

# OCTOBER 2022 NEWSLETTER

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## Principal's Message Mr. Dean MacInnis

Welcome to another school year at Sir John! We are so happy to have students in the hallways and participating in many activities again. We're one month in and already students and the staff are busy preparing for numerous things.

This year's student council has been selected and the grad council is underway. Our soccer athletes have already traveled to Hay River to participate in the Elks Soccer Tournament. Congratulations to both our senior boys and senior girl's teams who won banners. Our Jr. team also had an amazing run and came in 2nd place! Bravo Falcons!

Our athletes are getting ready for the NWT Cross Country Championships in Fort Providence on October 6th and our volleyball players are getting ready for the Lawrie Hobart

Tournament in Fort Smith and the annual Spike It Tourney here in Yellowknife.

The Fine Arts Department is busy rehearsing for the fall production of "The 2022 Children's Theatre Festival" on November 2nd and 3rd. Tickets will be available at the NACC box office or NACC website. Don't miss it!

Don't forget about our early dismissal days! This year Sir John has a new bell schedule. We are pleased to welcome many new staff members this year. Check out the new staff section in the newsletter for more about them all! We hope you have a great year!

The Parent Advisory Committee (PAC) is made up of parents whose child(ren) attends SJF. The purpose of the PAC is to provide opportunity for communication between

parents and school administration. Any and all parents are welcome to be involved with this committee. Staff members and students are also welcome to attend the meetings. Next meeting will be at 7pm on Tuesday, Oct 25th. If you are interested in joining the Parent Advisory Committee (PAC) please email [mikipromislow@yahoo.com](mailto:mikipromislow@yahoo.com), or [newtonmgrey@hotmail.com](mailto:newtonmgrey@hotmail.com)

Thank you to the parents who attended Open House Night on September 15th. If you were unable to attend please feel free to stop by and visit the school or check our website for a list of staff email addresses. See inside for a list of other ways you can stay connected to Sir John.

### IMPORTANT DATES

October 6  
Ft. Providence Cross Country Meet  
October 10  
Thanksgiving Day NO SCHOOL  
October 13-16  
JR Spike It Volleyball Tournament  
October 19-21  
NWT TTA Conference- NO SCHOOL  
October 27-30  
Sr Spike It Volleyball Tournament

November 3

Grade 12 Parent Meeting 7pm

November 4

Report Card Day- NO SCHOOL

November 8-9

Parent Teacher Interviews

November 11

Remembrance Day- No School

CHRISTMAS BREAK STARTS  
ON DECEMBER 21, 2022



# WELCOME TO SIR JOHN!



## Colleen Cornett

My name is Colleen Cornett and I moved to Yellowknife in the summer of 2022 from Chisasibi, QC. I am originally from Niagara but have lived in Toronto and Ottawa. I am a grade 9 and 10 French immersion teacher for science and math. I am excited to be part of the SJF team and look forward to learning more about the school.



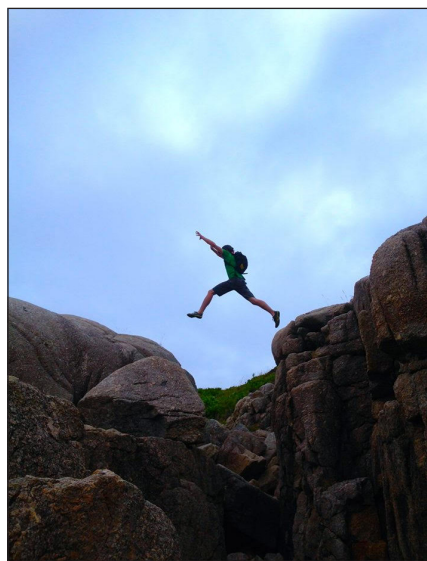
## Danielle McPhail

Position: Child and Youth Care Counsellor

Hometown: Ajax, Ontario

Interesting Facts: I moved to Yellowknife five years ago to begin a job as a Mental Health and Addictions Counsellor with the GNWT. I have fallen in love with the North and the people here, so I am not leaving any time soon. As well as being a Child and Youth Care Counsellor, I am Registered Psychologist in the NWT and a

Yoga and Pilates teacher. I am also a student completing my PhD in General Psychology. Through my research, I am hoping to learn ways of creating meaningful relationships between settlers and Indigenous peoples.



