

January 31, 2024

Important Dates

February 1 – Semester 2 Classes Begin

February 2 – Groundhog Day

February 8 & 9 – Teachers Convention (No School)

February 14 – Valentine's Day

February 15 – Panther Band Society Meeting @7:00 p.m.

February 15 – Gr. 9 Open House @6:00 p.m.

February 16 – PD Day (No School)

February 16 – Grad Photo Retakes

February 19 – Family Day (School Closed)

February 28 – TCT – Classes Begin @ 10:06 a.m.

February 28 – Pink Shirt Day

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Greetings, Folx.

Semester One is finished, wrapping up quickly with all those final exams! Huge thanks to all of our students for doing your best during the exams and to our staff for setting them up, and getting them graded and entered into PowerSchool in such a quick turnaround.

Speaking of PowerSchool, Grade 10 and 11 final exams and final grades, and the Grade 12 School Awarded Marks are now on PowerSchool. For those of you who wrote Diploma Exams, you can check your final grades on myPass in late February. If you don't have a myPass account, head to Student Services for assistance in getting it set up as this is the ONLY way that you will have access to your official transcripts. Regardless of your grade level, please be sure to check that ALL your high school courses and grades to date are accounted for in myPass.

As we start Semester Two, it is also important to reflect on the comments your first semester teachers shared. Especially at the Grade 10 and 11 levels, teachers have advice on what to do next in your studies. Grade 12's, check out your grades to ensure you're on track for your High School Diploma. Once Alberta Education notifies us of Diploma Exam Marks, we'll update the Grad List.

As we start this new semester, keep in mind there are many ways to be involved here at The Comp. Our Musical Theatre Crew is getting ready for their spring show—**Disney's Descendants**, our German and Japanese students are almost ready for their corresponding trips where they can test out their second language skills, and basketball is still going strong. Keep your eyes open for new chances to join clubs or sports as we head into spring!

And head's up, as always, February is going to be a bit short on school days. There's Teachers' Convention on February 8th and 9th, a day off for students on February 16th as Staff participate in Professional Development, and then a day off for Family Day on February 19th.

As always, thanks to all of you for supporting our main goal – Student Success! We're excited for an awesome Semester Two.

Have a great day,

Cheryl Otto
Principal, SGCHS



Save the Date!

Class of 2024 Graduation Ceremony

Edmonton Expo Centre - Saturday, June 8 @ 1PM

Grad List – Grad lists will be posted outside the main office in February. Know your current status and work to ensure your graduation success!

Grad Fees – The \$45 grad fee has been added to your PowerSchool accounts and must be paid to attend graduation. This fee includes:

- Graduation certificate and embossed holder to keep
- Graduation gown, vee-stole, cap and tassel to keep
- 4x6 photo of the student at the graduation ceremony

Baby Pictures – Enter your STUDENT’S NAME in the subject line of an email to sgchsbabypics2024@gmail.com to have your baby graduate’s photo included in the pre-ceremony slide show!

Grad Pictures – Check your Canada Post mail for picture proofs. Proofs are mailed to your home 10 days after your session. **Retakes** are Friday, February 16 – a PD day - and will be booked directly with LifeTouch. Limited spots will be available for first-time photos. Details will be posted to our website January 31.

Ticket Sales – Ticket sales will open later in the year. The event is **general seating** and everyone will have an equal opportunity to purchase tickets when they become available. Stay tuned for updates!



Check our [website](#) for the latest SGCHS news and information!



If you have any questions regarding the ceremony, please contact Roberta Lux at roberta.lux@psd.ca or call 780-962-0800.

Senior Girls Basketball Team

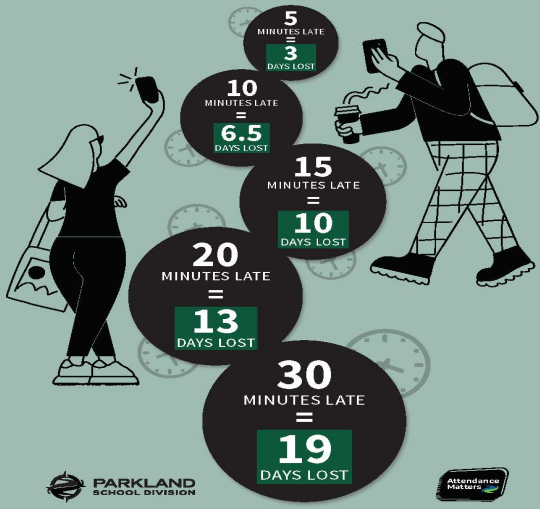


Metis Beading Workshop



Lost Minutes = Lost Learning

It's important to arrive and be ready to learn before the school bell rings. Showing up 15 minutes late each day is the same as missing two weeks of school in one year!



