

December 22, 2023

Important Dates

December 25-January 5 – Winter Break (School Closed)

January 18 – Last Day of Semester 1 Classes

January 22-26 – Lifetouch Grad Photos in Cafeteria

January 23 – School Council @7:00 in SGCHS Library

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Seasons Greetings, Everyone!

December was a busy month here at The Comp. Between Leadership and Student Union, we have had plenty of activities to ring in the season—From supporting Food Hampers to Ugly Sweaters to Mario Kart to Karaoke to many other fun activities. On the Fine Arts Front, December brought us 10 sold out performances of **Finding Nemo**; our Concert, Jr Jazz, Sr Jazz Bands and Drumline hosted an excellent evening of music and joy. We also have Basketball in the house with our four teams all starting out strong. Our Sr Girls are frontrunners in our Division with 11 wins and 0 losses so far; they also have 3 solid tournament wins under their belts. Of course, the last day of classes before the break saw our annual Alumni games! All our students and their facilitators/ teachers/ coaches are working hard to add sparkle and cheer to this weirdly dull winter!

With Winter Break set before us, now is a great opportunity for students to take some time to relax and then dig into their PowerSchool to see whether or not they have outstanding/missing assignments or tests. It is also an excellent time to start reviewing for final exams. Once we return on January 8th, we will be hitting the ground running.

The last day of classes for Semester One will be on Thursday, January 18, 2024. Please note, while this is the last day of classes and most exams take place starting on January 18, Diploma Exam Part As, and English 10-1/10-2 and Social Studies 10-1/10-2 Part As will take place prior to that. Please ensure you are familiar with all your relevant exam dates. The Exam Schedule is attached in this newsletter (page 5) and is also available here online. It is also important to note that students are not permitted to write exams prior to the final exam date. If your student is going to be away for a Final Exam, please reach out to discuss this with their Grade Coordinator. Exam Break runs January 19

through January 27. Semester Break for All Students is January 31. Semester Two begins on Thursday, February 1, 2023.

While a New Grad 2024 List was recently posted, it will be updated again once Semester Two is underway and Diploma Exam Results are in. Remember, if you are not passing your classes, you are behind in your AAC modules or your current program does not have a plan in place for you to earn all the required credits, your name will not be on the list. It is important that you keep up to date in these areas if you want your name to appear on this list so that you can participate in Graduation Ceremonies in June. If you are not on the current list, please do what is needed to have your name added to the upcoming list. If you are not sure why you are not on the list, please set an appointment with your Grade Coordinator or Grade Level Counselor to discuss. Please take a look later on in this newsletter for more information on Grad 2023.

While Semester Two doesn't seem that far away, it is important that we all take the time to relax and rejuvenate over the next two weeks. On behalf of the Staff of SGCHS, we hope that Winter Break brings to each of you the opportunity for quality time with family and friends. See you in 2024.

Cheryl Otto
Principal

PS—Please take some time over this Break to provide us with feedback on our [Share a Thought Survey](#) . As of right now, we have received responses from only 18 parentsout of our 1200+ students, we aren't certain that we have a fair reflection of what our parent community thinks of and wants from us. Please help us with that

Thanks!

SHARE A THOUGHT



Spruce Grove Composite High School and Parkland School Division rely on stakeholder feedback to learn and improve for the benefit of students, families, staff and the community.

Scan the QR code to share your thoughts!

use your phone's camera or a qr code reader app.



For more information, please contact the school at sgchs@psd.ca or 780-962-0800.

PLEASE NOTE

School Council is pleased to have Ms. Kathy Klemp and Mr. Mike Partington, our Off-Campus Education Team join us at our January Meeting. They will be speaking about Work Experience, RAP (Registered Apprenticeship Program), Green Certificate and Dual Credit opportunities for students. Our meeting will be on Tuesday, January 23, 2024 @ 7:00 pm in the SGCHS Library. We hope to see you there!

