



# St. John's Academy

February 20th, 2021

## PRINCIPAL'S MESSAGE



At St. John's Academy, we work very hard to create a community where *everyone* feels safe and that they belong. We encourage students to know and appreciate their cultural and personal identities as these are so important to knowing who they are. At the same time as we celebrate our 'unity in diversity', we encourage all members of the community to appreciate our shared humanity.

While February 24, 2021 will be celebrated as **pink day** at our school, it is important that the ideals of inclusion, acceptance and belonging are embraced and practiced *every day* at our school. Indeed, it is our expectation that we treat one another with *kindness, care* and *respect* every day.

As we begin the second half of the quarter in a week, I want to remind you how important it is that students attend class (whether in person or remotely), complete work assignments, and participate in class and in any school events we are able to host. Maintaining connections to classmates and to SJA will help your student succeed.

I wish everyone the best of luck on their midterms.

## RIDDLE ME THIS – RIDDLE ME THAT



**I stay in the corner but travel around the world – what am I?**

**I am the first on earth, the second in heaven. I appear twice in a week, though you can only see me once in a year.**

**What am I?**

**First one to email [michellem@stjohnsis.com](mailto:michellem@stjohnsis.com) wins a prize!**

## COVID SAFETY PLANS



As you have likely heard, there are confirmed COVID-19 cases linked to schools in other schools in Metro Vancouver. We anticipate you may have questions and concerns. We are learning lessons from our colleagues and are working diligently to be prepared in the event of a COVID-19 case in one of our schools. We continue to take direction from the Ministry of Education and Provincial Health Office when it comes to the management of illness and confirmed cases.

Current protocol following a confirmed case of COVID-19 in our school community is as follows:

- Fraser Health Authority will interview the impacted individual to initiate the contact tracing process.
- Fraser Health will determine how the individual was infected and who they were in close contact with.

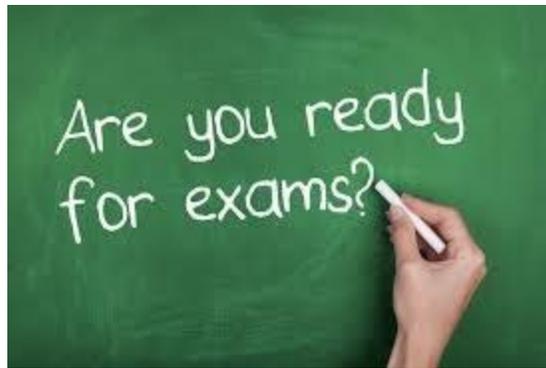
- Fraser Health will determine what steps close contacts should take. This may include self-isolating or self-monitoring for symptoms for 14 days.
- Only Fraser Health can determine who is a close contact.
- Our School and Fraser Health will work together on a communications plan to let staff, students and their families know when there is a confirmed case at the school and if it impacts them.

We will follow the health authority's guidance.

**The key point for families is to remember is that Fraser Health will connect directly with any individuals who may have been exposed with further instructions via phone call or letter. If you are contacted by Fraser Health, please follow their advice carefully.**

MIDTERMS ARE NEXT WEEK! STUDY STUDY STUDY





Make sure you get all work handed in during this week. If not – you will receive a zero on assignments up to that week! Teachers will close off first quarter after midterms are done!

## How to Study Effectively for Your Midterms



### How to Study Effectively for Your Midterms

Every student has different ways of studying, so there is no foolproof method that works for everyone. Try out the study techniques below to see which work best for you.

#### 1. Understand Your Learning Style

It is important to know your preferred learning style because it influences the way you process information and approach problems. When you understand your learning style, you will then know which study methods work best for you — and which ways of studying are not as effective.

There are three different types of learning styles:

- Visual learning—for this learning style, visual concepts like pictures, graphs, and mind maps are used to process information.

- Auditory learning—this learning style uses sound and music to study. Auditory learners can read their lecture notes out loud, listen to recorded class sessions, or participate in discussions.
- Kinesthetic learning—these learners prefer hands-on learning techniques, such as conducting experiments and working on projects.

Depending on the course subject or type of midterm exam, you may prefer to study with one style of learning or even a combination of styles. Research shows that identifying your learning style helps you study more productively in less time.

