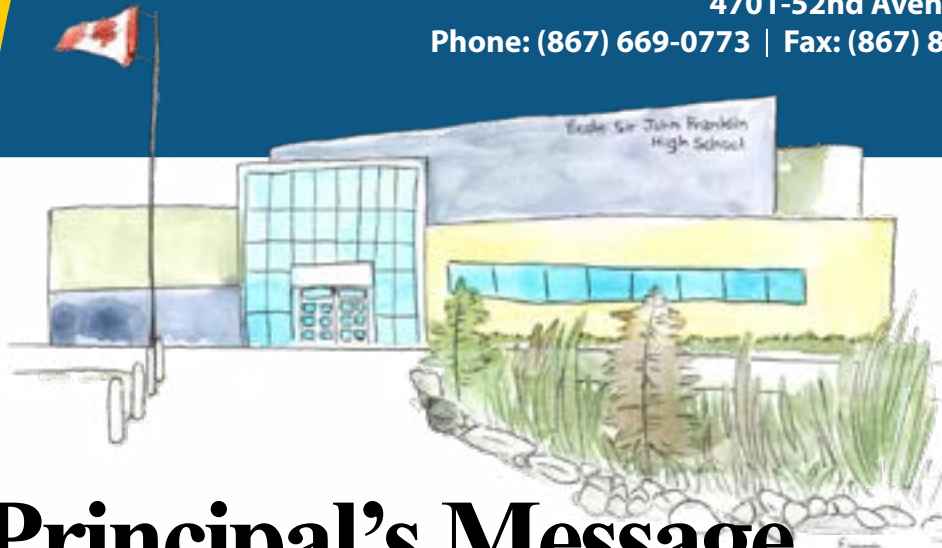


MAY 2020 NEWSLETTER

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Principal's Message

Mr. Dean MacInnis

After a few weeks of learning from a distance, I hope that everyone is staying safe and keeping in touch with SJF staff on a regular basis. We are here for you. Please remember to check your YK1 email account on a regular basis.

Inside this newsletter you'll find plans for student access days for the remainder of the school year. Only students that require printed learning materials to be marked and new materials to work on should review the plan for student access days.

Many of our staff have created ways for students to stay connected and engaged. For example: Mindful Mondays with Ms. Martin, Fitness Tips with Mr. Craig, Robson's Reading Challenge and MAGMA's Virtual Coffeehouse. You can find more information on each of these things inside this newsletter. Be sure to check them out!

With the dust settling and in-person classes canceled for the remainder of the year, we need to begin to think about what graduation will look like under these challenging times. Very soon, I will meet with your grad council and grad advisors to discuss options and ideas for graduation. Rest assured, we will plan something very special.

Now more than ever, sticking to a routine is key. Starting the week with a schedule or list of tasks to be completed is a good idea (nothing feels better than checking items off a list!) The benefits of having a routine are: better time management, more focused, more balanced life, creates self-discipline, develops self-organizational skills and fosters success.

Remember to follow the guidelines, as difficult as they are, set out by the CPHO: **Stay home, use good hand washing hygiene, practice social distancing (two metres apart).**

Stay Connected to Sir John!

Visit our website and follow us on facebook, twitter, instagram, youtube, etc.

To set up your PowerSchool account, please email wendy.malkin@yk1.nt.ca



Music for Mental Health

virtual
Coffeehouse

brought to you by SJF Magma!

Friday, May 22nd

If you would like to participate, email a video of one recorded song (or "skit") to mark.kilbride@yk1.nt.ca **before May 18th!**

Make sure to include the reason why you chose your specific song or skit.



