



Welcome Back from Winter Break!

We hope you are returning to routine feeling rested and rejuvenated!

While the late break meant that we had more time to chill, it also means we are hitting the ground running! The last day of classes is Monday, January 24, 2022 with final exams scheduled right after. All exam dates for all students are listed in the Exam Schedule located in this newsletter. Remember, there is no school for ALL students on January 28 and 31 so staff can prep for the new quarter and participate in professional learning.

December was a busy month here at The Comp. Basketball was in full swing minus spectators and, unfortunately, a Senior Girls' Team as we were unable to find a coach in time for league play. We were also filled with winter joy and begging to build a snowman with the Musical Theatre Class's production of Disney's Frozen Jr. which played nine back to back shows to almost all sold out houses!

Our Student Union supported the Spruce Grove Food Bank in style with our first ever Food Fight for the Food Bank. Please see more information on this later in the newsletter.

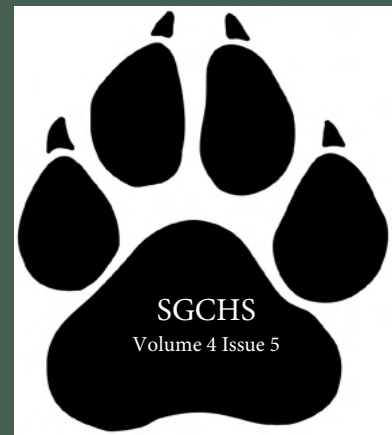
As well, just a reminder to students: please remember to use the door for your zone to enter the building now that we are returning to classes. It is also imperative that you enter the school wearing a mask and that while you are in the building, that mask is worn properly at all times—that means over your nose, not under it as per the PSD mask protocol.

We know everyone is tired of Covid, and its protocols and expectations. Now imagine having to police this at school; being a Covid Cop is no one's chosen profession; we need your cooperation so that we are ensuring AHS Covid Protocols pertaining to cohorting at school are followed. Thanks for working with us to keep our school safe.

Please note, our School Council Meeting on January 18 at 7:00 pm will be virtual as will all School Council meetings until further notice. You can join the meeting using this link.

Stay safe and healthy,

Cheryl Otto
Principal



Dates to Remember

- Jan 3-7 - Winter Break
- Jan 10 - First day of classes
- Jan 24 - Last Day Q2 classes
- Jan 25 - School Council <http://meet.google.com/kzr-prey-tpo>
- Jan 25 - 28- Grad Pictures
- Jan 28 - No classes
- Jan 31 - PD Day

In This Issue

- Page 1 - Admin Message
- Page 2 - Student Services
- Page 3 - Frozen
- Page 4 - New Years Band Concert
- Page 5- Food Fight for Food Bank
- Page 6- Grad 2022
- Page 6 - Quarters Info
- Page 7 & 8- Q2 Exam Schedule
- Page 9 - Stronger Families ADHD
- Page 10 - Prime Minister Award



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



From the office of
Student Services:

what?! Exams already???

That's right. In just 2 short weeks you will be writing your Quarter 2 finals. Remember these tips:

1. Give yourself time to study. Don't leave it to the last minute!
2. Organize your study space. Get rid of distractions and find a good place to concentrate.
3. Visual aids can be helpful. Write down what you know and highlight the gaps.
4. Practice on old exams if possible.
5. Study with a friend! It's helpful to explain it out loud to others.
6. Plan your exam day. Know what time it is, be on time, bring your ID!
7. Drink plenty of water. Being hydrated is essential for your brain to work at its best.

scholarship Info

There are a TON of scholarships/bursaries available to those who can spend some time looking for them. 2 helpful places are: Scholarshipscanada.com and scholartree.ca. Create a profile and it will narrow down scholarships that might apply to you.

Start now as there are deadlines throughout the whole year!!

Hey Grads- don't forget to fill out the Awards application. Find it online at <https://sgchs.psd.ca/students/awards/grade-12>





NEW YEAR *Concert*

Join the SGCHS Jazz Band, Chamber Ensembles, and Panther Drumline at The Horizon Stage

TUESDAY, JANUARY 18TH - 7PM

FREE ENTRY

PROOF OF VACCINATION REQUIRED



WANT UPDATES?
FOLLOW US ON INSTAGRAM
@SGCHSBAND



This year, SGCHS staff and students took part in our first ever Holiday Food Fight - an inter-grade level competition to see who could bring in the most donations for the Parkland Food Bank. Everyone was encouraged to bring in donations between December 6th and 17th, and the grade level with the highest, positive point total at the end of the two weeks would be declared the winner. It seemed simple enough at first glance. It's a food drive, after all. That is, until we explained the point structure: any donated food item in a can or jar was worth positive points, and any boxed or bagged food item was worth negative points. Suddenly, folks had to consider their donations strategically because they could be used both for and against them. For example, if someone wanted to donate 10 cans of soup, then they'd likely add it to their own grade level bin, as it added positively to their point total. But, if they had 10 boxes of cereal, well then they had to make some choices. Do they split it between the 2 other grades, so that each loses points? Or add it all to 1 bin, so that that grade level takes an even harder hit? The stakes were suddenly so much higher, and each grade level was committed to defeating the others.

