



Coalhurst High School

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SEPTEMBER 2011

PRINCIPAL'S MESSAGE:

Welcome back to another school year. The staff is all in place and we are excited to start the year. We have a few changes to our staff this year and I would like to take this time to welcome our new staff.

First of all, Les Greeno has been promoted to principal at Sunnyside School. I would like to introduce our new Vice Principal, Shannon Collier. Shannon has been a teacher at Picture Butte High School for the past 14 years. She brings a wealth of experience and knowledge to CHS and we are happy to have her join our team.

Secondly, Emma Lenz has been transferred to Coalhurst Elementary. We wish Emma all the best in her new school and know that she will be a wonderful addition to the staff at CES.

We have three University students joining us this fall to begin their PSIII rounds. Working with Mrs. Pommen and Mrs. Purcell will be Ms. Crystal Shigemi. Working with Mrs. Hay will be Mrs. Natasha Quinton, and working with Miss Baraniecki is Mr. Chris Goruk. Welcome to CHS and we wish you all success as you continue your journey to becoming a teacher.

We will have our annual CES / CHS meet the staff barbecue on Thursday, September 8 from 5:00 – 7:00 at the Miner's Park. We look forward to seeing you all there. We also have our first School Council meeting on Monday, September 12 at 6:00 PM. Please mark those two events on your calendar!

In closing, I would like to state that this shapes up to be an exciting year at CHS! The staff are all ready to go and we anticipate great things this year. As always, if you have any questions or concerns, please phone the school or send an email. Thank you.

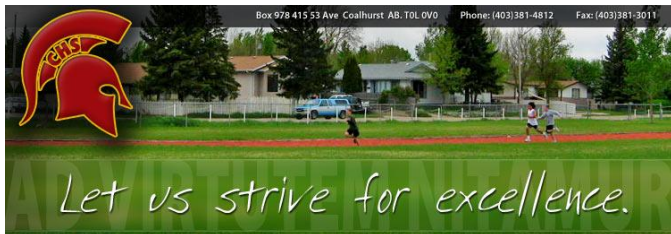
Ron DeMaere
Principal

ONLINE NEWSLETTER:

NOTE: The newsletter will be available online at our website:

www.coalhursthighschool.ca

Paper copies will be made available at the office.
Go:



Online Newsletter

Please subscribe to our school newsletter to keep up-to-date on what is happening around our school.

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STUDENT PHOTOS:

Life Touch Canada (formerly Jostens') will be once again taking school photos. Package and payment details will be handed out as soon as they arrive.



TERRY FOX SCHOOL RUN:

Our school will once again host the National Terry Fox School 2km Walk/3km Run on **Wednesday, September 28, 2011**. A hotdog lunch will be provided for participants after the walk/run. Details will be sent home next week. Please contact Mr. Demaere at the school if you are interested in volunteering.
Phone: (403) 381-4812



IMPORTANT FORMS:

You should have received, signed and returned two important forms:

The first was a **Student Registration Form**. **NOTE:** We need **ALL families** to make sure that it is filled out and returned to us. This information helps us to insure that what we have on file is accurate, such as addresses, phone numbers, etc. for students. Also, **please make sure you sign this form**. Along with it, you should have received an **Information Technology Agreement** form which allows your child access to our computers and clarifies their responsibilities in using the computers. With no form or signature, they will not be allowed on our computers.

SCHOOL FEES:

School fees are due by **Friday, September 30**. If you need to make arrangements for payment beyond this date, please simply telephone us at the office. Thanks.

SCHOOL COUNCIL MEETING:

The fall Annual General Meeting of the Coalhurst High School Council will be held on **Monday, September 12th at 6 p.m.** This meeting is open to the public.



VOLLEYBALL:

Volleyball mass tryouts for both Junior High and Senior High Boys and Girls will begin the first week of school. Please refer to the calendar below for the initial practise times. A detailed calendar of practises and games will be given out to players and posted on the website once all league meetings and schedules have been arranged (fees and forms are given to Mrs. Collier).