## Jim Grady

Nà te sii jhk'e ehkwì ahodi

I am honored to teach Career And Life Management, Learning Strategies and Psychology at SJF. My wife and I decided to visit our Son and his family last winter. After substitute teaching for most of the year an opportunity to return full time was presented. We are so grateful to be here. Dreams come true!



## Jennifer Hubert

Bonjour everyone, I'm Jen Hubert and I teach Core French and Post Intensive French at SJF. I am so happy to be here and finally getting the opportunity to discover what northern life is all about. I moved here on July 20 th and received such a warm welcome. Thank you! I was born and raised in Quebec and left when I was 23 years old. I lived all across Canada, from PEI to Ontario to Alberta and British Columbia. My favourite hobbies are to travel and discover new places, watch movies, play on my ukulele (still learning), kayak, learn new languages

(Thì ch is the next language I'm eager to learn in September), and try out new foods. If you see me around Yellowknife, you will probably see me walking my dog. Don't be shy to say hi! If you have a doggy treat, he'll love you to bits.



# WELCOME TO SIR JOHN!



## Kaitlyn Wiseman

Hey there! I'm Kaitlyn Wiseman and I'm an EA here at Sir John. I moved to Yellowknife two years ago from the East Coast. When I'm not at work, I like to go on adventures with my husband, hang out with my two cats, watch HGTV, and play card games. I'm so excited to be a part of the SJF fam and am looking forward to a great year with you. all!



## Dylan Eastcott

My name is Dylan Eastcott. I moved to Yellowknife in January this year to finish my final practicum for the University of Lethbridge. This is my first full year teaching, and I was lucky enough to land a job at SJF teaching Phys-Ed, which is right in my wheelhouse. I love being outside, spending time with my dog and trying to catch my next set of fish tacos out on one of the many lakes Yellowknife boasts. I look forward to all of the school sports and extra-curricular activities that students will finally get to enjoy after a two year absence.



## Melissa Kidd

Hello! My name is Melissa Kidd. I am new to both Yellowknife and SJF. I will be doing admin for student support and communications! My family and I moved here from Saskatchewan but are from British Columbia, and also lived in Yukon for a while! You can find me at the rink 95% of the time outside of work! I have 4 kids who are all hockey crazy! If we are not playing hockey we are planning our next trip/adventure!

# WELCOME TO SIR JOHN!



## Michelle Julian

Hey! I am Michelle Julian and I will be working at SJF this year as an educational assistant. I am a certified teacher who majored in Chemistry and minored in Core French. I worked for a few years as a Quality Control Lab Technologist, as well as spent some time with Applied Process Technologies (Research Department) at an industrial potash mine in Saskatchewan. I like to read and I try to lead an active lifestyle. My favorite sports to be in are hockey and triathlon. In winter, my family likes to skidoo and ice fish and in summer we kayak, boat, hike, swim, etc. I also enjoy cooking. There are never enough hours in a day! I am really enjoying getting to know all the students and working with the staff and teachers at SJF this year!



## Samantha MacDougall

My name is Samantha McDougall but most people call me Sam. I was raised in Yellowknife and graduated from Sir John. I am an IEP and Social Studies teacher here at the school. I am new to teaching and super excited to be in the classroom. I am so grateful to be part of the SJF Team!

