



# École J.H. Sissons School

5700, 51A Avenue  
Yellowknife NT X1A 1G7  
Tel: (867) 873-3477  
Fax: (867) 873-4535

*Educating for Life!*  
*Hòt'aáö Hòghàgoetòö*

*Une éducation pour la vie!*



## Newsletter

### DATES TO REMEMBER

#### May 2nd

Visit of author Diane Carmel-Léger at 9:00am to 12:00pm.

Music Monday: School Choir travels to NJM School for District music Workshops and performance at 1:00pm to 3:00pm.

#### May 2nd - 6th

Pre-early French Immersion Camp at 8:15am to 11:30am or 12:30pm. to 3:30pm.

#### May 9th(TBC)

Music: School Choir travels to NACC as part of the Yellowknife Music Festival.

#### May 9th - 13th

Pre-early French Immersion Camp at 8:15am to 11:30am or 12:30pm. to 3:30pm.

#### May 10th

Pizza form due by today at 9:00 a.m.

#### May 12th

Pizza lunch organized by 5-Marinier.

#### May 17th

Canadian Parents for French Annual General Meeting YK1 Board Room at 7:00pm.

#### May 18th

PAC meeting at 7:00pm in the staff room.

#### May 20th

Students will attend morning show of "Wizard of Oz" at MHS.  
SIP Professional Development  
**Noon dismissal.**

#### May 23rd

Victoria day-**No school!**

#### May 24th

Visit of author Kelly Jessup.  
Subway form due by today at 9:00 a.m.

#### May 26th

Subway lunch organized by 1-Rivet.

#### May 27th

Multicultural Feast and Assembly.



**MAY 2011**

**Paul Bennett, Principal**

### **From the Principal's Desk!**

Last month, I published some interesting survey findings regarding "Healthy Lifestyle" of our Grade 4-5 population. The results were truly positive compared to similar French Immersion demographics in southern Canada. For some school populations, competing with technology in school and outside of school is becoming a big challenge. Using a variety of technology and media, often simultaneously, is a way of life for our students. Considering our school and community focus on fitness and healthy lifestyles, I thought the following article would be of interest to our staff and parents as a follow-up to this survey. It comes from: "Study Ties Bedroom TV to Unhealthy Habits in Teens": Mon Apr 7, 2008 5:01am EDT, By Will Dunham.

WASHINGTON (Reuters) – Teenagers with a bedroom television tend to have poorer diet and exercise habits and lower grades in school than those without one, U.S. researchers said on Monday. While many studies have examined TV viewing habits of young people, researchers at the University of Minnesota School of Public Health said little had been known about the consequences in particular for older adolescents of having a bedroom TV.

They questioned 781 adolescents, ages 15 to 18, in the Minneapolis area in 2003 and 2004. Of them, 62 percent reported having a television in their bedroom. Not surprisingly, those with a bedroom TV were more apt to watch it a lot, clocking four to five more hours in front of a television per week, the researchers said. Twice as many of the teens with a bedroom TV were classified as heavy TV watchers -- at least five hours a day -- compared to those without one. Girls with a bedroom television reported getting less vigorous exercise -- 1.8 hours per week compared to 2.5 hours for girls without a TV. They also ate fewer vegetables, drank more sweetened beverages and ate meals with their family less often, the researchers said.

## From the Principal's Desk!

Boys with a bedroom TV reported having a lower grade point average than boys without one, as well as eating less fruit and having fewer family meals, the researchers said. "It really clearly points out that there's some merit to not allowing your child to have a TV in the bedroom," said Daheia Barr-Anderson, one of the researchers.

"When you upgrade your TV in the living room and you have this smaller TV that's out of date but still usable, parents should really resist putting it in one of your children's bedrooms -- and resist the pressure from the child to have a TV in their bedroom," she said in a telephone interview.

