

April 2010

UP AND COMING

March

- March 30-April 4, Marine Biology Trip

April

- April 2-11 Easter Break
- April 19-3rd Report
- April 21—PT Interviews 4-8 pm
- April 23, Dance “Hollywood” Theme

May

- May 7, Track Meet (Jr High; May 14th is the alternate date)
- May 20, Jr. Track N Field at the U of L (May 26 is an alternate date)
- May 21, Grad Ceremonies at the Lethbridge Lodge
- May 21 no school (site-based PD Day)
- May 24 Victoria Day
- May 25 no school (PD Day)

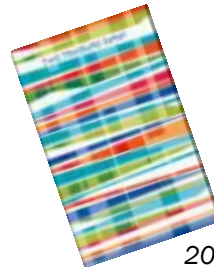


SYNERVOICE PHONE HOME SYSTEM

We now have a phone home system to allow you as parents to know when your child is absent or late for classes. It allows all of us to provide better care for the students. Thanks too for your cooperation in keeping us informed regarding your child's attendance. **Contact the school for steps on how to ensure that you receive the phone system's messages.**

NEW CHS WEBSITE/HOMEWORK HELPER

Just a reminder to check out our school website at www.coalhursthighschool.ca. It has the homework for the day, even some student handouts and other valuable information. Check it out.



SCHOOL YEARBOOKS—ORDER NOW!

We need a final number of Yearbooks for the printer by **April 23rd**. *We are hoping this early reminder will give you a chance to make sure you order our amazing 2010 CHS yearbook!*

DONATIONS ACCEPTED

Since the pop machines have been taken out of our school, the grads, who do the collecting of bottles and use the funds for their grad, have seen a sharp decline in the amount of cans and bottles deposited. In order to offset the cost of grad, we would gladly accept any donations of cans and bottles. They could be dropped off at the school or we could possibly arrange to come and pick them up. If you have any questions, please feel free to contact me at the school at 403-381-4812.



Diane Pommen



Help! CHS Relay For Life Team 2010 Needs Sponsorship for a Flaman Tent Rental!

Once again, staff and students from Coalhurst High School will be participating in the Canadian Cancer Society Relay for Life at the Victory Church in Coaldale this upcoming June 11th and 12th. The Relay for Life is an overnight relay in which participants walk around a track from 7 PM to 7 AM in recognition of the fact that “cancer never sleeps.” Over the past six years, we have participated in this event and have raised over \$11,000, with 100% of our donations being given to the Canadian Cancer Society to fund cancer research and provide support for patients and their families.

Over 80% of the funds raised by the Lethbridge event go to assist initiatives, programs, and families in the Southern Alberta area.

We are currently in need of local sponsors to help us cover the costs of a Flaman tent rental for our event. In the past inclement weather such as rain and wind have put a damper on our event, confining our students to their sleeping bags and lawn chairs without adequate protection from the elements. The Canadian Cancer Society have an agreement with Flaman Lethbridge in which Flaman employees will set up the tent on the morning of June 11th and take down the tent the afternoon of June 12th. The total cost of the tent is \$300, and we are seeking sponsorship donations of any amount that will help cut this cost down for our team members, so that we may concentrate our fundraising efforts on raising money for cancer. For every donation made, we will place your name, business, and / or organization on our team banner and website, and acknowledge your contribution in our school newsletter and yearbook. Please contact Mr. Saad anytime at the school if you would like to make a donation or if you would like more information about our team or our event. Mr. Saad can be reached at Coalhurst High School by phone at (403) 381-4812 or by email at michael.saad@pallisersd.ab.ca Thank-you very much for your time and for considering our request for sponsorship.



DANCE, HOLLYWOOD STYLE

A "Hollywood" theme dance will be held on Friday, April 23, from 7 to 11 p.m. All C.H.S. students in grades 7 through 12 are eligible to attend. Guest invitations must be submitted to the office by the Tuesday prior to the dance. Advance

tickets will be sold for \$4; tickets will be available at the door for \$5. Students are encouraged to "dress up" but it is not required to come out and have a good time.