Over the course of 2 weeks, students and staff fought valiantly against each other, bringing in all sorts of valuable donations, working together to sabotage the other grades, and even taking full advantage of triple point days - both those that contributed positively to their scores (like cleaning and personal hygiene products) and those that saddled with opponents with negative points (like our 2 day peanut blitz). Some students took the risk of entering into our prize draw for items such as Ms. Otto's parking spot and school gear. The prizes alone were sweet treats, but the cherry on top was that the winners also won all of the money raised in entries as positive points added to their grade level totals, and the losers lost all.

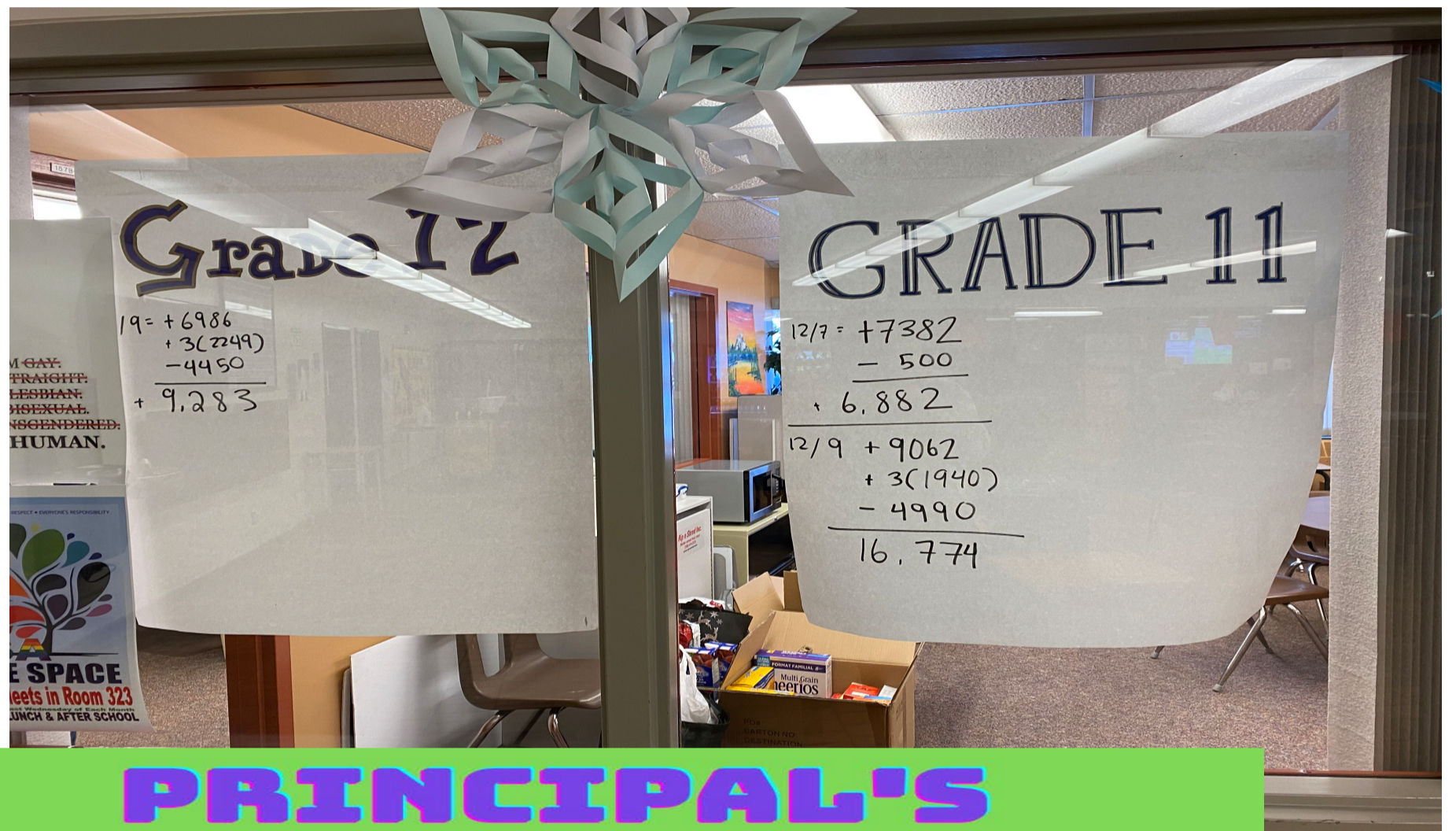
With so many different opportunities to raise points, the question of who would be declared the winner of the food fight remained unknown throughout the competition. The 11s started out in the lead, but quickly dropped out of the running, remaining mostly in 3rd place. Our 10s overtook the top spot early, and despite many coordinated attacks by the other grades, they managed to stay there for the bulk of the competition. That is until the grade 12s took a narrow lead, with only 2 days remaining. On the last day, they looked poised to win it all, when out of nowhere, the grade 11s swooped back in with an impressive amount of last minute donations and absolutely blew the competition out of the water, becoming the inaugural winners of SGCHS Food Fight. As a result, the entire grade wins the bragging rights and a food-related prize when we return from winter break.