### *SURPRISE ON OBESITY*

The American Academy of Pediatrics urges parents to remove TV sets from children's bedrooms, the researchers noted. The findings were published in the academy's journal *Pediatrics*. Boys were more likely to have a television in their bedroom than girls -- 68 percent versus 58 percent. Teens from the highest income families were far less likely than those from all other income levels to have a bedroom TV, the survey found.

Among black teens, 82 percent reported having a bedroom TV, compared to 66 percent of Hispanics, 60 percent of whites and 39 percent of Asian Americans.

The researchers tracked body mass index -- a measure based on height and weight -- and found that having a bedroom TV had no influence on whether teens were obese. Barr-Anderson said that finding was a surprise, considering that previous studies looking at younger children -- one on elementary school kids and one on low-income preschoolers -- found that having a bedroom TV was an even stronger predictor of obesity than the time spent watching TV. Both boys and girls with a bedroom TV reported spending less time reading and doing homework, although the researchers said the differences were not statistically significant.

### Thank you Volunteers!

How can a school properly thank its parents for everything they have supported during the year? In just this past month alone parents have helped in countless ways:

1. Staff Room Treats (they keep arriving on Mondays. Often we don't know from whom? I thank you all for these kindnesses!)
2. Camp de Neige (preparing things at home, discussing the events with the children at the end of each exciting day, cleaning up, helping in the Chalet Kitchen, transporting equipment back and forth, ...)
3. Chess Club volunteers during club and tournament activities throughout the year
4. PAC Meeting: parents giving up their time one evening per month to help guide the school in its decision making
5. Noon hour recess supervision and classroom Field Trip supervision.
6. Canadian Parents for French committee members

THANK YOU!

... Paul



**Did you know?** When eating candies or consuming drinks high in sugar, the sugar combines with bacteria in the mouth to produce acid. The acid breaks down enamel and causes cavities. Rinse with water or brush and floss after eating candy or drinking high sugar drinks to help prevent tooth decay. The consumption of candies and sweetened drinks should be limited for healthful growth of children.

## From the Principal's Desk!

### Did You Know? Canadian Parents for French



The NWT Branch for Canadian Parents for French has access to \$50,000 to support French activities within the NWT. There are four Chapters to this Branch: one for each of YK1 and YK2 and the other two are located in Inuvik and Ft. Smith. However, the last two chapters have not been active and consequently the two school Districts in Yellowknife have the potential to benefit from more access to these funds. Sadly, our YK1 Chapter is losing members of its executive as these parents' French Immersion students graduate from the system. Our chapter is in jeopardy of becoming inactive and that means schools like Sissons will not be able to access these funds through their proposal applications. The consequences for us are that we will not be able to host future Camp de Neiges, Carnivals, and cultural workshops based on music, dance and drama. At WMS the CPF chapter supports trips to Québec. At Sir John it supports trips to France. Sissons school has been the most successful school in accessing CPF funds. Because of CPF's support, we have been able to provide one of the richest French Immersion program in the NWT, if not Western Canada.

The CPF committee decides on the worthiness of submitted proposals and supports community activities that support French speaking outside of school situations. Members of this committee meet 6 to 8 times during the school year. Parents, if you think you could help our YK1 French Immersion students by becoming a member of this committee, please contact Madelon Haener at 873-3503 for more information about how the chapter works, or myself, Paul Bennett at 873-3477.

### CLASS PLACEMENTS

Although we haven't reached that point in the year where our school and our District know where all staff will be next year, we have started working on putting the pieces together as a District. One key element in this preparation is the ideal placement for each child. During this process, we balance the following needs to give us the best academic learning situation possible for our students: individual student learning profiles with staff members (when possible and when there is more than one class of a specific grade level), male/female ratio, learning challenges, class size, behavioural concerns, ...

Parents, **if you have a special concern, please let our office know by June 10<sup>th</sup>** when we finalize our placements. Please note that we make our best efforts, but not all situations are foreseeable nor are all requests possible.

