challenge Cup Champions this year, it doesn't mean we can't acknowledge our staff and students who worked hard to try and make it happen!



**Monday, March 8th**

SJF Swag Day

**Tuesday, March 9th**

Hat Day

**Wednesday, March 10th**

Dress Like  
a Teacher Day

**Thursday, March 11th**

Category is...  
"Quarantine Chic"

**School-wide  
Spirit Week**



# NORTHERN STUDIES PRESENTER

Thank you to Sheila Stewart for visiting all six NS10 classes on February 18th to explain the significance of Yamoria to our Dene people. Jimena Maule presents tobacco as she conducts the transaction of inviting Sheila into our class to share her knowledge on Yamoria.





# 2021 SIR JOHN READING CHALLENGE

Don't forget to keep recording the books you've read and NEW readers are VERY welcome. See Ms. Robson for details.



## RAINBOW COALITION OF YELLOWKNIFE

The Rainbow Coalition will be running the following workshops and programs during March Break!

**MARCH 15TH:**  
Cookie decorating (1-4pm)  
& Home Sweet Homo (6-8pm)

**MARCH 16TH:**  
Slime Experiments (1-4pm)  
& Gender+ (6:30-8pm)

**MARCH 17TH:**  
Mermaid & Moon Jewellery Making (1-4pm)

**MARCH 18TH:**  
Game Day (1-4pm)  
& Body+ (6-8pm)

**MARCH 19TH:**  
Seal Skin Mitts (1-5pm)  
& Movie Night (6:30-9pm)

**MARCH 22-26** closed for inventory and reporting

**MARCH 29** Open again!



**Grad hoodies are in!  
Talk to a member of  
Grad Council to get yours.**

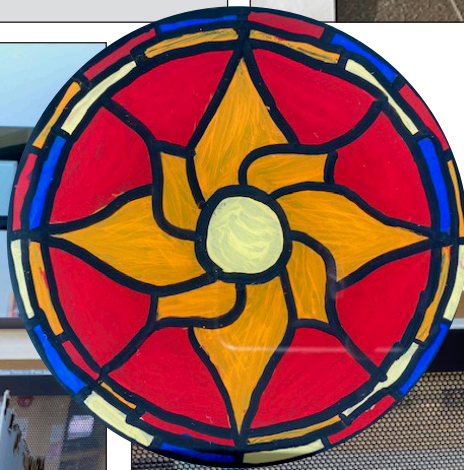


**Ms. Martin** showing the importance of yoga stretches!

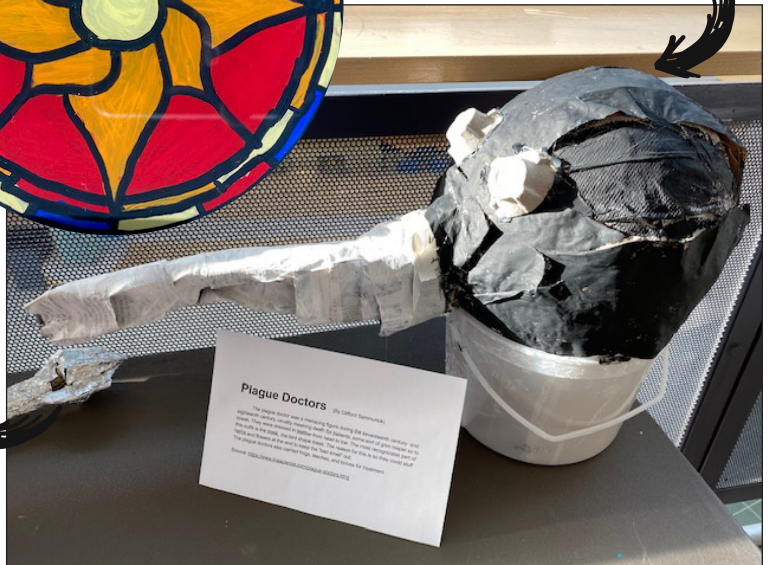


# UPDATE ON THE KD WALL...

I hope Mr. Curran is comfortable doing the high jump!



Ms. Lalonde's Grade 8 Social Studies students have created/made 3-D projects reflecting their interests in the Middle Ages.





