

# DECEMBER 2021 NEWSLETTER

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## Principal's Message Mr. Dean MacInnis

A grad parent meeting was held on November 15th. Many topics were discussed including validation statements, required credits for graduation and student financial assistance.

If you would like a copy of the information booklet, please contact the school.

Clubs and activities have finally started up here at Sir John. There are many things available to students during lunch hour including Debate Club, Student Council, Grad 2022 Council and Tai Chi Club. Community Choir Club is also available to students. To join, please see Ms. Shantora in the Music Room. For a complete list of what's going on at Sir John, check inside!

Instructors from Aboriginal Sport Circle spent the week with SJF students teaching them many different traditional games. Thank you to Aurora and James for spending time with us! See inside for pictures.

Intramurals are happening during lunch in the gym. Students are invited to check the schedule on the bulletin board outside of the gym to find out what sport is being offered during lunch.

Student council applications are now open! If your child would like to serve on student council this year, they can ask their teacher for the form or you can find one in this newsletter.

The January exam schedule will be posted in early January. Students should be checking with their teachers to see if they have any missed assignments before winter break.

### IMPORTANT DATES

#### **December 22**

Christmas Break Starts

#### **January 5**

Students Return to School

#### **January 6**

PAC Meeting 7pm

#### **January 11**

Diploma Exams Start

#### **January 18**

Last Day of Semester 1 Classes

CHRISTMAS BREAK STARTS  
ON DECEMBER 22, 2021



### STAY CONNECTED

SJF Online:

Website: [www.sjf.yk1.nt.ca](http://www.sjf.yk1.nt.ca)

Email: [sjf@yk1.nt.ca](mailto:sjf@yk1.nt.ca)

Facebook (Sir John

Franklin High School)

Twitter (@sjf\_school)

Instagram (sirjohnfalcons)

