

October 31, 2023

Important Dates

November 2 – Panther Band Society Meeting

November 3 – ELA 30-1 & 30-2 Part B Diploma

November 9 – Fall Awards

November 11 – Remembrance Day

November 13-17 – Fall Break (No School)

November 21 – School Council Meeting

November 29 – TCT – Classes begin @ 10:06 a.m.

In This Edition

Page 1 – Admin Message

Page 2 – SGCHS School Council

Page 3 – Student Services Newsletter

Page 4 – PSD Transportation Information

Page 5 – SGCHS Grad Run Committee

Page 6 – Foods Class/Science Class Photos

Page 7 – Cross Country/Story Theatre

Pages 8-15 – Stronger Together Newsletter



Greetings, Students and Parents!

As usual, the beginning of November finds us reaching the midpoint of the first semester. Students have unit final exams, culminating assignments and other assessments which, once graded, will reflect their understanding of the curricular outcomes they have been studying these past two months. This means Parent/Teacher Interviews are just around the corner. We will be continuing to offer telephone and virtual meetings staggered over a period of days in order to ensure a more authentic assessment of students' abilities than one arbitrary evening. Teachers and secretarial staff are currently working to set up this booking system so that you can sign up for the block of time which fits the learning trajectory of the class as well as the teachers' and your schedule. Please watch your email for more information on how and when to book your appointments.

Transitioning out of the first quarter of the year sees a change in our extra-curricular athletics; volleyball and cross-country seasons are coming to a close and basketball will be starting soon. We are really happy to have hosted both the Dave Pysyk Memorial International Senior Volleyball Tourney and our Junior Volleyball Tourney with both being very well received. Senior Volleyball games against our rivals, the MCHS Marauders, were enhanced by the talents of our Drumline! Our Concert and Jazz Band students are committed to practice as their Winter Concert is just around the corner in December. Our Musical Theatre Program is hard at work perfecting *Finding Nemo* for our view pleasure next month. As you can see, The Comp is a very busy place.

If you would like to find out more about what is happening within our walls, feel free to come out to our School Council Meeting in November. Due to Fall Break, our meeting is on Tuesday, November 21 at 7:00 in the Library. We typically

meet the third Tuesday of the month. We would love to have you join us in welcoming our newly-formed School Council Executive: Meg Dmytry, Chair; Amy Smart, Vice-Chair; and Heather Donovan, Secretary.

Both our School Council, and our Admin Team and Staff are looking for your input to assist us this year. Please complete the [SGCHS Share a Thought Survey](#). This will assist School Council because there is a specific question regarding what kinds of topics/speakers you would like to see come out to present. As well, it will assist us with our Ed Development Plan.

We are also looking for feedback from our students, directly. It's time for our Bi-Annual Student Advisory Forum. This Forum is set to take place on Wednesday, November 22 in the morning. Students who wish to participate can register via QR codes around the school or by going to this [link](#). Parent/Guardian consent will be required as students will be missing their morning classes that day in order to provide feedback on processes, procedures, the new school currently in the design stage, etc. Lunch will be provided to all participants.

We appreciate our students, parents and guardians taking the time to give us their feedback as it serves us in our mission to **Build Excellence and Success, Together!**

Here's to all of us being and doing our **BEST**,

Cheryl Otto
Principal

SGCHS SCHOOL COUNCIL

CHAIR: MEG DMYTRY

VICE CHAIR: AMY SMART

SECRETARY: HEATHER DONOVAN

Special thanks to all the parents who came out to our first council meeting. The Next School Council Meeting will take place at 7:00 pm on Tuesday, November 21 in the SGCHS Library. Please look for our Survey Question included in the [SGCHS Share a Thought Survey](#). This will help us to bring meaningful presentations to you.

SGCHS NEEDS YOUR INPUT!

