

JUNE 2020 NEWSLETTER

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Principal's Message

Mr. Dean MacInnis



To Students, Parents, and Guardians of SJF,

I hope everyone is healthy and doing well. We are now in the homestretch of the school year with less than four weeks to the finish line. As the weather improves please continue to stay with your schoolwork routines and yet getting outside in a safe and healthy way.

We now at SJF have external internet access points around the building. This service is available to all students from 8:00am to 8:00pm each day. The students login into their devices in the same matter as if they were in our school. The internet access points around the building are as follows; front door area, gym/ community parking lot, NACC/Woodshop parking area, and the back deck of the school.

The final day of school for students is Friday, June 19. Students can drop off any learning packages and assignments for all teachers. We are also asking students to return all textbooks, novels, learning resources, borrowed laptops, and school own materials on that same day. See the student access schedule below which is organized by last name.

P1 8:30am – 9:55am – A to D

P2 10:05 – 11:30am – E to K

P3 12:30pm – 1:55pm – L to P

P4 2:05pm – 3:30pm – Q to Z

Please remember the follow protocols for students accessing SJF on that day

- students enter via the front school entrance
- admin reinforce the procedures as students sanitize their hands
- students move to drop off tables and leave their materials in the box with their teacher's name
- these drop-off tables will be located to the right and left as they walk into the school
- students then proceed down the gym hallway to drop off any school materials (ie. textbooks)
- students then exit out the gym community doors

Report cards will be mailed out and be available for viewing on PowerSchool starting June 26. If you have not received it within a week or issues viewing the report card, please email us at sjf@yk1.nt.ca.



Stay safe,
Dean MacInnis, Principal

Grads help clean up the city!

A huge thank you goes out to our grads, and parents, for participating in this year's City Spring Clean Up:

Allana Zettler
Breeya Matheson + Mum
Justin Powder + dad
Kait Nasogaluak
Jaleel Tulloch
Aiden Rylott
Ivan Ceria
Simone Hipfner
Chloé Malin
Dahra Maduke
Safiya Hashi
Julie Gesmundo + dad
Chastity O'Keefe
Destiny Hobbs-Stewart
+ Mum & Dad
Hannah Inman
+ Mum & Dad
Elaine Cronk
Amanda Leonardis
Ally Curtis



Performing arts at SJF

The Performing Arts are alive and well at Sir John! A group of keen drama students have been meeting for the last five weeks and they are close to presenting two plays; Face Value and Taxi! Taxi!

The musicians of Sir John have been busy preparing audio and video recordings of themselves playing The Magic of Harry Potter. It is in the editing phase right now and will be released as a "Quarantune" in June. A quartet of singers called ROVA (Raven, Olivia, Vincent, Anna) have put together a recording of Song for a Winter's Night also to be released in June.



SJF Grads!



It was Wendy!

The winner of the 'Who is That Baby?' contest is

Kaitlyn Nasogaluak



Grads... there's still time to send in your baby photo for the 2020 Gradbook. Email pics to sjfgradbook@yk1.nt.ca

Virtual Jack Talk

Jack.org created the Virtual Jack Talk to ensure young people continue to have access to first-rate mental health education during isolation and disrupted schedules. The Virtual Jack Talk uses peer-to-peer education to teach young people how to identify signs of struggle, how to look out for themselves and one another, and how to access support.

Denise Hurley and Brad Steyn will be facilitating the delivery of a Virtual Jack Talk Wednesday, June 10th at 1:00pm MST.

Please follow the link below to attend:

<https://meet.google.com/lookup/g2jboawb2p>

The Virtual Jack Talk is open to youth ages 12-19 to attend. It's never been more important for young people to have the knowledge and tools they need to look out for themselves and each other. Please join SJF MAGMA for an interactive, and engaging session focused on youth mental health!



@sjfmagma



Unofficial: SJF MAGMA

#togetherapart #stayhealthy

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

MINDFUL MONDAYS

Live! with Ms. Martin

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

Breathe In

Patience

Stay Present

Breathe Out

Acceptance

Calm

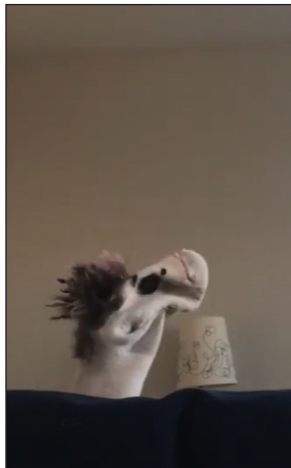
**Where's
my orange
ball?**



SJF MAGMA

Virtual Coffeehouse

On Friday, May 22nd Sir John's student-led mental health advocacy group, MAGMA, hosted the first ever Virtual Coffee House! In the past, SJF MAGMA has organized several Coffee Houses. Knowing that it would be difficult to host a similar event under our current restrictions, Mr. Kilbride had the idea to host a Coffee House virtually instead! He received several acts, from staff and students alike, which were pieced together to create one video. In between the acts are messages from some of Sir John's MAGMA members who share why they joined MAGMA, and also what they are doing during the pandemic to take care of their own mental health. With over 165 views, it is safe to say that this mental health initiative was a huge success! Music has the power to bring us together, and during these uncertain times, it is very uplifting to be #togetherapart. You can still view the Virtual Coffee House here: <https://www.youtube.com/watch?v=NmdWB-4jPpQ&t=12s>