## Happy Holidays!



NIKOLAI DELEEF 2021

# Science Space

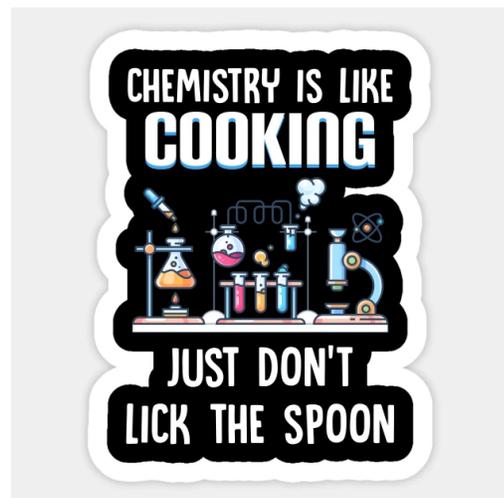
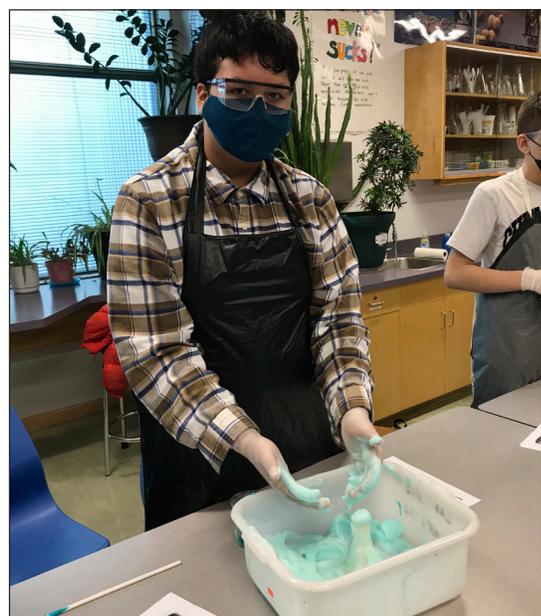
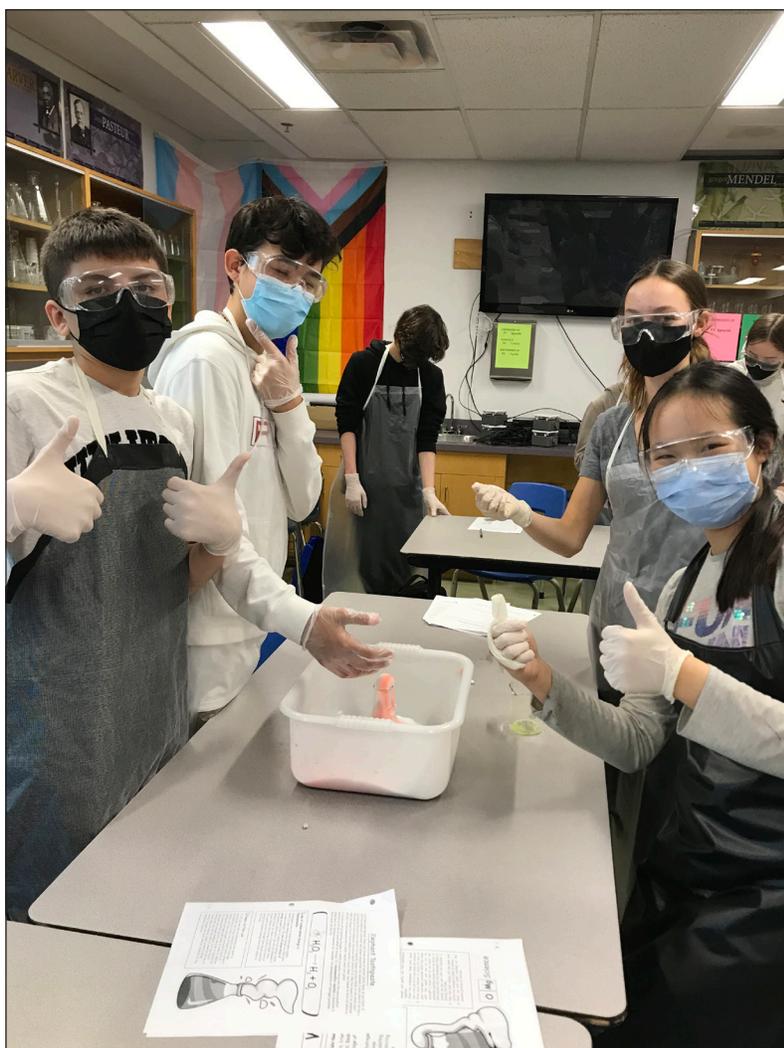


Chemistry is alive and well at SJF!

Ms. Waugh's Science 9 class took the opportunity to explore chemical change by doing the Elephant Toothpaste Lab.

**Safety and fun are key to a great lab!**

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# Science Space

Les élèves d'Immersion française en Sciences 9 ont eu l'occasion d'apprendre à l'extérieur et d'étudier la biodiversité. Les sciences à SJF sont engageantes et motivantes!

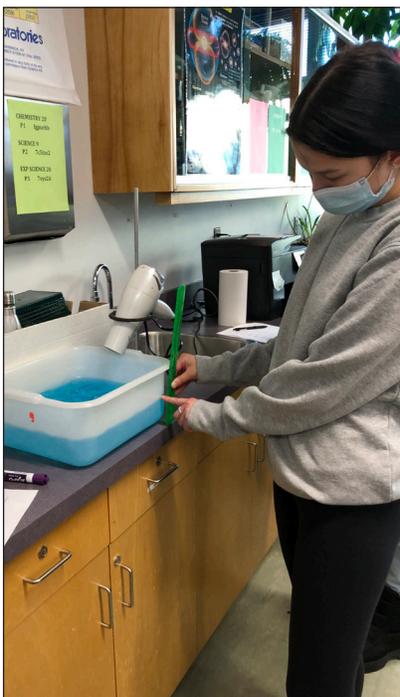
French Immersion Science 9 students take an opportunity to learn outside and study Biodiversity. Science is hands on and in action at SJF!



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## Experiential Science 20 is making waves!

This is part of a unit on Ocean Dynamics and students are learning how the ocean moves.



# Science Space



Chemistry 20 learned how to mix stock solutions, and how to dilute those solutions.

Students practiced their skills using pipettes, electronic balances, and volumetric flasks.