Finding Nemo Jr



German Field Trip



Winter Concert



Mr. Mark Rose came in to work with the PE20s on a wrestling unit

SGCHS Final Exam Schedule - January 2024

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

DATE	AM/PM	SCHOOL EXAMS & LOCATIONS	AM	DIPLOMA EXAMS & LOCATIONS
Jan. 10 (Wednesday)			9am	English 30-1, 30-2 Part A (Small Gym)
Jan. 11 (Thursday)			9am	Social Studies 30-1, 30-2 Part A (Small Gym)
Jan. 12 (Friday)			9am	French Language Arts 30-1/30-2 Part A (Small Gym)
Jan. 16 to 18 (Tues., Wed. & Thurs)		English 10-1 & 10-2 Part A Social Studies 10-1 & 10-2 Part A French Lang. Arts 10-1 & 10-2 Part A (These Part A Exams are completed within your classroom & with your teacher; your teacher will communicate the specific day and block for each section)		

DATE	AM/PM	SCHOOL EXAMS & LOCATIONS	AM	DIPLOMA EXAMS & LOCATIONS
Jan. 18 (Thursday)	Last Day of Regular Classes for ALL Students			
Jan. 19 (Friday)	8:30am	Social Studies 20-1 Part A (Small Gym) Etudes Sociales 20-1 Part A (Small Gym)	9am	French Language Arts 30-1/30-2 Part B (Large Gym)
	12:00pm	Social Studies 20-2 Part A (Small Gym) Etudes Sociales 20-2 Part A (Small Gym)		

DATE	AM/PM	SCHOOL EXAMS & LOCATIONS	AM	DIPLOMA EXAMS & LOCATIONS
Jan. 22 (Monday)	8:30am	English 20-1 Part A (Small Gym)	9am	Mathematics 30-1, 30-2 (Large Gym)
	12:00pm	English 20-2 Part A (Small Gym) Mathematics 30-3 (Large Gym)		
Jan. 23 (Tuesday)	8:30am	Science 10, 10FI, 14 (Large Gym)	9am	English 30-1, 30-2 Part B (Small Gym)
	12:00pm	Science 20, 24 (Large Gym) Chemistry 20 (Large Gym)		
Jan. 24 (Wednesday)	8:30am	Mathematics 10C, 10CT, 10-3 (Large Gym)	9am	Social Studies 30-1, 30-2 Part B (Small Gym)
	12:00pm	Mathematics 20-1, 20-2, 20-3 (Large Gym)		
Jan. 25 (Thursday)	8:30am	French 10, 20 (Large Gym) German 10, 20 (Large Gym) Japanese 10, 20, 30, 31 (Large Gym)	9am	Biology 30 (Small Gym)
	12:00pm	Biology 20 (Large Gym)		
Jan. 26 (Friday)	8:30am	French Language Arts 10-1, 10-2 Part B (Large Gym) Social Studies 10-1, 10-2 Part B (Large Gym)	9am	Chemistry 30 (Small Gym)
	12:00pm	Physics 20 (Large Gym)		
Jan. 29 (Monday)	8:30am	English 10-1, 10-2 Part B (Large Gym)	9am	Physics 30 (Small Gym)
	12:00pm	English 20-1, 20-2 Part B (Large Gym)		

DATE	AM/PM	SCHOOL EXAMS & LOCATIONS	AM	DIPLOMA EXAMS & LOCATIONS
Jan. 30 (Tuesday)	8:30am	Social Studies 20-1, 20-2 Part B (Large Gym) Etudes Sociales 20-1, 20-2 Part B (Large Gym)	9am	Science 30 (Small Gym)
	12:00pm	Conflict Exams (Large Gym)		
Jan. 31 (Wednesday)	High School Transition Day - No Exams & No Students Attend			
Feb. 1 (Thursday)	Semester 2 Classes Begin - ALL STUDENTS ATTEND			

From the Student Services Office

Merry Christmas and Happy New Year! We trust you will enjoy this season with family and friends. Please take time to fill up your cup with all your favorite things! And return ready to finish Semester 1 with a bang!

01



Scholarships!!

This break is a great opportunity for the grade 12 students to work on and apply for scholarships. Create your basic essay and then adjust to fit each scholarship profile.

- sgchs.psd.ca/students/awards
- scholartree.ca
- scholarshipscanada.com
- websites of the school you are applying to

02

Exam Prep

A few days after returning we will be starting exams. Relieve the stress and plan ahead by:

- making yourself aware of what day you are writing (sgchs.psd.ca/students/exams)
- making study notes NOW and reviewing a bit at a time
- Diplomas? Need some extra prep? Check out Rock the Diploma or Alberta Diploma Prep



03



Support

Holidays can be hard but you are not alone!

