

Spruce Grove Composite High School

December 1, 2021

Season greetings and a warm thank you on behalf of the staff of SGCHS to all of our students and parents/guardians in supporting a successful completion of our first quarter of the school year. Quarter 2 is well on the way with the completion of class finals, diploma exams and extra curricular play-offs just around the corner after Winter Break. Congratulations to all our student athletes and volunteer coaching staff in Football, X-Country Running, and Volleyball on a safe and healthy completion to their competitive season. Kudos to our Sr. Men's Volleyball Team on their silver medal at the Edmonton Metro High School Championships held on November 9, 2021. Our Basketball and Swimming programs are now in session and will continue to add some much needed energy as they return to play. Due to COVID restrictions, we currently have no live spectators present in our stands; however, parents and fans can still support our SGCHS Panthers through Live Streaming on Youtube. The game links will be available on the school website: Click on Our Programs and click on Athletics <http://metroathletics.ca/>. The energy returns back to Horizon Stage through our Performing Arts Program and their Fall production performance of Disney's Frozen Jr. Our drama students and staff have been busy preparing and are very excited about sharing their joy with their in person audiences on December 1, 2 & 3, 2021. The return to performance is sure to warm many hearts.

As we approach the busy-ness of the holiday season, we are encouraging students and parents/guardians to be mindful of stressors that could add to students struggling in school or at home while balancing their educational responsibilities. Please take time to access Powerschool as an information tool and connect with the appropriate teacher, counselor or grade coordinator early in order to examine the nature of concerns to help implement strategies for working through them successfully. If you are not able to meet in person due to COVID protocols, we can arrange virtual meetings, phone calls or emails for this discussion to take place. We at SGCHS value every opportunity to discuss students' learning and progress to set them up for successful completion of course outcomes.

The first round of diploma examinations have been completed and results are now on MyPass. A few key updates already communicated by Alberta Education include:

- Diploma exams are mandatory in the 2021/22 school year and offered in November, January, April, June and August administrations.
- Due to learning disruptions caused by the COVID-19 pandemic, the weighting of diploma exams will be temporarily reduced to 10% for the 2021/22 school year only.
- Diploma exams will be Diploma Exam Schedule 2021-22: <https://www.alberta.ca/assets/...>

All students are encouraged to continually connect with their grade counsellor or coordinator prior to the beginning of each quarter to ensure all graduation requirements will be met by June or that plans are in place for future course completions. Useful information regarding Post-Secondary opportunities, Workplace opportunities, Career Planning and Scholarships can be found in our Student Services Office.

Thank you for your continued support and partnership in guiding our students' success!

Mark Rose
Gr. 12 Coordinator



Dates to Remember

December 1, 2 & 3 - Disney's Frozen Jr. @ 7pm

December 24 - January 10 - Winter Break

In this Issue

Page 1 - Admin Message
Page 2 - PTI info, Travel Info

Page 3 & 4 - Student Services

Page 5 - Grad info

Page 6 - Prime Minister's Award 2022

Page 7 - 11 - Caregiver Info

Get your PANTHER GEAR here!



<https://urstore.ca/sgchs-panther-apparel>



It's that time of year again; we are half way through Q2 and Parent/Teacher Interviews are just around the corner. Interviews will take place by telephone or GMeet on December 13 through 16 with individual teachers setting their times and days based on the completion date of the most recent finished unit. Thank you for supporting this more flexible and accurate way for us to report on student progress in curricular outcomes. Please note, our new web provider has made a booking system, similar to what we used last year, available to us. We will be sending out instructions on how to use the system no later than December 10th. We would appreciate your feedback on its ease of use.

International Travel

For those considering or making plans for International Travel during the upcoming Holiday season, the best advice we can give families is to frequently check the rules here:

<https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada#children>



These are always subject to change and could even change mid-trip so check back often. The link above clearly indicates requirements and/or exemptions available for vaccinated, partially vaccinated or unvaccinated children or dependents

French Christmas Kahoot is hosted by CPF Parkland Chapter. This is a family fun event for all ages. Come and join us in this trivia game hour to learn something about French Culture in the season of Christmas. No knowledge of French language is necessary!!!

