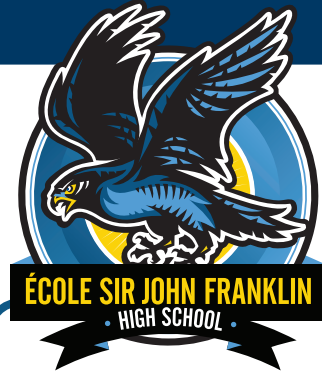
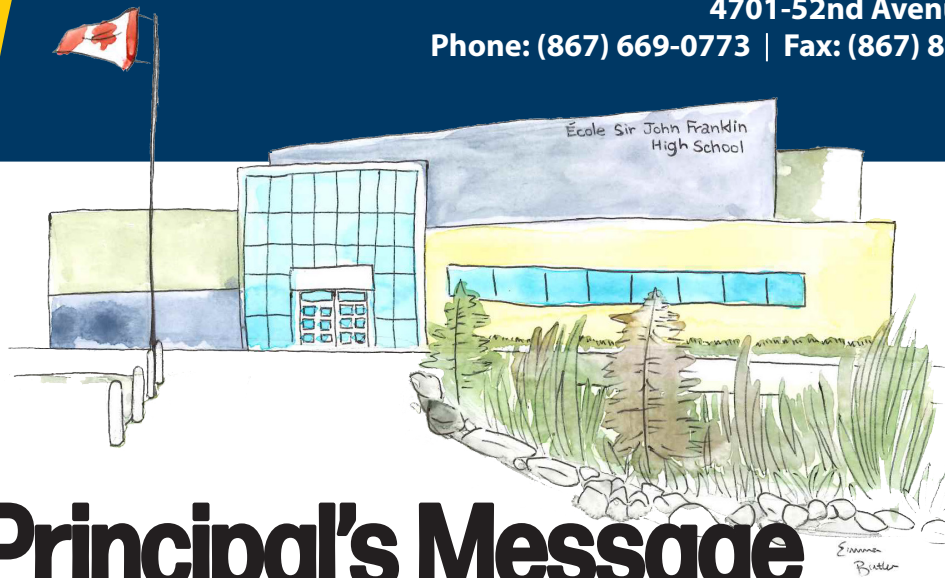


# JUNE 2021 NEWSLETTER

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

Phone: (867) 669-0773 | Fax: (867) 873-3630 | [www.sjf.yk1.nt.ca](http://www.sjf.yk1.nt.ca)



## Principal's Message

Mr. Dean MacInnis

The month of June is a busy one for SJF. Classes are coming to an end, grad preparations are underway and exams are just around the corner. Make sure to check the exam schedule and study tips inside.

The Indigenous Honour Ceremony takes place on Saturday, June 12th at 1:00pm. This ceremony is very unique in recognizing our indigenous graduates in a traditional way and Sir John is very proud to be a part of it. This year, the ceremony has been modified due to Covid-19 restrictions. There is more information inside this newsletter.

This week, many of our Grade 9-11 students were recognized for their academic achievements. Awards were presented in the foyer and pictures have been posted on the SJF Flickr site. The link is on facebook, instagram and on the SJF website. We are extremely proud of all of our students and are happy to recognize our students for all the hard work they've done this school year!

We have been working with YK1, ECE and the OCPHO in order to have safe graduation events for our 2021 SJF Grads. The Academic component of graduation has been approved and will be held on June 24th. This event will be held at City Hall. As it is outdoors, we need to have a flexible date selected. If the weather is an issue, the events will be bumped by a day.

This year, we say goodbye to a few staff members. We wish the best of luck to Beaton MacKenzie, Arnold Krause, Diane Brookes (year off), Eugene Sano, Melania Parisella, Samantha Tidd, Lacey Taylor, Gavin Scott, Tania Heron, Kaitlyn Wiseman and Marcel Amirault. We will miss you!

We wish you a safe and healthy summer and we'll see you again on August 30, 2021!