## Crystal Catholique

My name is Mary Crystal Catholique but all the students call me Miss Crystal. I moved to Yellowknife in 2018 with my Husband and 2 children from Lutselke to attend the Early Learning and Childcare program at Aurora College. I worked at Mildred Hall School Full-time over the last 2 years and moved over to Sir John this Fall as an Educational Assistant. I am looking forward to getting to know my coworkers and students at Sir John. I enjoy being involved in School Sports and am excited for what this year will have to offer.





## Science fall 2022!

SJF students have begun the semester with labs, activities and explorations that have immersed them into the worlds of Earth Science, Biology, Physics, and Chemistry. Students in Ms. Young's Medical Sciences class explored sheep lung tissue with the use of microscopes.



# BEING AN ALLY IS EASIER THAN YOU THINK



Did you know that using someone’s pronouns is the easiest way to show respect for them as a person? If you are unsure which pronouns to use, try saying this: “I use (your pronouns). Which pronouns do you use?”

**A FEW REMINDERS FOR BISEXUAL AWARENESS WEEK!**

- BISEXUAL FOLKS DO NOT OWE YOU THEIR DATING HISTORY!** (Illustrated with a notepad and pencil)
- BISEXUALITY IS ATTRACTION TO 2+ MORE GENDERS (IT'S NOT BINARY!)** (Illustrated with two crossed bisexual flags)
- NOT ALL WHO IDENTIFY AS BIROMANTIC ARE BISEXUAL!** (Illustrated with a heart containing a 'u')
- BISEXUAL FOLKS ARE BISEXUAL NO MATTER WHO THEY'RE DATING!** (Illustrated with two people's faces)
- BISEXUALITY IS NOT A PHASE OR DENIAL WITH BEING GAY!** (Illustrated with a crescent moon and stars)
- BISEXUALITY IS A SPECTRUM (NOT A 50/50 SPLIT!)** (Illustrated with a rainbow and a cloud containing a 'u')

**AND EVERY DAY OF THE YEAR!**

@COURTNEYAHNDISIGN

Bisexual Awareness Week runs annually from September 16-23. This Week seeks to accelerate acceptance of bisexual experiences, while also celebrating the resiliency of, the bisexual community (Queerevents.com).





## National Coming Out Day – A Knowledge Drop from the Gender & Sexuality Squad

On this October 11, National Coming Out Day will continue to raise awareness for individuals within the LGBTQ+ community, and champion the idea that homophobia thrives in silence. On this day, many people who identify as LGBTQ+ will “come out” (a term stemming from the phrase “come out of the closet”) to friends or family about their sexuality, which is a very big moment! Beyond this, the history of the LGBTQ+ movement is a beacon of light — its champions are honored, and it underlines the personal being political. It’s also a chance to celebrate the liberation spirit — many do this by waving flags associated with LGBTQ+ groups or donning pins.

### HOW TO OBSERVE NATIONAL COMING OUT DAY

#### 1. Support someone coming out

No way around it - coming out can be a difficult experience. Be an ally by accepting those that choose to share this part of their lives with you. If you yourself are on the fence about whether or not to share that important bit of your identity, consider taking advantage of the extra love today and make the leap, if the time is right for you.

#### 2. Don a Pride symbol to raise awareness

The symbolic representations of the different groups encompassed in the acronym ‘LGBTQ+’ can be a very welcome sight to see for some who feel discriminated against or alone. Raise awareness of the movements by donning a pin or waving a flag, or post your support on a social media platform that you feel comfortable with!

### 5 IMPORTANT FACTS ABOUT NATIONAL COMING OUT DAY

#### 1. National Coming Out Day includes more than gay or lesbian

LGBTQ+ has grown to encompass bisexual, transgender, and many more sexual identities - so more and more people are able to participate in NCOD!

#### 2. It has grown in National support

On the first National Coming Out Day, only 18 states participated — this number skyrocketed with media attention and sent the event worldwide!

#### 3. It used to be much more dangerous

In this decade and in Western culture, it is statistically less dangerous to come out as gay or lesbian - many who are part of the community instead celebrate their identity and wear pride-supporting accessories!