**CPF Parkland French Christmas Kahoot
Wednesday, Dec 8 - 6:30-7:30 PM
Google Meet joining info
Video call link: <https://meet.google.com/itp-eqpb-vzh>
Or dial: +1 402-433-0135 PIN: 26852521**

If you have any questions, concerns or comments, please reach out to me.

**Thank you.
Marie Marsh
CPF PARKLAND PRESIDENT**



**THANK YOU
to parents!
Student drop
off is running
much
smoother now!**



From the office of
Student Services:

Grade 12 Awards application is now open! Find it online at
<https://sgchs.psd.ca/students/awards/grade-12>

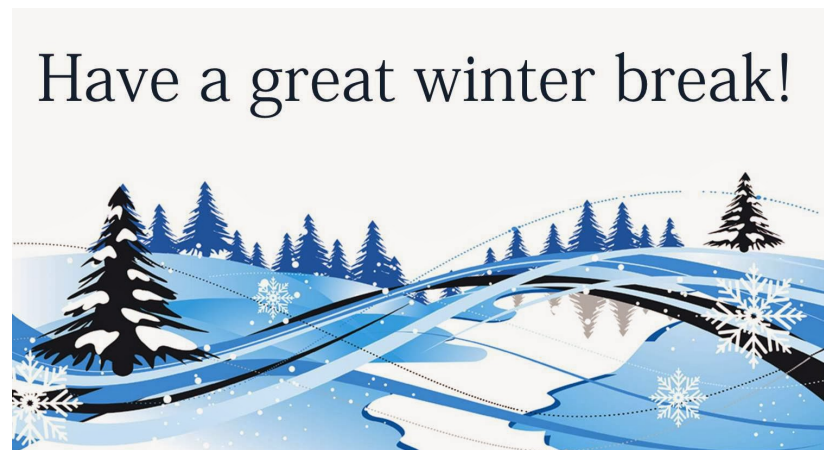
Grade 12 Awards

These awards are available to graduating students completing their first year of Grade 12.

To be considered eligible for Grade 12 awards, you must submit an Awards Application Form to Student Services. The submission deadline for award applications is **April 22, 2022 @ 4pm**.

Two SGCHS teacher signatures are required for your SGCHS Awards application. To fulfill this requirement, please submit a completed Teacher Endorsement Form to Student Services.

As we enter into December and the Holiday season, we wish you all the best as you spend time resting and making memories with family and friends...



..Yet we know this season can bring hardships and struggles as well. Please see supports available in our area:



[Holiday Supports](#)

There are a variety of supports and opportunities available to you as a Parkland County resident throughout the winter and Christmas season.

2-1-1

2-1-1 is here to help you find the right community and social services. It is confidential, multilingual, and available 24 hours a day across many parts of Alberta including Parkland County. Don't feel stuck this holiday season. Call 2-1-1 today to get connected with the resources you need to get ahead.

Did you know?

2-1-1 has texting services and an online chat feature available 24/7! Simply text INFO to 211 from your mobile device or visit ab.211.ca to get connected for free and confidential help!

Christmas hampers

Kinette Club of Spruce Grove	+
Lac St. Anne Food Bank	+
Parkland Food Bank	+
Stony Plain Kinsmen	+
Wabamun Christmas Hampers	+
WEE Food Bank	+

Gifts

Coats for Kids & Families	+
APFA Annual Christmas Store	+
Tender Hearts Foundation	+
Yellowhead Central Santa's Anonymous	+

Help Right Now

Reaching out for help is an important step. Talk with someone you trust about how you feel.

Life can be overwhelming and there are supports available to you.

If you need help right now please use these telephone resources:

- If suicide is a possibility, call 911
- Alberta Mental Health Help Line: 1 (877) 303-2642
- Alberta Addictions Helpline 1 (866) 332-2322
- Distress Line (Edmonton and area): (780) 482-4357
- Distress Centre (Calgary and area): (403) 266-4357
- Distress Line of South Western Alberta: (403) 327-7905
- First Nations and Inuit Hope for Wellness Help Line 1 (855) 242-3310
- Kids Help Phone 1 (800) 668-6868
- Rural Distress Line: 1 (800) 232-7288
- 211 is here to help you find the right community and social services. You can dial 2-1-1 to speak to an Information & Referral Specialist, or search the [online](#) community resource directory, or chat online with them from 12-8pm MT daily.

