



Coalhurst High School

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NOVEMBER 2011

MESSAGE FROM THE SUPERINTENDENT

Hello, everyone,

Welcome to November, an important month for our students, staff and families.

This is report card month, an excellent time to get an update on student learning so far this school year.

I say it's an excellent time. It's certainly not the only time for such an update. Across Palliser, our teachers and administrators are working very hard on increasing communication with parents/guardians throughout the year. I hope you've noticed this concerted effort.

At some of our schools, this focus on communication has involved a change up to parent-teacher interviews so these meetings occur before report cards are issued. Issues can be raised early. Report cards then serve to affirm what's already been discussed.

Regardless the timing, parent-teacher interviews or student-led conferences are an important communication tool.

I encourage all of our parents/guardians to participate in these meetings. Bring your questions and your suggestions for how we can support each other in supporting student learning. These occasions are an opportunity for teachers and parents to talk about how we can support each other in our shared interest in helping our students reach their goals and achieve success.

We are partners in this all-important effort. The theme of Palliser this school year is TEAM: Together Everyone Achieves More. Through collaboration and team effort, as students, parents, teachers, support staff and community members, we can ensure learning success for all students.

Thank you for being part of Palliser's TEAM.

Kevin Gietz, Superintendent
Palliser Regional Schools



TAKE OUR KIDS TO WORK DAY: GRADE 9 STUDENTS

On Wednesday, November 2, 2011, over 200,000 grade nine, students across Canada will spend the day at work, job shadowing a parent, relative, friend or volunteer host.

PARENT TEACHER INTERVIEWS:

Wednesday, November 9th, 2011
from 4:00-5:30 p.m. &
6:00 – 9:00 p.m. in the gymnasium.



REMEMBRANCE DAY PRE-SERVICE NOVEMBER 10, 2011

The Remembrance Day Ceremonies will take place in the gymnasium at 2:00 p.m. Parents and Community members are welcome to attend.

CARD BOARD BOAT RACES – NOVEMBER 17, 2011

Paddlers get ready! Amos Entz, Emily Mead, Alisa Peterson and Dylan Everson will be competing in this year's Cardboard Boat Races at the University of Lethbridge on November 17, 2011. Good luck to them as they design and construct a boat that will hopefully travel the length of the U of L Pool!



JOB SHADOW: NOVEMBER

The grade 11 students will take part in Job Shadow during the month of November. If you have any questions or concerns, please contact our Career Counsellor, Mrs. Shelly Flexhaug, at 403-381-4812.

TURKEY BINGO: November 25th, 2011



Come join Coalhurst High School and Coalhurst Elementary staff for a fun filled evening at the Community Center on Friday, November 25th, 2011 at 6:00 p.m.



BASKETBALL REFEREE CLINIC: Monday, November 21, 2011

High School Students who are interested in Refereeing Basketball for the Junior High COLJHAA League are welcome and encouraged to take this referee clinic. Please see Mrs. Collier to sign up!

GRAD DONATIONS ACCEPTED:



The grads are collecting bottles to offset the cost of grad and will continue to do so throughout the school year. 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 Mrs. Diane Pommen at 403-381-4812.

ENGLISH 20:

The English 20-1 class were to do a visual representation of the John Steinbeck novel *Of Mice and Men*. It was to be visually appealing and had to present information about the novel/movie/time period.

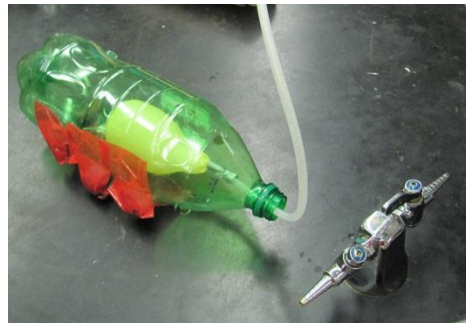
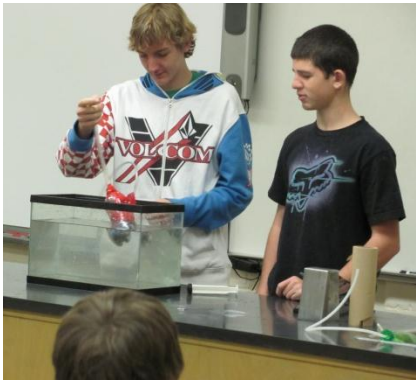


FOODS 12 - SNACKS & APPETIZERS

Our Foods 12 students carrying out their module labs for the first component of their course, Snacks and Appetizers. To date, the students have made a variety of different snacks and appetizers, from pork-loin nachos to Elk-meat wraps, cheesy-cheese puffs to chunky-chilli turnovers. Mr. Saad, Mrs. Brown, and the entire CHS staff have been fed very well this semester.



SCIENCE 8 – SUBMARINE EXPERIMENT



MONTHLY ASSEMBLY: STUDENT OF THE MONTH

Congratulations to Alisa Peterson and Brandon Selnes for being named student of the month for September.



A BIG THANK YOU!

School Council, the Students and Staff at Coalhurst High School recognized and thanked Mr. Robin Soenen and Ms. Charmaine Zucchiatti for their exceptional work at the school. We are truly fortunate to have them work at Coalhurst High School. They truly are the King and Queen of the school.



ENERGIZER BUNNY!



Each month, the School Council will recognize a staff member. Because Mrs. Collier is new to the school, School Council decided a warm welcome was in store for her. Mrs. Collier spent a day dressed as the Energizer Bunny cause she keeps going and going and going.....

November Counsellor's Corner

Should I be Worried?