## IMPORTANT DATES

### June 7

Grade 10-11  
Awards Assembly

### June 8

Grade 9  
Awards Assembly

### June 11

Last Day of Classes  
Grade 9-12

### June 12

Indigenous Honour Ceremony

### June 14

First Day of Exams

### June 21

Indigenous Peoples Day  
NO SCHOOL

### June 23

Last Day of School  
Grade 8

### June 24

Grad 2021

### June 25

Grade 9-12  
Pick up report cards

FOR MORE DETAILS SEE  
CALENDAR ON LAST PAGE.



# Get ready for exams by following these study tips

Having trouble getting serious about studying for a test? These high school study tips will get you in the right mindset to get prepped for your final exams, or just for your average, everyday quiz.

## 1. STUDY ALONE

Unless you've got a couple of friends who are super-serious about getting down to business, stay away from group study sessions because they tend to get off-topic pretty quickly. Save the social time till after you've handed in your test.

## 2. CREATE YOUR PERFECT STUDY AREA

The place where you study should be quiet, comfortable and free from distractions. Go to your room, close the door and kill as many distractions as possible - like music, television, and even the internet and your phone. If you don't have your own room that you can sneak away to, consider studying at the library instead.

## 3. GET IT ALL OUT

Your study materials, that is. Before you dig in, make sure you have all your books, notes, study guides and writing utensils in front of you. Don't give yourself another excuse to get up and rummage around.

## 4. TURN YOUR NOTES INTO FLASH CARDS

Now that you've got all your notes in front of you, open up a pack of index cards. As you read through the important facts, rewrite them in Q&A form on the cards. For instance: to study historical facts, write the historical fact on one side of the card and the key details on the other side. To study geometry formulas, right the name of the formula on one side and the formula itself on the other side.

## 5. SNACK HEALTHY WHILE YOU STUDY

If you want to stay sharp while you study, stay away from junk food. Instead, snack on dark leafy greens, whole grains, peanut butter, milk and seafood. Feeling sluggish? Caffeine or energy drinks won't help you in the long run. Get your energy boost instead by eating a banana or an apple.

## 6. NARROW IT DOWN

If you try to study every single thing your teacher has ever said, you'll go crazy. Instead, focus on the most important topics. If you're not sure what those are, read the study guide (if there is one), or ask your classmates. Once you've nailed down the important stuff, if there's still time left before the test, you can move onto the finer details.

## 7. TAKE A BREAK

Your brain can only take so much hard work at one time. For every hour that you study, take about 15 minutes to do something mindless, like taking a walk, listening to music or playing a computer game. (You can even take a 15-minute nap, if you're confident you can wake yourself up at the end of it.) It'll keep your stress level down and give your brain a chance to let all that information sink in.

## 8. PUT YOURSELF TO THE TEST

Once you've got your set of flash cards, test yourself with them. If you don't trust yourself not to cheat, give the cards to your parents and have them test you. Don't stop till you've made it through the whole stack without any mistakes. And be sure to bring your flash cards to school with you on the day of the test: you'll be amazed at how much more you can retain if you run through the cards right before your teacher hands out the test packet.

## 9. GET SOME SLEEP

You might be tempted to pull an all-nighter, but if you do, you'll only be hurting your chances of getting an A. Get a full 8 hours of sleep so your brain is in good shape on test day.

## 10. STUDY ALL SEMESTER LONG

It's tempting to hold off on studying till the last minute, especially if you tell yourself that anything you try to memorize earlier on won't really stay in your brain. That's not true. Take some time throughout the semester to review all of your notes and re-read important passages in your text book. It might seem tedious, but it'll really keep all those facts in your brain on test day.