[Canadian Mental Health Association](#)



SAVE THE DATE
INDOOR GRADUATION COMMENCEMENT CEREMONY
SATURDAY, JUNE 11, 2022 at 1:00 pm
EDMONTON EXPO CENTRE

The Class of 2022 **Indoor Commencement Ceremony Only** will take place on **Saturday, June 11, 2022 at 1:00 pm** provided that current Covid Regulations are still in effect. The Edmonton Expo Centre is required to follow AHS and City of Edmonton guidelines. The current requirements for all guests 12 years of age and older are as follows:

- Proof of full vaccination (two doses) is required, with the second at least 14 days prior to the event, or
- Negative COVID-19 test that is Health Canada approved rapid antigen, rapid PCR or lab-based PCR tests completed within 72 hours, or
- Formal documentation of a medical exemption as defined on the Alberta government's [COVID-19 public health actions | Alberta.ca](#) site.
- Masks will continue to be required in compliance with Alberta Government guidelines.

Grad Pictures will take place January 25 - 28, 2022. Lifetouch Photography charges a \$25.00 sitting fee and all appointments are booked online. The online appointment booking system will open up the week of December 13, 2021. More information will be emailed home prior to December 13, 2021.

If you have any questions regarding graduation, please contact Mrs. Nullmeyer via email at cindy.nullmeyer@psd.ca or call 780-962-0800.

2022 Prime Minister's Excellence in Teaching Awards Guidelines

How do I get started?

Start the process today by downloading a nomination form.

Nomination deadline

Nomination packages must be submitted to the Prime Minister's Awards program office by **February 9, 2022 — 11:59 a.m. Pacific Time**. Late entries will not be considered.

Who is eligible?

- ❖ Canadian citizens or permanent residents of Canada
- ❖ Certified teachers at an elementary or secondary school in Canada
- ❖ Candidates who have taught the equivalent of 2.5 days per week in a classroom setting for at least three years

Here is the full list of eligibility criteria.

What do recipients receive?

Recipients of the award receive the following:

- ❖ A certificate from the Prime Minister
- ❖ Promotion of their best teaching practices
- ❖ National recognition for their contribution to excellence in education in Canada

How do I nominate a teacher?

Nominators need to submit a detailed nomination package that includes:

- ❖ A completed and signed nomination form
- ❖ A nomination text that shows how the teacher meets the five selection criteria
- ❖ Three letters of support from people who know and support the teacher
- ❖ Supporting documentation that confirms the teacher's eligibility
 - A copy of your nominee's teaching certificate
 - A letter from the nominee's principal confirming that the nominee has worked at least 2.5 days per week in a classroom setting for a minimum of three years, and that their teaching certification remains in good standing.

Caregiver Education Team Newsletter

December 2021



AHS, in collaboration with [The Mental Health Foundation](#), is proud to offer FREE online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Sessions

Technology and the Teenage Brain

Digital Wellness for Families
Thursday, December 2
6:00 – 7:30 pm

Sleep and Your Family's Mental Health

Monday, December 6
6:00 – 7:30 pm

Supporting Self-Regulation in Elementary School Children

Wednesday, December 8
6:00 – 7:30 pm

More than Just a Bad Day *Understanding and Supporting Depression and Self-Injury in Youth*

Thursday, December 9
6:00 – 7:30 pm

Resilience in Parenting

Caring for the Caregiver
Monday, December 13
6:00 – 7:30 pm

Lunch & Learns

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

Part 1:

Wednesday, December 1
12:00 – 1:00 pm

Part 2:

Wednesday, December 8
12:00 – 1:00 pm

Building Executive Functioning Skills

Promoting Success in Learning

Part 1:

Tuesday, December 7
12:00 – 1:00 pm

Part 2:

Tuesday, December 14
12:00 – 1:00 pm

Drop-In Series

Support, Education, and Engagement Drop-In Sessions (SEEDS)

Effective Consequences

Wednesday, December 1
6:00 – 7:30 pm

Sessions at a Glance



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

December 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Technology and the Teenage Brain Digital Wellness for Families

Technology is a huge part of our children's lives. Social media, video gaming, internet use, and cell phones may already be topics of debate within your family. Come together to discuss how modern technology can impact the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

Date: Thursday, December 2, 2021

Time: 6:00 – 7:30 pm

Note: Caregivers and youth (Gr. 7-12) can attend together.

