

FRC DAILY NEWS

Tuesday, February 02, 2010

CAFETERIA SPECIALS

(Complete Meal Special Features include a balance of protein, starch and vegetables.)

TODAY: Southern Baked Chicken with Wedges & Coleslaw

WEDNESDAY: Mexican Beef Soft Taco with Salad

THURSDAY: Perogies & Sour Cream with Smokie

FRIDAY: Chicken Quesadilla with Sour Cream & Salsa & Tossed Salad

NEWS FROM THE OFFICE

IMPORTANT!!! CLASS WAIT LISTS: Reminder to students the class wait list is posted on the front office window until **Thursday this week**. Please check at this time to see if your name is on the list. If your name is highlighted, please fill out the pink form in the office. **YOU MUST CHECK EACH DAY! If you don't submit your pink form the day your name is highlighted, you will lose your spot in the class!**

PARKING NEWS: Students please note that due to an increase in staff during second semester, we have added three spots to meet the needs of the teachers who are paying for parking privileges. As a result there are 3 less student parking spots available along Caledon. Thanks for your cooperation in leaving these spaces available for our staff. As always parking is available on Caledon and the street directly behind FRC.

STUDENT ACTIVITIES

SPECIAL LANGUAGE EXAMS: Do you speak, read and write a language other than English or French? Interested in earning up to 4 high school credits? See Mrs. Dirks in Student Services about the Special Language Exam. **Registrations due February 25th.**

ATTENTION ALL FRC PERFORMERS: The Yearbook Committee presents FRC's annual Cirque Du Centurion Talent Show. Sign-ups for audition times will be posted outside Ms. Oresnik's room, room 303. Auditions are Monday February 8th and Tuesday February 9th @ 3:30pm in the theatre. Sign-up must be done by Friday February 5th.

PEER TUTORING PROGRAM: There will be a meeting for Peer Tutors **tomorrow Wednesday** in Room 309 at **12:03 sharp!** It will be short (to determine your work schedule) and critical that you attend.

NERDFEST: All AP biology nerds, our first Nerdfest will be **Thursday Feb. 11** from 3:35-4:30ish room 117. We'll be covering animal development.

INDEPENDENT FILM: All members please see Mr. Reid Tues. or Weds. morning.

SLAM CLUB meets this **Thursday at 3:45 PM** in the art room. New members are welcome! We are working on a Slam Show for early March!

PEOPLE GOT TO BE FREE REHEARSAL at 3:35 on Monday in room 103. Anyone interested is welcome to attend.

ALL ENVIROTHONERS: See you in room 108 at lunch time! :)

GLOBETROTTERS: Reminder of meeting **tomorrow Wednesday**, room 302, 12:10 -- please bring in any forms, cheques, visa applications you are still missing.

CHOIR NOTES:

***FULL CHOIR is TODAY at Lunch!** - we're back to our usual schedule! Everyone should be in the theatre by 12:25 today at lunch! *Anyone who has NOT completed their semester 1 voice tests need to complete those TODAY to get your final/term 1 mark! See Ms. T. at lunch!

REMINDER to those taking choir outside-the-timetable (*the old slot 3 class!*) - that to receive your credit, you must be in choir on Tuesdays at lunch, Friday mornings 7:30 am & Fridays @ lunch. Problems? See Ms. Thiessen **ASAP!**

STUDENT SERVICES

GRADE 12 STUDENTS ARE INVITED TO ATTEND THE OPEN HOUSES! Learn about programs, admissions and awards.

University of Manitoba - February 18th, 8:30-3:30.

University of Winnipeg - February 17th, 9:30-2:00 and 5:30 - 8:00.

RED RIVER COLLEGE: Permission forms are available in Student Services! See a counselor for more information.

THE 2010 CANADIAN ABORIGINAL WRITING CHALLENGE: Win cash prizes and showcase your heritage! For contest guidelines, visit www.GoToInfo.ca/Writing. Deadline is March 31, 2010.

NORTHWEST LAW ENFORCEMENT ACADEMY: A Spring Break intro to a Law Enforcement Workshop - \$90.00. Learn about police operations. Applicants must be 17 years or older who is of good character and does not have a criminal record. Deadline is March 10, 2010.