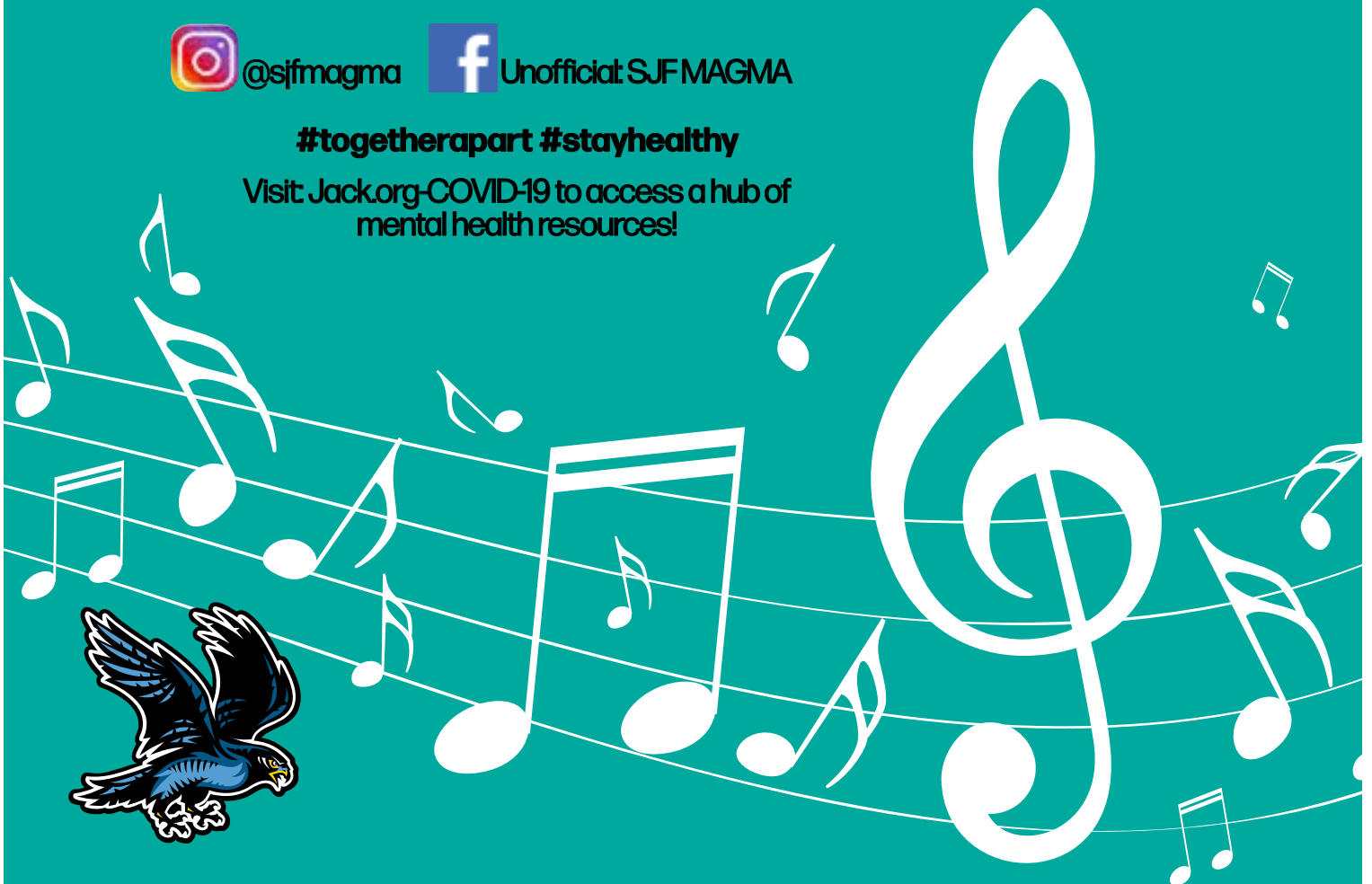
@sjfmagma



Unofficial: SJF MAGMA

#togetherapart #stayhealthy

Visit: Jack.org-COVID-19 to access a hub of mental health resources!



School Access Days

Between April 14 and April 21 students and staff of SJF returned to the building to access critical learning materials for the continuation of classes.

Teachers were in first and spent many hours preparing hard-copy packages and tech tools in preparation for the students' arrival later in the week. Teachers like Mr. Kielstra, Ms. McLeod and Ms. Robson laid out notebooks, handouts and textbooks in their classrooms. Others like Ms. Pura, Mr. Skague, Ms. Shantora, and Ms. Brancato set out wood shop projects, volleyballs, musical instruments and learning bundles on tables in the downstairs foyer.