- Mental Health Help Line 1-877-303-2642
- Kids Help Phone 1-800-668-6868
- Community Services Information dial 2-1-1

04

myPass

Please sign up for your myPass account! This is a great way to see your progression through high school, diploma results, credits, and more!

- go to mypass.alberta.ca
- Sign in with Education Account
- use PERSONAL email not psdblogs email
- watch this [video](#) for more information



05



Counsellors are here to help!

Come and book an appointment with your grade counsellor for help in:

- post secondary- help figuring out what to do after high school
- exam stress
- personal counselling
- and more!





PARKLAND
SCHOOL DIVISION

Stronger Together

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

January 2024

Happy New year from Parkland School Division!

What's Inside

Upcoming Sessions #2-4

Community Resources #5

Tri-Municipal Region Support Guides #6-7

Welcome to our 2024 newsletter edition, where the spirit of collaboration, excellence, and inclusivity thrives. In this festive season, our warmest holiday wishes extend to all our cherished families and schools. May the holiday season envelop you in joy, laughter, and precious moments with loved ones. As we express gratitude for the year gone by, let's eagerly anticipate the promise of January 2024 - a new year filled with fresh opportunities and shared accomplishments.

Stay tuned for more exciting updates as we usher in the new year together. Wishing you all a Happy Holiday season and a Happy New Year!

Family Kitchen, Strong Families Style: Let's Meal Prep

Get ready for our upcoming Stronger Families session, where Parkland School Division collaborates with the Alberta Parenting For The Future Association for another enriching event. We present a FREE family-focused information session. Together, families will prepare three meals while receiving invaluable tips on budget meal planning, dealing with picky eaters, and gaining insights into food security resources. Childcare for children under five will be provided, ensuring an inclusive and engaging session led by Heidi Johnson-Hemeyer from Alberta Parenting for the Future Association. Click on the image below for more details.

Contact :

Fristy Thomas

Division Family Support
Coordinator

e: fristy.thomas@psd.ca

p: 780-819-9607

Nicole Toma

Division Family Support
Coordinator

e: nicole.toma@psd.ca

p: 780-819-1960

Date: Saturday, January 20, 2024

Time: 9:30 a.m. - 12 p.m.

Location: Family Connection Centre (5600 - 50 Street in Stony Plain)





PSD Family Sessions: Building Brains – Executive Functioning

January 19, 2024 @ 9:00 am - 10:30 am

Location: Family Connection Centre, 5600-50 street, Stony Plain

Executive Functioning skills provide critical support for learning and development, and while we aren't born with these skills, we are born with the potential to develop them through interactions and practice. Through games and playful activities, children can practice and strengthen important executive function skills that will help them throughout their lives, including learning to focus their attention, strengthening their working memory, and developing basic self-control. Click on the image for more details. This is a free Parkland School Division Family Session. If you have any questions, please contact Early Childhood Services at 780-963-8429.

PSD Family Session: Early Years: Food, Feeding, and Eating

January 26, 2024 @ 9:00 am - 10:30 am

Location: Family Connection Centre, 5600-50 street, Stony Plain



Come and join our Occupational Therapist, Jana Bromley, as she shares her tips and tricks to support your child's food repertoire. Additionally, she will provide strategies for feeding and increasing their independence. She will be happy to answer any individual questions you may have. This is a free Parkland School Division Family Session. If you have any questions, please contact Early Childhood Services at 780-963-8429.

Postpartum Mood Disorders Support Group

January 12 @ 10:00 am - 11:30 am—Recurring Event

(click on the image for more details)

Postpartum Mood Disorder Support

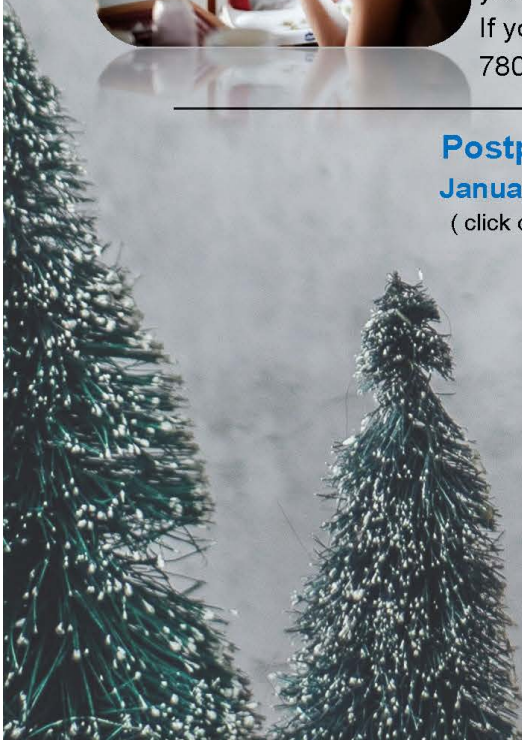
A support group for moms experiencing postpartum depression in partnership with Alberta Health Services.