PLEASE COMPLETE THIS

SGCHS SHARE A THOUGHT SURVEY

TO HELP US WITH OUR SCHOOL DEVELOPMENT PLAN

From the Student Services Office

Can you believe we are 9 weeks into the 23-24 school year? We trust you and your student have gotten into a smooth routine and are feeling settled. Please know that our counsellors are here to help with any course concerns, personal concerns, post secondary planning and more! Don't be afraid to use these experts!

01



POST SECONDARY VISITS

One of our main goals in Student Services is to give opportunities for our students to see what is out there after high school. We have many colleges/universities coming for visits in the next month so please take note and use this resource!

POST SECONDARY VISITS CON'T

- Nov 8: NAIT will host a booth in the lounge and then 1-1 visits during block 3
- Nov 28: U of A will be hosting 1-1 visits during block 1 or 2.

Sign up in Student Services for these 15 min appointments!

02



03



FALL AWARDS

We always look forward to our Fall Awards ceremony where we get to celebrate the achievements of our students. If you are a business owner and would like to contribute or sponsor a scholarship/award for any of our students, please contact us. We love community partners!

04

MYPASS- DIPLOMA MARKS

Applying for post secondary outside of Alberta? Need your transcript? Wondering where you are in your graduation requirements? You can find that all out through MyPass. Give the school your personal email (through this form) and then setting up your account is easy!



Food Security

In keeping with Parkland School Division's commitment to student success and well-being, we are once again working to promote healthy eating and create a positive food environment for all students. We would like to acknowledge the President's Choice Children's Charity *Power Full Kids* program in providing support for food security at SGCHS for the 2023-24 school year.



get up-to-date info by following us on IG (sgchs_student_services)

PSD's Transportation Department is having some difficulties with students bringing items on the buses that are not permitted. Here is The Student Transportation Guide for you to review. It is important that students are familiar with what is expected when they ride the bus-- In particular, what they can and cannot bring on the bus. This also includes field trips and not just everyday student transportation. For example, hockey equipment, hockey sticks & ringette sticks are not permitted. Skates also will need to be in a canvas bag with skate guards on them.

Students can carry a backpack with the below dimensions. We do permit some items such as musical instruments if they are not overly large. A tenor saxophone, tuba, baritone, or trombone would be too large to transport. A clarinet or smaller saxophone such as an alto saxophone can fit either on the student's lap or in between their legs as shown below.





The SGCHS Parent Run Grad Committee usually meets the first Tuesday of every month (our next meetings are November 7 and December 5 at 6:30 p.m. in the SGCHS Library). We meet to help plan the Grad Dinner and Dance for students who wish to attend. The Dinner and Dance is set for June 15th, 2024 at the Heritage Pavilion in Stony Plain. More event details will be forthcoming.

We are fundraising for the event to help make ticket prices affordable. Our first fundraiser will be a Silent Auction held at The Beer Hunter in Spruce Grove on December 8 at 6:00 p.m. Tickets are \$10 each and we will receive a portion of the proceeds from any food ordered. We are looking for donations for the silent auction, please see our Facebook page or email listed below for details. Our next fundraiser will be a Family Bingo on January 27th, location TBD.

Email sgchsparentrungrad@gmail.com to be added to our mailing list or follow us on Facebook at “SGCHS Parent Grad Committee Class of 2024” for more information on the committee, Silent Auction, future fundraisers, and the Dinner and Dance.