Sleep and Your Family's Mental Health

This session will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

Date: Monday, December 6, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Supporting Self-Regulation in Elementary School Children

Do you wish you could help children handle strong emotional experiences? This session will define self-regulation and how it supports success in our child's day-to-day activities and interactions. It will provide a helpful review regarding the development of self-regulation in children and adolescents as well as how caregivers can support the growth of these essential skills.

Date: Wednesday, December 8, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-6; for adults only

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

"Thank you! There were a lot of takeaways from this session and I look forward to incorporating them into my family routine."

"I thought the topic was a great one and the presentation was completed in a manner that was engaging and easy to understand."

"Virtual delivery is appreciated."



Mental Health Foundation



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Caregiver Education Sessions

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More than Just a Bad Day: Understanding and Supporting Depression and Self-Injury in Youth

This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and/or non-suicidal self-injury. We will explore factors that contribute to depression and potential motivations behind self-injurious behavior. Caregivers will learn about treatment options for depression as well as strategies to help support youth who may be engaging in self-injury.

Date: Thursday, December 9, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only

Resilience in Parenting Caring for the Caregiver

Being a parent or caregiver is both fulfilling and stressful. Our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver? In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed.

Date: Monday, December 13, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children and youth grades K-12; for adults only.

Parent Feedback:

“I so appreciate the availability of sessions and that I can just watch and listen and notes and resources are sent after.”

“The topic and session time were perfect. The presentation was interactive and quite helpful. Look forward to attending other sessions.”

“Loved the talk. Timing was just right and convenient with working parents. The two speakers were very calming and supportive.”



Mental Health Foundation



Alberta Health
Services
Children, Youth &
Families Addiction
& Mental Health

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

December 2021



These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented over two sessions, participants can attend one or both sessions.

Keeping Scattered Kids on Track

Supporting Children and Adolescents with ADHD

These sessions will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and ways that ADHD impacts academic achievement, self-worth, and relationships. We will look at strategies for supporting success in children and youth with ADHD.

Part 1: Wednesday, December 1, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 2: Wednesday, December 8, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Building Executive Functioning Skills

Promoting Success in Learning

Take a peek inside the developing brain of a child to learn about the processes that enable children to engage in problem solving and goal directed behaviours. Learn how these skills impact learning, behaviour, emotions, and social interactions. Review and discuss strategies to assist a child's executive functioning skills such as working memory, inhibition, and mental flexibility.

Part 1: Tuesday, December 7, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

Part 2: Tuesday, December, 14, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-6; for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

“I am really thankful for your seminars, they give me really good ideas and help me keep on growing as mom and grandma.”

“The presenters were highly prepared for the session, it was a pleasure to listen to them. Thank you!!”

“I liked the interactive format of the session and participating in the discussions.”



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

December 2021



The Support, Education, and Engagement Drop-In Sessions (SEEDS) are 90-minute drop-in online interactive workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

SEEDS Growing Parenting Skills

Effective Consequences

In this final session of our SEEDS series, we will discuss different approaches you can take to address your child's challenging behaviour and how consequences can be a learning tool when offered compassionately and consistently.

Date: Wednesday, December 1, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

*Caregiver who have not attended previous sessions in this series are welcome to register for this session.

Parent Feedback

“This was really amazing. I love that you (in a very gentle way) had parents focus on their reactions to their children's behaviour and how this can help or hurt the situation.”

“The presenters again are so personable and seem very genuine and empathetic.”

“Today is the first time I joined with this valuable lesson and it was really helpful me. I'll keep these ideas to work with my kids. Thank you so much!”



Mental Health Foundation

Alberta Health Services
Children, Youth & Families Addiction & Mental Health

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