Mural



From the Student Services Office

February brings a brand new semester with a fresh start! We trust students are excited about moving into other subject areas and looking forward to new teachers and new friends!



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

01

Scholarships!!

New scholarships opening and closing all the time. 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

Grade 12 Awards

Awards application is now open. If you would like to be considered for any of the grade 12 awards, please fill out the online application.

Find it at
<https://sgchs.psd.ca/students/awards>

02



03

Post Secondary Visits

Universities will be coming back for some 1-1 visits to support our students in their applications, selecting courses, and more. Listen for announcements and stop by Student Services to sign up!



U of A: Feb 6
Kings University: Feb 13
AU Arts: Feb 15 in Block 3 in Art room
MacEwan: Feb 21



04

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

Alberta Education Survey

At Parkland School Division and Spruce Grove Composite High School we are committed to engaging with our community on behalf of the students we serve.

Meaningful engagement is one of the priorities you'll find in many parts of our Division's Education Plan. Alberta Education's Assurance Framework provides the basis for accountability and public assurance in the Kindergarten to Grade 12 education system. To support the framework, the provincial government collects survey data on behalf of schools and school authorities to assess our learning goals as schools, school authorities and as a provincial government. The survey results are combined with those from other measures to provide key information about how the education system is doing. It allows everyone – parents, teachers, school authorities, students, and the province – to celebrate successes and respond to challenges together.

Our SGCHS Grade 10 students, parents and SGCHS staff will be completing this survey. Students will complete this survey at school and if you are a Grade 10 parent you should receive a random access code to complete the survey online. Thank you for participating in this activity. Your input is appreciated!

Survey link: <https://public.education.alberta.ca/APOS/>
Information on the Alberta Education Assurance Framework:
<https://www.alberta.ca/accountability-education-system>

Every minute counts

Good time keeping benefits your child's healthy morning routine and prevents loss in their learning.



Your child has arrived in good time.



Morning routine begins.



Your child has missed their time to settle and get ready to learn. Anxiety may be setting in.



Your child will enter the classroom and students will have already gone over today's schedule and discussions will have begun.



The day's lessons are in full swing. Your child is now starting the day in a deficit. Anxiety can develop, leading to low participation or heightened emotions.

Better late than never, but never late is better!



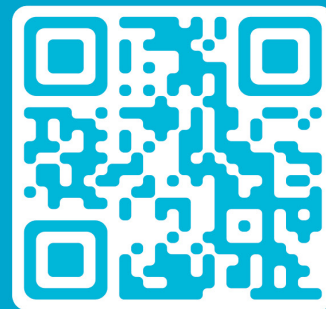
YOUNG WOMEN IN TRADES & TECHNOLOGIES **DISCOVER YOUR FUTURE** INFORMATION SESSION



CAREERS is breaking down barriers and paving a path for women in skilled trades and technologies.

Students and parents are invited to hear from mentors, employers, and women working in industry who are all committed to opening doors for under-represented youth in trades and technologies.

REGISTER HERE



FEBRUARY 7

6PM - 8PM
ARCHBISHOP O'LEARY
8760 132 Ave NW

for information email or call
tmcdonald@nextgen.org
1.888.757.7172



CAREERS
take on the future



YOUNG WOMEN IN TRADES & TECHNOLOGIES

SPRING CAMP



CAREERS is breaking down barriers and paving a path for women in skilled trades and technologies.

Edmonton area students in grades 9-12 interested in the skilled trades, ICT, forestry, and agriculture will gain hands-on experience provided by local businesses who support young women in trades and technology-related careers.

APPLY TO ATTEND
space is limited

MARCH 25 - 28
• FREE

BUSSING PROVIDED
DROP OFF/PICK UP: CAREERS OFFICE



for information email or call
tmcdonald@nextgen.org
1.888.757.7172
careersnextgen.ca



CAREERS
take on the future



CAREERS Official
Transportation
Provider

Explore Program

Learn to speak or improve your French in a fun, interactive way this summer! This government funded program allows students to connect with others across the country and explore French culture.