Starting on April 16, students started arriving in small groups based on alphabetical order. They were met at the front door by Mr. MacInnis and Mr. Curran where they were disinfected and acquainted with the highly choreographed eight-step process for picking up their things. Students spent an average of 10 minutes each moving through the building grabbing school supplies, laptops and personal effects from their lockers.

Here are a few funny observations:

- Some kids thought alphabetical order was according to first name (say what?)
- About 30% of kids could not remember their locker combinations (good grief)
- About 10% of kids couldn't remember where their lockers were (get real)
- About 5% of kids forgot things and had to come back a second or third time (hey, that hand sanitizer's not free you know)

See next page for details on upcoming student access days.



Exchange of Learning Packages at Sir John Franklin

Only students that require printed learning materials to be marked and new materials to work on should review the below plan. The exchange schedule is as follows:

Schedule:

May 4th - 6th

May 19th - 21st

June 1st - 3rd

June 19th

Details of Plan (three-day approach):

- Day 1 - staff prepare the next round of learning materials
- Day 2 - students drop off & pick up learning packages
- Day 3 - staff pick up materials to be marked

Protocols:

-students enter via the front entrance

-admin reinforces the procedures

-students move to drop off tables and leave their materials with their name and teacher's name on the package(s)

-these drop-off tables will be located to the right as they walk into the school

-students then proceed down the gym hallway to the pick-up tables to retrieve the next round of materials

-students then exit out the gym community doors

Important Dates: June 19th - 29th

- June 19th - final day for students to drop off materials to be marked
- June 23rd - staff pick up learning packages to mark in order to complete report cards
- June 24th - report cards to be completed
- June 25th - 26th - edit and print report cards
- June 29th - mail out report cards