*The following three articles were written by Grade 9 students in Ms. McLeod's ELA class. They had just finished a unit on news articles and opinion pieces and it was their turn to write their own articles. Thank you for sharing!*

# Increasing number of depressed teens are concerning to medical professionals

Riley Almond - February 15, 2021 - Yellowknife

Depression is a very common mental illness that is on the rise. More than 264 million people of all ages suffer from depression globally<sup>1</sup>. Between 20% - 30% percent of highschoolers, today struggle with depression. To add to that close to 9% of high school have attempted suicide in the last year<sup>2</sup>. An Alberta doctor says that "I don't have concrete numbers but I'm seeing more and more patients with depression," Dr. Mukarram A. Zaidi declared to Global News.<sup>3</sup>

Depression is becoming increasingly more common with the pandemic, pressure at home and school, family, financial issues, and more frequent drug and alcohol use. Teens also are affected negatively by their peers, long-term bullying or academic problems. Having problems with self-image is a major contributing factor to why teens are feeling this way with social media being the main cause. Kathy Harms, a psychologist at Kansas City's Crittenton Children's Center, told the Portland Press Herald "This is a very dangerous time for our young people, we're seeing more anxiety and depression in children of all ages."<sup>4</sup>

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<sup>1</sup> <https://www.who.int/news-room/fact-sheets/detail/depression>

<sup>2</sup> <http://www.daveneefoundation.org/scholarship/facts-about-depression-and-suicide/>

<sup>3</sup> <https://globalnews.ca/news/7617298/alberta-doctor-depression-suicide-covid-19/>

<sup>4</sup>

<https://medium.com/@ayeshajavid666/teens-depression-an-arising-danger-to-our-youth-s-mental-health-a0c82a2e7c0e>



Depression is considered to be an “adult” affliction. The American Psychiatric Association says “Depression affects an estimated one in 15 adults (6.7%) in any given year. And one in six people (16.6%) will experience depression at some time in their life.”<sup>5</sup> However, the most common onset age is 15 today, therefore, it is presently affecting teens as well.

“Teens think they are invincible, so when they feel psychological pain, they are more apt to feel overwhelmed by hopelessness and the belief that they have no control over their lives.”<sup>6</sup> Tony Jurich, a professor of family studies and human services told Kansas State University. We are seeing increasing numbers of teens who refuse to get treatment either because they can’t afford it or because they or their guardians refuse to acknowledge that they are struggling with depression. This is concerning because it only increases the teens’ feeling of not being in control of their lives and reinforces the notion that they are not being heard.

Kelly Schwartz, a registered psychologist and professor in School and Child Psychology said “Kids are experiencing this like the rest of us. This has disrupted major areas of their life. Their social lives, their academic lives, and their families,”<sup>7</sup> only further proving that teenagers are struggling with depression more and more over the recent years because of increased stressors and social pressure. This is affecting a large percentage of the youth population and along with it is bringing concerns to medical professionals, ergo, parents should keep an eye on their kids and teens should seek out help if it is necessary.

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<sup>5</sup> <https://www.psychiatry.org/patients-families/depression/what-is-depression>

<sup>6</sup>

<https://discoverymood.com/blog/todays-teens-depressed-ever/#:~:text=Tony%20Jurich%2C%20a%20professor%20of,their%20lives.%E2%80%9D%20Jurich%20calls%20these>

<sup>7</sup>

<https://calgary.ctvnews.ca/despite-anxious-feelings-in-teens-it-s-not-coronophobia-experts-say-1.5307006>

## Sources

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# Women feel it is time to get rid of the stigma. Period.

Sydney Smyslo - February 15, 2021 - Yellowknife

“It never occurred to me what other women are doing for their period,”

Kayla-Leah Rich

Menstruating has been a taboo for decades, yet it happens to more<sup>1</sup> than 50% of the population. So, why is it still considered taboo? The stigma attached to periods is that they are: embarrassing, shameful and disgusting. Ironically, periods and womens' biological functions are the reason humanity continues.

Around the world, society takes several different perspectives when it comes to periods. Worldwide, many females are required to skip school or even drop out because of their menstrual cycles. They aren't supplied with the proper toiletries, like pads and tampons, which forces those women to use rags, cut up blankets and even cut up mattresses. In some countries, periods aren't talked about at all. People refuse to acknowledge women's periods and the struggles they face.

Mens' understanding of a woman's period is not complete. Men have been interviewed and studies show that they simply have been told that menstruating is an illness that women suffer. Though, it is not just men. Many women possess internalized misogyny. It is drilled into our heads that things women do or experience should be

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<sup>1</sup> [Period. End of Sentence. | FULL FEATURE | Netflix - YouTube](#)  
[PERIOD Talk: What is Period Stigma? - YouTube](#)

judged and ridiculed. Internalized misogyny causes women to feed into this stigma as well. We hide our periods and their symptoms. This type of denial reflects back to how periods are looked at to be shameful and disgusting.