## A grad parent meeting

was held on November 15th. Many topics were discussed including validation statements, required credits for graduation and student financial assistance.

If you would like a copy of the information booklet, please contact [andrea.pellerin@yk1.nt.ca](mailto:andrea.pellerin@yk1.nt.ca)



### Planning for Next Year

Students/families decide if they want to:

Return to high school for upgrading

Get a job or start an apprenticeship /training program

Travel or participate in an Exchange Program

Apply to a few post-secondary institutions (give yourself options)



## Getting ready for the Christmas Door Decorating Challenge!

Ms. Scott's Art 10 class takes the door decorating challenge very seriously!

They started prepping for it a couple of weeks ago.



# Take Our Kids to Work Day

Photos and article provided by Inclusion NWT



ABOVE: Azya Barrett, left, Caitlin Vandermeer and Talya Meserah-Zdyb organize the games and puzzles shelves; BELOW: Chelsey Makaro, left, Shaeden Wah Shee-Letts and Sydney Peer distribute posters.

**bring our kids to work day 2021!**

**Students work a shift at Inclusion NWT**



by Inclusion NWT staff

**INCLUSION NWT** clients and staff hosted two Grade 9 Ecole Sir John Franklin students as part of the high school's Take Our Kids to Work Day on Wednesday, Nov. 3.

Talya Meserah-Zdyb and Shaeden Wah Shee-Letts worked the morning with clients in the Skills Training & Supported Employment Service and in the front office at the Abe Miller Building on 53rd Street. Before lunch, Meserah-Zdyb joined another client team distributing posters downtown.

"I enjoyed the day," said Talya Meserah-Zdyb. "The team I worked with was friendly and welcoming."

Wah Shee-Letts scanned and shredded documents under the direction of

finance staff for the morning, joining his classmate on the postering crew later in the afternoon with clients Chelsey Makaro and Sydney Peer.

After helping to prepare a dump run, the students organized the games and puzzles shelves with longtime Business Services Team members Caitlin Vandermeer and Azya Barrett.

### Government offices

"Working all around town with Inclusion NWT for a day was a very good experience," said Wah Shee-Letts. "The work Inclusion NWT clients do in a day allows staff at government offices and business owners to be more productive. The Business Services Team takes care of a lot of jobs that take time and energy to do and they

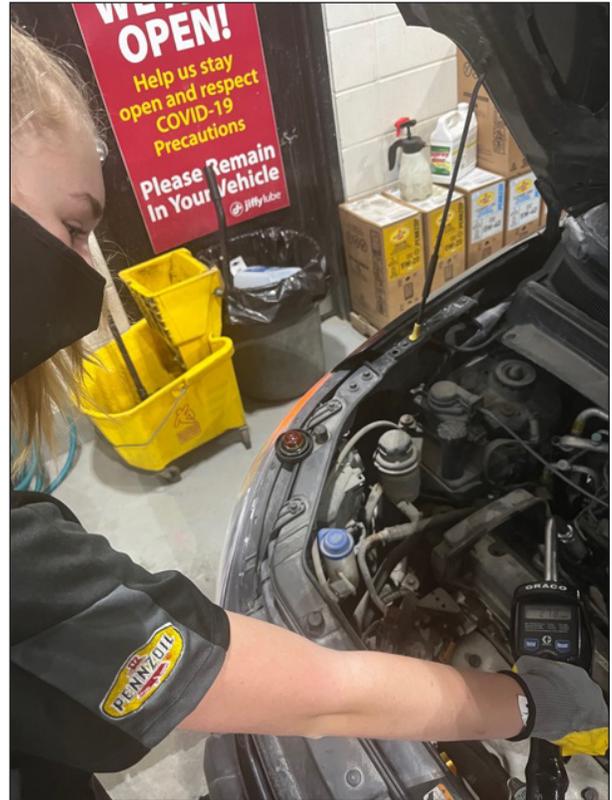


work hard so office staff don't have to be running around doing work that would take them out of their offices for a morning or an afternoon. I'm grateful we got to be part of it for a day."