## 2. Keep Up With Your Class Work

By regularly completing your assignments and quizzes, you can identify your strengths and weaknesses in the subject. This can help you address any confusion about the subject immediately, instead of seeing issues come up when you are studying for the midterm exam. If you are finding it difficult to study certain topics on your own, speak to your professor or look for a tutor on campus — they are always there to help.

Additionally, you can form study groups with other students from your class and work on problems together. This can also be an opportunity to make new friends. Whether it is studying at the library or the local coffee shop, you can make studying a part of your campus life, so it does not feel like a chore.

My favorite class is ENC 1011. There's a lot of work but I do it and I've been getting good grades. I like the professor. The advisors encourage me to visit the tutors and talk to my professors about exams.” – *Dennis from Indonesia, University of Central Florida*

## 3. Prepare a Study Plan

Staying organized and knowing how to manage time for study can help achieve the results you want. But as an international student, you may have other commitments on campus, like [volunteering](#) for a nonprofit organization, [participating in club activities](#), or even [working](#) part time. This is where a [study plan](#) comes in.

With a study plan, you can start early and use your available time wisely. For example, you can decide which subjects to prioritize and plan how much time you want to spend on each subject.

When creating your study plan, remember to schedule short breaks as well — this ensures that you do not cram information or get distracted. One way to remember your schedule easily is to use a [calendar app](#) to set reminders for when a study session starts and ends.

## 4. Study Smart

You have your study plan set, time blocked off, and even a snack or two. Now, it is time to sit down and actually study. Here are some effective techniques to organize your studying to make sure you are making the most of out your time.

- Make a study guide: In your guide, list and outline the concepts, facts, and equations that could be covered on the test.

- Use flash cards: Flash cards can be especially helpful in memorizing facts or concepts. If you prefer apps, [Chegg Prep](#), [Cram](#), and [Quizlet](#) can help you study for your midterms, or you could use 3x5 index cards.
- Do practice problems: These are often found in your textbooks, course materials, and online. Practice problems can help you become more familiar with the types of problems included on your midterms.

## 5. Take Care of Yourself the Night Before the Exam

Some students attempt to cram information at the last minute, but this does more harm than good. According to the [American Psychological Association](#), when pulling an all-nighter to study, memories are harder to retrieve — which means it may be difficult to remember the material when you actually take the test. Instead, remember that you have been keeping up with your classwork and your study plan throughout the semester — this slow and steady long-term approach will serve you well during your midterm exams.

Two important things you can do the night before the exam is to [eat well](#) and get plenty of rest. For your dinner, plan to have a healthy meal with a protein, vegetables, and whole grains. You should also try to avoid caffeinated drinks, like coffee or energy drinks, and aim to drink plenty of water. Then, set up a calm and relaxing environment so you can get a full night's sleep. When you are well rested, your brain retains information better and is prepared to perform at its best.

If you are still feeling anxious about the exams, talk with your friends or family. It is normal to feel overwhelmed, especially if you are taking your midterms for the first time. Be proud of how far you have come.

Soon, it will be time to put all your hard work into action.

### Things to Remember on the Day of the Midterms

Here are a few tips to make sure you are in the best state of mind for your midterms.

- Have a healthy meal—if you normally skip breakfast or lunch, make it a point to eat something on exam day. Choose a meal with foods rich in [omega-3 fats](#), like salmon, flax seeds, or walnuts, known for their brain-boosting properties.
- Stay hydrated—drink plenty of water before the exam. According to studies from the University of East London and the University of Westminster, students who bring water into the examination hall may score an [average of 5% higher](#) than those without.
- Bring all necessary materials—remember your pens, pencils, rulers, or any additional tools required for the exam. Pack these items the night before, so you will not spend time looking for them in the morning.
- Arrive early—plan to be at the exam at least 15 minutes early. If you are living off-campus, make sure to check traffic conditions so you can avoid any unexpected delays.

Studying for your midterm exams can be challenging. But remember, you are not alone in feeling this way. All students experience anxiety and worry about upcoming midterm exams. Managing your time effectively and staying organized can set you up for success.

Good luck on your midterms!

## VALENTINES DAY



We had a great Valentines day event – thank you student council for organizing the week.

Student council did a great job with the chocolate grams this Valentine's.

They made the signs, bought the chocolate, prepared them all and delivered!

Lots were sold and students loved receiving them!

Thank you....

Karaoke was a huge success. I don't know who had more fun – teachers or the students.