Each month, Canadian women spend about \$29 on menstrual products. That adds up to roughly \$6,360 in a lifetime. For a lot of women, this isn't a price they can easily afford. In turn, causing 49% of women to have a lack of (or no) period products. After 1,500 <sup>2</sup>Canadians (men included) were interviewed for a study, they found that 65% of the study believed that the Canadian government should subsidize tampons and pads. And it's not impossible either. Just look at Scotland. For months they have supplied free period products to all their female citizens.

Hundreds of thousands of stories have been shared by females about heartbreaking period experiences. For example, some women have reported having to engage in sexual acts in exchange for a single pad, missing school or dropping out entirely, when they reach the age of menstruation. Not because they don't want to learn, but because access and education and education about periods are lacking. Along with the trauma these experiences carry, the education women get on what's genuinely

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<sup>2</sup> <https://www.chatelaine.com/living/how-much-do-periods-cost/Periods-Around-The-World-YouTube>

[The cost of menstrual shame | Kayla-Leah Rich ... - YouTube](#)

[Stats on periods, Bustle](#)



happening to their bodies, is very limited. Most females do not know how to deal with a period until they get it. It often remains a mystery and can be an isolating experience.

This stigma has led people to believe periods are only a “girls thing”. Thus, causing women to feel uncomfortable or forbidden to talk to males. Including fathers, brothers and significant others. Yet, we find that men commonly bring up the period cliches as insults. “Must be that time of the month again”, for instance, is an excellent example of using menstruation as a negative thing. In a lot of cultures, periods are perceived to be the “week of shame”. This has taught males especially, to be grossed out or disgusted by women during their menstrual cycle.

This issue is happening all over the world. 81% of Asian women hide their period from the world. 38% of Indian women miss work over 5 times a year due to their period. In Burkina Faso, 83% of female students don’t have a safe place to change their menstrual products during school. In Kenya, 65% of women don’t have enough money to afford pads and tampons. In several countries, 1 in 3 girls are forced to engage in sexual encounters the minute their periods start because it’s a sign of “womanhood”. This is a very small list of all the devastating things that come with the period stigma.

“When men say “must be that time of the month again”, it is putting a blanket over our real feelings. Instead of recognizing our true feelings, all our emotions being lumped into one,” Riley Almond is a fourteen-year-old female who attends Sir John Franklin Highschool in Yellowknife. When asked about her views on the cost of menstrual<sup>3</sup> products, her response was, “Bullshit, it’s preposterous. Women can’t control

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<sup>3</sup> [The cost of menstrual shame | Kayla-Leah Rich ... - YouTube](#)  
[Periods Around The World - YouTube](#)

their bodies so there is no real reason for period products to be so expensive. Period product companies should strive to lessen the environmental impact their products are making and reduce the cost [to women].” Millions of women have the same viewpoint as Riley. Could you imagine a world where period products are free?

There are several organizations that aim to stop the stigma of the period. Period, The Menstrual Movement is an advocacy group that combats period poverty and this stigma. One of their services is to provide free menstrual products to those in need. In 2020, they delivered over five million period products. This organization<sup>4</sup> is non-profit and run by youth all over the world! Another powerful group fighting against the period stigma is Days For Girls. Their mission is to: improve education, increase accessibility to menstrual products, enhance overall period health and advocate for change. Both of these organizations are open to donations and are always seeking new involvement.

All it takes is a change of perspective. Why is it that our population has some of the greatest intelligence in the world, yet can't respect women for an incredibly common bodily function?

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<sup>4</sup> [Period.org](https://www.period.org/)  
[Days for Girls International](https://www.daysforgirls.org/)



Citations:

Netflix, Period. End of Sentence.

[The cost of menstrual shame | Kayla-Leah Rich ... - YouTube](#)

[PERIOD Talk: What is Period Stigma? - YouTube](#)

[Periods Around The World - YouTube](#)

[Stats on periods, Bustle](#)

[Research reveals how much the average woman spends on ...](#)

[Period.org](#)

[Days for Girls International](#)

# The Incredible Impact of Mental Abuse

Lucie Cimon-Gaudet - Tue, Feb 15, 2021 - Yellowknife

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Relationships can affect your mental health in both a positive and negative way. You can get support and guidance from your loved ones but you also can get dragged into a world of depression through a never ending cycle of abuse.

Relationships help you through rough times, especially with your family. They can support you and they can help you, for some people having a strong relationship bond is necessary. For me, my relationship with my mother is very strong and it helps me know that if I needed her she would be there, and that's generally the case with others and their parents or adults/grownups in their lives, but not always.