Application Deadline: February 6, 2024

More Information

Students can contact the French as a Second Language and French Immersion Teachers at SGCHS for more information or follow the QR links in the posters below.

Mme. Demecillo, Mme. Nielsen, Mme. Augustine, M. Scherbrucker





OFFICIAL LANGUAGES PROGRAMS
PROGRAMMES DE LANGUES OFFICIELLES

EXPLORE +

*An immersive French-language learning summer program
for 13- to 15-year-old students*



A 19- to 21-day summer program for 13- to 15-year-old students who are looking to learn or improve their French through cultural, social, and travel experiences.



I've fallen deeply in love with the French language and the Québécois culture! This was a very beautiful experience.

Krista, Alberta



ENGLISHFRENCH.CA



OLP.PLO.Canada



OLP_PLO_Canada



OLP_PLO_Canada



OLP_PLO_Canada



OLP_PLO_Canada



*An immersive French-language learning summer program
for 13 to 15 year-old students*

WHAT IS EXPLORE?

A 19- to 21-day summer program for 13- to 15-year-old students who are looking to learn or improve their French through cultural, social, and travel experiences.

WHERE?

Opportunities are available across Canada!
*Visit EnglishFrench.ca for the most up-to-date session information



WHEN?

Summer

WHAT COSTS ARE COVERED?

- **ALL** tuition fees, lodging, and meals
- Instructional materials
- Workshops and cultural activities

WHAT WILL IT COST ME?

- **FREE** to **APPLY**
- Registration fee (non-refundable; due on acceptance to the program)
- Travel to and from the program
- Optional cultural activities
- Personal spending money (for snacks or souvenirs, etc.)
- Other program-related fees may apply depending on the host institution

WHERE WILL I STAY?

You will live on campus or with a host family.

WHO IS ELIGIBLE?

- Canadian citizens, permanent residents (those studying in Canada on a student visa are not eligible)
- All language levels welcome
- Learning groups will be assigned according to language proficiency level, so that you can learn and practise with confidence!

FUNDED BY THE GOVERNMENT OF CANADA



OFFICIAL LANGUAGES PROGRAMS
PROGRAMMES DE LANGUES OFFICIELLES

EXPLORE +

*An immersive French-language spring or summer learning program
 for students aged 16–17 and 18+*



**A 31- to 33-day program
 for youth ages 16–17
 and 18+ who are looking
 to learn or improve
 their French through
 cultural, social, and
 travel experiences.**

“ *Having the opportunity to be immersed completely ‘en français’ was the absolute best way to learn. If you do the program and choose to use French as your only language for the entire session, I guarantee you will come home amazed at how well you can speak French! Bonne chance et bon courage!* ”
 Krista, Alberta



OLP.PLO.Canada OLP_PLO_Canada OLP_PLO_Canada

OLP_PLO_Canada OLP_PLO_Canada



*An immersive French-language spring or summer learning program
for students aged 16–17 and 18+*

WHAT IS EXPLORE?

A 31- to 33-day program for youth ages 16–17 and 18+ who are looking to learn or improve their French through cultural, social, and travel experiences.

WHERE?

Opportunities are available across Canada!
*Visit EnglishFrench.ca for the most up-to-date session information.



WHEN?

Spring or summer

WHAT COSTS ARE COVERED?

- **ALL** tuition fees, lodging, and meals
- Instructional materials
- Workshops and cultural activities

WHAT WILL IT COST ME?

- **FREE** to **APPLY**
- Registration fee (non-refundable; due on acceptance to the program)
- Travel to and from the program
- Optional cultural activities
- Personal spending money (for snacks or souvenirs, etc.)
- Other program-related fees may apply depending on the host institution

BOOST YOUR RÉSUMÉ

Students may be eligible for college or university course credits or the summer employment program **Languages at Work**.

WHERE WILL I STAY?

You will live on campus or with a host family.

WHO IS ELIGIBLE?

- Canadian citizens, permanent residents (those studying in Canada on a student visa are not eligible)
- All language levels welcome
- Learning groups will be assigned according to language proficiency level, so that you can learn and practise with confidence!