# Take Our Kids to Work Day

## Ava Nystrom shares her experience after spending the day at JiffyLube with her Dad!

"I learned how to pump oil, how an oil change works and cleaned areas in the shop. It was really fun and interesting to see how excited and happy people were to come see my dad for a quick oil change or tires changed. I also got to move tires out of a big delivery truck. I also learned about customer service to always have a smile and treat people with respect. Overall it was an awesome experience and the best part is I got to do it with my dad."



## SJF students share their answers to some serious (and not-so-serious) questions...

Your school is trying to decide on a famous person to give a speech or presentation to students.

### Who do you think they should choose and why?

Dustin Milligan because he went to Sir John and would have more relatable experiences.

If the person has to be currently alive it would be CeCe McDonald because she is a trans woman of color who has been through a lot and could give an interesting and educational presentation to the students. She would hopefully be able to change a few people's minds.

Taylor Swift.

Dylan O'Brien, Thomas Brodie Sangster, Scarlett Johanson, Tom Holland, Chris Evans, Robert Downey Jr, Mark Ruffalo, Paul Rudd, Chris Pratt, Chris Hemsworth, Florence Pugh, Paddy Holland, Timothee Chalamet, Sebastian Stan, Tom Hiddleston, Zendaya, Ryan Reynolds. There is probably more, but these people care a lot about mental health and do try and make the world a better place.

Mark Rober. He knows what he's doing and is quite intelligent.

Will Smith.

Jagmeet Singh.

Ryan Reynolds.

Benedict Cumberbatch - because he would be super interesting and insightful about acting and the arts.

*-con't on next page*

Your school is trying to decide on a famous person to give a speech or presentation to students.

## Who do you think they should choose and why?

Micheal Jorden, NBA legend

Will Smith, because he's amazing and smart.

Wilbur Soot. Reason: He's a musician and stream who is very well known.

Maybe a singer so that they can tell everyone how hard they have worked to get to where they are today and that anything is possible even though there are bumps in the road.

Tyler the Creator. Our school needs some spice.

Barack Obama (or any Obama)! They are a great contribution to the world and very entertaining.

Emma Watson.

I think it would be amazing if Greta Thunberg was able to make a speech to the students. At sixteen, she sailed across the ocean instead of flying to go to a climate change meeting. She even won a Nobel Peace Prize. It's very inspiring to know that even at such a young age, you can make change.  
~Chelsea Sieben

Kid Cudi

Dreamwastaken because he broke a world record.

A boxer/known fighter. A lot of people don't know this but fighters have a really great view on life and a lot of dicipline. They can give some great life lessons.

Ryan Reynolds, because he is a Canadian actor AND a comedian.  
~Jayden Sayine

Taylor Swift cause Lacey said. ~Ava Nystrom

Obama. ~Anthony Bungay

Britney Spears because she was freed this year.

Nicki Minaj.

Elon Musk.

Harry Styles; he's very influential, sings like a bird and is so kind.

Tom Holland, because I want to meet him and he could give us inside details from Marvel movies.

Molly Burke; I guess I find her really cool and she has a lot of insight.

Rick Riordan, the author of the Percy Jackson series, so I can get all of my books (about 20) signed!!!

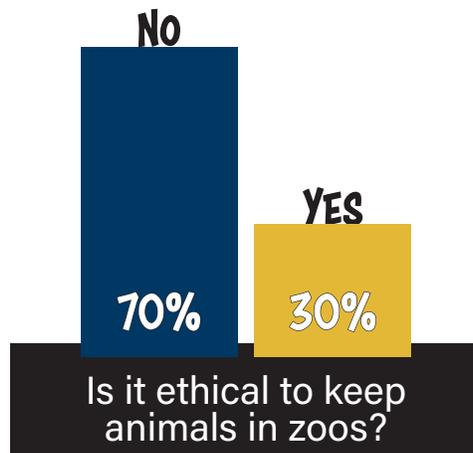
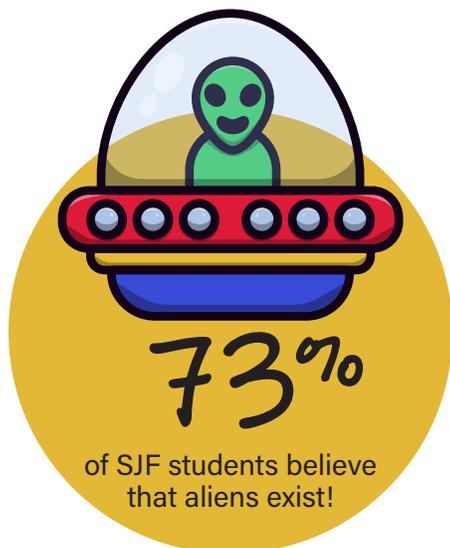
Will Smith.