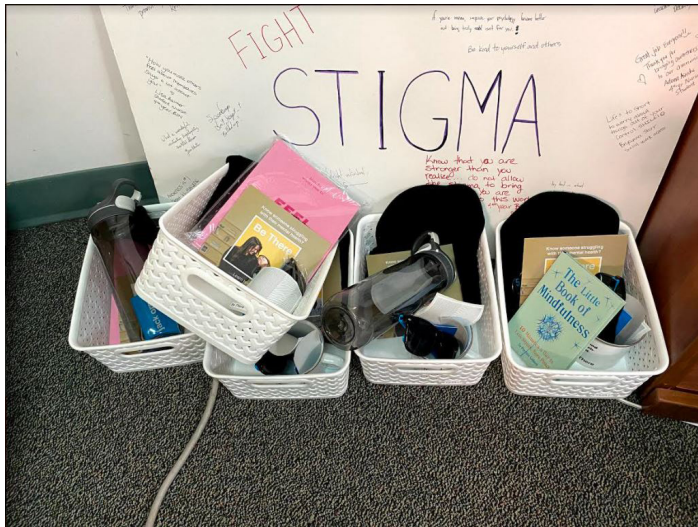
# June 2021 Exam Schedule – Final

Block	Mon, June 14	Tue, June 15	Wed, June 16	Thu, June 17	Fri, June 18	Tues, June 22	Wed, June 23	Thu, June 24
<b>Morning 9:00-12:00</b>	<b>ELA 9 (A)</b> (40, 39, 37, 36, 35)  <b>FLA 9</b> (32, 33)	<b>ELA 10-1</b> <b>ELA 10-2</b> <b>ELA 20-1</b> <b>ELA 20-2</b> (40, 39, 37, 36, 35)	<b>ELA 30-1</b> <b>ELA 30-2</b> (40, 39, 36)  <b>SS 10F</b> (33)	<b>SS 30-1</b> <b>SS 30-1(F)</b> <b>SS 30-2</b> (40, 36)  <b>SS 9</b> (39, 37)  <b>SS9F</b> (32, 33)	<b>Math 31</b> (34)  <b>ELA 9 (B)</b> (Gym, 42, 41)  <b>N. Studies</b> (40, 39, 37, 36, 35)	<b>Chem. 30</b> <b>Chimie. 30</b> <b>Bio. 20F</b> (Gym)  <b>Bio. 20</b> (39, 34)	<b>Bio. 30</b> (Gym)  <b>Chem. 20</b> (39, 40)	
<b>Afternoon 1:00-4:00</b>	<b>K&amp;E (41)</b> <b>ELA 8</b> (40, 39, 37, 36, 35)	<b>Science 9</b> (Gym, 39)	<b>SS 10-1</b> <b>SS 10-2</b> <b>SS 20-1</b> <b>SS 20F</b> <b>SS 20-2</b> (40, 39, 37, 36, 35)	<b>Math 10C</b> <b>Math 10C(F)</b> (Gym)  <b>Math 20-1</b> <b>Math 20-2</b> (40, 34)  <b>FLA 8</b> (39, 36)	<b>Physics 20</b> (Gym)  <b>Science 10</b> (Gym, 40)  <b>Math 8</b> (39, 37, 36, 35)	<b>Math 9</b> (Gym, 34, 36, 39)  <b>Math 9F</b> (40)		

# MENTAL HEALTH WEEK

This year, Mental Health Week ran from May 3-9. Throughout the week, MAGMA continuously asked the same question: How Can We Do Better? Although MAGMA did not anticipate the school closures, they planned a week of mostly virtual events for Mental Health Week, which meant that most of the planned events were still able to happen!

Everyday, there was a virtual challenge issued, and five Self-Care Packages were up for grabs for anyone who participated! The lucky winners were: Riley Almond, Tasir Bhuiyan, Cambrea Hamilton, Rhyder Lorenzen, and Katherine Smallwood.



## Student Kahoot!

Students were invited to compete in a Kahoot! created by Student Council. The theme was "What do you know about SJF staff?"

And the winners are...

**Lyndon Chiasson, Jacob Mitchener,  
Liam McKai & Chelsey Makaro**

Here are some of the fun facts about our staff included in the Kahoot:

Who can touch their nose with their tongue? **Mr. Hagen**

Who keeps track of all the birds that they see each year? **Mr. Kielstra**

Who lived in a tent for a month when they first moved to Yellowknife? **Mme. Hamel-Bouchard**