CHILLI FOR CHILE AT COALHURST HIGH!



Students in Mr. Saad's Social Studies 20 class and Mrs. Pommen's Foods 10 students at Coalhurst High School raised

\$350.75 for our Chili for Chile fundraiser. Students donated all of the food items and assisted Mrs. Jensen with the cooking and preparation. Special thanks to Mrs. Jensen for providing the recipe, orchestrating the event, and securing the donation of buns from Koster's Bakery in Picture Butte, Mrs. Gerstenbuhler for securing a very generous donation of ground beef and cheese from Scenic Square Sobeys, Mrs. Pommen for allowing her foods class to dice up vegetables & make posters, and the ever-reliable Mrs. Roth for her accounting diligence. Our CHS Parent Council supplied flats of pop for students to sell at the event as well. Terry Vogt of CTV News came out to film the event, and 100% of our proceeds went to World Vision's Chile Earthquake Relief Fund.

Mr. Saad

MARINE BIO—THANKS!!!

Thank you to all of the parent, staff and student volunteers that made our "Taco-in-a-Bag" Marine Bio fundraiser such a successful event!

WANTED!!!—DIGITAL CAMERA



The digital camera used in our special needs room was used a lot but has quit working. If anyone has an old digital camera that they would like to donate to the program, it would be gratefully accepted.

Thanks

Mrs. Woodcock



STUDENTS OF THE MONTH



Winners will be announced after their acknowledgement at our school assembly. An updated newsletter will be sent out at that time.

ALUMNI TOURNAMENT

Coalhurst Alumni Basketball Tournament - Did you play basketball for CHS? Do you know someone who did and won't be reading this? Pass the word to them. Please watch for details in the April newsletter of our upcoming tournament. We are tentatively

looking at Saturday, May 1 from 10:00 to 4:00 (Start time and duration to be determined by the number of players we can get). The event will take place at Coalhurst High School. Stay tuned for more details. If you are interested in playing, please e-mail Mrs. Lenz (emma.lenz@pallisersd.ab.ca). Go Crusaders!

SENIOR HIGH BASKETBALL

Congratulations to our senior high basketball teams and thank you to our coaches:

- Senior Boys, Shane Mohrmann; Assistant Coach Peter Mercer and Noel Peterson
- Senior Girls, Rianna Wilson; Assistant Coach Kim Swatsky.

Thanks for giving us a memorable season and for your dedication to our students.



TAKE OUR KIDS TO WORK – April 26

Parents/Guardians of Grade 9 students – Please watch for consent forms on April 12. They will be sent home with the students and will need to be returned by the end of that week. Students have the opportunity to experience a day of work with their parents or a pre-arranged volunteer host. Please contact Mrs. Lenz (emma.lenz@pallisersd.ab.ca) if you have any questions.

BADMINTON

Junior High— Practices are underway, Tuesdays and Thursdays from 3:30 to 5:00pm. Counties will be held on April 21. There is a \$15.00 registration fee for all those planning to attend. See Mrs. Thomas for details.



Senior High— Practices are underway, Mondays and Wednesdays from 3:30 to 5:00pm. There will be a \$15 registration fee for those who plan to participate in Regionals which will be held on Thursday, April 22 in Vulcan. Zones are to be held on Wednesday, April 28 in Medicine Hat. See Mrs. Lenz for details.

ATTACHMENT(S)

- NATIONAL ABORIGINAL DAY LIVE FLAG CONTEST
- Healthy Schools



Aboriginal Peoples
Television Network

MEDIA ADVISORY

www.aptn.ca
March 16, 2010

APTN LAUNCHES 2010 NATIONAL ABORIGINAL DAY LIVE FLAG CONTEST

Aboriginal Peoples Television Network (APTN) is pleased to launch its fourth annual National Aboriginal Day Live Flag contest. In 2009, fifteen-year-old Amber Helmer's design entitled "Connected" was chosen from a total of 272 entries received from across Canada.