### PAC News, Playground and Physical Education



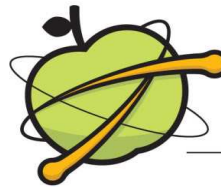
Congratulations to our PAC, the efforts of our Physical Education instructor, Stéphane Sévigny, and our YK1 Board for successfully working together to raise funds, to the amount of \$25,000 for the purchase of new playground equipment! Several PAC parents, along with Stéphane, have been busy selecting appropriate playground equipment. They are now looking at a date in June for the installation of this equipment. Once that date is selected, our Sissons PAC will send out a notice asking for parent volunteers to help install the equipment. An expert will be coming up from Medicine Hat, Alberta, to guide the crew of volunteers on what we have to do. He has assured us that we do not need to be construction engineers to be volunteers, just enthusiastic and willing to donate a few hours! YK1 will be providing the refreshments. Keep your eyes open for a date! We look forward to this exciting event!



**Did you know?** Watching television during mealtime can take away the benefits of a family being together to listen to each other and communicate with one another. Watch television at times other than family meals.



**FoodFIRST**  
FOUNDATION, NWT



**BREAKFAST FOR LEARNING™**  
Feeding hungry minds throughout the day™

## HEALTHY FOODS AT SCHOOL

This year, we as the JHS team, taught students the importance of healthy food by promoting good choices of snack and meals.

In addition to the Food Program, we started a tasting activity every Monday. We use that time to promote exotic fruits so as to make students more knowledgeable about these fruits such as nutrient value, cultivation, origin, etc.

This program would not have been successful without the donations received from FoodFIRST Foundation NWT and Breakfast for Learning who gave respectively \$3731.00 and \$1000.00. We also get support from Explorer Hotel who donated "home made" soups for our students and parents who cooked for our different activities such as Camp de neige, Carnival, etc.

A huge "THANK YOU" for your support and we are hoping to count on you again next year!

Nataly Dépot



**Did you know?** Teens that eat regularly with their family are more likely to make better social and health choices for themselves. Family meals can contribute to emotional wellness amongst teens.

### COLLECT OF PHONE BOOKS

I want to personally thank students and parents who contributed to the recycling Telephone Directories Program. Thanks to Northwestel, nearly \$750 will be injected into the Physical Education program and related activities.

Thank you all!

Stéphane Sévigny



Northwestel



**Want to know more about supporting French as a second language in our Community and in the Northwest Territories?**

**Come on out May 17, 2011 for the  
Annual General Meeting of:  
Canadian Parents for French Northwest Territories Branch  
and the YCS and YK1 Chapters**

**Where: YK1 District Office 5402 - 50<sup>th</sup> Ave (Franklin Ave)**

**When: Tuesday May 17, 2011**

**7:00 pm – YCS and YK1 Chapter AGMs**

**Refreshments**

**8:00 pm – NWT Branch AGM**

**Election of CPF NWT Board of Directors**

For more information contact:

Wendy Karstad NWT Branch ED - 766-2826

Madelon Haener YK1 Chapter President - 873-3503

Ronna MacCara YCS Chapter President - 444-0198

Karen Hamre NWT Branch President - 873-8628

Or E-mail [CPF-NWT@northwestel.net](mailto:CPF-NWT@northwestel.net)

#### CANADIAN PARENTS FOR FRENCH

Canadian Parents for French (CPF) is the national network of volunteers which values French as an integral part of Canada and which is dedicated to the promotion and creation of French-second-language learning opportunities for young Canadians.



Mr. Paul Bennett, Principal



« Vouloir c'est pouvoir! »

**École J. H. Sissons School**

5700 51A Avenue, Yellowknife, NT, X1A 1G7  
Phone: (867) 873-3477 FAX: (867) 873-4535  
<http://www.jhs.yk1nt.ca/>

"Timber Wolf... symbol of Teacher-Pathfinder. The paths of animals in the wild tell stories to those who pass by."

## After School Activity Program

Greetings everyone,

We are pleased to bring you the latest news on the After School Activity Program (ASAP).

