

# FRC DAILY NEWS

Wednesday, February 03, 2010

## CAFETERIA SPECIALS

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

**TODAY:** Beef & Cheese Burrito with Soup or 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 8<sup>th</sup> and Tuesday February 9<sup>th</sup> @ 3:30pm in the theatre. Sign-up must be done by Friday February 5<sup>th</sup>.

**PEER TUTORING PROGRAM:** There will be a meeting for Peer Tutors **today 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.

**CHOIR NOTES: Reminder** to SHOWTIME! that our weekly rehearsal is **TODAY** (Wednesday) from 5 till 7 - instead of tomorrow! See Ms. T. if there's a problem! **Slot 4/7 Choir** - Don't forget that your class is Friday mornings 7:30 AM & Fridays at Lunch!! See you on Friday morning!

**GLOBETROTTERS:** Please attend our meeting **today** in room 302 at 12:10.

**SLAM CLUB** meets **tomorrow 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 February 11** in room 103. Anyone interested is welcome to attend.

**S-CLUB-7 DANCE PRACTICE** after school 3:30 - 5:00 **today Wednesday** this week! Meeting for all participants on **Thursday** at lunch, room 301 again! See you all there!

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

**ANY STUDENTS CONSIDERING REWRITING THE PROVINCIAL ELA EXAM IN JUNE**, please see Mrs. Oresnik to get your name on the list by Monday, Feb. 8.

**DEBATE CLUB MEETING:** Friday at lunch in room 303. We will take our group photo for yearbook.

**LEADERSHIP:** All Champion program students must attend a meeting **tomorrow Thursday February 4** at lunch in room 103. You must have your lessons complete as well as your time of presentation.

**IMPROV:** All Improv students must meet in room 312 for information session **today** at lunch.

## STUDENT SERVICES

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

**University of Manitoba** - February 18<sup>th</sup>, 8:30-3:30.  
**University of Winnipeg** - February 17<sup>th</sup>, 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](http://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 4<sup>th</sup> at 7:00 p.m. at the Health Sciences Centre in room GH304.

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

**PROVIDENCE COLLEGE:** Grade 12 students interested in attending Providence College are invited to attend "Breakaway", February 18 - 19<sup>th</sup>, 2010. Visit [providencecollege.ca](http://providencecollege.ca) to register or see your counselor.

## 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

**CONGRATULATIONS TO THE JV BOYS BASKETBALL TEAM** for their win over Oak Park last night. Hard work and great defense resulted in a score of 78-37. Way to go boys!

**BOYS SOCCER:** Game **today** at 4:10 p.m. at the Highlander. There will also be a practice **this Friday** at 3:30.

**GIRLS SOCCER:** There will be a practice in the gym on **Thursday February 4th** at 5:30pm. Please bring your jersey and shorts as we will be taking a team photo. We will also be discussing our team contribution to the Haiti Relief Assembly. Please pass this information on to other team members ladies!

**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 **tomorrow Thursday Feb. 4 at lunch.**

**BADMINTON CLUB:** The following are the next practices:

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.**

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

**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.

**PLEASE RETURN ALL OVERDUE BOOKS IMMEDIATELY.** If you still need them please come to the library with the books to renew them.

**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](http://miaonline.org).

## WHAT ARE YOU READING?

**Into Thin Air** by Jon Krakauer is "an incredible story of adventure on Mount Everest". My favourite books growing up were **Henry's Red Wagon** and **Anne of Green Gables**.

Mrs. Woods

**When the Game Was Ours** by Magic Johnson and Larry Bird is a fantastic basketball story.

Mr. Rowan

**"Three Cups of Tea** by Greg Mortenson is a true story about a single man who brings schools and education to thousands of young Afghani children. Inspirational!" His favourite books growing up were **Where the Wild Things Are** and **April Raintree**.

Mr. Scott