FUNDED BY THE GOVERNMENT OF CANADA



PARKLAND
SCHOOL DIVISION

Stronger Together

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

FEBRUARY 2024 - Self-care, Stress & Resilience

Okay, but how are YOU?

What's Inside

- Upcoming Sessions #2
- Upcoming Sessions #3
- Community Events #4
- Community Resource #5
- Tri Region Food Resource & Calendar #6-7

After the holiday dust settles and the routine of the New Year has aligned (or not), February is the perfect time to do some personal self check-ins. How are those resolutions coming? What's working and what's not? After the stress of the holidays is over, starting the new semester and making sure your children are adjusting well, what about YOU? How are YOU? This month, we invite you to explore self-care, acknowledging your own resilience, and taking moments to practice stress relief strategies, or learn new ones. As they say, if your gas tank is half empty, you're only going to make it half way there. Self-care is giving the world (and your families) the best of you, instead of what's left you.

Join us for the next Strong Families session: [Self-care, Stress, & Resilience!](#) We are proud to partner with the Alberta Parenting for the Future Association to present another FREE session! In this session, attendees will learn about increasing resilience through meditation and art. Learn techniques to ground yourself, become self-aware, regulate emotions, and connect to nature through art. All art supplies are provided! Click on the image for more info!

Contact Us

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: 780-819-1962





PSD Family Session: Augmentative & Alternative Communication (AAC)

February 2, 2024 9:00am—10:30am
Location: Family Connection Centre 5600-50 street, Stony Plain

This Augmentative and Alternative Communication (AAC) session is focused on how to use a variety of apps including Touch Chat and LAMP as well as low tech options. Our Speech and Language Pathologists, Emily Balon and Kirsten Noppers, will be here to support and guide you as you navigate these communication devices to support your child. This a free Parkland School Division Family Session. If you have any questions, please contact Parkland School Division Family Supports at 780-963-8412. Click on the image for more details!



PSD Family Session: Fine and Gross Motor Development

February 23, 2024 9:00am-10:30am
Location: Family Connection Centre 5600-50 street, Stony Plain



Children are constantly moving their body and enjoy both fine and gross motor movements. Please come and join our Occupational Therapist, Jana Bromley, while she explains the difference between fine and gross motor skills and how you can support these to further develop in your child. This is a free Parkland School Division Family Session. If you have any questions, please contact Early Childhood Services at 780-963-8429. Click on the image for more details!



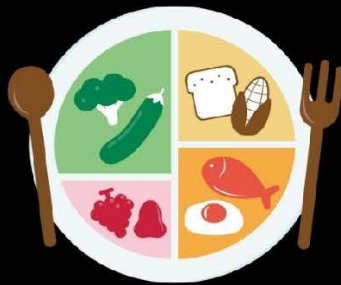
Youth Night! (recurring event)
For youth in grades 7-12
February 8, 2024 6:00pm—8:00pm
Location: Cantiro Community Centre

Click the image for more details!

STONY PLAIN YOUTH CENTRE

Healthy Together

mindful
eating



REGISTER
ONLINE

Scan me



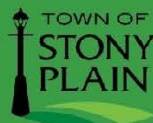
A six week journey to health designed to provide participants with information, skills and experiences to support them in making healthy food choices. Each session includes cooking a healthy meal together. Facilitated by: Alberta Parenting for the Future (apfa)

DATES: January 15th & 29th, February 12th & 26th and March 11th & 25th.

TIME: 4:30-5:30PM

LOCATION - STONY PLAIN YOUTH CENTRE - 4902 51 AVE STONY PLAIN

CONTACT: (780)968-3846 or youth@stonyplain.com



FUN WAYS TO DE-STRESS AND PRACTICE SELF-CARE THIS MONTH:



Presented by Dance on Cloud Nine

Valentine's Swing Dance

Saturday, February 17th, 2024 @ 8 pm to 11 pm
Stony Plain Community Centre, 5008 - 51 Ave, Stony Plain

C-Jam Big Band plays a great variety of ballroom & latin music;
dance on a spacious cushioned hardwood floor

cjambigband.com

Admission: \$20 per person, at the door includes
complimentary light refreshments, no bar

Dress Code: Semi formal

Call Debbie to reserve a table (780) 995-9947

Directions:

- West on Hwy 16 out of Edmonton & through Spruce Grove take the overpass on the right into Stony Plain (48 Street)
- South on 48 Street, turn right at 51 Avenue
- West for 2.5 blocks



Hanging with My Super Dad! Family Game Night at the Family Connection Centre!