As you may already know, sadly, we have concluded our Zumba course. Many thanks to Julie for giving us her time and energy at Sissons School! We will see Julie again on our sports day later this year!

However, with endings also come new beginnings – Instructor Mario Desforges will be teaching Judo classes on Thursdays, May 5, 12, 19, and 26, for the students in Grades 4 and 5. Additionally, Mario will be visiting our regular gym classes on Mondays from May 2 to June 2, to teach Judo with Mr. Sévigny.

A huge thank you to our team of teacher volunteers who have worked together on ASAP: thanks to Monique Marinier, Leonie Bozec, Lynn Taylor, and Carole-Anne Brodeur! A special thanks goes to our sponsors, the Department of Municipal and Community Affairs and their After School Sports Program.

The ASAP Program is always looking for volunteers for different tasks that need to be done: repairing equipment, managing activities, doing supervision, helping to put equipment back in its place, etc. Please let us know if you can give us a hand for any period of time! It all counts!

Please, contact us at any time if you have any questions or comments. Thanks everyone!

Warm regards,

Stéphane Sévigny

[Stephane.sevigny@yk1.nt.ca](mailto:Stephane.sevigny@yk1.nt.ca)



### ***Did you know?***

Children who are physically active before eating meals are more likely to eat the amount of food they require and are behaviorally more settled for eating.

## avril 2011

Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
17	18	19	20	21	22	23
	<b>Multi activités / Pascaline Yoga annulé</b>					
24	25	26	27	28	29	30
	<b>Foster Monday</b>	Danse avec Pascaline Hockey annulé : staff meeting	Capoira	<b>Kin-ball avec MSéigny</b>		
	Remarques :					
	asap					

**Please take note that Soccer Activity will start on May 3rd and will take place on every Tuesday and Wednesday. All Grade 4 & 5 students are welcome!**

## mai 2011

Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	<b>Multi activités / Pascaline-AFCY Yoga</b>	Hockey \ MSéigny Dance \ Pascaline	Capoira	Judo/Mario Desforges 4 et 5e année		
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	<b>Multi activités / Pascaline-AFCY Yoga</b>	Hockey \ MSéigny Dance \ Pascaline	Capoira	Judo/Mario Desforges 4 et 5e année		
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	<b>Multi activités / Pascaline-AFCY Yoga annulé</b>	Hockey \ Légère Dance \ Pascaline	Capoira	Judo/Mario Desforges 4 et 5e année		
22	23	24	25	26	27	28
	<b>Multi activités / Pascaline-AFCY Yoga annulé</b>	Hockey \ Légère Dance \ Pascaline	Capoira	Judo/Mario Desforges 4 et 5e année		
29	30	31				
	<b>Multi activités / Pascaline-AFCY Yoga</b>	Hockey \ Légère Dance \ Pascaline				
		Remarques :				
		ASAP				

# SISSONS' LITERACY CORNER

April 30 to May 7 is the TD Canadian Children's Book Week across the country!

We are so fortunate to have two visiting authors during this special week:

Monday, May 2, author Diane Carmel Leger will present to our grade 2-3, in French.

[http://www.cpfnb.com/resources/chapter\\_resources/Diane%20Carmel%20Leger.pdf](http://www.cpfnb.com/resources/chapter_resources/Diane%20Carmel%20Leger.pdf)

<http://www.orcabook.com/contributorinfo.cfm?ContribID=159>



Friday, May 6, author/illustrator Janet Wilson, will present to our grade 2-5 students, in English.

<http://www.janetwilson.ca/>

<http://www.bookweek.ca/francais/2011>

<http://www.bookweek.ca/>



Tuesday, May 24, Storyteller Kathy Jessup will be at our school doing multicultural storytelling for everyone and a writer's workshop for older grades.