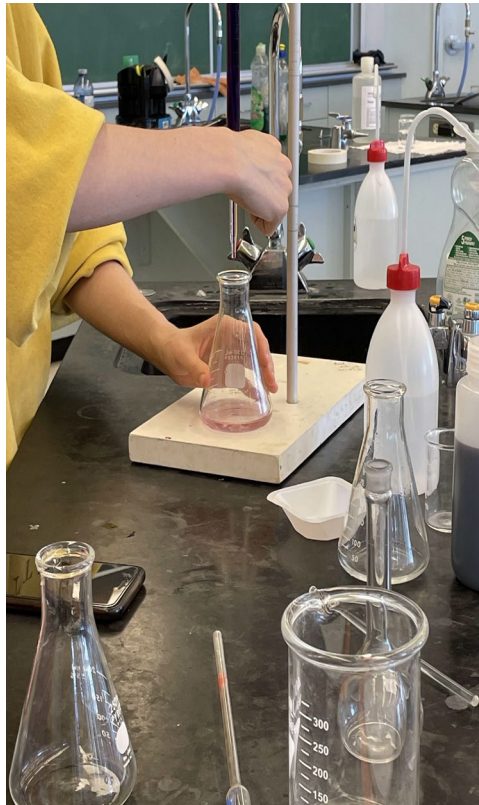
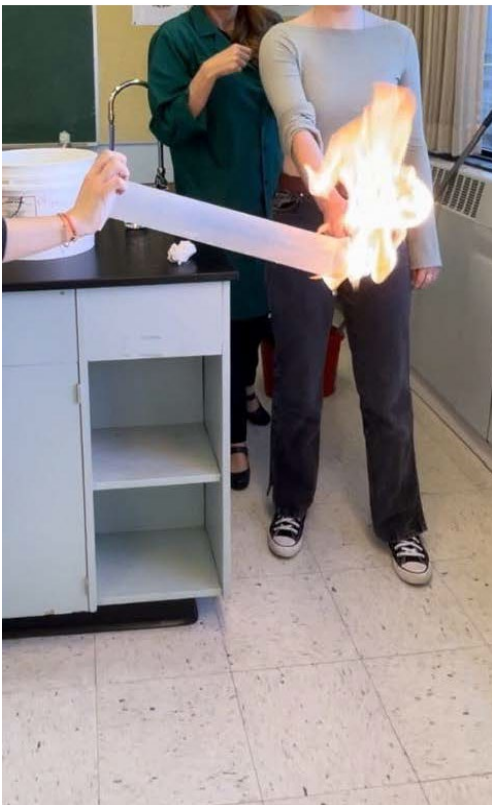
Reminder: Please Don't Text Your Student During Class Time.

We know Back to School is hard and you miss them, but we need our students' full attentions during classes. If you have an emergent issue, please call the main office, 780 962 0800.

Foods Class Creations



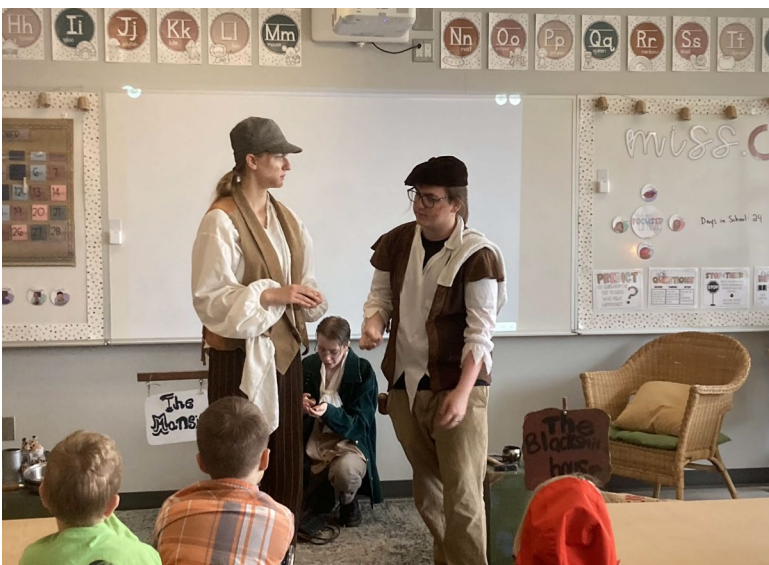
Science Experiments



Cross Country



Story Theatre at Millgrove





PARKLAND
SCHOOL DIVISION

Stronger Together

A monthly newsletter with information to help you and your family navigate your child's educational journey.