I think a speech from Lady Gaga would be really cool. Her speeches are really powerful.

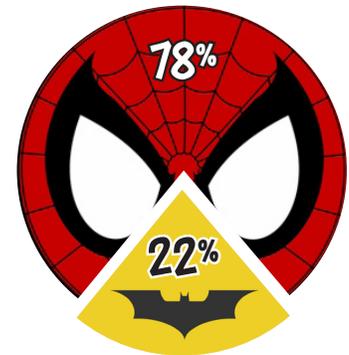
I mean we're already doing the NASA thing and that's pretty cool.  
~Stella Smyslo

Harry Styles so he can teach us how to be comfortable with being yourself.

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Would you rather be BATMAN or SPIDERMAN?



sixty five percent of SJF students believe that plastic bags should be outlawed.

Your school is trying to decide on a famous person to give a speech or presentation to students.

## Who do you think they should choose and why?

Chuck Liddell. Because he went to school and got an education, but he pursued his dream and dealt with the difficulties of being a professional fighter.

Ryan Reynolds. I dont know he's just cool like that.

Ryan Reynolds. No explanation needed.

Margot Kidder, because she became a successful actress who came from Yellowknife.

We should try to get Will Smith to give us a speech, because he is a great speaker. He can relate to many young people because of his upbringing, is very well known, and is good at doing motivational speeches.

I think that they should choose Avaeah. ~Amal Bakar

Jimmy Donaldson.

The Mayor.

Michelle Obama because she has been through a long journey learning many valuable leasons that she can teach to us as students.

I think anyone who has a good story to tell should come talk to students.

Toby Smith and Tom Simons.

Ryan Reynolds because the boys will go nuts and he is Canadian.

Dustin Mulligan because he's the only famous person that would come to Yellowknife. (sorry)

Harry Styles because he is a very inclusive, inspirational person that a lot of people look up to.

Kanye West because he's funny

An indigenous individual.

Maybe like Michelle or Barack Obama because they are cool people and wise. Or someone really smart like Bill Gates.

Taylor Swift because she has persevered through many challenges and obstacles and she has gotten to the top of a very hard career to succeed in. ~Amelie Strachan-Legere

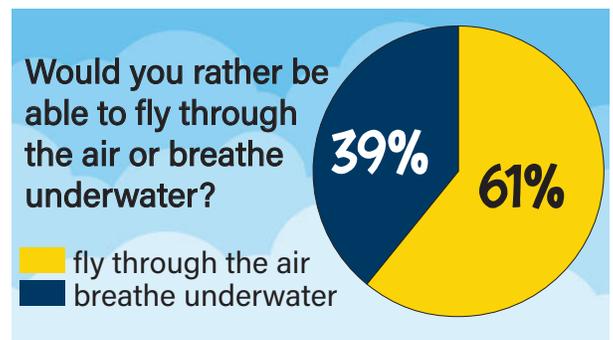
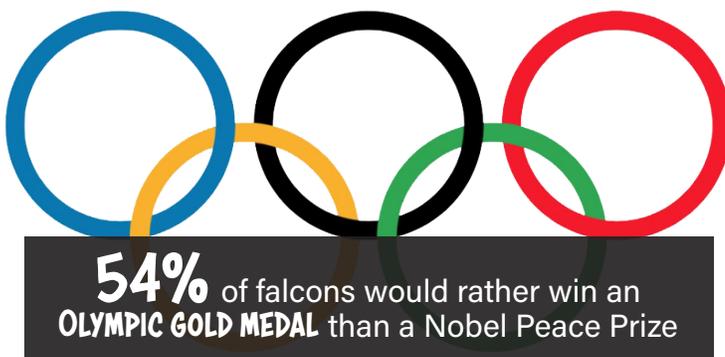
Anna Curran cause she is smart, and has opinions.