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 Diane Pommen at the school at 403-381-4812.

WELCOME BACK BARBEQUE:

Please join us at the Miners' Park from 5:00 p.m. – 7:00 p.m. on Thursday, September 8th, 2011 to meet the Staff of Coalhurst High School.

NEW STAFF:

We would like to introduce you to the new staff that will be joining the Coalhurst Team.

Mr. Goruk is a PS III student from the University of Lethbridge and his mentor teacher is Miss Baraniecki. Mr. Goruk was born and raised in Lethbridge, and has previously completed his Bachelor's Degree in Science. Mr. Goruk will be with C.H.S until winter break teaching Science 9, Science 10/14 and Physical Education 8. He will also be coaching with the men's volleyball program this fall and is excited to be joining Coalhurst High School!

Mrs. Quinton is a PS III student from the University of Lethbridge. Her mentor teacher is Mrs. Hay. She will be teaching Grade 8 and 9 math, as well as Jr High Options. Mrs. Quinton is in her last year of the Education Program at the University of Lethbridge. Her previous practicums were at Raymond High School and Jennie Emery Elementary School. Mrs. Quinton has another degree in Math and Physics from the University of Alberta. She played five years of post-secondary basketball, and has coached basketball for many years. Mrs. Quinton also recently got married this summer! She is very excited to be joining CHS for her final practicum!

Mrs. Shigemi is a PS III student from the University of Lethbridge. Her mentor teachers are Mrs. Purcell and Mrs. Pommen. She is excited to be teaching Grade 7 English Language Arts and English 10-1. Mrs. Shigemi has extensive volunteer experience in the school system and worked as an Educational Assistant at the high school level before returning to University. Mrs. Shigemi and her husband live in Lethbridge with their two active children.

Mrs. Collier will be the New Vice Principal this year. Mrs. Collier was the Athletic Director and a Teacher at Picture Butte High School since 1996. Prior to that, she taught at FP Walshe High School. Mrs. Collier is a graduate of the University of Lethbridge and also the Lethbridge College. Mrs. Collier will be teaching Physical Education, Calm, and a variety of CTS courses. Mrs. Collier is excited to be part of the wonderful community of Coalhurst and looks forward to being involved with extra-curricular and co-curricular activities at the school. If you have a chance to stop by her office and chat, feel free!

WELCOME TO ALL NEW STAFF & STUDENT!



September 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Aug. 30 First Day of classes! Senior High Boys 3:30-5:00 p.m. Senior High Girls 5:00-7:00 p.m.	Aug 31  <u>Junior High</u> <u>Boys V-ball</u> 3:30-5:00 p.m. <u>SH Girls</u> 5:00-7:00 p.m. <u>SH Boys</u> 7:00 – 9:00 p.m.	1 Junior High <u>Girls V-ball</u> tryouts 3:30-5:00 p.m. <u>SH Boys</u> 5:00 – 7:00 p.m. <u>SH Girls</u> 7:00 – 9:00 p.m.	2	3
4	5 <u>Holiday</u> No school for students or staff	6 Junior High <u>Girls V-ball</u> tryouts 3:30-5:00 p.m. <u>Senior High</u> <u>Boys</u> 5:00 – 7:00 p.m. <u>Senior High</u> <u>Girls</u> 7:00 – 9:00 p.m.	7 Junior High <u>Boys V-ball</u> tryouts 3:30-5:00 p.m. <u>SH Girls</u> 5:00-7:00 p.m. <u>SH Boys</u> 7:00 – 9:00 p.m.	8 Welcome Barbeque 5:00 p.m.  <u>Junior High</u> <u>Girls</u> V-ball tryouts 3:30-5 p.m. <u>SH Boys</u> 5:00 – 7:00 p.m. <u>SH Girls</u> 7:00 – 9:00 p.m.	9 Junior  <u>High Boys</u> V-ball tryouts 12:15-2:00 p.m. <u>Detailed Volleyball</u> <u>schedules will be given out at school.</u>	10
11	12 Parent Council Meeting 6 p.m. 	13	14	15	16	17
18	19 <u>PD Day</u> No school for students	20	21	22	23	24
25	26	27	28 Terry Fox Run 	29	30	

*please refer to the school website for more details on the calendar of events
 The athletic page will be updated for Volleyball once the High School and Junior High Volleyball leagues have finalized their schedules.



