

May 2010

UP AND COMING

May

- May 3, Body Worlds Exhibit at Telus Science Centre
- 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)



June

- June 15, last day of regular classes
- June 28, last day of School—Awards Evening at 6:30pm
- June 30—4th Report

Gr 9 PAT and Gr 7/8 Final Schedule:

- May 12, Wednesday, English LA, Pt. A
- June 16, Wednesday, Social Studies; 7/8 Final
- June 23, Wednesday, English LA, Pt. B; 7/8 Final
- June 24, Thursday, Science; 7/8 Final
- June 25, Friday, Math; 7/8 Final

Diploma Exam Schedule for June:

- June 14, Monday, English 30-1 and 30-2; Pt. A
- June 17, Thursday, Chemistry 30
- June 18, Friday, Math 30 Pure
- June 23, Wednesday, Eng 30-1 and 30-2; Pt. B

Body Worlds Exhibit

Students from grades 10-12 are attending the Body Worlds Exhibit at the Telus Science Center on May 3, 2010.



SYNERVOICE PHONE HOME SYSTEM

Just a note about the Synervoice phone home system. Since we have our Choir class prior to school, Choir is scheduled as Period 1. If you have a call that states that your child was absent in a period that he is not registered in, please remember to subtract one class period for the correct class.

For example:

- Choir will be reported as Period 1
- Period 1 reported as Period 2
- Period 2 reported as Period 3 and so on...

Remember that this system is to allow you as parents to know when your child is absent or late for classes.

Please encourage your child to be punctual and **contact the school ahead of time if your child is going to be absent. Thanks for your cooperation and understanding in this matter.**

Cinderella Production

Attention parents and friends of Grade 7 students. On Wednesday, May 5 at 10:30, 7A will be presenting "Cinderella" to a small audience of CES students. 7B will present on Thursday, May 6 at 2:30 pm to a similar audience. Parents are welcome to attend this 20 minute production. Cameras are welcome. Weather permitting, performances will be on the stage in the gym (hoping that the PE classes will be able to go outside, freeing up the space.). Plan B will be to use the Drama Room space. We hope to see you there.

EARLY DISMISSAL IS A GO!

The Palliser Board approved our proposal for early dismissal therefore students will be dismissed early on Fridays beginning this fall.

THANK YOU TO OUR COMMUNITY SPONSORS FOR CHS RELAY FOR LIFE TEAM

We would like to make a very special thank-you to several organizations and businesses for their very generous sponsorship of our CHS Relay for Life team. Mr. Saad, Mrs. Lenz, Mrs. Boschman and four of our CHS students will once again be walking around the track of Victory Church in support of cancer research and programs for patients.



Canadian
Cancer
Society

This is the seventh year our team has been involved, and we have raised over \$11,000 for

the Canadian Cancer Society, with the majority of proceeds being used right here in Southern Alberta. Through the tremendous support of our sponsors, we are once again able to rent a tent from Flaman Tent Rentals (who have given us a substantial discount to support our cause), thus protecting us from the inclement weather that has wreaked havoc on us in the past.

We would like to thank the following organizations and businesses for their invaluable support and sponsorship for our team this year:

- Palliser Regional Schools
- Palliser ATA Local #19
- Lenz Auction
- Coalhurst Legion
- U of L Faculty of Education

The 2010 Relay for Life will be held at the Victory Church in Coaldale on June 11-12th. Our team name will once again be "The Shooting Stars."



Take Our Kids to Work

Thank you to all of the parents/guardians/relatives and volunteer hosts who spent time with our Grade Nine students on

Monday, April 26. We have had another successful Take Our Kids to Work Day at CHS. Thank you to the students too, for showing respect and for being responsible during this event. All 35 students participated, 29 spending the day with a parent or other close relative, and 6 working with a volunteer host.

Senior High Badminton

Congratulations to Kas MacMillan, Helen Entz, Sarah Lenz, Evelyn Wipf, and Jonathan Entz for representing CHS at zones in Medicine Hat on Wednesday, April 28. To get to zones, Kas skillfully played



his way out of a three way tie for second in his round robin, to advance to defeat first place from the other pool in the semi-finals and then to earn second place overall in Senior Boy's Singles during Regionals in Vulcan on April 22. Also in Vulcan, Helen finished first in Senior Girl's Singles, while Jonathan finished second in Intermediate Boy's Singles. Amanda Lenz and Emilee Storfie also played their way out of a three way tie to advance to the finals in Intermediate Girls' Doubles, where they finished second. Jason Wilton and Andrew Mercer placed second in Junior Boys' Doubles. Kennzee Dupuis came 5th in Junior Girl's Singles. Thank you to all the players for doing a great job of representing Coalhurst High. Thank you also to Shirley MacMillan who was able to provide transportation to both events. It has been an honour to work with such great students – Mrs. Lenz (Badminton Facilitator).