In the end though, the real winners of the SGCHS Food Fight were the Parkland Food Bank and the community they serve. Thanks to the efforts of our students and staff, we were able to raise \$700 and heaps of donations that will go a long way to supporting those in need. A big thank you goes out to all those who brought in donations and helped to support our efforts in this important endeavour. Our Panther pride is strong, but this event proved that our hearts and community spirit are even stronger.

Of course, we'd be remiss to not give an additional shoutout to our very own rockstar, resource officer, Constable Gord Marshall, who was eager to get in on our fundraising efforts. Ever the good sport, Gord graciously allowed students to pie him in the face for a \$ donation. And boy, did students take advantage! After at least 60 whip cream pies to the face, Gord maintained that he was happy to be involved and to help raise money for this important cause; he also made it very clear that he would not be having pie for holiday dessert this year.

Thanks again to all those who contributed to the SGCHS Food Fight.

The Student Union Team





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 24 - 28, 2022 in our cafeteria. All appointments are booked online at

<https://booknow.appointment-plus.com/1dqikmce>. Lifetouch Photography charges a \$25.00 sitting fee that can be paid directly to the photographer at the time of your appointment. You can get prepared for your photos by reading the following information:

<https://prestigeportraits.ca/get-inspired/> If you require assistance please call Lifetouch directly at 780-437-2431. If you are experiencing any symptoms related to COVID-19, as outlined by AHS, please do not come to your appointment.

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

Quarters vs Semesters Update

At the beginning of the school year, Parkland School Division committed to reviewing quarters/semesters in our high schools by mid-year. After consultation with school administration, we have determined that we will not be shifting from quarters to semesters mid-year. This decision is based on a number of factors including the current uncertainty caused by COVID-19. Additionally, and more importantly, a shift from quarters to semesters would significantly, and negatively impact a number of students. A mid-year change would create an unfair situation resulting in some students being unable to have their schedules rearranged to meet their required courses. In a number of cases, this would jeopardize graduation.

The Division will re-evaluate in the near future and communicate the plan moving forward before the start of the 2022-2023 school year.

If you have questions or concerns, please contact Cheryl Otto, Principal.