#### 4. Knowledge drives out hate

One study shows that those who know a loved one is in the LGBTQ+ community are less likely to maintain oppressive and homophobic views.

### WHY NATIONAL COMING OUT DAY IS IMPORTANT

#### 1. It’s a celebration of diversity

When different people come together, we are all stronger. Hate and homophobia thrive in silence, according to the Human Rights Council, and this day serves to bring into light and accept the differences we have.

#### 2. It can be life-changing

The decision to live your life out of the closet — truly genuine, and not hiding any aspects of your identity — is a huge step for many people around the world. NCOD can represent this new beginning, and be one of the most important days in a person’s life.



#### Finally, Remember!

No one has a right to know your identity before you are ready to share it. Not family, not friends, not anybody. Make sure you are as safe as possible when you are ready to come out.



# Grade 9 Retreat

SJF MAGMA had fun delivering Mental Health Sessions at the Grade 9 Retreat! Students learned about mental health, self-care, how to Be There for others, and also the supports available at Sir John and in our community. They also had the chance to win some great prizes!



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## Are you interested in joining the **Parent Advisory Committee?**

The PAC has met once since school started in September but it's not too late to join! Please email [mikipromislow@yahoo.com](mailto:mikipromislow@yahoo.com), [newtonmgrey@hotmail.com](mailto:newtonmgrey@hotmail.com), or [doreen.cleary@y1.nt.ca](mailto:doreen.cleary@y1.nt.ca) if you would like more information. To read minutes from previous meetings, visit our website at [www.sjf.y1.nt.ca](http://www.sjf.y1.nt.ca) and click the PAC button.





# Get involved at SJF!

X-Country Running  
Mr. Kilbride

Volleyball  
Mr. Kilbride

Outdoor Soccer  
Mr. Grady

Hockey  
Mr. Curran

Badminton  
Mr. Eastcott

Green Team  
Ms. Robson

Debate Club  
Ms. Griffin

Gender Sexuality Squad  
Ms. Wilson

MAGMA  
Mrs. Hurley

Drama  
Mr. Peters

Band & Choir  
Ms. Shantora

Student Council  
Ms. Shantora

Grad Council  
Ms. Martin

Fitness Room  
Mr. Kilbride

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See anything you like?

Check in with the teachers listed above to learn more!



# MAGMA

Sir John's student-led mental health advocacy group, held a well attended recruitment meeting on September, 20th! We are excited to welcome new and returning members and are looking forward to planning events throughout the school year that promote mental health! If you missed the recruitment meeting, it's not too late to join! MAGMA meets every Tuesday at lunch in Room 14.



# Debate Club

Five students and two chaperones from the SJF Debate Club participated in the CSDF National Seminar over the weekend. It was a virtual event hosted this year by the PEI delegation, and included kids from all regions across Canada. Our SJF students did a great job of honing their skills and representing their school.