Dream, because he's broken a world record.

My grand-pa, Dominic Covvey. He is a professor in mathematics and physics (I think) who is currently teaching me a few things outside of school. I think he would be a great person to invite to teach the teenagers who want it, a little more advanced study in that subject. (It might not actually be that advanced for the 10-12 years but for the 8-9 I'm pretty sure).

Idk a person who is funny and cares about education.

Luka Doncic, because he's the greatest athlete of all time. ~Cooper McLeod



Would you rather be locked in an amusement park or a library?

**Amusement Park** 55%

**Library** 45%



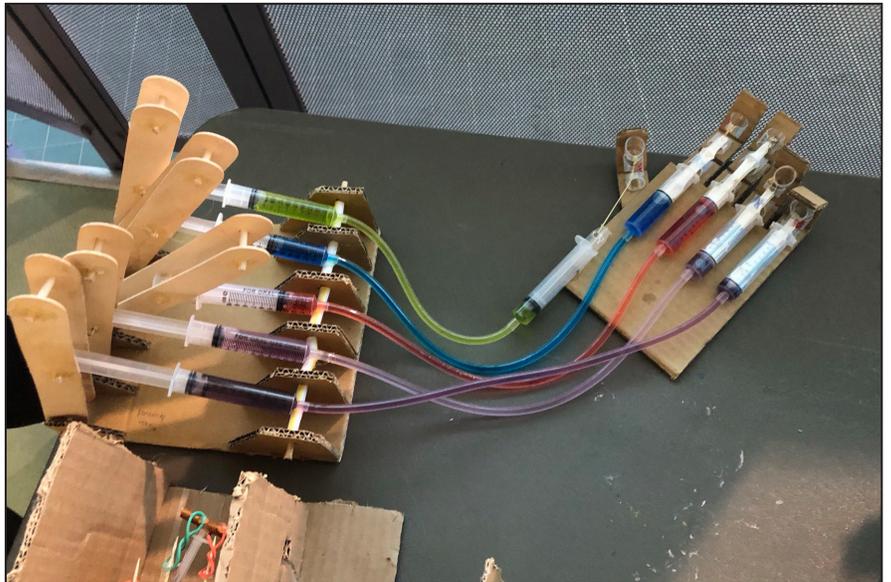
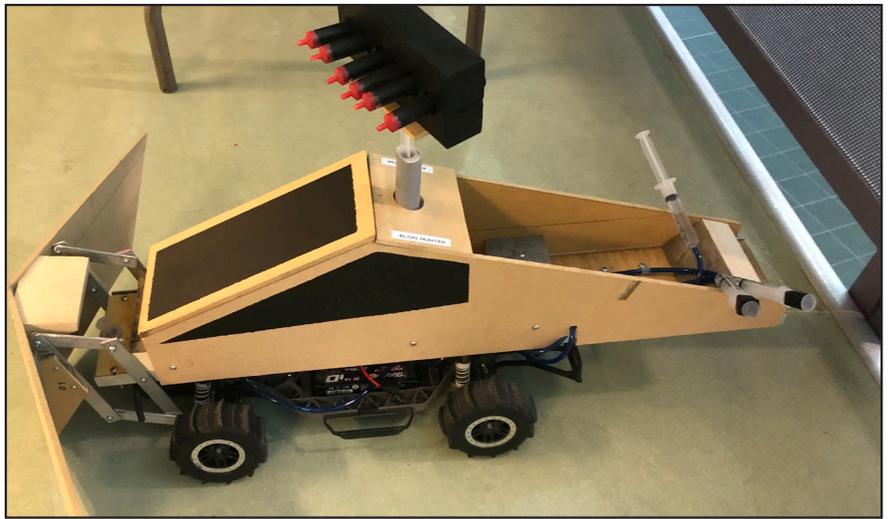
**57% OF FALCONS**

would rather be a star player on a losing basketball team than ride the bench on a winning one!