Welcome back to the 2011 - 2012 school year!

Alberta Health Services staff from Public Health, Healthy Weights, Addictions and Mental Health, Health Promotion, Dental Health, Tobacco Reduction and Safe Communities will be contributing to our newsletter pages.

We work in partnership and focus on promoting the health of students, staff, and families in the school community.

If you are looking for general health information contact **HEALTH LINK** at 1-866-408-5465.

Have a safe, healthy, and happy school year.



Does your child have a chronic medical condition?

Some tips to help keep your child safe and healthy:

- Inform the school of your child's condition
- Provide a Medic Alert® bracelet for your child
- Provide the school with current medical instructions as recommended by your physician
- Provide the school with up-to-date auto-injectors and keep them current
- Provide information to school and teachers
- Participate in the development of an emergency response plan for your child

For more information, contact your school's public health nurse or discuss with the school principal.

For information on:

- Allergies/Asthma www.aaia.ca
- Anaphylaxis www.anaphylaxiscanada.ca
- Diabetes www.diabetes.ca

**Terry Fox National School Run Day
Wednesday, September 28th, 2011**

Get out your running shoes and run for a cause!

In 1980, Terry Fox faced huge challenges while running a marathon a day for 143 days during his **3,339 mile** Marathon of Hope. Terry challenged himself every day with one goal in mind: raise the most money he could to end cancer. Now it's your turn. Join your school community in celebrating Terry's heroic effort by promoting health and taking part in the National School Run Day on September 28th!

Schools are invited this year to "Take the Terry Fox Challenge" and unite by issuing a school challenge. Challenge ideas include: costume runs – dress up like a superhero or a rock star, obstacle course or dance challenge and many more.

Check out www.terryfox.org to find out more and get involved!

Breakfast for Learning

With students heading back to the classroom makes September a great month to focus on healthy eating. We know well-nourished children have improved memory, problem solving skills and creative abilities – overall they perform better in school.

A healthy breakfast should contain at least 3 of the 4 food groups, such as a bowl of whole grain cereal with milk and fresh fruit. You may also try whole grain toast, a hardboiled or poached egg, celery/carrot sticks and a glass of milk.

Take the time to get your children off to a great start with a nutritious breakfast every morning.

For more information and ideas on Breakfast for Learning visit www.breakfastforlearning.ca.

What's For Lunch?

Tips for school lunches

- Get children involved! Have them help with planning, shopping and packing. Children are more likely to eat their lunch when they help to plan and prepare the meal.
- Plan ahead! Think of lunch when making dinners. Make extra portions of casseroles, stews, soups or chili. Keep leftovers in the fridge to use for lunches within 1 to 2 days. You can also freeze leftovers in single servings to use later.
- Keep lunch interesting! Sandwiches are easy to pack in lunches. Try whole grain breads, buns, small bagels, pitas, tortillas or crackers and a variety of fillings. Cut younger children's sandwiches in triangles or strips or other fun shapes.
- Keep hot foods hot and cold foods cold! See the "Packing lunches" section, on page 2.

Pack it up healthy!

Pack a variety of food choices from each of the four food groups from Canada's Food Guide: Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives.