APTN is inviting young people between 12 -17 years of age, from across the country, to design a flag that shows the richness and diversity of all of Canada's Aboriginal Peoples, and which illustrates what National Aboriginal Day means to them personally. As Canada's only Aboriginal television network, the flag contest is just one of the ways APTN is providing opportunities for young people to share their vision and pride in Aboriginal culture and heritage.

The flag contest is part of APTN's 2010 National Aboriginal Day Live celebrations which also include live performances by some of Canada's top Aboriginal artists, slated to take place this year on June 20th. Last year the Aboriginal Day Live Flag Contest quadrupled its entries from 66 in 2008 to 272 received from young artists all across Canada.

The contest winner and a parent/guardian will be flown to Winnipeg to receive his/her prize and be part of APTN's National Aboriginal Day celebrations. The winning flag will also fly on top of APTN's headquarters in downtown Winnipeg. The winner will earn a cash prize of \$500 and the winner's school will receive \$750 towards the purchase of learning materials.

The contest opens April 1, 2010 and is open to all youth aged 12-17. Entries should

reflect the rich diversity of the First Nations, Inuit and Métis Peoples in Canada. All entries must be received by May 14, 2010 at midnight eastern time.

To find out more information, official contest rules and submission specifications, visit APTN's *Aboriginal Day Live* website after March 26th, at <http://www.aboriginaldaylive.com/flagcontest.php>

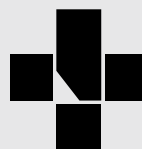
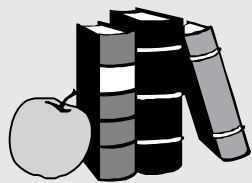
About APTN:

September 1, 2009 marked the 10-year anniversary of the launch of the first national Aboriginal television network in the world with programming by, for and about Aboriginal Peoples to share with all Canadians and viewers around the world. APTN is available in approximately 10 million Canadian households and commercial establishments with cable, direct-to-home satellite (DTH), telco-delivered and fixed wireless television service providers. The network launched its high definition channel APTNHD in the spring of 2008. APTN does not receive government funding for operations but generates revenue through subscriber fees, advertising sales and strategic partnerships. APTN broadcasts programming with 56% offered in English, 16% in French and 28% in Aboriginal languages. For program schedule or for more information, please contact APTN at (204) 947-9331 or toll-free at 1-888-278-8862, or visit the website at www.aptn.ca.

- 30 -

For further information, contact:

Sylvia Kolopenuk
Manager of Communications
APTN
(204) 947-9331 ext. 339
skolopenuk@aptn.ca



Oral Health

Most of us realize that diet and exercise play an important part in keeping us healthy. But did you know that a healthy mouth is also an important part of a healthy body?

Steps to keep our mouth healthy

1. Keep your mouth clean – Brush your teeth and tongue at least twice a day. Floss daily.
2. Eat, drink but be wary – limit foods and beverages that are high in sugar and acid
3. Avoid all tobacco products.
4. Check your mouth regularly for signs of tooth decay, bleeding and swollen gums.
5. See your dentist regularly.

www.cda-adc.ca

More Screen Time Equals Less Activity Time

Every day, children ages 8 to 13 spend nearly six hours watching TV, playing video games or on the computer. The more time children spend in front of the screen, the more likely they are to be overweight.

The Canadian Physical Activity Guide for Children and Youth asks parents to limit the amount of time their kids spend in front of a screen and to encourage kids to be moderately active at least 90 minutes per day.

What can you do to decrease screen time?

- Limit screen time to no more than 2 hours/day
- Don't put a TV in your child's bedroom
- When your children's friends are over, encourage active play rather than TV or playing video games

www.healthyalberta.com

Dealing with Depression

Depression is a common medical illness and can be treated with medication, therapy or both. Some of the symptoms of depression can be feelings of sadness, loss of interest in things that used to be enjoyable, feeling hopeless, helpless, irritable and/or angry. Problems making decisions, crying often and easily, neglecting responsibilities like school assignments, low energy, sleeping too much or too little or eating too much or too little can also be signs of depression. You can't keep sad or bad things from happening but you can take steps to take care of yourself. Talk about your troubles with someone you trust, get some exercise to help you feel good both physically and mentally and get enough sleep. If your symptoms last two weeks or longer seek professional help.