MINDFUL MONDAYS

Live! with Ms. Martin

Every Monday at 11:30am on SJF Instagram @sirjohnfalcons

Breathe In

Patience

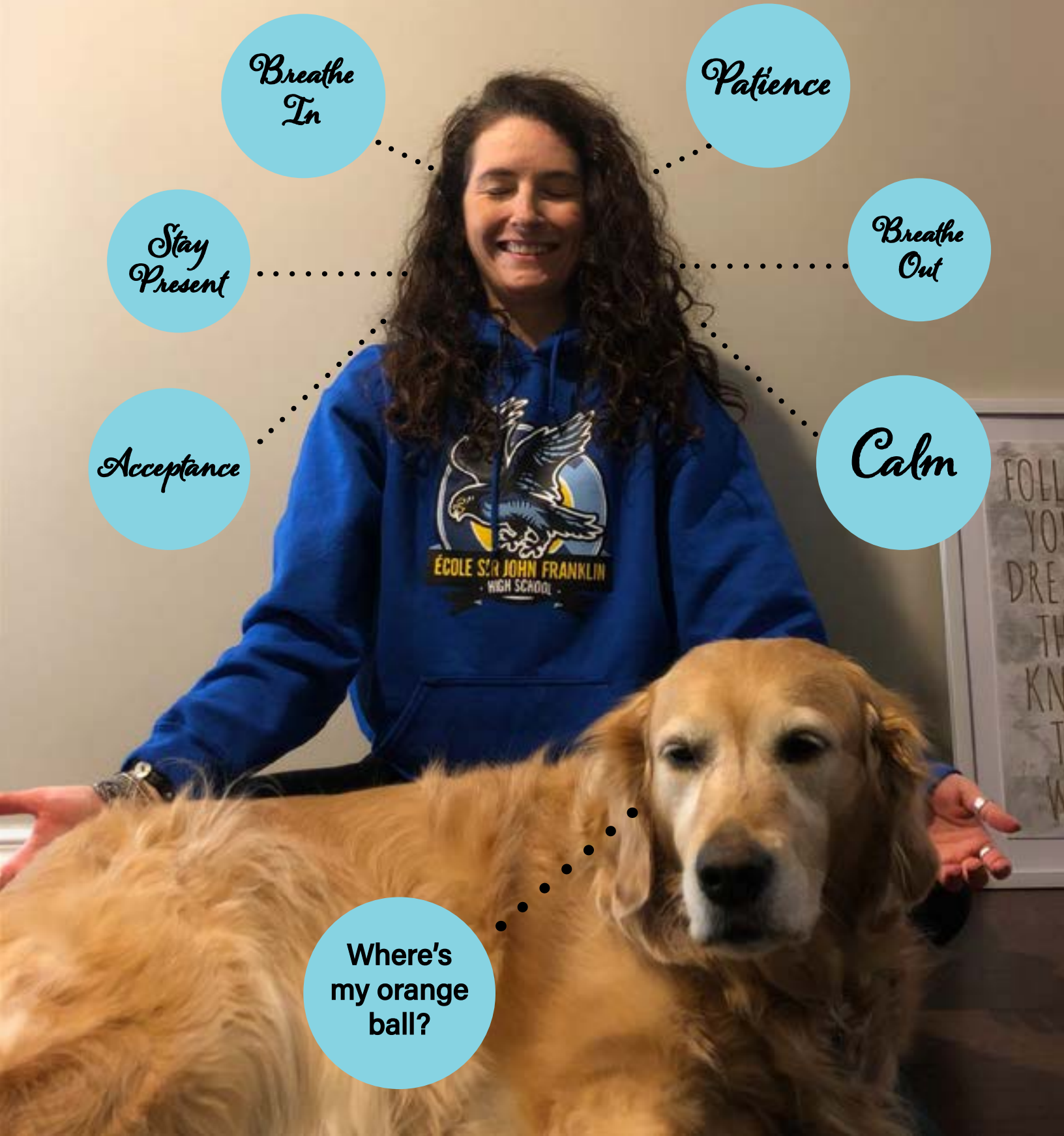
Stay Present

Breathe Out

Acceptance

Calm

Where's my orange ball?



The SJF Reading Challenge update - we have 38 members and have already collectively read more than 110 books!

Have you joined yet?



To join the **SJF** Reading Challenge:

- Sign up for GoodReads at goodreads.com (you can sign in or sign up using your YK1 google account).
- Join the "SJF Reading Challenge" GROUP or follow this link: <https://www.goodreads.com/group/show/1086449-sjf-reading-challenge>
- Add any books you read **between March 29, 2020, and June 19, 2020**, to the SJF Reading Challenge group's bookshelf.
*This is easier to do on the desktop version of GoodReads.
- Recruit your (SJF) friends and teachers to join us!

FALCON FITNESS

Tip of the week
~brought to you by Mr. Craig



It is important to stay active now more than ever. With recommendations of staying safe at home, it can cause delays in our fitness regime. It is also allowing for everyone to set new routines and incorporate different activities into our lives.

Aim to achieve 150 minutes of physical activity per week.

It is recommended that everyone be active for 150 minutes per week. This can be split up in different ways depending on your schedule. For example 30 minutes per day, five times a week OR 40 minutes a day, four times a week.

Try these...



WALK/RUN
OUTSIDE



INSTRUCTIONAL
VIDEOS



YOGA



SKIING/
SKATING



TIK TOK
DANCES



ONLINE
CHALLENGES

In the final week before March Break, Mr. Curran's ELA 9 class participated in a winter camp just east of Dettah. In a year of record-breaking cold temperatures, the weather was actually perfect for a day in the bush.



After a short ride across Yellowknife Bay, we walked for 15 minutes to B. Dene Camp on the north shore of Akaitcho Bay, where we met Sheila Stewart and her son Jarius (Sir John alumnus from 2010). From there, students headed back out onto the ice for an hour to pull and re-set fish nets. Throughout the rest of the day, we broke into small groups to work with Elders and community resource folks on filleting fish, building fires, cooking bannock and checking snares. Sheila finished our day by relating some legends on the history and development of the Dene people from this region.

The class caught the bus in Dettah at 2:45 and headed back to Sir John for dismissal. The kids were engaged, polite and appreciative throughout the day. In fact, the bus driver described this as one of the nicest classes she had ever seen on her bus, and she's been driving in the city for 10 years!