Date: Friday, February 2, 2024

Time: 6:00pm - 8:00pm

Click on Image for more info!



Lunar New Year Celebration @ Stony Plain Public Library!

Date: January 27, 2024

Time: 1:00pm - 2:00pm

Click on Image for more info!



The Winter Emergency Response (WER) runs annually from November 1 to March 31. Currently, due to the extreme frigid temperatures in the Tri-Region, the Winter Emergency Response has been activated.

What is the Winter Emergency Response?

Winter Emergency Response is a temporary, emergency weather response intended to mitigate risk for unsheltered people who are vulnerable to serious health impacts as a result of cold weather exposure. It is a collaboration between several Tri Region partner organizations, including the City of Spruce Grove. The Winter Emergency Response is activated when the temperature is expected to reach -20°C (including wind chill) for a sustained period of at least 4-6 hours. When the temperature threshold is reached, two support programs are activated:

- ◆ Daytime warming centres, which are open weekdays from 10am - 4pm at rotating locations within Spruce Grove and Stony Plain
- ◆ Late Night Café, which is open from 7pm - 7am, seven days a week at Congregational Christian Fellowship Church (445 King Street, Spruce Grove)

Both programs provide a warm, safe place to rest, hot meals, cold weather supplies, and access to further support or referrals.

To contact the WER coordinator, email werc@sprucegrove.church or call 780-306-1699



Pay Forward Kindness Society provides care and support to unsheltered and struggling individuals in the Spruce Grove area.

If you require immediate assistance, contact the team at 587-286-HOME (4663) and Check out their Facebook Page!

Stay Warm
When the temperature drops, there is a serious risk of harm. Please seek out warm spaces.

Warm Up Locations

Westview Health Centre 4405 S Park Drive, Stony Plain 8PM - 9AM (Nightly) <i>*Please register with security</i>	Stony Plain Public Library 5216-50 Street, Stony Plain 9AM - 8PM (Monday-Friday) 11AM-4PM (Saturday)
St. Matthew Lutheran Church 5021-52 Avenue, Stony Plain 9AM - 3PM (Monday - Thursday)	

Call 911 to access Emergency Services

TOWN OF STONY PLAIN
Stony Plain Community and Social Development,
#107, 4613-52 Ave, Stony Plain AB T7Z 1E7
www.stonyplain.com/csd 780-963-8583

211
24-hour information and referral line connecting you to social, health and government services.



TRIREGION FOOD RESOURCES

Updated: August 2023

FOOD HAMPERS

Parkland Food Bank

105 Madison Crescent, Spruce Grove
 Monthly Food Hampers, by appointment,
 • Tuesdays 8:30AM-4:30PM
 • Wednesday 9AM-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)
 Mini food pantry of non-perishable items. Hours 11AM-8PM.

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
 (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.sgconline.breezechms.com/form/communitytable>
 780-962-5611

COMMUNITY MEALS

Auggie's Cafe

131 Church Rd, Spruce Grove
 Dine-in or take-out options
 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.sgconline.breezechms.com/form/communitytable
 780-306-1955

FEBRUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i>	<i>2</i>	<i>3</i> <u>Food for the Soul</u> 10am - 1pm (bagged lunches & take home food products)
<i>4</i>	<i>5</i>	<i>6</i> <u>Auggie's Café</u> 11am - 1pm (community meal & take home food products)	<i>7</i>	<i>8</i>	<i>9</i> <u>Grace's Table</u> 5pm - 6:30pm (take-out supper & take home food products) *registration required	<i>10</i>
<i>11</i>	<i>12</i>	<i>13</i> <u>Auggie's Café</u> 11am - 1pm (community meal & take home food products)	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i> <u>Food for the Soul</u> (bagged lunches & take home food products)
<i>18</i>	<i>19</i>	<i>20</i> <u>Auggie's Café</u> 11am - 1pm (community meal & take home food products)	<i>21</i>	<i>22</i>	<i>23</i> <u>Community Table</u> 5pm - 6:30pm take-out supper & take home food products *registration required	<i>24</i>
<i>25</i>	<i>26</i>	<i>27</i> <u>Auggie's Café</u> 11am - 1pm (community meal & take home food products)	<i>28</i>	<i>29</i>		