Phone Children's Mental Health at 403-381-5280 or Adult Mental Health Services at 403-381-5260 for further information.

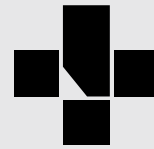
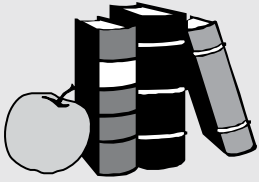
Is Your Child/Teen Getting Enough Sleep?

Did you know that if your child is between the ages of 5 and 12, they need an average of 10 to 11 hours of sleep every night? If your child is a teen, they need about 9 hours of sleep.

Adequate amounts of sleep help keep children and teens physically, emotionally and mentally healthier.

To encourage your child/teen to get enough sleep, make sure they have a relaxing bedtime routine and a consistent bedtime. Designate the 30 minutes before bedtime as quiet time. Make sure all electronics, such as computer, T.V. and video games, are turned off and not in their rooms.

www.caringforkids.cps.ca
www.kidshealth.ca



Immunizations

In the last fifty years, immunizations have saved more lives than any other health intervention. One hundred years ago, infectious diseases were the leading cause of death worldwide. In Canada, they now cause less than five per cent of all deaths thanks to immunization programs across the country. Vaccines are still necessary to prevent diseases that have been greatly reduced or eliminated.

Immunizing your child is the best way to protect them against dangerous diseases that may have serious complications.

Why are immunizations given?

Immunizations protect individuals and communities by preventing the spread of disease. As more people are immunized, the disease risk for everyone is reduced.

Are vaccines safe?

Vaccines are safe with occasional mild, temporary side effects that may include tenderness and redness.

When are immunizations given?

While we recommend that immunization begin at infancy, it can be started at any age.

How are immunizations given?

Some immunizations are given in a single shot, while others require several doses over a period of time.

Do adults need immunizations?

Your need for [immunizations](#) does not end when you reach adulthood. The specific immunizations you need as an adult are determined by factors such as your age, lifestyle, type and locations of travel, overall health and previous immunizations. Tetanus and diphtheria immunizations need to be repeated (booster shots) every 10 years in order to maintain immunity

Recommended Alberta Immunization Schedule for Children

AGE	VACCINE
2 months of age	<ul style="list-style-type: none"> • DTaP-IPV-Hib¹ • Pneumococcal conjugate • Meningococcal conjugate
4 months of age	<ul style="list-style-type: none"> • DTaP-IPV-Hib • Pneumococcal conjugate • Meningococcal conjugate
6 months of age	<ul style="list-style-type: none"> • DTaP-IPV-Hib • Pneumococcal conjugate
12 months of age	<ul style="list-style-type: none"> • MMR² • Varicella (Chickenpox) • Meningococcal conjugate
18 months of age	<ul style="list-style-type: none"> • DTaP-IPV-Hib • Pneumococcal conjugate
4 – 6 years	<ul style="list-style-type: none"> • DTaP-IPV³ • MMR²
Grade 5	<ul style="list-style-type: none"> • Hepatitis B (3 doses) • HPV⁴ (3 doses for females)
Grade 9	<ul style="list-style-type: none"> • dTap⁵ • HPV (3 doses for females)

Note: Each bullet represents one vaccine/injection unless otherwise noted.

- ¹ Diphtheria, tetanus, acellular pertussis, polio, haemophilus influenza type b
- ² Measles, mumps, rubella
- ³ Diphtheria, tetanus, acellular pertussis, polio
- ⁴ Human papillomavirus
- ⁵ Diphtheria, tetanus, acellular pertussis

Influenza immunizations are recommended for everyone over 6 months of age every fall.

For more information contact:

www.health.alberta.ca
www.immunize.cpha.ca
www.caringforkids.cps.ca,
www.vaccineinformation.org
www.albertahealthservices.ca

To update immunizations for your child or yourself please call your local Public Health Office.