UNIVERSITY OF WINNIPEG MAJOR SCHOLARSHIP: Students planning to attend the U of W in the Fall of 2010 and meet the following criteria are invited to apply: high academic standing, significant involvement and leadership in school and community activities. This scholarship is valued at \$10,500. Please see Ms. Dempster to declare your interest!

CAREERS IN NUCLEAR MEDICINE - DIAGNOSTIC IMAGING: This program is available at SAIT. Students are welcome to attend an Open House on February 4th at 7:00 p.m. at the Health Sciences Centre in room GH304.

VANCOUVER COLLEGE OF ART AND DESIGN: Scholarships valued up to \$22,000 are available for prospective students. Visit ScholarshipInfo.vcad.ca or see a counselor.

PROVIDENCE COLLEGE: Grade 12 students interested in attending Providence College are invited to attend "Breakaway", February 18 - 19th, 2010. Visit providencecollege.ca to register or see your counselor.

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DRAMA DEPARTMENT

DVD CLASS COPIES: Drama students who would like a DVD copy of their semester performances can turn in their blank DVD's (for copy) to Ms. Z. (will be ready in March). Drama 20G (need 2 regular, blank DVDs), Drama 30S (need 1 Double Layer blank DVD) and Drama 40S (need 2 Double Layer blank DVDs).

"FOOTLOOSE" DVD COPIES: All those who pre-ordered, please turn in your fees **ASAP** to Ms. Z.

SPORTS NEWS

FIRST INDOOR TRACK MEET: All athletes please sign-up on Mr. Redfern's door in the Gym for the first of four meets for the Indoor Track Season. The Meet is on **Friday, Feb. 5 from 12:30-5:00 p.m.** Sign-ups must be done by **Thursday Feb. 4 at lunch.**

BADMINTON CLUB: The following are the next practices:

Feb. 2nd - 8 to 10pm

Feb. 4th - 3:30 to 5:30pm

Feb. 13th - 2 to 4pm

Feb. 20th - 10 to 12pm

Watch announcement there maybe other dates added to this schedule.

THE VARSITY BOYS BASKETBALL TEAM lost a hard battle to St. Paul's yesterday 76-71.

INTRAMURAL DODGEBALL starts soon, look for sign ups outside of the gym.

THE INTRAMURAL FLOOR HOCKEY FINAL will take place **today at lunch** between the teachers and North Bay.

WEIGHTROOM: The new semester 2 weightroom schedule is out:

Mondays - 7:00am and 3:45pm

Tuesdays - 7:00am and 3:45pm

Wednesdays - 7:15am and 3:45pm

Thursdays - 7:00am and 3:45pm

Fridays - 7:15am

A reminder to all students that you must be changed and that there must be a staff member present.

LOST

LOST: Turquoise iPod shuffle with earphones. Last seen in the gym. Please return to the office if found.

LIBRARY

LIBRARY VOLUNTEERS: Please let us know if you would like to continue volunteering this semester.

IT'S I LOVE TO READ MONTH! What are you reading? Come to the library for a picture of yourself reading your book so FRC can share recommendations of good books this month!

THERE'S A HELP HAITI JAR IN THE LIBRARY. Donations to the Red Cross. Drop in your change for a good cause.

BOOK CLUB is reading *My Sister's Keeper*. Come to the library if you need the book. Meeting TBA.

THE MANITOBA ISLAMIC ASSOCIATION has opened **Al-Hikma Library** at the Grand Mosque at 2445 Waverly Street. Books and audio visual materials all Islamic subjects in both Arabic and English are available for students or staff. See miaonline.org.

WHAT ARE YOU READING? This month we are highlighting books people are reading. Watch for a display in the library. Get your picture taken reading your book! Fill out a form in the library telling about your book. Here's our first recommended book:

My Book Club just finished reading *The Uncommon Reader* by Alan Bennett. This short book is very funny and tells the tale of what happens when the current Queen of England discovers a passion for reading. She's never the same again! Ms. Macdonald