**Student  
Services**  
We're here to help

Student Council



Win prizes this Valentine's Day! Find the three special hearts hidden around the school. Love Grams and chocolates will also be on sale for \$2 each. Buy these at lunch time and they will be delivered on February 12th by the Cupids. Friday is also no uniform day, you can wear red, white or pink! Have a **lovely** day!



### Knitting Club

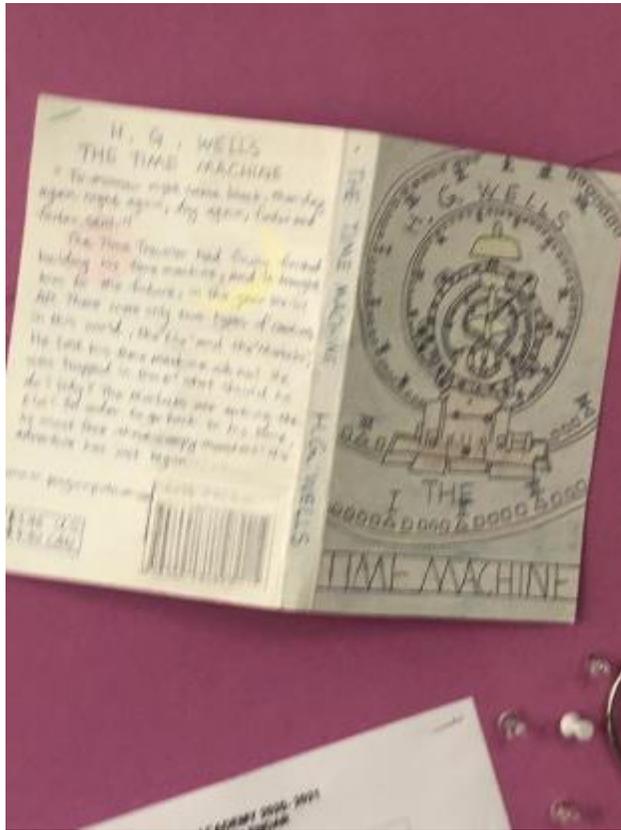


Have you heard of double crochet or moss stitch? Under Ms Kristy's wonderful guidance, students have been learning a range of techniques to make beautiful scarves. The scarves might be needed this week with the cold temperatures!



### IELTS Club

Meetings, flowers and restaurant experiences were some of the topics being discussed today. Students were carrying out speaking tasks to prepare for IELTS exams. Ms Chan has been providing great resources and feedback to each of the students in this Club!





3. **Log in** to your **StudentTranscripts Service** using your BCeID.

4. **Follow the steps in order to have transcripts sent electronically to post-secondary institutions.**

**\*Note:** Some Post-secondary institutions may require your grade information earlier than available through this process. Ensure you are familiar with each institution's requirements regarding grade submission.

#### **Document Deadlines:**

Many universities & colleges require additional information such as transcripts or supplemental applications or profiles, this is called a "document deadline". This is separate from the application deadline and varies depending on the institution. Please check each institution's website for details.

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*UBC – No longer require students to self-report directly.*

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**Offers of Admission:** Grade 12 students who have applied to a university/college for entry in Sept. are reminded to regularly check the institution's secured student service (student account) website/portal for new messages. Many sites require students to use the Identification Number that was noted on their confirmation letter along with a password. These sites contain important details regarding: transcript submission, self-reporting, admission offers, course prerequisites, registration, deadline dates, contact information, grades, etc.

#### **Self-Reporting Dates For BC Institutions:**

Students may log-in to their university account and report their interim marks for the following BC institutions:

**SFU** – Now to March 15

**<https://www.sfu.ca/students/admission/apply/applied/fall.html>**

**UBC** – No longer require students to self-report directly. However, students must have completed their STS forms by Jan 31 for UBC to gain permission to access marks from the BC Ministry of Education. Feb 15 – UBC deadline to submit required admission documents (IELTS/TOEFL)

**UVic** - Feb 15 - March 15 - (In order to be considered for UVic's entrance scholarships based on marks alone, students must **self-report** their Grade 12 marks, no separate application is required.

**<https://www.uvic.ca/undergraduate/admissions/how-to-apply/self-report-your-grades/index.php>**

**Langara College** invites students to register and come for an information session on programs that are of interest. <http://langara.ca/news-and-events/information-sessions/index.html>

To all grads – reminder that grad photos are on Feb 9th, 2021. Students will meet upstairs in the uniform room – 5 minutes before their slotted times!