November 2023

Strong Families: Children, Youth & Social Media

What's Inside

- Digital Health #2
- Upcoming sessions #3-5
- Community Resources #6
- Tri-Municipal Region seasonal Guide #7
- Ways to give Tri-Region #8

Join us for an Eye-Opening Session on Navigating Social Media Safely. **Tuesday, November 21, 2023, 6:30 - 8pm MST**, at the Centre for Education (4603 - 48 Street in Stony Plain).

Are you concerned about your child's safety online?

Attend an informative discussion about social media, covering common platforms and applications, the effective use of parental controls, understanding the intricate language of acronyms, slang, and emojis frequently used by children and youth. The session will tackle crucial topics such as identifying and addressing instances of harassment and bullying in the digital realm. Additionally, the impact of social media on the mental health of young individuals will be examined, alongside practical strategies for promoting responsible and healthy technology use, creating a secure and favorable online environment for children.

Registration is FREE! Click the link/image below and secure your spot now!

<https://www.eventbrite.ca/e/strong-families-children-youth-social-media-tickets-740276335447?aff=oddtcreator>

Presenter: Constable Gord Marshall, (Royal Canadian Mounted Police, Parkland detachment)

Contact Us

Jennifer Goulden

Division Family Support
Coordinator

e: jenn.goulden@psd.ca

p: 780-819-1962

Fristy Thomas

Division Family Support
Coordinator

e: fristy.thomas@psd.ca

p: 780-963-8412



Strong Families: Children, Youth & Social Media

Keeping our kids safe

Digital Health

How much screen time should I give my children? This is a challenging question for every parent. I believe technology can be an incredible educational tool that help children learn. My parents were both teachers so instead of purchasing video games, we only played learning games. These educational games provided extra practice in math, reading, critical thinking, and typing skills that helped me be successful in school and in life. Due to my positive childhood experience, I want to provide my children these same opportunities. However, not all screen time is created equal. There are some video games that provide very little learning and are designed to be highly addicting. The digital documentary, *The Social Dilemma* highlights some of the challenges of social media. Technology is a tool. Our responsibility as parents is to teach our children how to use this tool appropriately.



Practically speaking the American Academy of Child & Adolescent Psychiatry provides the following guidelines for screen time use for children:

- **0-18 months:** The only screen use recommended is video chatting with a close relative, such as a parent away on a trip. Otherwise, screens should be avoided as much as possible.
- **18-24 months:** Educational programming is OK'd for a few hours a week, with a parent watching and playing along. The screen should be a supplement to an activity, not the focus of the activity.
- **2 years to 5 years:** More educational screen time alone is fine, but anything non-educational should be kept to an hour per weekday and three or less on weekend days.
- **6 and up:** At this age, recommendations are centered around encouraging habits and hobbies that don't involve screens. Continue to limit non-educational screen use on weekdays while allowing a bit more on weekends. As kids make friends, and join more after-school and weekend activities, use their schedule and physical activity level to help determine what screen time is appropriate.

As the guideline emphasizes, the type of content parents allow children to use is at the core of appropriate technology usage. Learning how to steward technology empowers parents to equip their children to develop healthy screen habits.

Consider a few practical tips for technology stewardship:

- **Learning Apps** – Plan a consistent time daily to complete 10-15 minutes of learning time with your children. Complete the app with your child to ensure they are using it appropriately and help them grow in their learning.
- **Screen Time Motivators** – Consider using brief 1-3 minute videos such as short animal learning shows as First-Then motivators to complete chores, routines, or tasks. First the child completes their tasks and then the child gets to watch a very brief 1-3 minute video.
- **TV Shows** – Be mindful of limiting animated television shows that have a tendency to be more addicting for children. Consider using YouTube Kids or other apps to limit a child's access to real life learning shows that make it easier to turn off the tablet once the show is over.
- **Setting Clear Boundaries** – Be clear with the child before starting screen time the parameters for how long they will have access to the device. Set visual or digital timers to reminder children when tech time is coming to an end.

Family Life

Family Life Psychology

This section is contributed by Joel Pukalo (Registered Psychologist and Co-Founder of Family Life Psychology in Spruce Grove).

