

FRC DAILY NEWS

Thursday, February 04, 2010

CAFETERIA SPECIALS

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

TODAY: 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 **today Thursday**. 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. **If you don't submit your pink form by the end of the day, 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

PIZZA DAY! Today is pizza day! Don't miss out on the \$5 deal for 2 slices, a cookie and a drink! Or \$1.75 for a slice, \$1 for a cookie and \$1 for a drink if you buy alone!

TADD MEETING: There will be a very important TADD meeting **today** at lunch in room 310. All members are required to attend.

YIP/CHARITY CLUB: There will be a combined YIP and Charity Club meeting at lunch time **tomorrow Friday** in room 108.

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 **tomorrow Friday February 5th**.

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.

CHOIR NOTES: Slots 4 & 7 CHOIR ... (those from slot 3 last semester, that's YOU!) -- Don't forget **CHOIR REHEARSALS ON FRIDAYS** at 7:30 AM and **LUNCH!** There is a guest conductor coming on Friday at lunch... EVERYONE must attend!!!

LEADERSHIP STUDENTS: Any leadership students with a slot 2 spare, please see Ms. Shiach **ASAP** if you can volunteer to put the daily news on the hallway televisions. We need you!

SLAM CLUB meets **today 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 8** in room 103. Anyone interested is welcome to attend.

GRADE 12 AP CHEM STUDENTS: Please pick up your practice AP exam from Mr. Wiebe in room 115 **ASAP**. Thank you.

S-CLUB-7 DANCE: Meeting for all participants **today Thursday** at lunch, room 301 again! See you all there!

MATH CONTESTS: U OF MB, FERMAT, CAYLEY: If you have signed up with Mr. Mitchell to write these contests see him in room 308 to pick up the sample contests. The cost is \$4 for the Fermat and the Cayley. The U of MB is free. All of these contests will be written on **February 25** in the library starting at 9:30 A.M.

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: Tomorrow Friday at lunch in room 303. We will take our group photo for yearbook.

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

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.

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.

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!

FRC DAILY NEWS

Thursday, February 04, 2010

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.

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.

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

GIRLS SOCCER: There will be a practice in the gym today **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 **tomorrow Friday, Feb. 5 from 12:30-5:00 p.m.** Sign-ups must be done by **today Thursday Feb. 4 at lunch.**

TRACK MEETING: Today in room 205 at 12:35. Mandatory meeting for all athletes who intend to compete tomorrow at U of M. We will give all of the details and also give out the shirts to those who have already paid.

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.

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

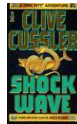
LOST: Ms. H is missing her black Samsung cellphone. Please return to the office if found.

LIBRARY

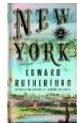
BOOK CLUB MEMBERS please meet for a short meeting on **Monday** after school. If you haven't picked up your copy of *My Sister's Keeper*, please come and get it.

WHAT ARE YOU READING?

Mr. Courchaine is reading *Shock Wave* by Clive Cussler. “If you like adventure, he’s your man!” When he was growing up his favourite books were anything on dinosaurs, *Call of the Wild*, *White Fang*, and anything by Stephen King.



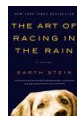
Mrs. Quinn recommends *New York* by Edward Rutherford “a fictional book based on historic events shaping New York” and *The Sea Captain's Wife* by Beth Powning, “a brilliant absorbing story of a woman’s courageous entry into man’s adventurous world of seafaring”. When she was a kid her favourite books were *So Dear to My Heart* by Sterling North and *Make Way for Ducklings* by Robert McCloskey.



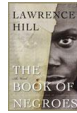
Maria Galloway (EA) is reading *Harry Potter and the Goblet of Fire* “very exciting and I read it every night to my 10-year-old daughter Chloe.” When she was young her favourite book was *Helen Keller*.



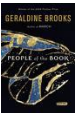
Mrs. McCombe is reading *The Art of Racing in the Rain* by Garth Stein-“an excellent storyline...I've never read a book from the perspective of a dog!” One of her favourite books growing up was *Calvin and Hobbes*.



Mrs. Johnson is also reading *The Art of Racing in the Rain* but is recommending *The Book of Negroes* by Lawrence Hill “It’s a very captivating book...I look forward to reading it at the end of the day.... My favourite books growing up were the *Babysitter's Club* books-(I think I had the whole set) and I also loved *Anne of Green Gables*.”



Nika Subek Simon (EA) is reading *People of the Book* by Geraldine Brooks “Interesting, switching between past and present- a mystery worth exploring... When I was young liked *The Little Prince*, *The Alchemist*, the Karl May series and Victoria Holt series.



Mr. Wright recommends *The Feynman Lectures on Physics*- volume 111(Quantum Mechanics). His favourite books growing up were: natural history, field guides for birds, fish, etc., instructional books on drawing, painting and watercolour, telescope building, observational astronomy, electronics, horses and horse lore, Huck Finn, works showcasing wildlife artists like Glen Loates, Landsdown, Audubon and Ernest Thompson Seton’s collected works.



Mr. Bailey recommends *Three Day Road* by Joseph Boyden. “Sex, violence, war, wilderness, adventures...need I say more?” His favourite books as a kid were *The Lord of the Rings* series.