R.A.P. Reminder

A reminder to all grade 10 students who attended the Registered Apprenticeship Program meeting at lunch on April 27, that your RAP application forms are due back on or before Friday, May 7. Please be sure to complete all the necessary pages in the booklet. If you have any questions, please contact Mrs. Lenz or Mrs. Loman at CHS. (403-381-4812).

Grade 9 Human Sexuality Parent Notice

The Theme V (Human Sexuality) component of the Junior High Health program will be offered to all grade 9 students this month. In years past I have held a Parent Information Meeting, however, due to very low attendance over the last 5 years, I will be sending home the topic outline with the students. If you have any questions related to your child's participation in the program, please contact me at the school (403) 381-4812 or by e-mail emma.lenz@pallisersd.ab.ca. For parents interested in additional resources, the Lethbridge Sexual Health Unit can be reached at (403) 320-0110. Please sign and return the "opt-out" request form on the bottom of the notice **only** if you wish that your child **not** participate in the lessons. Return the form by **May 13**. An alternative will be provided.

Alumni Basketball Tournament—April 30, May 1



Alumni Basketball at Coalhurst High School this weekend – Past and present basketball players are encouraged to attend and/or participate in this tournament. Men's action begins with a game at 5:00 (Trojans vs Alumni #3) on Friday, April 30, followed by a short ceremony to honour this year's graduating players and then women's action begins at 6:30 (Crusaders vs Alumni #1). The men will play at 8:00 pm as well (Alumni #1 vs Alumni #2). Saturday's Schedule is as follows: 8:00 am Boys #2 vs. Trojans 9:30 am Girls #1 vs. Girls #2 10:30 am Boys #2 vs. Boys #3 12:00 pm Girls #2 vs. Crusaders 1:00 pm Trojans vs. Boys #1 2:30 pm Girls Final 3:30 pm Boys #1 vs. Boys #3. Come along to cheer and support this tournament. All proceeds from canteen sales and silver collection will be donated back to CHS.



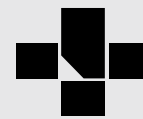
STUDENTS OF THE MONTH



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

ATTACHMENT(S)

- Healthy Schools, Healthy Futures
- Grade Level of Achievement Reporting to Parents
- UP AND COMING CAREER/YOUTH-RELATED EVENTS
- CHS Alumni Basketball Tourney 2010: Roster and Schedule



Sun Safety

We all need some sun exposure; but unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and even cancer. Even people in their twenties can develop skin cancer.

To stay safe in the sun:

- Stay out of the sun between 11am – 4pm
- Seek out shade
- Wear sunglasses, a wide brimmed hat and long loose cotton clothing
- Apply lip balm with SPF of 15 or higher
- Apply sunscreen with an SPF of 30 or higher that protects from both UVA and UVB rays (do not apply sunscreen to babies under 6 months)
- Babies under one year should stay out of direct sunlight.
- Drink plenty of fluids, especially water
www.caringforkids.cps.ca

Physical Activity and Injury Prevention

Regular physical activity is vital for your health, but if you're not careful it may lead to injuries. The good news is that injuries are preventable. Exercising too hard or fast is a common cause of injuries as well as exercise dropout. Injuries are more likely if you ignore your body's signals of fatigue, discomfort and pain. Make sure to warm up, and drink water before, during and after activity. Consider what protective equipment your activity requires, and check the weather before heading outdoors.

www.actnowbc.ca

The Building Block to a Positive Body Image

Facts We Must Accept:

The way we look changes as we grow up.

All bodies change developmentally in ways that are not in our control through healthy means. We can influence but not control these changes. There are many normal ways for looks to change during puberty.

Most of the way we look is determined before we are born.

Our bodies grow and maintain a weight that is natural for us. This is the weight where we feel the best.

Weight loss diets are a bad idea!

We can hold back hunger for a while but we will eat more to make up for it later!

What we can do...

The way we look is only part of who we are. Pay attention to all of you! Always satisfy hunger completely with nutritious food at regular meals and snack times. Be active- it is important not to sit too much! Chose role models you admire.

Let's make the most of who we are meant to be!

**For more information, please contact
Janet Innes RN 403-381-5260**

Which Helmet for Which Activity?

Why are helmets so important?

For many recreational activities, wearing a helmet can reduce the risk of a serious head injury and even save your life.

How can a helmet protect my head?

During a fall or collision, most of the impact energy is absorbed by the helmet, rather than your head and brain.

Are all helmets the same?

No. There are different helmets for different activities. Each type of helmet is made to protect your head from the impacts common to a particular activity or sport. Be sure to wear a helmet that is appropriate for the particular activity you're involved in. Other helmets may not protect your head as effectively.