Who was the lead screamer in their high school screamo band? **Mr. Kooymans**

Who has a green belt in judo? **Ms. Lauder**





THE TREE OF PEACE FRIENDSHIP CENTRE

.....  
SENATE (BOARD OF DIRECTORS)  
5011 - 51ST STREET, YELLOWKNIFE, NT

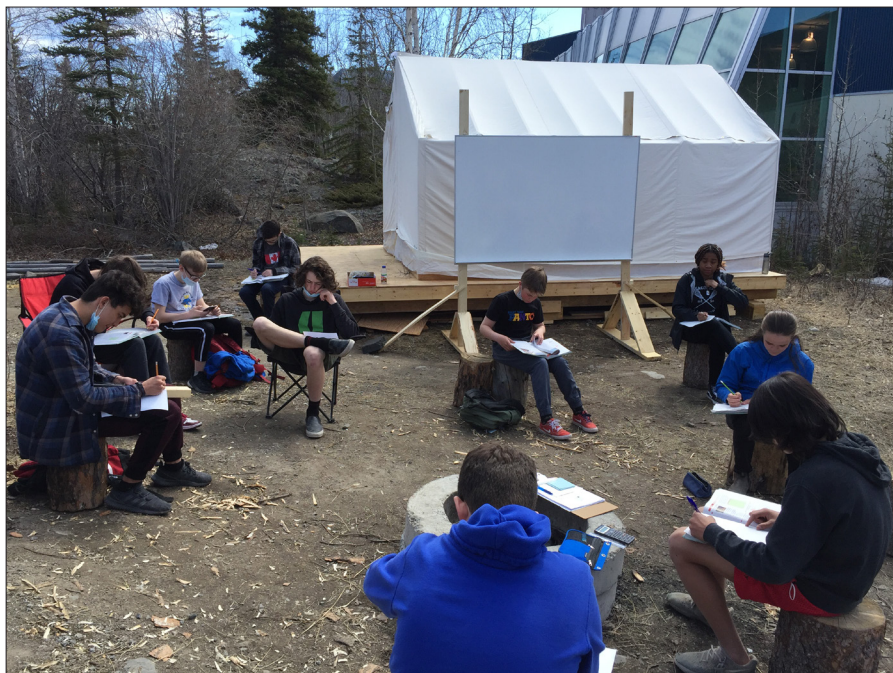
# SEEKING A YOUTH SENATE REPRESENTATIVE

—  
DEADLINE TO SUBMIT A RESUME IS  
JUNE 17, 2021

Are you a youth between the ages of 16-25 years old? Are you interested in gaining valuable board and governance experience? Are you interested in opportunities to travel and to represent youth in our community? Join the Tree of Peace Friendship Centre's Senate and Board of Directors as the Youth Representative!

For more information:  
Call: (867) 873-2864  
Email: [upip@ttopfc.com](mailto:upip@ttopfc.com)

Deadline to submit a resume is June 17, 2021

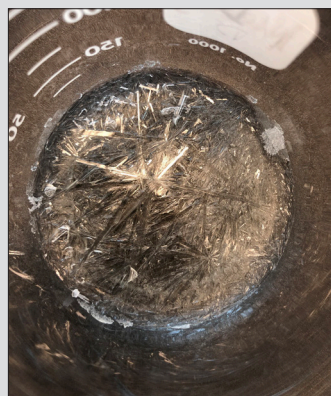


# Sir John has an outdoor classroom!

Thank you to Mitch Grady, Gillian Waugh, Beaton MacKenzie, Kim Poitras and everyone involved in this great learning opportunity.



## Grade 12 Chemistry



What happens to solutions after students use them in a lab activity? If all the water evaporates, sometimes they will crystallize. Here are nickel 2+ (pale green), copper 2+ (blue), zinc 2+ (clear), and dichromate 2- (orange) crystals from the Voltaic Cells lab in Grade 12 Chemistry. You can see that the crystals of each ion have a characteristic crystal shape.



Congratulations to the following Sir John students who recently represented Yellowknife at the

# Alberta Provincial Music Festival

**MUSICAL THEATRE:**

Raven Mutford, Anna Pontin & Olivia Rockwell

**CLASSICAL VOICE:**

Belinda Formaniuk, Raven Mutford & Olivia Rockwell

**PIANO:**

Matthew Bui, Byran Clinton, Keira Clinton, Joseph Curran, Aaron Juntilla, Mina Lockhart & Genesis Saturos

**WOODWINDS:**

Maica McEachern, flute

*SJF students who have been learning guitar this year, are shown here, putting on a little performance in the foyer.*



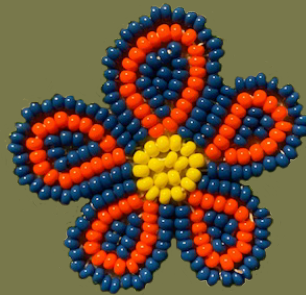
## YK1 Student of the Week

Amna Idris' contemplative, jovial demeanour has a positive influence on our learning community. She endeavours to experiment with literary forms in expressing herself and representing the world around her, creating original and thought-provoking works. Amna's inquisitive, resolute and team-working spirit will continue to serve her well into her bright future. Keep up the good work, Amna!