# Grade 8 STEM Hydraulics Project

8G & 8L Science class(s) recently completed their Unit on 'Mix of Flow and Matter' to apply their knowledge of 'Compression' (Pascal's Law), 'Particle Model of Matter,' and 'Fluids and Technology.' Students were tasked to build a prototype of an existing invention that used hydraulics. Household items were used in this STEM experiment to apply their learning to our unit.

Students used syringes, hydraulic lines (rubber hoses), cardboard and various art supplies to create scissors lifts, hydraulic plows, elevators, excavator(s), a prosthetic hand, and many other hydraulic inventions to apply their learning. Students did a spectacular job on rising to the task and many great projects were created!





### What is Transgender Awareness Week?

Transgender Awareness Week (November 13-19) is a week when transgender people and their allies take action to bring attention to the community by educating the public about who transgender people are, sharing stories and experiences, and advancing advocacy around the issues of prejudice, discrimination, and violence that affect the transgender community.

### Transgender Day of Remembrance

TDOR is an annual observance on November 20 that honours the memory of the transgender people whose lives were lost in acts of anti-transgender violence that year. 2021 marks the most deadly year on record, with 375 deaths globally. Most of the murders happen in Central and South America (70%), but cases have been reported from Greece, Kazakhstan, and Malawi for the first time this year. 25% were murdered in their own homes. 96% were trans women or transfeminine people.

Because many hate crimes are unreported or misreported in the media, the actual number of deaths could be far higher. To see the list of 2021 victims, please go to [https://transrespect.org/wp-content/uploads/2021/11/TvT\\_TMM\\_TDoR2021\\_Namelist.pdf](https://transrespect.org/wp-content/uploads/2021/11/TvT_TMM_TDoR2021_Namelist.pdf)

### How to be an Ally to Transgender People

The following are tips that can be used as you move toward becoming a better ally to transgender people. Of course, this list is not exhaustive and cannot include all the "right" things to do or say because often there is no one "right" answer to every situation you might encounter. When you become an ally of transgender people, your actions will help change the culture, making

society a better, safer place for transgender people and for all people (trans or not) who do not conform to conventional gender expectations. For more explanation of each of the following points, go to <https://www.glaad.org/transgender/allies>

**You can't tell if someone is transgender just by looking.**

**Don't make assumptions about a transgender person's sexual orientation.**

**If you don't know what pronouns to use, listen first.**

**Don't ask a transgender person what their "real name" is.**

**Be careful about confidentiality, disclosure, and "outing."**

**Don't ask about a transgender person's genitals, surgical status, or sex life.**

**Avoid backhanded compliments and "helpful" tips.** For instance, comments like "I would have never known you were transgender. You look so pretty," or "Have you considered a voice coach?"

**Challenge anti-transgender remarks or jokes in public spaces, including LGB spaces.**

**Support all-gender public restrooms.**

**Listen to transgender people.**

**Learn that transgender people are not new.**

**Know your own limits as an ally.**



**Follow the Gender & Sexuality Squad on Instagram @sjf\_gss**

Sources: <https://www.glaad.org/transweek>, <https://www.glaad.org/transgender/allies>, <https://www.forbes.com/sites/jamiewareham/2021/11/11/375-transgender-people-murdered-in-2021-deadliest-year-since-records-began/amp/>

# SJF Debate Club

New this year to Sir John's extra-curricular scene is the Debate Club. Born in the deepest part of our Fall lockdown, the club has been meeting regularly for about 12 weeks now, both on Zoom and more recently in person.

Our group is comprised for the most part of grade 8-11 students who meet on Wednesdays for about an hour to debate the merits of various issues of the day. The kids have been working through both the very formal Parliamentary Debate process as well as the less formal Impromptu Debate process. Our group owes a great deal to club co-founders Nicola Langille and Neesha Rao for the tremendous technical expertise and infectious enthusiasm that they bring to our sessions.

Although the club began with a group of five gritty participants back in October, we are regularly seeing about thirty kids out to our weekly debates in NACC (and we are having a ball). Additionally, we have a small number of grade 8 students preparing for an on-line debate tournament on December 10.

**To this point students have debated the following ideas:**

- 1.** The Government of Canada should lower the legal voting age to 16;
- 2.** The Government of Canada should cease all oil and gas production by 2030;
- 3.** The Government of Canada should develop 'Right to Repair' legislation;
- 4.** The Government of Canada should make blood donation mandatory.