To find out which helmet to use for which activity:

<http://www.thinkfirst.ca/safetyinfo.aspx>

Grade Level of Achievement Reporting to Parents

What is it?

The most crucial part of communicating student learning is to ensure a shared understanding between the current teacher, the student, the parent and the future teacher receiving the information. In an effort to enhance this communication, Alberta Education has implemented Grade Level of Achievement reporting.

Grade Level of Achievement reporting involves teachers examining evidence of learning and using their professional judgment to determine each student's level of achievement relative to learner outcomes.

Students progress with their enrolled age group, but may be working on outcomes that are at a different level than their enrolled grade. Palliser Regional Schools' practice, supported by research, is to promote students with remediation as opposed to retaining them at a grade level for a second year. The grade level of achievement enables the receiving teacher to provide a program suited to the learning needs of the individual student.

At the end of this school year you will receive written confirmation that indicates your child's grade level of achievement in the areas of English Language Arts and Mathematics.

If you have any additional questions, please don't hesitate to talk to your child's teacher.

UP AND COMING CAREER/YOUTH-RELATED EVENTS

St. Paul's Academy (www.stpaulsacademy.ca) is once again offering online summer school from June 30 to July 23. They offer a variety of high school subjects. The deadline to register for summer courses is June 25. Visit their website for more information.

Cooperative Youth Program 2010 ACCA's Cooperative Youth Program provides an opportunity for young people to develop their leadership skills and learn how to develop their community while creating lasting friendships and having fun. These seven day programs take place at the Goldeye Centre, located near Nordegg, AB. For more information go to: www.acca.coop

MED VET Summer Academy If you are planning on becoming a doctor or a veterinarian, you may be interested in an opportunity to attend a 10-day high school Summer Academy session at St. George's University in the west indies. Go to: <http://sgu.edu/summeracademy> for more info.

Canada World Youth – Youth Leaders in Action and InterAction programs. Canada World Youth is an international, nonprofit organization dedicated to providing dynamic youth, ages 15-29 with an opportunity to learn about other communities, cultures and people while developing leadership and communication skills.

The Youth Leaders in Action is a six month program that brings 9 Canadian youth and 9 youth from another country together to share a common experience. The InterAction program is a 2 – 6 week intense and educational experience. If you are interested in more information on these programs, visit their website at: www.canadaworldyouth.org

Encounters with Canada Encounters with Canada – an initiation to live a Great Canadian Experience! Teens who attend this program have the opportunity to participate in a multitude of activities, develop their autonomy, meet new and extraordinary people, visit outstanding places, and above all, enjoy the experience of a lifetime!

The objective of this program is to bring young Canadians from different backgrounds and regions together in order to give them an opportunity to learn about one another, to discover their country through each other, and to gain a better understanding of Canadian institutions.

Students can gain hands-on experience through participation in group discussions, simulations, multimedia presentations and workshops. Activities also include guest speakers, theme related visits, and guided tours. If you are interested in more information about Encounters with Canada, please visit their website: www.encounters-rencontres.ca



CHS Alumni Basketball Tourney 2010: Roster and Schedule

** If your name is not on the roster, send me a message and I can put you on it. Likewise if your name appears and you will NOT be attending, let me know. (Shane Morhmann)

Trojans

1. Kas MacMillan
2. *Jamie Heckley*
3. Robert Mercer
4. Jordan Mandel
5. Ryan Munn
6. Jonathan Entz
7. Andrew Mercer
8. Luc Adam
9. Owen Ress
10. Mackie Wiess-Higbee

Boys #1

1. Jason R.
2. Ben M.
3. Cam M.
4. Kevin O.
5. Jordy S.
6. Jesse E.
7. Adam R.
8. James R.
9. Myles M.

Boys #2

1. Shane M.
2. Riley M.
3. Tim S.
4. Pat N.
5. Joey B.
6. Darren
7. Rielly J.
8. Dan P.
9. Ryan M.

Boys #3

1. Noel P.
2. Eric H.
3. Dave B.
4. Ryan L.
5. Brad D.
6. Joe E.
7. Peter M.
8. Arnold E.
9. Tyler O.

Schedule:

Girls: All that can attend first scheduled game on Friday will make up Girls #1.

Friday, April 30

5:00 pm Trojans vs. Boys #3

6:30 pm Crusaders vs. Girls #1

8:00 pm Boys #1 vs. Boys #2

- First team named will be HOME and will wear WHITE.
- \$5 registration. Please pay at concession.

Saturday, May 1

8:00 am Boys #2 vs. Trojans

9:30 am Girls #1 vs. Girls #2

10:30 am Boys #2 vs. Boys #3

12:00 pm Girls #2 vs. Crusaders

1:00 pm Trojans vs. Boys #1

2:30 pm Girls Final

3:30 pm Boys #1 vs. Boys #3