Yellowknife Education  
District No. 1  
17th Annual

# Indigenous

## Honour Ceremony



**Saturday, June 12, 2021**

1:00 - 4:00 pm (Must sign up for time)

Location: Sir John Franklin High School  
(Outdoors near main entrance)

---

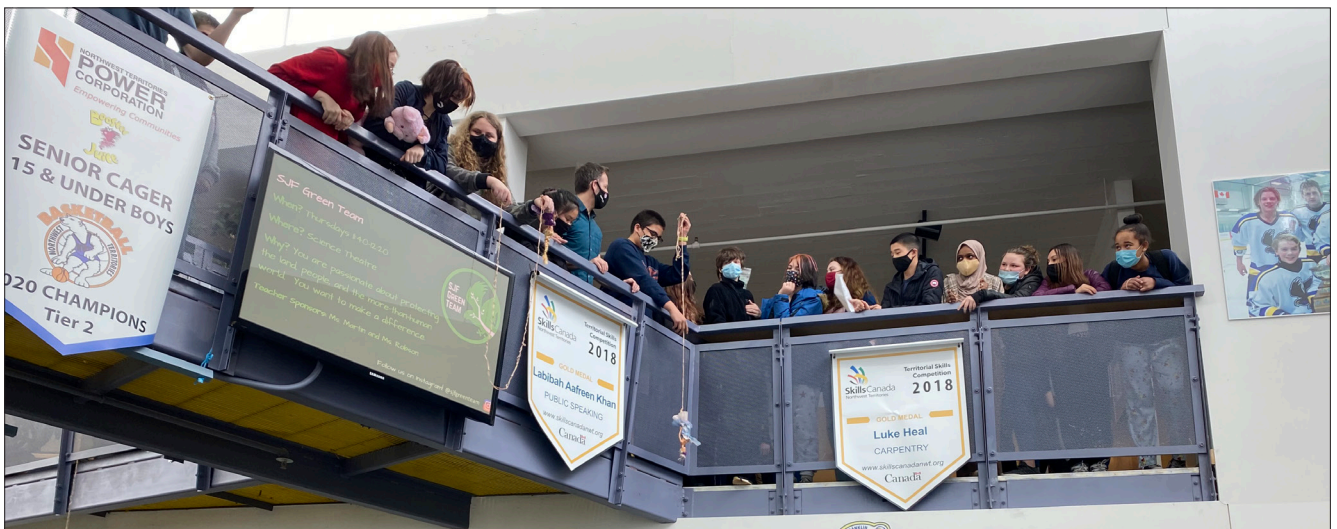
This year's ceremony will be modified to accommodate covid regulations. Students will be expected to sign up for a time slot for themselves and their family to participate in the ceremony. The sign up sheet will be sent to the graduates via google, shared to their school email address. The ceremony will consist of a feeding of the fire where each family can gather together during their scheduled time, the students will be given a certificate and a beautifully handmade graduation stole as a gift. Photographers will be onsite to take photos for the graduate and family.

**If you have any questions, please contact Evelyne Straker  
at [evelyne.straker@yk1.nt.ca](mailto:evelyne.straker@yk1.nt.ca) or (867) 669-0773 ext 236.**



# Barbie Bungee Jump!

Pictured below: Grade 9 Math students testing their skills by calculating how many elastics Barbie would need to make a safe bungee jump off the SJF bridge.