Group takes place at the Family Connection Centre
5600 50th Street, Stony Plain
Thursdays
10:00 - 11:30am
780-963-0549
Scan QR code to register on Eventbrite.ca

Childcare is available.



Alberta Parenting for the Future Association



Upcoming adult sessions:



**FREE TRAINING COMING SOON:
MENTAL HEALTH FIRST AID
SUPPORTING OLDER ADULTS**

TRAINING DETAILS:

- ✓ Participants must attend both full days of training (7 hr/day)
- ✓ Training will start at 8:30 A.M., with two coffee breaks and a lunch break
- ✓ Beverages and light snacks will be provided
- ✓ Participants will receive a certificate of completion from the Mental Health Commission of Canada (MHCC) via email

WHEN: JAN. 18-19, 2024
**WHERE: Forest Green Plaza
 (#107-4613 52 Avenue, Stony Plain T7Z 1E7)**

To learn more or register for the training, please reach out to connect@stonyplain.com or 780-963-8583.



**Winter 2024
ADHD
Workshop Series**

SCAN QR CODE TO REGISTER



IN PARTNERSHIP WITH:



QUESTIONS? CONTACT:

Heidi at 780-963-0549
albertaparenting.ca

Family Connection Centre
5600 50th Street,
Stony Plain, AB



Decreasing Explosive Behaviour Through Emotional Regulation (2-Part Series):
 This 2-part workshop is designed to help you support your child through big emotions and explosive behaviors. Come prepared to think critically about your child's temperament, strengths, emotional and behavioral challenges. Opportunities to brainstorm and practice ways to be a source of co-regulation for your child will be given as well as strategies. January 9th and 16th, 9:30 - 11:30am

Understanding the Impact of ADHD on Eating Behaviour, Habits and Nutrition:
 Clinical Psychologist, Roberto Olivardia, Ph.D., from Harvard Medical School will join us over Zoom to give caregivers specific strategies for healthier eating habits, choices and mindfullness around food and how it can impact people with ADHD. February 13, 6 - 7:30pm

Monthly Support Groups:
 Last Wednesday of every month beginning January 24, 2024
 6 - 7pm

STRONG FAMILIES SERIES:



Transitional Support Information Nights

3 PART SERIES HELD ON:

- October 4th, 2023**
6:30 - 8:30pm Part 1
- January 10th, 2024**
6:30 - 8:30pm Part 2
- April 10th, 2024**
6:30 - 8:30pm Part 3

You Will Learn :

- Application overviews (FSCD, AISH, PDD, DTC, RDSP)
- Qualifying factors
- Where and how to apply
- Question and answer period

Family Connection Centre
5600 50th St., Stony Plain, AB

780-963-0549
 heidi@apfa.ca
 @albertaparenting

SCAN QR CODE FOR MORE INFORMATION AND REGISTRATION




sagesse



TOWN OF STONY PLAIN

The City of SPRUCE GROVE

parkland county

FINDING OUR VOICES

Focus on self-esteem, communication, shame, compassion, and healthy relationships.

To Register:



FREE 7-Week Women Peer Support Program

When: Wednesday evenings, 5:30-7:30PM
Starting date: Sept. 13

Where: In-person, Stony Plain
 Childcare support available!

Or Call 780-962-7618 / Email fcss@sprucegrove.org

Upcoming sessions :

You're not alone.



9-8-8
toll free, 24/7



9-8-8 Suicide Crisis Helpline

9-8-8 Suicide Crisis Helpline is funded by the Government of Canada

PARKLAND COUNTY'S
Seniors' Shuttle



Connecting senior residents to the services they need.