What happens when you're in an abusive relationship? Well, an abusive relationship can happen in many ways, it can be physical abuse, sexual abuse, verbal abuse and/or mental/emotional abuse. Abuse varies between age groups and connections too, adult to adult, adult to teenager, adult to child, teenager to child and so on anyone could be suffering from abuse and you wouldn't even know.

The type of abuse I am going to write about is mental abuse, mental abuse is very hard to categorize, some people don't believe in mental abuse because it's just too hard to explain. I will explain what mental abuse is, the physical and mental outcomes of mental



abuse and I will explain a couple ways how to leave and heal after you have removed yourself from the mental abuser(s).

**“Children ‘til the time they are teenagers are extremely susceptible to mental abuse. What mental abuse does to a person is like taking a normal person that’s healthy and happy and after a year or two of mental abuse turning them into the human equivalent of a beaten dog.”** Stacy Jones.

It’s almost impossible to “untrain” a trained dog. And that's why this type of abuse is very dangerous, it’s the one kind of abuse that most abusers get away with so we all have to be carefull. Because we might end up knowing an abuser ourselves, and you absolutely do not want to become a victim.

There are multiple tactics that abusers use, like gaslighting, jokes that are actually insults, shaming and guilt tripping. Even if you have these little facts you might be able to find out what toxic relationship you’re in or if others are, and you will be able to help inform them. Most people in mentaly abusive relationships don’t know that they are in one. So for humans it's normal for us to have relationships and to support and protect them, if you would be able to save one of your friends from a world of hurt, would you?

It's similar to verbal abuse, but instead of calling names and making fun it's done more subtly, slow and small little comments, picking away at your dignity and hope. Let’s say we have a flower, it’s beautiful and bright, the mental abuser does not rip it out of the

ground and kill it, they deprive the flower of sunlight and water and slowly rip apart the petals letting it shrivel up, but then before the flower dies they give it a small amount of sunlight and water making the flower believe that the abuser is “so nice!” and then the flower is so grateful that the abuser was there for them. Then the abuser repeats and repeats the process. It’s sickening to even think about.

**“When you shut down emotions, you’re also affecting your immune system, your nervous system. So the repression of emotion, which is a survival strategy, then becomes a source of physiological illness later on.”** Gabor Maté.

The psychological consequences and the physiological long term effects of mental abuse are endless. To name a few of the physical effects, people can suffer from: chronic pain, insomnia, chronic fatigue syndrome, muscle tension, fibromyalgia, eating disorders, headaches, heart disease, obesity and addiction. Some of the mental effects are: PTSD (Post Traumatic Stress Disorder), anxiety, depression, regression, guilt, social withdrawal, loneliness and sometimes suicide. To think that an abuse like mental abuse would cause this to happen to you is terrifying, but why aren’t people standing up for themselves? Why are people getting away with such dangerous actions? How come no one has made this clear, why isn't this information spread so far and wide for every eye to see? Why are there no criminal charges against mental abusers? Because that is the insidious nature of mental abuse.



**“When you heal trauma, you heal the nervous system. When you heal the nervous system, you heal the emotional body. When you heal the emotional body, you heal the psychic body. When you heal the psychic body, you heal vibration. Once the vibration is healed, realities change.”** Ruth Peters.

The only light at the end of that tunnel is that there is a possibility of life after abuse. The first step on that healing journey is to remove yourself from the abuser and cut all contact. The next step is to pursue some kind of therapy, such as CBT (Cognitive-Behavioral Therapy), because 90% of the time abuse victims will either return to their abuser or engage in a relationship with another one. When you educate yourself on details of abuse, you further your chances of being able to protect yourself from situations similar to how you suffered before and the more likely you are to retrain your brain, it's a lot of work to pull yourself out of an abusive relationship, especially when you have been in one for long. When you are officially out of any abusive relationship(s) in your life you will come to know a happiness you never knew you were allowed to have.

**“I'm not telling you it is going to be easy, I'm telling you it's going to be worth it.”**  
Anonymous.

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<https://www.healthline.com/health/mental-health/effects-of-emotional-abuse#ways-to-be-gin-recovery>

# MARCH 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	CAMP AKAITCHO GRADE 8 • CAMP AKAITCHO GRADE 8					
7	8	9	10	11	12	13
					No School	
14	15	16	17	18	19	20
	MARCH BREAK • MARCH BREAK • MARCH BREAK					
21	22	23	24	25	26	27
	MARCH BREAK • MARCH BREAK • MARCH BREAK					
28	29	30	31			