Vegetables and Fruit

- tomato, cucumber, grated carrots or lettuce in a sandwich
- homemade vegetable soup
- carrot or celery sticks, cucumber slices or snap peas
- grated carrots and raisin salad
- 100% pure fruit or low salt (sodium) vegetable juices; limit to no more than ½ cup (125 mL) per day
- fresh, frozen or dried fruit without added sugar
- fruit canned in juice

Grain Products

Choose lower fat whole grains most often:

- muffins
- whole grain crackers
- breadsticks
- cereal bars
- rice cakes
- whole grain dry cereal
- whole grain breads
- bagels, buns or English muffins
- biscuits, scones
- naan breads
- pita bread
- leftover noodles, spaghetti, ravioli, or rice casserole
- whole grain flour tortillas
- plain popcorn

Milk and Alternatives

Choose lower fat milk products:

- milk or fortified soy beverage
- soups made with milk
- plain yogurt – add fruit or use as a dip for vegetables
- low fat cheese slices or cubes

Meat and Alternatives

- lean meat, fish, chicken, turkey or egg fillings in a sandwich
- chicken leg, boiled egg or tofu
- chili, stew, meatballs, lentil soup or baked beans
- hummus, black bean dip
- nuts and seeds

Food allergies are common! Some schools may request that certain foods not be sent due to allergies- check with your school for any allergy guidelines.

No microwave? No problem!

Many schools do not have microwave ovens for reheating foods. Foods can be heated at home in the morning and put into a wide-mouth thermos so they will stay hot until lunch time.

Menu ideas

- whole wheat tortilla rolled with turkey and low fat cheese, a banana and low fat milk
- baked beans, a whole wheat bun, low fat milk and an orange
- submarine sandwich on a whole wheat bun with meat, cheese, lettuce and tomato slices, and low fat milk
- small oatmeal or bran muffin, low fat cheddar cheese cubes, celery sticks and ½ cup (125 mL) 100% pure fruit juice
- tuna salad on whole wheat bread, orange and low fat yogurt
- whole grain crackers, low fat cheese, sliced turkey, and yogurt and frozen berries
- cold vegetable pizza, a peach and low fat milk
- low salt cream of chicken soup made with milk, whole wheat bun, and apple slices
- meat kabobs, low fat cheese, cherry tomatoes, a whole grain bun and low fat milk
- mini whole wheat bagel with sliced ham and low fat cheese, carrot sticks and low fat milk
- egg salad with sliced cucumber and shredded lettuce in pita bread pockets, pudding made with milk and a banana
- whole wheat pita wedges and hummus, fresh veggies, yogurt and ½ cup (125 mL) 100% pure fruit juice

For more healthy recipe ideas for kids, see: *Healthy U*
<http://www.healthyalberta.com/HealthyEating/344.htm>

Kid friendly recipes

Tortilla Roll-up

Combine ½ cup (125 mL) diced, cooked chicken, turkey or ham with 30 mL (2 Tbsp) grated cheese, your choice of chopped vegetables, and 15 mL (1 Tbsp) salsa. Place on 8" inch whole wheat tortilla. Roll up tortilla. Just before eating, heat in microwave for 1 to 2 minutes. Makes 1 serving.

Pasta Salad:

Mix together 2 cups (500 mL) of cooked whole wheat macaroni, ½ cup (125 mL) cubed low fat cheese, ½ cup (125 mL) frozen mixed vegetables. Add ½ cup (125 mL) of low fat Italian dressing. Makes 4 servings.

Packing lunches

- Keep lunch supplies together to make preparing lunches easier.
- Use thermos containers for hot or cold foods.
 - **For hot foods** (chili, soup or stew): rinse the thermos with hot water, add piping hot food and close tightly.
 - **For cold foods** (drinks, cold soups or yogurt): chill thermos with cold water or place in fridge overnight (with lid off), add cold food and close tightly.
- If food will be reheated in a microwave, it should be kept cold until lunch. Use only microwave safe containers for reheating.
- Frozen containers of milk or juice help chill sandwiches and will thaw to drink by lunch time. A freezer pack can also be used to keep items cold in the lunch box. Keep lunches in the fridge if possible.
- Wash and peel enough vegetables for several days. Store in container and keep in the fridge.
- Sandwiches can be made ahead of time and frozen to make preparing lunches easier.
- Limit sweet foods; they can cause tooth decay.