In addition to our two wonderful community volunteers, our club benefits from the work of staff supervisors Hannah Griffin, Chantal Hamel-Bouchard, Tomiko Robson, Kodi Bauldry and Peter Curran.





# Peace Cranes & Remembrance Day

As part of our Remembrance Day activities on November 10th, SJF students created paper cranes.

The peace cranes will be displayed in our foyer soon. To read the peace crane story, scan QR code below.





Mr. MacInnis and Grayson Klein might have turned James Rogers and Cooper McLeod into Leafs fans!

# Learning Traditional Games

Thank you to James and Aurora from Aboriginal Sport Circle for spending a week with SJF students teaching them some traditional games.

Students tried high kicks, head pulls, foot pulls, stick pulls and skipping games.



Students try to go through the skipping rope together as a group.



# Doreen Cleary visits NS10 Classes

Thank you to Doreen Cleary for visiting our Northern Studies classes about her residential School experiences. She also shared stories about her husband's and mother's experience.



## MAGMA News

November 22nd was the first day of National Addictions Awareness Week 2021!

To kick off the week, The Tree of Peace held its annual Wellness Walk.

Sir John Franklin High School's, student-led Mental Health Advocacy group, Magnanimous Advocates Generating Mental Health Awareness (MAGMA) were more than happy to participate!

Mental illness can affect anyone, anywhere. If you or someone you know need to talk, Child and Youth Care Counsellors (CYCC) are here to help. To make an appointment with the CYCCs, please visit the front office at SJF. The NWT Helpline is available 24 hours a day. The number is 1-800-661-0844.

Kids Help Phone, a 24-hour counselling service, can be reached at any time by calling 1-800-668-6868, texting 686868, or via live chat on the service's website.



**The Winter Holidays are usually a time of happiness and family, but they can also be a very busy and stressful time of year that can be tough on your mental health.**



**This Christmas, help spread the word that  
Mental Health Matters!**

**Merry Mental Health Candy Grams for Sale  
from MAGMA: \$2 each**

**Purchase from your Period 1 Teacher starting  
Monday, December 6th - Friday, December 10th**

**Delivery = Periods 3 on Wednesday, December 15th**

# Are you looking for something to do during lunch hour?

Monday

- \*GSS 11:35-12:25 Room 22 (Kirstin Prescott)
- Tai Chi 11:45-12:25 Fitness Room (Andrea Pellerin)

Tuesday

- \*MAGMA 11:35-12:25 Science Theatre (Denise Hurley)
- Band Club 11:35 -12:15 Music Room (Susan Shantora)

Wednesday

- Debate Club 11:40-12:25 NACC  
(Chantel Hamel, Peter Curran, Hannah Griffin,  
Tomiko Robson, Kodi Bauldry)

Thursday

- Green Team 11:20 - 11:45 Room 40  
(Robin Kooymans, Angela Martin, Tomiko Robson)

Friday

- Community Choir Club 11:35 - 12:15 Music Room  
(Susan Shantora)

*\*GSS stands for Gender Sexuality Squad*

*\*MAGMA stands for Magnanimous Advocates Generating Mental Health Awareness*

Intramurals are also being offered during lunch in the gym. Students are invited to check the schedule on the bulletin board outside of the gym for more information.

## STUDENT COUNCIL NOMINATION FORM 2021-2022

Name: \_\_\_\_\_

I am interested in serving in the following position(s) on the 2021-22 Student Council:

Grade 8 Representative

Grade 10 Representative

Grade 9 Representative

Grade 11 Representative

Grade 12 Representative

Arts and Science Representative

Fine and Performing Arts Representative

Athletics Representative

Tech and Trades Representative

Treasurer (grade 11/12)

Vice President (grade 10/11)

President (grade 12)

These two people support my nomination:

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Grade: \_\_\_\_\_

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Grade: \_\_\_\_\_

Write a short paragraph describing why you want to be on Student Council and what you would like to accomplish. (Use the back of this form if you need)

Return this form to Ms.Shantora in the music room or to the main office by Friday December 10, 2021.