<http://www.kathyjessup.com>

Edmonton children's Writer and Storyteller Kathy Jessup is now into her second decade of entertaining audiences. Over the years she's performed her original tales in countless schools, libraries, concerts and festivals across Canada--- from Inuvik to Regina, and from Vancouver to Halifax. Kathy's stories and articles have appeared in various publications including the children's magazine CHICKADEE, and the Alberta Centennial anthology Under the WideBlue Sky: Alberta Stories to Read and Tell published by Red Deer Press. Kathy's CD[<http://kathyjessup.com/about.html/audio.html>]LISTEN UP: Tellable Tales for Hungry Ears [<http://kathyjessup.com/about.html/audio.html>] features a selection of her original stories for families.



Lynn Taylor & Caroline Roux



## Did you know?

Children in grade four to eight should eat six servings of fruit and vegetables every day. One serving is a half cup of fresh, frozen or canned vegetables or fruit or 125 milliliters of 100% juice.



## WEATHER REQUEST



As the weather is changing every day I would like to remind you that students needs to wear clothes accordingly with the weather (boots, snow pants, mittens, etc.) Also, may I advise the students to make sure they have a pair of shoes at school as they are not allowed to be without shoes for safety reasons.

Nataly



# PAC REPORT – APRIL 2011

## *PAC Meeting Highlights*

*April 20, 2011*

### *For Your Information*

o Sissons is getting a variety of new playground equipment. Expected delivery is in June. Stay tuned for more information in May! We plan to have a display at the school on May 27 Multicultural Feast and Assembly.

o PAC is looking into pricing for new sports jerseys for our school.

PAC has agreed to financially support our kids to attend the Wizard of Oz at Mildred Hall on May 20.

There is a Ratepayer's Meeting on May 10, 7 pm at YK1 office.

### *“Help Wanted”*

**Mabel's Labels Fundraiser.** PAC is organizing an online fundraiser. Get some great quality labels for your kids' clothing, shoes, and accessories, as well as safety supplies and household labels. And you are supporting your PAC at the same time! Order online at [www.jhsissons.mabel.ca](http://www.jhsissons.mabel.ca) starting May 1<sup>st</sup>.

**Volunteers** will be needed on a Saturday in June, exact date TBA, to help install playground equipment. No experience necessary, just willing hands and hearts to support our kids!

### *Let Us Know*

If you are interested in finding out more about the playground equipment being ordered.

Responses can be sent to: [jhspac@gmail.com](mailto:jhspac@gmail.com)

**Next PAC meeting: May 18, 2011 7:00 pm**



**Coming Soon to J.H. Sissons...**

**New Playground Equipment**

**Stay tuned for more information in May... parent volunteers will be needed for installation day in June.**

**For more information contact: [jhspac@gmail.com](mailto:jhspac@gmail.com)**





# May 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Visit of author Diane Carmel-Léger. Music Monday: School Choir travels to NJM School for District Music Workshops and Performance at 1:00pm to 3:00pm.	3 Pre-early French Immersion Camp	4 Pre-early French Immersion Camp	5 Pre-early French Immersion Camp	6 Pre-early French Immersion Camp	7
8	9 Music: School Choir travels to NACC as part of the Yellowknife Music Festival Pre-early French Immersion Camp	10 Pizza forms are due today at 9:00 am Pre-early French Immersion Camp	11 Pre-early French Immersion Camp	12 Pizza Day organized by 5-Marinier Pre-early French Immersion Camp	13 Pre-early French Immersion Camp	14
15	16	17 Canadian Parents for French annual General Meeting YK1 Board Room at 7:00pm.	18 PAC Meeting in Staff room at 7:00 pm	19	20 Students will attend morning show of "Wizard of Oz" at MHS. SIP Professional Development <b>Noon dismissal</b>	21
22	23 Victoria Day <b>No school!</b>	24 Subway forms are due today at 9:00 am Visit of author Kathy Jessup	25	26 Subway Day organized by 1-Rivet	27 Multicultural Feast and Assembly	28
29	30	31				