Upcoming adult sessions

"click on Images"

NOV. 23 Strong Families: Teen Drug Use

Parkland School Division is proud to partner with the Alberta Parenting For The Future Association to present another FREE information session for local families.

In our upcoming session, we will be joined by Lisa Kimmerly, a Mobile Substance Use Therapist with Alberta Health Services, to discuss the intricacies of teen drug use. We will cover trends in use, signs of use, addiction, prevention (including risk and protective factors), how to set boundaries with your teen and what you can do to help them. [Please register early to reserve your spot by visiting https://www.eventbrite.ca/e/strong-families-teen-drug-use-tickets-740970591987?aff=oddtcreator](https://www.eventbrite.ca/e/strong-families-teen-drug-use-tickets-740970591987?aff=oddtcreator)



Strong Families:
Teen Drug Use

Date: Thursday, Nov. 23, 2023

Time: 6-7:30pm

Location: Centre for Education (4603 - 48 Street in Stony Plain

Presenters: Lisa Kimmerly (Mobile Substance Use Therapist, Alberta Health Services)



Strong Families:

Bedtime Yoga

FOR THE WHOLE FAMILY

In our upcoming session, we will be joined by Lesley Robinson, a certified yoga instructor, for some calm and mindful movement that will help you unwind and prepare your body for a peaceful sleep.

Please register early to reserve your spot by visiting <https://www.eventbrite.ca/e/strong-families-bedtime-yoga-tickets-740948846947?aff=oddtcreator>

Date: Tuesday, Dec. 12, 2023

Time: 6-7:30pm

Location: Centre for Education (4603 - 48 Street in Stony Plain) in the Boardroom

Presenters: Lesley Robinson (Certified Yoga Instructor)



Institute of
Child Psychology



2023

Welcome
Children's Mental Health
+ Parenting FREE Summit

Upcoming Sessions

“click on Images”



CREATE CHANGE

Update patterns related to childhood trauma that are keeping you stuck

Virtual via Zoom - Edmonton

Triple P Discussion Group - Managing Fighting and Aggression



Triple P Discussion Groups are short, small group sessions that offer parents practical advice for tackling specific problem behavior.

Join the upcoming Discussion Group for insights into childhood aggression and conflict resolution, tailored for parents with children aged 2 - 12. Discover valuable insights on some reasons why children fight or lose control, and ideas to help you teach your child to play cooperatively and about ways to manage conflict between siblings, and problems with fighting or not sharing. In this Discussion Group, the focus will be on discussing fighting and aggression. Additionally, methods for addressing aggressive or destructive behavior will be explored.

Date : Thu, Oct 26, 2023 Time: 9:30 AM - 11:30 AM MDT.

Location : Family Connection Centre- 5600 50 Street Stony Plain, AB T7Z 1P8



The WestView PCN offers these classes to help you manage your health and reach your wellbeing goals.

Please read the etiquette document before attending classes: [Virtual Class Etiquette](#).

- Obesity Clinic Nutrition Classes
- Heart Health Class
- 3-Session Smoking Cessation Classes
- Journey Through Grief

Upcoming adult sessions:

FAMILY VIOLENCE PREVENTION MONTH

**If you need to talk,
we are here to listen
and help.**

310-1818
alberta.ca/SafetyChat



Alberta has the third highest rate of self-reported spousal violence among Canadian provinces, yet family violence is preventable. [November is Family Violence Prevention Month \(FVPM\) in Alberta.](#) It is a time to increase awareness of the warning signs of family violence and the resources and supports available so we can work together to end family violence and build healthier relationships in our communities.