JUNE 11 2020

Reconciliation Begins with Me Online Workshop

Description

Join this online workshop about the history of residential schools, intergenerational trauma and reconciliation with facilitator Shelley Joseph from Reconciliation Canada. This hour-long session is intended to shine a light on pathways to reconciliation for people of all ages and to explore the process of individual and collective reflection on reconciliation.

This workshop will be delivered from 12:00PM to 1:00PM followed by 30 minutes of questions, answers and discussion via a Zoom Video Call

To receive the Zoom link to join this Online Session, please contact the Aboriginal Youth Worker from the Tree of Peace Friendship Centre at: upip@ttopfc.com or by phone at 819-743-0993 or visit www.ttopfc.com

RVSP and be entered to win a \$20 gift card for Subway.

Participate and/or get a friend, family member, or someone else from the community to join and receive another chance to win!



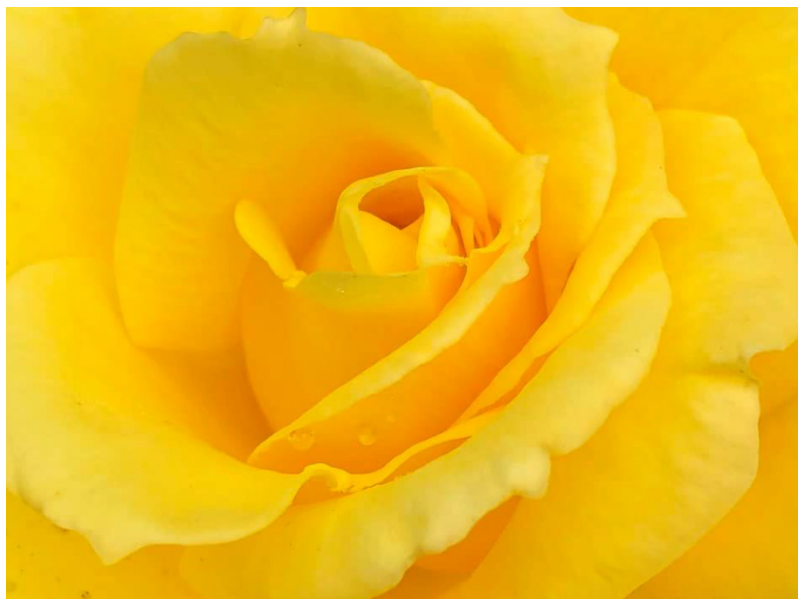
**Reconciliation
Canada**

The Robon's Reading Challenge update

We have 43 members and have already collectively read more than 220 books!

Way ahead of St. Pat's!

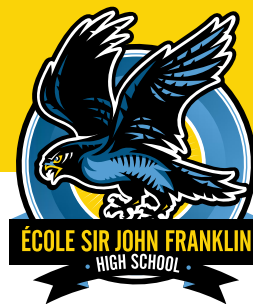
Imagine being isolated in a place that produces flowers this yellow? Mr. Peters sent this picture in all the way from Pasedena, California! Thanks for sharing, Mr. Peters! #nofilter



FALCON FITNESS

Tip of the week

~brought to you by Mr. Craig



Practice self appreciation

Exercise is a great way to boost self confidence and improve your mood. We should not think of physical exercise as only physical but remember the mental benefits as well. Appreciating what you can achieve is just as important as doing the exercises. Self appreciation is an important part of personal wellness.

Stay active,
stay healthy!

Please read and review FOXY's current statement regarding COVID-19

Due to current border restrictions and recommendations from the GNWT and the CPHO(Chief Public Health Officer), we are only accepting applications from youth who currently live in the Northwest Territories. We are unable to accept applications from youth living in the Yukon or Nunavut. We apologize for this inconvenience, and we hope to open applications to youth in Nunavut and Yukon in 2021!

As restrictions are rapidly evolving throughout the NWT and Canada surrounding COVID-19 our program is subject to change from recommendations from the GNWT CPHO.

If you have been exposed to COVID-19, outside of the NWT Territory, or in contact with someone who has been outside the NWT Territory in the 2 weeks leading up to the Retreat you **MUST** notify our staff.

We are continuing to work with the CPHO to develop our risk mitigation so we may hold the 2020 Retreats with a COVID-19 safety plan in place. If you have any questions or concerns surrounding our Retreats please send us an email at retreat@arcticfoxy.com.



For applications forms, please visit arcticfoxy.com