Grade 9 Winter Camp



SJF student, Myja Semmler was visiting family in Inuvik during March Break but is staying there while we live through the Coronavirus Pandemic. She remains in contact with her teachers and is working online to complete her courses together.

Myja shared photos of her target practicing. She is very good, as can be evidenced from her poor pop can (nice shot, Myja!). Another photo shows her stacking wood. Another is a gorgeous sunset shot (no filters!) from Inuvik. Myja does a lot of work living on the land, cooking and preparing food, sewing, etc. She is extremely skilled.

If you would like to share photos of how you're spending your time at home, please email them to your teacher!



SJF Student Colton Robertson builds a water skipper for his NS10 Economy project



Colton Robertson describes the steps he took to build his "Water Skipper" a snowmobile that skims across the water of a thawing lake or ocean at high speed...

"If you want to make a water skipper you have to make it as light as possible so it would drive on the water and you don't have all of that weight hanging on to you and you also want it really low so you can lean on the water and turn the sled

So I had this idea to buy an old skidoo summit 800 and make it into a water skipper so I found one and I bought it it was in pretty rough shape and had been sitting for a few years so I had to do a lot of work into it so that's what I did I took it into my garage and these are the stages I went through

Step 1 - I cleaned the sled and took off all of the decals.

Step 2 - took the seat off and the tunnel rack and had to grind the seat bolt and rivets that were sticking out of the tunnel and then I cleaned and polished the tunnel with an air pressed polisher

Step 3 - Took out the shocks and put steer rods in to make the front end low so it would be easy to turn

Step 4 - Took all of the gauges out and took the lights to reduce the weight and also took the 3 gallon oil tank and gas tank off and started mixing the fuel in a 2 gallon jerry can

Step 5 - Took the limited straps off so the skis would pop off the ground easy

Step 6 - Took the 2 inch bar risers and replaced it with an 8 inch and had to cut little notches in the hood because the brake cord and the throttle cord were too short and was stopping the hood from shutting

Step 7 - Took the dash off and had to relocate the teather

Step 8 - Had to silicone the boot that goes from the carb to the block because there was a small crack and it was sucking in air and was making the engine bog

Step 9 - Change the spark plug boots and spark plugs put a new belt and then polished the whole sled



THANK YOU to SJF parent, Karin Von Allmen for making homemade face masks for staff during student access days!



Class of 2020 Gradbook!

A gradbook for the Class of 2020 is being created and will be handed out when it is completed and when it is safe to do so. In the meantime, we are asking for your contributions. Please follow this link <https://forms.gle/FVdDDfLoBT7gB8fAA> and answer the questions. Also, if you have any pictures from grad events or ideas for the gradbook, please email them to sjgradbook@yk1.nt.ca.

The members of the Gradbook Committee are: Safiya Hashi, Destiny Hobbs-Stewart, Natasha Cousineau and co-ordinator Andrea Pellerin

SJF student finishes project that her mother started!

Check out this beautiful beading project by SJF student Keaira Magrum for her NS10 Economy Project. She did this while staying put in Wekweti.

She writes: "It's a Rosary Bag that my mom had, but never started so I asked to work on it for her. I did that in a day and a half because I was taking my time doing it."

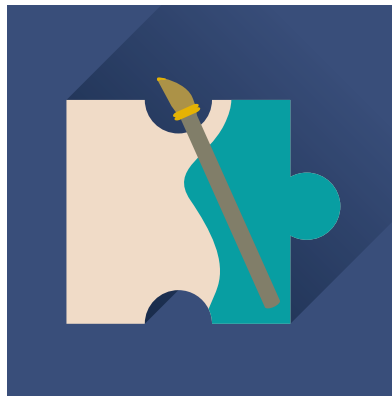


Looking after your mental health and wellbeing is just as important as looking after your physical health, even when you are in self isolation.

Looking after your mental health enables you to function well and be able to cope when things aren't going so well.