The Immigrant Family Violence Prevention Committee Presents:

All Roads Lead to Healing

Nov. 10th, 2023
10:30 am - 12:30 pm

Hybrid (virtual and in person)



The Immigrant Family Violence Prevention Committee presents All Roads Lead to Healing (online)

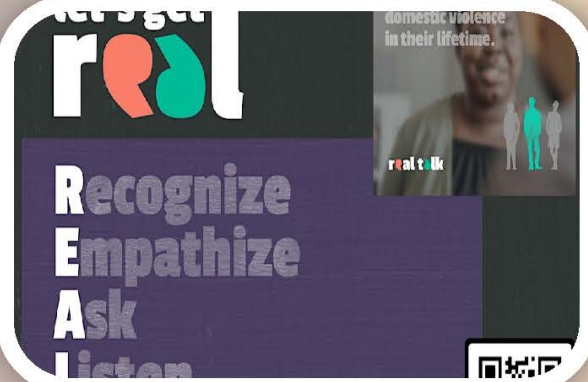
To register for the online event, click here: <https://www.eventbrite.ca/e/ifvpc-all-roads-lead-to-healing-online-tickets-699165391507>

Date: Friday, November 10, 2023

Time: 10:00 am-12:00 pm

REAL Talk is a guide to help us understand and talk openly about domestic abuse in Alberta. Chances are you are close to or know someone impacted by domestic abuse. Learn to break the cycle of domestic abuse with just a few words. Presented by :Sagesse and The Today Centre in partnership with the City of Spruce Grove, the Town of Stony Plain, Parkland County, apfa, Safe Horizon, and Parkland RCMP. To register for the online event, click here: <https://www.eventbrite.ca/e/real-talk-break-the-cycle-of-domestic-abuse-tickets-617123221167>

Tue, Nov 14, 2023 12:00 PM - 1:30 PM MST



Recognize
Empathize
Ask
Listen

Stony Plain, Spruce Grove and Parkland County Public Libraries

"Click on the Images for Links"



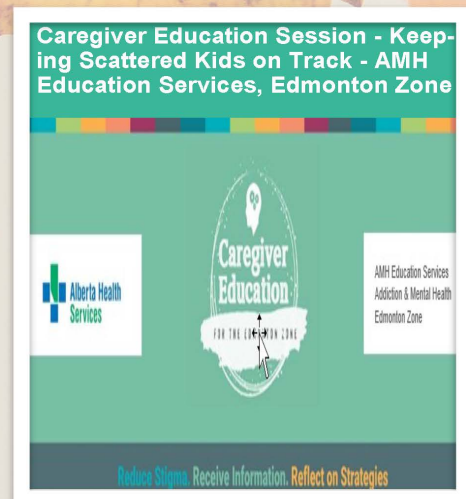
Get your kids involved - check out programs at the [Tri-Leisure](#).

You may qualify for a [subsidized pass](#) through Wishing You Wellness



The Funding is available!! Your family may be eligible! [KidSport Parkland](#)

We provide grants to help cover the costs of registration fees so that all kids aged 18 and under in Parkland can play a season of sport. Our chapter accepts applications and administers grants of up to \$350 per child/year, for kids who live in communities we serve.



Tri-Municipal Region seasonal Guide



HELP FOR THE SEASON
TRI-REGION SEASONAL GUIDE



24-hour information and referral line connecting you to social, health and government services.



SEASONAL FOOD/GIFT HAMPERS

Kinsmen and Kinette Christmas Hampers
For individuals and families in need.
Register by Dec. 9 at Parkland FoodBank
780-962-4565, ext.1

Gift pickup in **Stony Plain:**
www.stonyplainkinsmen.ca

- Stony Plain residents;
- Parkland County residents west of Boundary Road (RR 275) to RR 32, including Duffield

Gift pickup in **Spruce Grove:**
www.sgkinettes.ca

- Spruce Grove residents
- Parkland County residents east of Boundary Road (RR275) to 231 St

Gift pickup in **Yellowhead Central Santa's Anonymous.** Christmas dinner menu items included. Parkland County residents:

- East of Highway 759 (including Seba Beach)
- South to Township 514
- West to Highway 32 (excluding Peers)
- North to Yellowhead County border
780-325-3782

Wabamun Christmas Hamper
For Parkland County residents:

- West of HWY 759
 - East to Range Road 34
 - North to Lac Ste. Anne Boundary
- Register at Wabamun Servus Credit Union or Wabamun ATB
wabamunchristmashamper@gmail.com
780-237-6135

SENIOR GIFT HAMPERS

For seniors/single adults who may be isolated and facing the season alone.