BELL TIMES:

Monday – Thursday

Period 1 = 8:35 a.m. - 9:48 a.m.
 Period 2 = 9:51 a.m. - 11:04 a.m.
 Period 3 = 11:07 a.m. - 12:20 p.m.
 Period 4 = 12:51 p.m. - 2:04 p.m.
 Period 5 = 2:07 p.m. – 3:20 p.m.

Friday

Period 1 = 8:35 a.m. - 9:25 a.m.
 Period 2 = 9:28 a.m. - 10:18 a.m.
 Period 3 = 10:21 a.m. - 11:11 a.m.
 Period 4 = 11:14 a.m. - 12:04 p.m.
Early Dismissal

COALHURST HIGH SCHOOL 2011-2012 SCHOOL YEAR CALENDAR - Approved April 19, 2011

AUGUST 2011 1 2 3 4 5 8 9 10 11 12 15 16 17 18 19 22 23 24 25 26 29 30 31					SEPTEMBER 2011 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 30					OCTOBER 2011 3 4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28 31				
NOVEMBER 2011 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30					DECEMBER 2011 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 30					JANUARY 2012 2 3 4 5 6 9 10 11D 12D 13 16 17 18 A19D 20D A23 A24D A25D A26D 27D 30D 31				
FEBRUARY 2012 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29					MARCH 2012 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 30					APRIL 2012 2 3 4 5 6 9 10 11 12 13 16 17 18 19 20 23 24 25 26 27 30				
MAY 2012 7 8 9 10 11 A14 A15 A16 17 18 21 22 23 24 25 28 29 30 31					JUNE 2012 4 5 6 7 8 11 A12D 13D A14 A15 A18D A19D 20 21 A22D A25D A26D A27D 28D 29					JULY 2012 2 3 4 5 6 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 26 27 28 29 30				

NON-INSTRUCTIONAL DAYS		
Division-wide PD Days	Staff Planning/Collaboration	Prof. Development (ATA)
Aug 26, 2011 (school opening)	Aug. 25, 2011, June 28 & 29, 2012	Teachers' Convention -
Sept. 19, 2011	Site PD Days	Feb. 23-24, 2012
Nov. 15, 2011	Aug. 29, 2011	Parent-Teacher Days Off in Lieu
March 12, 2012	Oct. 11, 2011 (DIP/PAT analysis)	Nov. 14, 2011
April 16, 2012	Jan. 31, 2012	Feb. 22, 2012
	May 22, 2012 (AP-Survey results/school goals)	

School year begins: August 25, 2011	XX	Holidays (No Staff/Students)
First day for students: August 30, 2011		Non-Instructional/Prof. Dev. Days (No Students)
Semester 2 begins: January 31, 2012		Parent-Teacher Interview Lieu Days (No Students)
Last day for students: June 27, 2012		No school for staff or students

SCHOOL YEAR	INSTRUCTIONAL DAYS
184 Instructional Days	93 Semester 1
16 Non-instructional Days	91 Semester 2
200 Total Operational Days	184 Total Instructional Days

School will officially close at normal closing time on December 23 for Christmas break.

Please note: Achievement and Diploma Exam schedules have not yet been finalized by Alberta Education.

Achievement Tests (A)	Gr. 3	Gr. 6	Gr. 9
English Language Arts Part A	May 15	May 16	Jan 19/May 14
English Language Arts Part B	June 12	June 15	Jan 28/June 26
Mathematics	June 14	June 18	Jan 25/June 25
Science	June 19	Jan 24/June 22	
Social Studies	June 14	Jan 23/June 27	

Diploma Exams (D)	Jan.	June
English LA 30-1 & 30-2 Part A	Jan 11	June 12
English LA 30-1 & 30-2 Part B	Jan 19	June 18
Social 30/33 Part A	Jan 12	June 13
Social 30/33 Part B	Jan 20	June 19
Math 30 Pure/Applied	Jan 25	June 25
Physics 30	Jan 27	June 27
Chemistry 30	Jan 26	June 26
Biology 30	Jan 24	June 22
Science 30	Jan 30	June 28