ADHD Workshop: Decreasing Explosive Behaviour

This 2-part workshop is designed to help you support your child through big emotions and explosive behaviors. Come prepared to think critically about your child's temperament, strengths, emotional and behavioral challenges. You will have opportunities to brainstorm and practice ways to be a source of co-regulation for your child. With effective use of these strategies, parents and caregivers are likely to see improvements in their children's appropriate behaviors, self-regulation and resilience. Click on the image to register online.

Tue, Jan 9, 2024 9:30 AM




Because I Love You
Parent and Youth Support Groups

skills for safer living

A free, virtual, four-week suicide prevention program for youth & their caregivers

Register now for Winter 2023 sessions at sprucegrove.org/FCSSPrograms



“Click on the Images for Links”



AVOID DISAPPOINTMENT... REGISTER NOW

Art Classes
January-February 2024

RED BRICK COMMON
TWO FACETS OF A COMMUNITY

Junior Art Club
AGES: 5-8
Process art class where young artists explore drawing, painting, sculpture, printmaking, and textile arts. Parents are welcome.

THURSDAYS
JANUARY 18 - FEBRUARY 22
⌚ 4:15 - 5:15 PM or 5:45 - 6:45 PM
💰 \$140 plus GST

WEDNESDAYS
JANUARY 17 - FEBRUARY 21
⌚ 4:15 - 5:15 PM or 5:45 - 6:45 PM
💰 \$140 plus GST

art club
AGES: 9-13
A fun-filled class that lets youth use a wide range of art mediums and techniques.

Adult & Teen Art Classes
For beginner & intermediate level artists. Have fun creating a weekly art practice as you loosen up and explore techniques in charcoal, paint, inks and mixed media.

TUESDAYS
JANUARY 16 - FEBRUARY 20
⌚ 4:15 - 5:15 PM
💰 \$155 plus GST

Dress for a mess!

📍 PERC Building, Room 9, 5413-51 Street, Stony Plain, AB
📧 INFO@REDBRICKCOMMON.CA
☎️ (780) 963-2777

Care is available during the holidays.

Primary Care Networks



Visit www.westviewpcn.ca to view free mental health resources available to you this holiday season. 🌲

Tri-Municipal Region Food Resource Guide



FOOD HAMPERS

Parkland Food Bank

105 Madison Crescent, Spruce Grove
Monthly Food Hampers, by appointment,

- Tuesdays 8:30AM-4:30PM
- Wednesday 8:30AM-2:00PM + 6:20-8PM
- Friday 8:30AM-4:30PM
- Saturday 8:30AM-12:30PM

780-962-4565 ext. 1

WEE Community Food Bank

5019 50 Ave Entwistle AB (Old Fire Hall)
Monthly Hampers, by appointment on Wednesdays, Call before Tuesday for appointment.

780-727-4043

Wecan Food Basket

5600-50 St, Stony Plain
Fresh Nutritious Affordable Food Basket
Order by first Friday, pickup on third Thursday of month
Monday - Friday, 9AM-4PM
587-338-1101

Warming Hearts Pantry

4911-50 St., Tomahawk (liquor store)
Food pantry of non-perishable items. No appointment necessary.

BASIC NEEDS HELP

Community Helps Team

180 Century Road, Spruce Grove
780-962-5611 / 789-306-1955
helps@sprucegrove.church

NeighbourLink Parkland

Serving Spruce Grove, Stony Plain, Parkland County
780-960-9669
www.neighbourlinkparkland.ca
neighbourlink.parkland@telus.net



FOOD RESCUES

Auggie's Cafe

131 Church Rd, Spruce Grove
Tuesdays 11-1PM

apfa Food Rescue

Family Connection Centre
5600 50 Street, Stony Plain
Thursdays 10AM - 3PM
Fridays 1-4 (Check facebook for updates)

Food for the Soul

Lighthouse Pentecostal Church
49 Boulder Blvd., Stony Plain
First and third Saturday 10AM-1PM

Grace's Table

250 Century Road, Spruce Grove
Second Friday of month 5PM-6:30PM

Community Table

180 Century Road, Spruce Grove
Last Friday of the month
<https://www.sgcconline.breezechms.com/form/communitytable>
780-962-5611