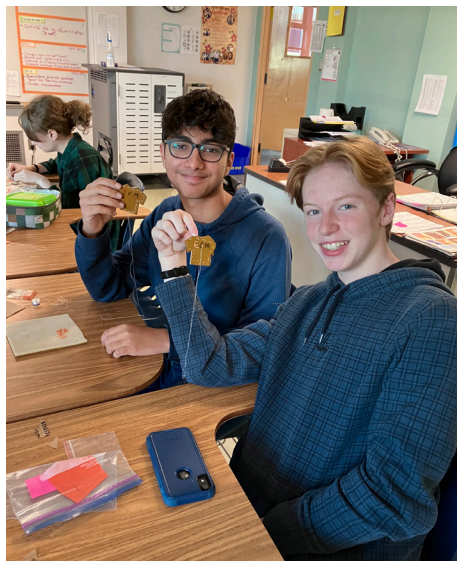
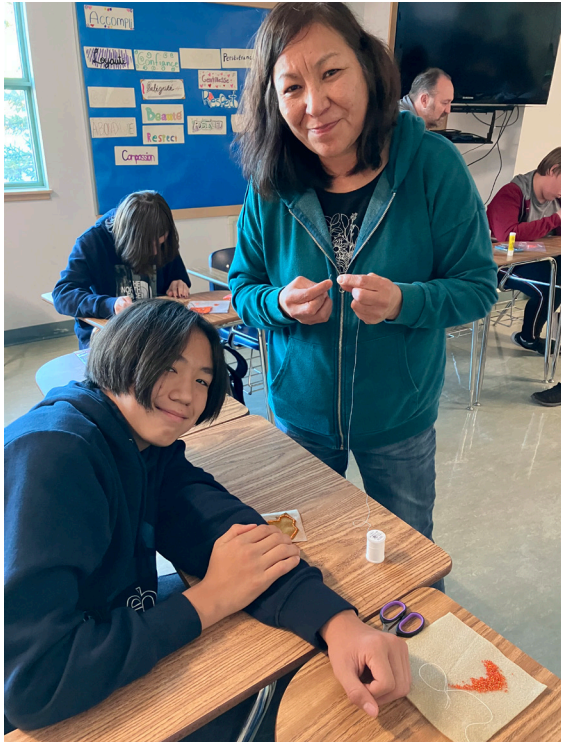






# ILC Sewing Project

MJ Lafferty and Joyce Desjarlais were able to work with classes to create their own mini orange shirt brooch for National Truth and Reconciliation







# ORANGE SHIRT DAY

Orange Shirt Day is a movement that started with Phyllis Webstad (a residential school survivor) to educate people about residential schools and fights systemic racism and bullying.

This year our whole school attended an assembly in honor of National Truth and Reconciliation Day. Our students watched a video to learn more about Truth and Reconciliation and then had a minute of silence. Following this, they participated in a prayer song and thanked our special guests. Our guests explained the Drum Dance and we were lucky enough to participate.

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# Dry Grad Thank You's

The grad class of 2022 would like to thank the following businesses/organizations/families for their contributions to Dry Grad 2022. Without the support of the amazing community of Yellowknife it would not have been possible. Big thanks for donations of prizes, food, and supplies to run the event! Also a big thanks to the parent organization committee, parent volunteers who came out on the day of to make everything run smoothly, and to the RCMP for judging our costumes, our decorated vehicles, and escorting us to the site.

Commercial NDS

Sutherlands

Yellowknife VR Park

Corothers Home Building

Mint Hair Salon

Pizza Hut

Domino's

Northern Food Services

Territorial Beverages

Booster Juice

YK Direct Charge Co-op

Glen's Independent Grocer

Rochdi's Independent Grocer

Subway Stanton Plaza

A & W

Juntilla Family

Valdriz Family

Craig Family

Northern Eavestrough

Boston Pizza

Overlander Sports

Mary Browns

Bassett Petroleum

Aurora Dodge

Cetana Neurotherapy

CK Maintenance & Pelleys

Pellets

Great Slave Mechanical Ltd.

GAP Electric Ltd.

Ron's Auto

Signed

City of Yellowknife

Staples

Cold Cash ATM Inc.

Elks

Norland Insurance

Khione Resources

Canadian Tire

Superior Auto Body

Medicine Shoppe

Dragon Toner Law Office

Lawson Lundell LLP

CAM Financial

Petro-Canada

Copperhouse

Fox Consulting

H & H Office

Services

DT Electric

Shoppers Drug

Mark





**WANT MORE INFO?**



**SCAN ME**

**SCAN OUR QR CODE AND  
FOLLOW US ON SOCIAL MEDIA!**

SJF Online:  
Website: [www.yk1.nt.ca/sjf](http://www.yk1.nt.ca/sjf)  
Email: [sjf@yk1.nt.ca](mailto:sjf@yk1.nt.ca)  
Facebook & YouTube:  
(Sir John Franklin High School)

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