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

# Green Team News

In April, the SJF Green Team took on a massive action project dubbed #YkYouth4Climate. Our primary goal was to fundraise for the Nature Conservancy of Canada (NCC) and with a grant from Learning for a Sustainable Future, we were able to match donations up to \$1000. The second part of our project involved making presentations to younger students about the climate crisis. During Earth Week, we made over 45 presentations, in French and English, at every elementary and middle school in our district. We spoke to the younger students about the climate crisis, invited them to our Walk for Climate, and had them create posters to show their support for climate action. As part of our coordination with Ecology North Earth Week's events, our posters also became a part of their colouring contest. The last element of our project was our Walk for Climate to raise awareness of and show support for urgent climate action. This, too, was organized in collaboration with Ecology North.

Our walk was supposed to take place outside of the NWT Legislative Assembly on Sunday, April 25, the last day of Earth Week. We had anticipated having younger kids showcase their posters and being able to further our fundraising efforts at the walk. Unfortunately, Yellowknife experienced its first COVID-19 outbreak and we had to postpone, and ultimately, cancel the walk.

Even though it was disappointing not to be able to fully realize all of our activities (because we were 100% ready for it), the SJF Green team is really proud of what we were able to accomplish. We were able to raise \$682 for the Nature Conservancy of Canada that has been more than doubled by our \$700 donation. In total, \$1382 was raised for NCC. In addition to pulling off a really big, and really complicated project with many moving parts, the students learned a ton about event planning, organizing, publicity, and presenting. What's more, we are excited that we have a successful model that we can re-use in the coming years!

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



# Grade 8's complete TAMI Program

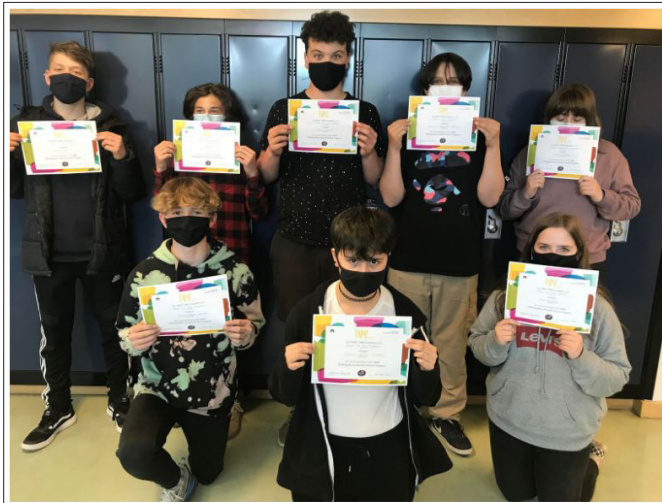
Grade 8 students in Mme Melanie and Ms. Lalonde's classes completed the TAMI Program (Talking about Mental Illness). This program has been proven to bring positive change in youth's knowledge and attitudes about mental illness.

## The main goals of the program are:

- To reduce the stigma associated with mental illness
- To increase knowledge of mental health issues, signs and symptoms
- To help find strategies to cope with stress
- To increase knowledge about the importance of self-care and self-esteem
- To enhance with students the community resources available to them

People with mental illness often say that stigma can be worse than the illness itself. Mental health involves emotional, psychological and social well-being which means how we feel, how we think and how we act. Mental health is a state of well-being and everyone has mental health and mood changes. Our mental health, however, is affected when we feel we just can't cope anymore. That's when it becomes a mental illness.

In conclusion, we all move up and down on the mental health continuum. Anyone can develop a mental illness, like any other illness. We truly believe that education and a better understanding of mental illness can help to bring the stigma to an end and teach our students that there is no shame in seeking help.



## YK1 Staff Spotlight

Arnold has been employed with YK1 for over 30 years. His knowledge of Sir John and how it is run is endless. Arnold is a guidance counsellor but his job doesn't end there. His knowledge in technology allows him to be able to help out all staff members, who tend to go to him with any and all questions they have. Arnold has an open door policy to both staff and students. He has helped many students find their path to post secondary schooling. It isn't just a job for Arnold. He puts his heart and soul into every student he deals with.

Sadly, Arnold will be retiring at the end of the school year. His wealth of knowledge will be greatly missed but he will now be able to enjoy family time in Parksville, BC.