Stockings of Care
NeighbourLink Parkland
www.neighbourlinkparkland.ca
Referrals/Register 780-960-9669

Yellowhead Stockings for Seniors
For Parkland County residents eligible for Yellowhead Central Santa's Anonymous hamper. Register 780-325-3782

Senior's Wishlist Program
c.a.n.uwishprogram@gmail.com
Register 780-233-0700

Parkland Santa 4 Seniors
For seniors in Parkland County
parklandcryseniorsecretsanta@gmail.com

SEASONAL MEALS

December 25, 1PM—
Christmas Day Dinner
Stony Plain United Church, 5012-51 Ave

RSVP by December 24, 2022
doreen07@shaw.ca
780-937-6053



WAYS TO GIVE Tri-Region



Working together to coordinate Christmas giving in our region and ensure everyone in need gets support.



Kinsmen / Kinette
Christmas Hampers
www.stonyplainkinsmen.ca
www.sgkinettes.ca
 Grocery Gift Cards and Gifts, Christmas Hampers for residents with modest income in Tri-Region
Volunteer: visit website.
Donate: monetary donations, local grocery store gift cards, new unwrapped gifts for children under 10, gift cards for youth age 11-17
Donation Locations: Available across Spruce Grove, Stony Plain, Parkland County and Acheson.

Wabamun Hampers
wabamunchristmashamper@gmail.com
www.wabamunhampers.com
 780-237-6135
 Food and gifts for isolated families, individuals, singles residing west to HWY 759, north to Lac Ste. Anne Boundary, east to Range Road 34
Donate: Turkeys, gifts for kids, grocery gift cards.

Hampers 4 Hope
Parkland Pregnancy Support
www.parklandpregnancy.com
 780-962-5505
 Provides hygiene and household items, mom gifts and gifts specific to toddlers and babies.
Donate: Baby/Child clothing, supplies.
Volunteer: Intake, sorting.

Christmas Day Dinner
Stony Plain United Church
 5012-51 Ave, Stony Plain
 780-937-6053 doreen07@shaw.ca
Donate: Monetary,
Volunteer: Dinner prep, serving.

Supporting Seniors
 Provides gifts for seniors who may be isolated and facing the season alone.
Donate: Adopt a senior or adult, provide hope and connection (item suggestions provided)
Volunteer: email/visit websites.

- **NeighbourLink Parkland Stockings of Care**
www.neighbourlinkparkland.ca
 780-960-9669
- **Parkland Santa 4 Seniors**
parklandcryseniorsecretsanta@gmail.com
- **Senior's Wishlist Program**
 780-233-0700
c.a.n.uwishprogram@gmail.com

Christmas Kettle Campaign
Salvation Army
 780-458-1937
 Supports local residents with basic needs throughout the year.
Volunteer: Bell Ringer shifts starting Nov 14.

Giving Tree or Toy Mountain
Spruce Grove Public Library
 35 5 Ave (King Street Mall)
 780-962-4423
www.sgpl.ca

- Add a donation to Kinette hampers using the Toy Mountain.
- Engage with the Giving Tree, in Indigenous way, giving is the same as receiving. If you care about others, everything you give returns to you.

Donate: Meaningful and useful items. No perishable items.

Mitten Tree
Stony Plain Public Library
 5216 50 Street
 780-963-5440
www.mysppl.ca
 Place a gift on the tree to be donated to a person in need.
 *Accepting donations for Kinsmen hampers
Donate: Homemade and store-bought mittens, toques, scarves, socks, children's gifts, monetary donations, gently-used winter clothing and blankets.

Coats for Kids apfa
 5600 50 St, Stony Plain
 780-963-0549
 Open year round, free store for donated coats, boots, winter accessories.
Donate: Gently-used winter wear, all sizes (kids-adult).

If you are considering donating this season, please support these local initiatives.