MAY GRADUATES



We need to get your baby pictures sent it and blurb about the school.



Meeting Feb 22nd, 2021 at lunch!

Graduation April 7th, 2021!

AUGUST GRADS!

**It is of utmost importance that you connect with Mr. Schei around graduating in August.**

**We want to ensure that everything is done for you to graduate on time!**

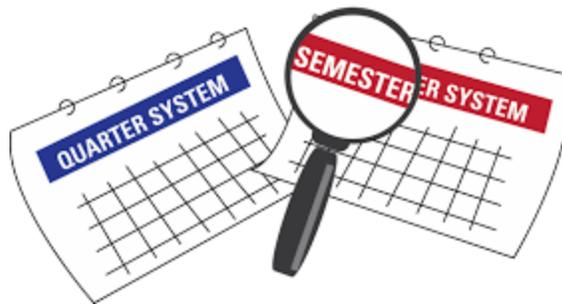
**Have you started applying to universities yet? Need help? He is the man to ask!!!!**

**So if you are**

1. **Expecting to graduate**
2. **Expecting to delay graduation**
3. **Expecting to take extra online courses AFTER graduation**

**Reach out to Mr. Schei for discussion. [Counsellor@stjohnsis.com](mailto:Counsellor@stjohnsis.com)**

**Semester Switch!**



**St. John's Academy will be switching to Semester System!**

SJA has been running Trimester System for a long time. However, we endeavour to go back to our venerable roots and switch back to Semester System to offer our students more in-depth learning experience that is neither rushed nor abbreviated. While the Trimester System has served many of our students with their specific goals, we believe that the upcoming Semester System will help our students to better achieve their academic goals by benefitting from lengthened and better-paced instruction along with more opportunities for extra-curricular activities. SJA is happy to honour our tradition and also become even better equipped to help each and every student succeed in attaining their realistic academic goals.

## CALENDAR



**February 23 & 24 - Midterm Exams**

**February 26 - School Collaboration – School not in session**

**March 2 - Midterm Reports go home**

**March 11 - Parent Teacher Interviews 5:00pm – 7:00 pm**

**March 17 - St. Patrick Day**

## Preparing and Dealing with Midterm Stress



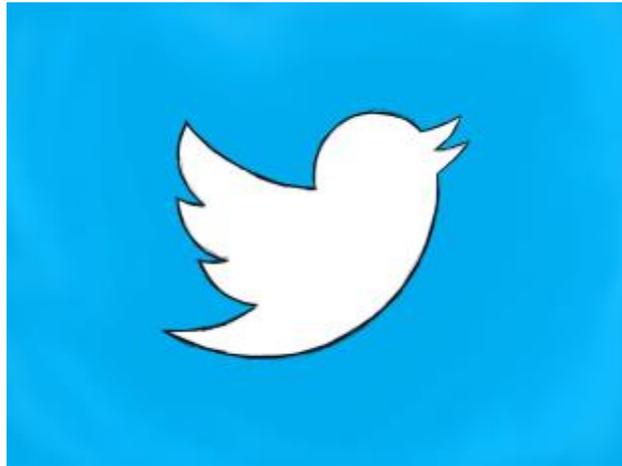
- Study! Study! And Study!
- Quiet place.
- Notes are ready to review.
- Do you prefer to use notecards/flashcards? [I](#)
- Create a no distraction zone while studying. The human brain CANNOT multi-task. You lose all momentum when you are trying to flip between music, snapchat, twitter, and notes. Set a timer

and study for 15-20 minutes. Give yourself a 5 minute break (set the timer again) and go back for another 15-20 minutes.

- During your large blocks of study time, it is more efficient to study one subject for at least an hour rather than jumping between subjects.
- Prove to yourself that you can succeed. For example it doesn't really matter if you never plan on being a doctor, biology is a class you have to take and pass to graduate from high school. Graduating from high school is a clear path to success and financial security.
- Don't procrastinate and make sure that you create a study plan.

Keep In Touch





Stay informed about what is happening

Check out the school website:

<https://stjohnsacademy.ca/vancouver/>

Follow us on Twitter:

[https://twitter.com/StJohns\\_Academy](https://twitter.com/StJohns_Academy)

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