# 2021 SJF Awards

Grade 9-11 Awards are being handed out to students this week in our foyer. Grade 8 awards will be presented on June 23rd and Grade 12 awards will be presented during the grad ceremony. Pictures are being posted to the Sir John Flickr site. Links will be posted on Facebook, Instagram and the SJF website.

Congratulations to all our students on their academic achievements!

## Grade 8's learn the importance of birch canoes

Mme Melanie and her Grade 8 French Immersion had the privilege to spend time with YK1 ALC coordinator, Ms. Sheila Stewart to talk about the importance of birch canoes for Dene people in their daily life. During this precious time around the fire we honour our elders with a fire ceremony and a prayer to acknowledge the Dene land we live on.

Ms. Stewart shared her knowledge, experiences and stories with our class in preparation for our upcoming Canoe day trip with the Voyageur. On June 10, 2021 our class will be on the lake practicing our canoe skills, safety protocol on open water to enhance our virtual Theoretical sessions and pool training classes.



# HISTORY OF CANADIAN PRIDE

When asked about the history of Pride, often the first thing that comes to people's minds are the 1969 Stonewall Riots in New York City. Canada, however, has its own rich history and turning points in the struggle for and eventual celebration of LGBT rights.

The most well known of these are the Toronto raids which led to riots that turned into what is today, a vibrant pride festival. It was not the only turning point in our history, so we present to you a brief timeline of notable events in the history of Pride in Canada. Our history is expansive and this is not, by any means, a comprehensive list.



## **MILESTONES IN THE HISTORY OF PRIDE ACROSS CANADA (THE FIRST 10 YEARS)**

May 14, 1969 – Decriminalization of Homosexuality

August 28, 1971 – First Gay Rights Protest

August 1, 1973 – Pride Week '73 Emergence & shift to Gay Liberation; Vancouver's earliest Pride celebrations

December 15, 1973 – Homosexuality no longer considered a 'disorder'

January 5, 1974 – Tipping Point: The Brunswick Four

June 19, 1976 – Montreal Olympic 'Cleanup'

February 17, 1977 – Pickets against CBC Halifax

July 1, 1977 – First Society for Queer Deaf people formed

October 22, 1977 – Montreal Bathhouse Raids

December 16, 1977 – Quebec adds Sexual Orientation to the Human Rights Code

January 1, 1978 – Buddies in Bad Times stage first production

September 1, 1978 – Immigration Act no longer prohibits homosexuals

June 23, 1979 – Montreal's First Pride March

## **AND, EVENTS FROM THE LAST 2 YEARS**

January 1, 2019 – Blood Ban reduced not Eliminated

May 23, 2019 – W.H.O. declares Transgender is not a mental disorder

May 26, 2019 – First Two-Spirit archives in Canada launches

June 21, 2019 – Bill C-75: Consistent Age of Consent

October 25, 2019 – Intersex flag raised at City Hall in London, ON

October 29, 2019 – Protests Against Transphobia

January 10, 2020 – B.C. rules on Rights to Treatment for Gender Dysphoria

March 9, 2020 – Liberals introduces Bill C-8 to criminalize Conversion Therapy

January 28, 2021 – Quebec Civil Code declared discriminatory against Trans community

Everything listed above was taken from Queer Events' Queer History page.

To read more about any of the events, or the events between 1979 and 2019, go to <https://www.queerevents.ca/canada/pride/history>

On the next few pages you'll find a poem and an essay written by two students in Mr. Traynor's Grade 9 class. Enjoy!

## Mother Knows Best

—Amna Idris

Mother once told me dreams come true for those who are good  
Good people get good things, so be good, do well  
Father told me magnets attract their opposite  
Just like opposites attract, the good are living in the worst  
Just like opposites attract, the worst are living in the best

Father was right  
The innocent are seen as terrorists  
The terrorists are seen as innocent  
But,  
Mother said dreams come true for those who are good  
That doesn't seem real, but Mother knows best  
Right?

Mother, why aren't our dreams coming true?  
Nightmares are dreams, too  
The good will burn in the temporary hell that is life  
The bad will enjoy the illusion of success, that is how they live life  
But,  
Nightmares are dreams, too.

