

Season greetings and frosty welcome to the month of December. We have now successfully completed the first half of semester one and are quickly moving towards the Christmas holiday break. Students are being encouraged to make the adjustment towards efficient use of their time as we move closer to the new year. At this time in the semester, our new to high school Grade 10 students, should have a better understanding of the benefits of using their daily Seminar time and DLR after school to connect with teachers and access additional help and support. Grade 11 and 12 students are now making plans for life after high school by tracking their diploma requirements and confirming their spot on the graduation list.

Congratulations to all our student athletes and volunteer coaching staff in Volleyball, Football, Golf and Swimming on a safe and healthy completion to a very successful and competitive season. Kudos to our Sr. Women's Volleyball Team on their Gold Medal finish at the Division 3 Edmonton Metro High School Championships held on November 10, 2022. Congratulations to Taysia Houle of Spruce Grove for being named Metro Athletes of the Week for November 28th to December 4th. Congratulations to Dakota Howard on her two Gold Medals finish in the 100 M backstroke and 100 M Free while setting two new league records at the Edmonton Metro Swimming Divisional Championships on November 24, 2022. Congratulations to our Panther Sr. Football team on a big win at the ASAA Alberta Bowl Provincial Championships November 26, 2022. The team captured the Tier 1 Larry Wilson Division 1 Trophy.

Our Basketball programs are now in full swing and will continue to feed off the energy of our athletic success this past fall. All spectators are welcome to join us in the stands and as we support our SGCHS Panthers in building our sense of community and school spirit. Game schedules and results are available on the school website under [Our Programs>>Athletics](#).

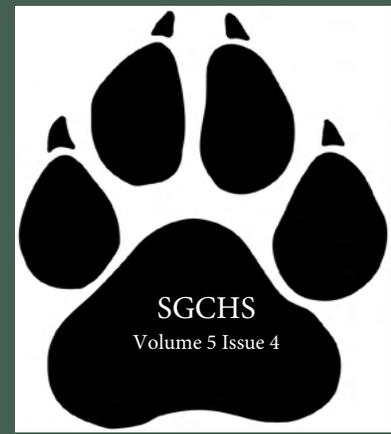
The final preparations are now complete for the SGCHS Theater Arts fall production, Curtains, scheduled performance for December 8th and 9th. Please join our drama students at Horizon Stage as they share their passion for the Performing Arts and bring much joy to this festive season. The Winter Band Concert will follow on Tuesday, December 20 with a Free performance to the community at Horizon Stage. Members of our band program are excited to share their love of music in a celebration to kick off the holiday season.

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. Please encourage your students to balance their educational responsibilities with their commitments. Please take time to access PowerSchool as an information tool and connect with the appropriate teacher, counselor or grade coordinator in order to examine the nature of concerns to help students implement strategies for working through challenges. If you are experiencing any difficulty with accessing information or support, please contact the main office at the school. Our staff at SGCHS value every opportunity to support students and families in working together to ensure a positive learning experience and the successful completion of course requirements.

January 17, 2023 will mark the last day for classes in semester one. There will be no seminar scheduled for January 16-17 to allow for a full day of classes. Students will need to continually track their own progress through PowerSchool to ensure that all assignments are completed and up to date. Course credit completion is essential to success and can be tracked through PowerSchool and MyPass accounts. Diploma exams are mandatory in the 2022/23 school year and are scheduled in November, January, April, June and August. All students are encouraged to continually connect with their grade counselor or coordinator prior to the beginning of each semester to ensure all graduation requirements will be met by June or plans are in place for timetable changes or future course completions. Useful information regarding Post-Secondary opportunities, Work Experience, 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. 10 Coordinator



Dates to Remember

- Dec 1 - Uof C visit
- Dec 6 - MacEwan visit
- December 8 & 9 - Drama Production - Curtains
- Dec 14 - TCT classes start at 10:06am
- Dec 23 - Last Day of classes
- Dec 26 - Jan 9 - Winter Break

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

SGCHS BAND PROGRAM
PRESENTS

Winter Concert

TUESDAY, DEC. 20TH



DOORS OPEN 6:30 PM

HORIZON STAGE

FREE ADMISSION



Save The Date
Graduation Ceremony - Saturday, June 10, 2023
1:00 pm - Edmonton Expo Center

Our Graduation Ceremony will take place on **Saturday, June 10, 2023 at 1:00 pm** at the Edmonton Expo Centre. Tickets will be sold in May; prices and sale dates will be announced in early 2023.