Some little things you can do include:

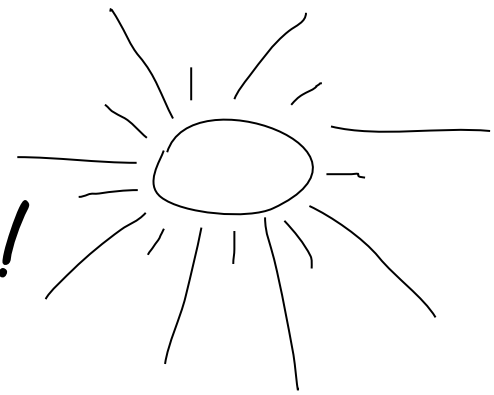
Get enough sleep



Pursue hobbies to keep busy

(ie. puzzles, painting, knitting, etc)

keep active and get outside!



Stay connected with family and friends through social media and by phone and talk about how you are feeling regularly.



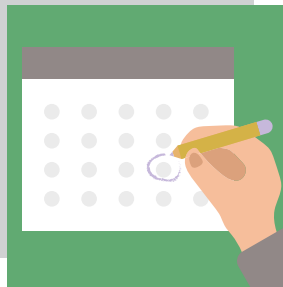
This message brought to you by:
SJF MAGMA

At-home Learning Tips

Hey, Falcons. Doing high school from a distance is brand new to most of us. Here are some tips for staying productive and connected.

Make a Weekly Schedule

Take some time each weekend to look at your week ahead and make a plan to keep on top of things. This includes planning to get out of bed at the right time each morning.



Identify and Protect a Dedicated Work Space

With more people at home for most of the time, it is important that you carve out your own study nook. Make sure it is comfortable, connected, well-lit and free of distractions.

Confirm Course Access Plan

Your teachers will be delivering material and collecting assignments every week. Make sure you know how to access this (Google Classroom, email, video conferencing, hard copy packages).

Form a Virtual Study Group

Reach out to other students in your classes and put together a study group. Conferencing platforms like Google Hangouts and Zoom are great ways to feel connected and to support each other's learning.

Google Hangouts



Communicate Regularly with School Staff

Reach out to your teachers if you have questions about course work. It is important that they know when you are stuck on something. Even if things are going well, be sure to drop your teachers/counsellors a note or email once in a while to let them know things are cool.

Research and Review the Many High-Quality On-line Learning Resources Out There

On-line learning is not a new concept. Many services already exist, so spend some time exploring what is available: Khan Academy, National Film Board, CBC Archives, etc.

At-home Learning Tips

Make Sure You Protect Yourself On-line

As your time on-line increases, so does the potential for vulnerability to harm. [Click here for tips from our local RCMP.](#)

Start Work Right Away and Keep It Moving

Not every day is going to be a cornucopia of productivity, but make sure you get some meaningful school work done every day of the school week. Just keep putting one foot in front of the other, and you will manage to stay in the groove.

Try to Support the Learning of Your Siblings

Sometimes the best way to stay sharp is by teaching others. Identify ways that you can support your family by helping brothers and sisters with their school work.



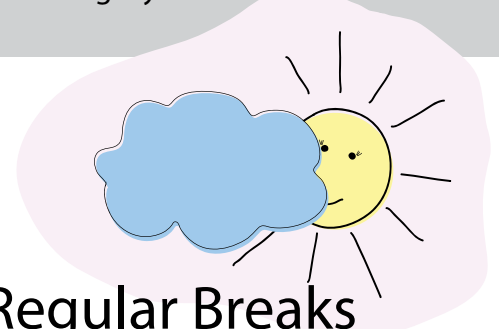
Check the PowerSchool Student Portal

Just like any other year, end-of-year report cards will be coming out in June. So as to avoid surprises, make sure you are checking for grade updates on PowerSchool. If you don't have PowerSchool access, send Ms. Malkin an email at wendy.malkin@yk1.nt.ca, and she will set you up.



Challenge Pre-existing Learning Preferences

In some ways, these next 10 weeks will present you with some real difficulties. Don't despair! Instead, stay positive, and use this as an opportunity to build capacity and to develop additional learning styles and tastes.



Take Regular Breaks and Get Some Exercise

When the lines between home and work get blurred, it is easy to work too much, and this will contribute to burnout. Make sure you consider exercise and fresh air when you are putting together your weekly schedule.