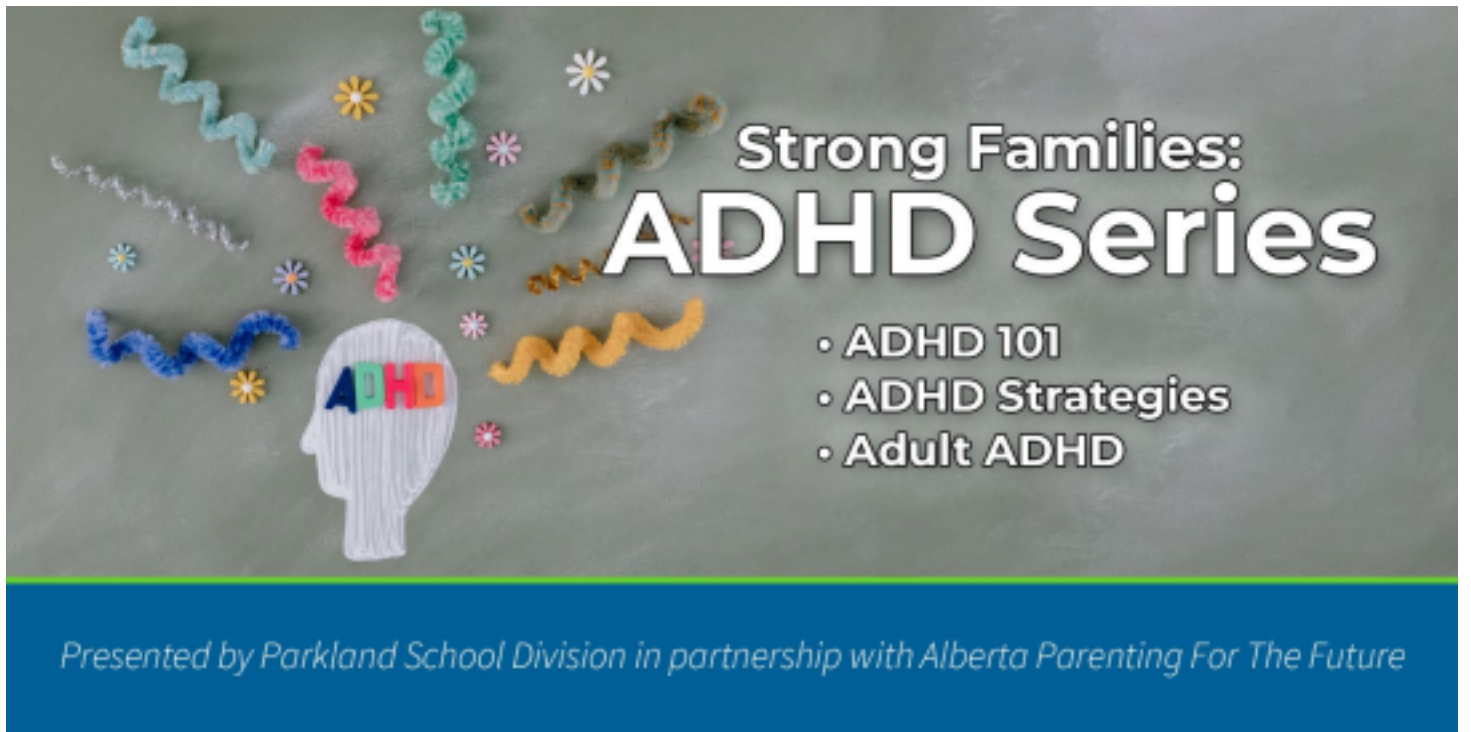
SGCHS Final Exam Schedule

Quarter 2 2021-22 School Year

Students should plan to arrive at their exam location 15 minutes BEFORE exam start time!

Date/Day	AM/PM	SCHOOL EXAMS & LOCATIONS	AM/PM	DIPLOMA EXAMS & LOCATIONS
Jan. 11 (Tuesday)				ELA 30-1/30-2 Part A - Cancelled as per AB ED
Jan. 12 (Wednesday)				SS/Et. Soc. 30-1/30-2 Part A - Cancelled as per AB ED
Jan. 20 (Thursday)				Math 30-1, 30-2 - Cancelled as per AB ED
Jan. 21 (Friday)				ELA 30-1, 30-2 Part B - Cancelled as per AB ED
Jan. 24 (Monday)		Last Day of Regular Classes for ALL Students		SS/Et. Soc. 30-1/30-2 Part B - Cancelled as per AB ED
Jan. 25 (Tuesday)	8:30am	English 10-1 - Kowalchuk (Room 222) English 10-1 - Pocock (Room 223) English 10-2 - Kowalchuk (Room 227) English 10-2 - McLaughlin (Room 231) English 10-2 - Young (Room 229) English 20-1 - Anderson (Room 233) English 20-1 - Leduc (Room 230) English 20-2 - Rolfe (Room 228)		Biology 30 - Cancelled as per AB ED

	12:00pm	Math 10C - Groenewegen (Room 328) Math 10C - Schofield (Room 301) Math 10C - Trautman (Room 329) Math 10-3 - Maxwell (Room 327) Math 20-1 - Trautman (Room 326) Math 20-2 - Finnigan (Room 314) Math 20-3 - Chodzicki (Room 324) Math 30-3 - Fouquette (Room 325)		
Jan. 26 (Wednesday)	8:30am	Science 20 - Arnason (Room 323) Science 24 - Langdale (Room 314) Biology 20 - McGonigal (Room 308) Chemistry 20 - Mahaffy (Room 321) Chemistry 20 - Petryshen-Kozak (Room 310) Physics 20 - Kremp (Room 324)		Chemistry 30 - Cancelled as per AB ED
	12:00pm	Science 10 - Schofield (Room 301) Science 10 - Strydhorst (Room 320) Science 14 - Arnason (Room 324)		
Jan. 27 (Thursday)	8:30am	Etudes Soc. 10-1/10-2 - Schermbrucker (Room 209) Social 10-1 - Gamble (Room 219) Social 10-2 - Rolfe (Room 222) Etudes Soc. 20-1/20-2 - J. Nielsen (Room 208) Social 20-1 - Killen (Room 223) Social 20-2 - Bounds (Room 226) Social 20-2 - Finlayson (Room 217) French Lang. Arts 10-1/10-2 - Nielsen (Room 207)		
	12:00pm	Conflict Exams (Portable North - Room 160)		
Jan. 28 (Friday)		Quarter Turnaround Day - No Gr. 10/11 Exams		Science 30 - Cancelled as per AB ED



