

FRC DAILY NEWS

Monday, February 08, 2010

CAFETERIA SPECIALS

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

TODAY: Clubhouse Wrap with Soup or Onion Rings

TUESDAY: Sweet & Sour Chicken Balls with Rice & Egg Roll

WEDNESDAY: Macaroni & Cheese with Salad

THURSDAY: Chili in a Bread Bowl

FRIDAY: Chicken Tarragon Wrap with Soup or Fries

NEWS FROM THE OFFICE

DRIVERS ED: Sign up sheets will be posted in the office near the **end of February**. Please check the news every day for information. Classes will begin at the end of March. We will keep you posted!

STUDENT ACTIVITIES

WILDERNESS WILDERNESS WILDERNESS! Reminder to all students going on winter camping that you have a meeting **Wed. Feb 17th** all lunch hour. **ALL STUDENTS MUST ATTEND!!!** No exceptions.

PEER TUTORING will be cancelled this Wednesday, due to the Haiti assembly and relief effort.

SLAM CLUB: There will be a SLAM CLUB meeting at noon hour **today** Monday in the ART room!

LEVEL 1 & LEVEL 2 STUDENT LEADERSHIP - Remember your responsibilities for the Grade 9 Orientation. Classes this week are still Theory but involve you attending the Valentine Spirit Events (unless you are involved in the gym set-up on Feb. 10th)

FRC'S LEADERSHIP CONFERENCE PERMISSION SLIPS will be on the PE Dept. Office door by the end of this week. Make sure to have your forms in by the following week so pizza orders can be submitted.

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.

KEYBOARDING STUDENTS from semester 1 are reminded to pick up their certificates in lab 208.

ALL LEADERSHIP STUDENTS who are volunteering for the Grade 9 orientation **SET UP**, please meet in room 301 **today Monday** at lunch for an important but brief meeting. You **MUST** attend this meeting!! If you are not able to come, please talk to Ms. McCombe or Ms. Shiach.

TEXT ON THE TENTH: On **Wednesday February 10th** @ 11:30am in the Gym there will be a presentation by FRC's H.E.A.R.T (**H**aiti **E**mergency **A**ction **R**esponse **T**eam). The purpose is to raise awareness of the Haiti earthquake and raise money to help with the relief efforts. Bring your cell phones, bring your money, and food will be sold after the presentation. All proceeds will be going to help Haiti. You can make a difference.

PEOPLE GOT TO BE FREE REHEARSAL at 3:35 **today Monday February 8** in room 103. Anyone interested is welcome to attend.

A REMINDER TO GRADE 12'S: **Today** is the deadline to let Mrs. Oresnik (room 303) know if you would like to rewrite your Provincial ELA exam.

STUDENT SERVICES

MANITOBA HYDRO BURSARIES: Generating Futures scholarships - four \$10,000 scholarships are available for students who are Aboriginal and are enrolling in academic programs that will prepare them for an exciting job at Manitoba Hydro. University students must be enrolled in Business, Engineering or Computer science degree programs, and college bound students must be enrolled in the following technology programs: Information Systems, Computer Analyst/Programmer, Computer or Mechanical or, Civil, or Electrical, or Electronic or Engineering or Instrumentation and Telecommunication Technology programs. See your counselor for more info!

AGRICULTURE AND FOOD SCIENCES CENTENNIAL ENTRANCE SCHOLARSHIPS: Five scholarships valued at \$2000 are available to Manitoba students who are planning to enter the diploma or degree program in this faculty at the U of Manitoba.

FRENCH LANGUAGE BURSARIES: This bursary is offered to MB students who wish to pursue post-secondary studies in French (in another province). The bursary is valued at \$2500.

FRENCH IMMERSION STUDIES BURSARY is offered to MB students planning to study at the Post-secondary level in a French Immersion Intensive Study Program outside of Manitoba. The bursary is valued at \$2500.

GRADE 12 STUDENTS: The Early admission deadlines for the University of Manitoba is February 19th and the University of Winnipeg is March 1st. See your counsellor if you would like assistance with the application procedure. Applications to Red River College and Winnipeg Technical College are on a first come first serve basis.

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

RAINBOW STAGE SCHOLARSHIPS: The Individual Awards are given to a graduating student who has shown a high ability in drama and/or musical theatre, and is continuing their education by enrolling in a recognized theatre program after high school.

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.

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

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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!

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.

GRAD

ROSES AND CANDY: Buy a rose and/or candy for that special someone and your friends! They will be on sale in the front foyer from **today through Thursday** and will be handed out on Friday! Candy - \$1.00, Rose - \$1.00, Rose & Candy - \$1.50.

GRAD FASHION SHOW: Anyone interested in helping out with the Grad Fashion Show please meet in room 301 **tomorrow Tuesday February 9** at lunch. Grade 11's who are interested in being a Grad chair should attend! Grade 11's and 12's are both welcome!

SPORTS NEWS

BADMINTON CLUB: The following are the next practices:

Feb. 13th - 2 to 4pm

Feb. 20th - 10 to 12pm

Watch announcement there maybe other dates added to this schedule.

GIRLS HOCKEY! GIRLS HOCKEY! GIRLS HOCKEY!

It has been a long time since Vincent Massey had the clock on running time for them during a third period, but that is just what happened when FRC took a 5 goal lead over them this Friday. While we were neck and neck during period 1, our girls took a quick lead in period 2 and just kept going. We ended off the second period with a score of 6-1. Our defense held strong during the third period when Vincent Massey came onto the ice looking to get back in the competition, and we ended the game at 6-2. Congratulations ladies, we are now second place in the division!

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.

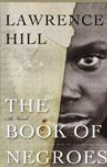
LIBRARY

LIBRARY CLOSURE: The library will be closed all day Thursday due to Grade 9 orientation tours.

BOOK CLUB MEMBERS please meet for a short meeting **today 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?

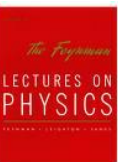
Mrs. Johnson is also reading *The Art of Racing in the Rain* but is recommending *The Book of Negroes* by Lawrence Hill “It’s a very captivating book...I look forward to reading it at the end of the day.... My favourite books growing up were the *Babysitter’s Club* books-(I think I had the whole set)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