COMMUNITY MEALS

Auggie's Cafe

131 Church Rd, Spruce Grove
Drop-in for take out bagged lunch
Tuesdays 11-1PM

Food for the Soul

49 Boulder Blvd., Stony Plain
Drop-in for bagged lunch
First and third Saturday 10AM-1PM

Grace's Table

250 Century Road, Spruce Grove
Hot meal to go for pick up
Second Friday of month 5PM-6:30PM
www.sgac.net/eventregistration
780-962-4700

Community Table

180 Century Road, Spruce Grove
Hot meal to go for pick up
Last Friday of the month
www.sgcconline.breezechms.com/form/communitytable
780-962-5611

Community Resources :

I NEED TO TALK TO SOMEONE NOW (24H)

- Distress Line 780-482-4357(HELP)
- Addiction Helpline 1-866-332-2322
- Child Mental Health (8am-11:45pm) 780-407-1000
- Kids Help Phone 1-800-668-6868
- Bullying Helpline 1-888-456-2323
- BriteLine (for 2SLGBTQIA+) 1-844-702-7483
- Seniors Abuse Helpline..... 780-454-8888
- Family Violence Info Line310-1818
- Sexual Assault Centre (9am-9pm) 780-423-4121
- First Nations & Inuit Mental Health
Hope for Wellness 1-855-242-3310
- National Indian Residential School Crisis Line
..... 1-866-925-4419
- MMIWG Helpline 1-844-413-6649

I NEED IMMEDIATE HELP Call 911

- Emergency Financial Assistance .. 780-644-5135
- Access 24/7 (Adults)
- Addictions & Mental Health 780-424-2424
- Child Intervention Services 780-422-2001
- Children's Cottage Childcare 780-944-2888

I NEED HEALTH INFORMATION

- Health Link Alberta (24/7) 811

I DON'T EVEN KNOW WHERE TO START?



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



www.HelpSeeker.org
Get the app on your phone to find local supports and resources.

**HELP FOR HARD TIMES
TRI-REGION SUPPORT GUIDE**

Spruce Grove FCSS
#105 - 505 Queen Street
Spruce Grove, AB
780-962-7618

Town of Stony Plain
Community and Social Development
#107, 4613 - 52 Avenue
780-963-8583



WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

- George Spady (men, women) 780-424-8335
- Women's Emergency
Accommodation Centre 780-423-5302
- Hope Mission (ages 16+, men, women) 780-422-2018
- Youth Empowerment &
Support Services (YESS)..... 780-468-7186
- Salvation Army (Transitional Housing, \$13/day)
..... 780-429-4274

I NEED A DOMESTIC VIOLENCE SHELTER

- Alberta Council of Women's Shelters
24/7 1-866-331-3933

I NEED DETOX SUPPORT

- George Spady..... 780-424-8335
- AHS Detox Centre 780-427-4291
- Youth Edmonton Detox 780-408-8783

I NEED A SAFE CONSUMPTION SITE

- George Spady Centre 780-424-8335
- Boyle McCauley Health Centre.... 780-422-7333

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

- Access 24/7 Adult Addictions/Mental Health 780-424-2424
- Youth Addiction Services 780-408-8783
- Access Open Minds (youth 16-25) 780-415-0048
- Child and Adolescent
Mental Health Services 825-402-6799
- WestView PCN Youth
Mental Health Clinic (ages 11-24) 780-960-9533

I NEED HELP WITH BASIC NEEDS

- NeighbourLink Parkland 780-960-9669
- Community Helps Team 780-962-5611
- Pay Forward Kindness
(homeless supports)..... 587-286-4663
- Parkland Pregnancy Support Centre
(Tue & Thurs 12-3pm)..... 780-962-5505

WHERE CAN I FIND FOOD?

- Parkland Food Bank 780-962-4565
- WeCan Food Basket..... 587-338-1101

WHERE CAN I FIND A COMMUNITY MEAL?

- Auggies Café (Take out, Tues 11AM-1PM)
131 Church Rd, Spruce Grove..... 780-962-5131
- Food for the Soul (1st, 3rd Sat 10AM-1PM)
49 Boulder Blvd., Stony Plain 780-963-3110
- Grace's Table (2nd Fri 5-630PM)
250 Century Road, Spruce Grove 780-962-4700
- Community Table (last Fri 5-7PM)
180 Century Road, Spruce Grove 780-962-5611
- apfa Food Rescue Community Fridge
(M-F 8:30-4PM) 5600-50 Street, Stony Plain 780-963-0549