Strong Families: ADHD Series

ADHD 101 | ADHD Strategies | Adult ADHD

Parkland School Division is proud to partner with Alberta Parenting For The Future to present three more FREE sessions for local families.

Our upcoming Strong Families sessions will examine the following aspects of living with Attention Deficit Hyperactivity Disorder (ADHD), as it presents in both children and adults:

- **ADHD 101** – This session will highlight the key qualities of ADHD, the strengths and challenges associated with it and the supports available to those living with it, all while dispelling common myths about this condition.
- **ADHD Strategies** – This session examines a variety of strategies for managing ADHD at home, school and other environments. We will also explore the effects of executive functioning skills, such as impulse control, organization, planning, time management, self-regulation and focus.
- **Adult ADHD** – This session will explore what it means to be an adult living with ADHD, what it looks like in high achievers, and how our loved ones, network and community can be strong allies and offer support and understanding.

ADHD 101 ADHD Strategies Adult ADHD

Date: **Wednesday, January 12, 2022** Time: **6:30-8pm**
 Location: [Online Zoom Webinar](#) Presenter: **Chantal Jackson, Elements Health**

Date: **Wednesday, January 19, 2022** Time: **6:30-8pm**
 Location: [Online Zoom Webinar](#) Presenter: **Chantal Jackson, Elements Health**
 Date: **Wednesday, January 26,**

2022 Time: **6:30-8pm**
 Location: [Online Zoom Webinar](#) Presenter: **Larissa Predy, Little Oaks Psychology**

Please register early to reserve your spot by visiting <https://www.eventbrite.ca/e/adhd-101-registration-222076014337>, <https://www.eventbrite.ca/e/adhd-strategies-registration-222084680257> or <https://www.eventbrite.ca/e/adult-adhd-registration-22214219227>

For more information, please contact:
 Vicky Mamczasz
 Family Supports Facilitator



The 2022 Prime Minister's Awards competition is open!

Educators play an important role in helping to build the next generation of Canadians. We all remember an educator that changed our lives. The Prime Minister's Awards for Teaching Excellence, Teaching Excellence in STEM, and Excellence in Early Childhood Education

honour exemplary teachers and early childhood educators who are preparing youth for the innovation economy.



Government
of Canada

Gouvernement
du Canada

Canada



Prime Minister's Awards recipients can receive:

A certificate from the Prime Minister

National recognition and promotion of their best teaching practices

Consider nominating an educator for a 2022 Prime Minister's Award! Download your nomination package and poster today by clicking on the image above or visiting our website.

Looking for inspiration? Check out some previous teaching and early childhood education award recipients.

L'édition 2022 des Prix du premier ministre est lancée!

Les enseignants et les éducatrices jouent un rôle important en aidant à former la prochaine génération de Canadiens. Nous nous rappelons tous d'une enseignante ou d'un enseignant qui a transformé notre vie. Les Prix du premier ministre pour l'excellence dans l'enseignement, pour l'excellence dans l'enseignement des STIM et pour l'excellence en éducation de la petite enfance servent à rendre hommage à des enseignants et éducatrices exceptionnels qui préparent nos jeunes à participer à une économie axée sur l'innovation.

Les lauréats d'un Prix du premier ministre peuvent recevoir :

Un certificat du premier ministre

Une reconnaissance à l'échelle nationale, en faisant notamment connaître leurs pratiques exemplaires en enseignement

Envisagez la possibilité de nommer une candidate ou un candidat pour un Prix du premier ministre 2022! Téléchargez dès aujourd'hui le dossier de mise en candidature et une affiche en cliquant sur l'image ci-dessus ou en visitant notre site Web.

Vous avez besoin d'inspiration? Découvrez d'anciens lauréats reconnus pour leur excellence en enseignement et en éducation de la petite enfance.