It may come as a surprise to know that around 12% of Canadian children and adolescents, have a diagnosable anxiety disorder. It is the most common mental health problem in children and in adults. While worry is a common human experience, too much worry or anxiety prevents people from realizing their true potential. If untreated, anxious children are at a higher risk for academic decline, poor peer relationships, depression and substance abuse. The majority of adults with anxiety disorders say that their anxiety began in childhood. Children do not just outgrow serious anxiety.

Anxiety is very treatable and success rates with the right treatment are excellent – as high as 80% in children and adolescents. The sooner children with anxiety are identified and treated, the sooner they can get back on track with the business of growing up, learning and being happy. Early intervention, a decision in the hands of parents and professionals, may help prevent a life of trials and tribulations for anxious children. Acting early and wisely can help them take back their childhoods.

Fears and anxiety among children are normal and often a passing reaction to a situation. Approximately 40% of elementary school children have fears of separation from a parent. Approximately 33% of children worry about their competence or ability and seek reassurance from others. About 20% have fears of heights, are shy in new situations and are anxious about public speaking and being accepted by peers. Most childhood fears are outgrown or diminish in importance as a child matures. If they do not and begin to interfere with a child's ability to get on with life, then it may be time for taking a closer look at how anxiety is becoming established.

School is the real world for children. They spend half of their waking hours at home and half at school. School is a place where children have the opportunity to meet some of the major developmental tasks of childhood – to learn, make friends and have fun. It can also be the focus of pressure to perform and succeed and to make difficult choices in regard to peers and risky behavior.

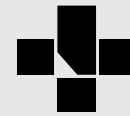
Schools and parents have the potential to be the first line of defense in helping anxious youth. They are the natural resources most easily available and accessible to a child. When parents and schools and other mental health professionals work together as a team, children receive treatment that is more successful in the long-term. Each has a different expertise in shaping the well-being of the child.

(Taken from, "Worried No More: Help and Hope for Anxious Children" by Aureen P. Wagner)

Submitted by:

Patti Nicol-Pharo

Family School Liaison Counsellor (403)894-1799



Addictions Awareness Week Nov. 13-19

Some tips for parents who want to prevent substance use by their children

- Have a conversation with your child about substances; avoid lecturing; stay relaxed and encourage your child to ask questions and to tell you what they think
- Learn about drugs and substance abuse so you can have an informed discussion
- Listen to them...and then listen some more
- Talk to your child about the things they are good at, and encourage them to say positive things about themselves and others
- Develop clear, reasonable and safe rules, and revise them as your child gets older

Tuesday, November 15 – Join us for a FREE Family Skate at Nicholas Sheran Arena, Lethbridge (6:30-7:30 p.m.) Information and give-aways will be available.

Tobacco: Talk About It!

Parents are the biggest influences in kids' lives and have the power to shape kids' views. Research shows that children who talk to parents about smoking are less likely to start, so keep up the conversation. How to talk to your kids about tobacco:

- Tell them that most people do not smoke
- Talk about how smoking causes bad breath, smelly clothes, stained fingers and teeth
- Discuss immediate harms from smoking: shortness of breath and risk of colds and asthma
- Be honest about the long term health consequences; about friends or family who have been negatively impacted.
- Introduce the importance of individual differences and standing up to peer pressure
- Talk about ways to say "no" and allow them to use you as a defense ("I'd be grounded if I smoked")

Visit www.albertahealthservices.ca/2544.asp

Hand Washing to Prevent Influenza

The flu (influenza) virus can live on your hands for five minutes and on doorknobs for days! Protect yourself and others by washing your hands often. Teach young children to wash their hands too.

When to clean your hands

- After you cough, sneeze or blow your nose
- Before you eat or serve food
- After you are near a person who is ill
- Before you brush your teeth

What to use

- Use regular soap and water **or**
- Hand cleanser or sanitizer with alcohol in it.

How to wash your hands

- Wet your hands with warm, running water
- Rub on regular soap and lather well
- Rub all parts of your hands and wrists for 15 seconds
- Rinse well under warm, running water
- Dry your hands with a clean towel

Visit www.kidshealth.org Search "hand washing"

Osteoporosis

When we hear 'osteoporosis' we often think of it as a disease old people have. According to calcium researcher Dr. Robert Heaney, "Osteoporosis is a pediatric disease that waits until old age to express itself."

The time for building bone is in the preteen and teen years. Maximum bone mass in the hip and spine is achieved by age 20. The best way to have the strongest bones possible is to have adequate calcium in the diet.

Exercise also helps build bone provided there is enough calcium in your diet. Teenage girls, especially those who are underweight or dieting, may not get enough calcium.

Foods rich in calcium include milk, yogurt, cheese, salmon, tofu, sardines, rhubarb, broccoli, peas, sesame seeds and almonds to name a few. If your child is not a milk drinker, various cereals and juices are fortified with calcium. By learning to read food labels, you may be able to find other foods fortified with calcium. Visit www.osteoporosis.ca.

NOVEMBER

2011



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|---|--|---|--|--|
| | | 1 Assembly Pep Rally & Student of the Month Period 2 | 2 Gr. 9 Take Our Kids to Work Day | 3 | 4 High School Crowsnest Pass Tournament Junior High Zones Tournament | 5 High School Crowsnest Pass Tournament Junior High Zones Tournament |
| 6 | 7 | 8 First Report Card | 9 Parent Teacher Interviews 4-5:30 p.m. 6-9 p.m. | 10 Remembrance Day School Ceremony 2:00 p.m. | 11 No School Remembrance Day | 12 High School League Volleyball Final |
| 13 | 14 No Schools | 15 PD Day No Schools | 16 | 17 Card Boat Races (U of L) | 18 | 19 |
| 20 | 21 B-Ball referee clinic Time: TBA | 22 | 23 | 24 | 25 Turkey Bingo 6:00 p.m. @ the Community Center | 26 |
| 27 | 28 | 29 | 30 | | | |