INSTAGRAM: Want to know more of what's happening with Grad, follow our Instagram page @sgchs_classof_2023

GRAD VIDEO & BABY/GRAD PICTURE SLIDESHOW: It's become an annual tradition at SGCHS to have a grad video, baby and grad picture slideshow shown at our graduation ceremony. Thank you to those students who have stepped up and volunteered to keep this tradition going! So grads and parents/guardians, NOW is the time to dig through the baby pictures and find your favourite one. Once you do, please scan and email it to: sgchsbabypics2023@gmail.com Please remember to include the student's name in the subject line and share an appropriate quote!

GRAD PICTURES: Grad Pictures will be taken January 23 - 27, 2023 in our cafeteria. All bookings are completed online at <https://booknow.appointment-plus.com/1dqikmce>. *PLEASE NOTE: This booking site will open on December 14th!* Lifetouch Photography charges a \$25.00 sitting fee. If you require assistance please call Lifetouch directly at 780-437-2431.

GRAD LIST: Our first Grad list was in October and will be updated again soon. Please ensure you know your current status and are attending all of your classes to avoid any issues that may keep you off the list.

GRAD FEES: Parents/Guardians will now see the \$45 Grad Fee that has been added to your student's PowerSchool account. This fee includes:

- certificate and cover, that each student keeps,
- souvenir grad gown, vee stole, cap and tassel that each student keeps;
- 4 x 6 picture of the student at the Ceremony.

If you have any questions regarding graduation, please contact Mrs. Nullmeyer at cindy.nullmeyer@psd.ca or call 780-962-0800 ext 0.



SAVE THE DATE!!

Join us at our next meeting and have a voice in our planning for future events! This will be a hybrid meeting, join in person at **École Broxton Park** or from the comfort of your home, using the link provided.

Tuesday December 6, 6:30pm -8:00pm

Google Meet Video call link:

<https://meet.google.com/xrw-yqow-ohb>



<https://ab.cpf.ca/en/event/enhanced-self-guided-french-for-parents-course-level-1-january-2023/>

These 6-week self-guided courses are designed to give you the opportunity to learn French at your own pace, watching the released content when it best suits you..

Each class focuses on a specific situation of communication and builds on the previous one in order to gradually move towards basic conversations.

More details here [→http://ab.cpf.ca](http://ab.cpf.ca)



WINTER Kahoot!
Wednesday, Dec 14 · 6:30–7:30
Google Meet / Video call link:
<https://meet.google.com/nfn-oafn-iaz>

Virtual Family Chapter Event! NO MEMBERSHIP REQUIRED!

What do you need to play?
Download the Kahoot! App on your smart device or play using their website at:
<https://kahoot.com/>

Log into our virtual meeting and we will give you a playing code where you will compete in our Kahoot game using Winter and Christmas themed vocabulary.



Please contact CPF Parkland President, Marie Marsh for with any questions at cpfparkland@gmail.com

Join CPF Parkland for as little as \$25 a year!
<https://ab.cpf.ca/en/membership-benefits/>

Follow us!

<https://www.facebook.com/cpfparkland>

Caregiver Education Team Newsletter

December 2022



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

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.

Lunch & Learn Sessions

Mindfulness

Benefits for the Whole Family

For adults, and parents and caregivers of children and youth in grades K-12

Part 1:

Tuesday, December 6
12:00 – 1:00 pm

Part 2:

Tuesday, December 13
12:00 – 1:00 pm

Evening Education Sessions

Understanding Autism

For parents and caregivers supporting youth in grades K-12

Wednesday,
December 14
6:00 – 7:30 pm

Participant Feedback

“Love the ease of online sessions! Thank you.”

“These sessions are so helpful. I'm grateful that they are put together and available...the time your team has put into these sessions has resulted in excellent, useful content. Thank you.”

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Sessions

December 2022



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

Mindfulness

Benefits for the Whole Family

In these sessions, we will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in our families.

Part 1: Tuesday, December 6, 2022

Time: 12:00 – 1:00 pm

For adults, and parents and caregivers of children and youth grades K-12; for adults only.

Part 2: Tuesday, December 13, 2022

Time: 12:00 – 1:00 pm

For adults, and parents and caregivers of children and youth grades K-12; 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

Participant Feedback:

“Great session. Lots of info and helpful tips.”

“I have attended many of these sessions so far! I have been able to use what I have learned at home.... Also, as a health care professional in my career, helping and using the strategies that I have learned to support the families and children that I work with.

“Lunch hour worked well for me.”

Evening Education Sessions

December 2022



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

Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD), participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Date: Wednesday, December 14, 2022

Time: 6:00 – 7:30 pm

For parents and caregivers of children and youth grades K-9; 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

Participant Feedback:

"This was a great session. It helped my family talk and understand each other's point of view."

"Thank you for putting this session on."

"All good and helpful, we truly appreciate this."



AMH Education Services
Addiction & Mental Health
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For more information, visit www.cyfcaregivereducation.ca