Mother knows best  
Just like the good receive good, Mother was called to her reward  
Now my nightmare has come true, and my happiness was killed with you  
When evil reaps our bounty, wicked walks askew  
Mother knows best, because nightmares are dreams, too

# Why Is This Still a Thing Women Need to Fight for?

May, 2021 - Submitted Anonymously

Why is there still a difference between men and women? Women have to dig through drawers every morning to find clothing items that won't get eyes staring and heads turning left and right. Women get beat down everyday because they are told they can't wear something because of their body. Every old book you read, every old movie you watch is always the same: men have to do the labor work, and women stay home to clean because they are not capable of the same things. That's what's wrong in today's society, it needs to change!

If you were to ask any female, how difficult it is to find clothing that suits every single standard, I guarantee, the majority of them will say it is nearly impossible. You can't show your shoulders, you can't show too much of your stomach, your shorts have to be past your fingertips, all because "boys can't control themselves." You can't show a bra strap, either, because... well... you know, boys can't know we wear those, right? We, as females, get told almost on a daily basis that something isn't right with the clothing we have on our backs. It's not only the difference between male and female, it's the way people look at us. Two girls could be wearing the exact same thing, but if one is more 'blessed' in certain areas, she will get told off, first. She will get called names for being "fuller," and "more curvy"—something completely out of her control. That, right there, is simply not okay! On the other hand, boys can wear whatever they want, and even go around shirtless because it's *normalized*—who cares, right? Just because we have different body parts, doesn't make us any less. The way you dress should be an easy way to express yourself, not something that is so difficult and one sided that it makes picking out a simple outfit exhausting.

In the world we live in, the internet plays a big part in most people's lives. Far too often, for females, the online world is the bane of our existence. Not only do we have to deal with comparing ourselves to these so-called "perfect



people" online, we also have to deal with people telling us what we can and can't wear. I can honestly say that it's sickening. If we cover up too much, we are too conservative; if we show too much, we get called agonizing names—often leaving long term emotional and psychological wounds. There's absolutely no way to find middle ground. We get judged by what we decide to wear, everywhere we go. By teachers, parents, siblings, random people walking by... there's no hiding. We are always told not to care what others think, and to be confident, but it's hard when you're always being told you can't wear this or you can't do that, just because of your sex.

"You can't do that, you're not made to do stuff like us" a man once said. We grow up being told stories about the man having to work while the woman stays home to cook and clean. That's not what it should be like—not anymore. Especially in today's society. I heard a man once say, "my hands look like this, so hers can look like that." If that's what you guys want to do, I'm all for it, but that doesn't mean "she" can't get her hands dirty, too. Ever since I was a little girl, I wasn't afraid of getting my hands or clothing dirty. *Do you want to go play in the mud?* Of course I do. *Do you want to help me cut wood and make trails?* Count me in. *Do you want to go hunting or fishing with me?* 100% I wouldn't want to do anything else. The things that I have listed were some of my favorite things growing up, and they still are. Some may assume that my "less feminine" behaviour was frowned upon by my parents, or that it was the result of my dad wanting a son. Absolutely not! I did those things because that's what I loved to do, and I didn't think twice of what people had to say about it. If a little girl can figure out that women are just as capable of doing stuff as men, why can't everyone else?

Growing up and seeing how differently men and women are treated makes me have a strong opinion about the topic. The struggle of picking out clothes everyday is one of the most dreaded parts of the morning because there is so much judgment around it. The way you dress affects the way you feel, and when you're told you can't wear something, it tears you down. Same thing goes for when you're told you can't do something because you are a "lady." The stereotype that women can't do the same stuff as men needs to stop. It's unrealistic and insulting, especially to women that prefer to be independent. It's 2021, why is that still a thing women need to fight for? Why are we treated so differently when, at the end of the day, we are all just human?



# JUNE 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 Grade 10-11 Awards Assembly	8 Grade 9 Awards Assembly	9	10	11 Last Day of Classes Grade 9-12	12 Indigenous Honour Ceremony
13	14	15	16	17	18	19
<b>EXAMS • EXAMS • EXAMS</b>						
20	21 Indigenous Peoples Day NO SCHOOL	22 <b>EXAMS • EXAMS</b>	23 Last Day of School Grade 8	24 Grad 2021	25 Grade 9-12 Pick up report cards!	26
27	28	29	30			