

February 29, 2024

Important Dates

March 11 – Grad Gown Package Ordering Opens

March 11-15 – Substitute Teachers & Casual Support Staff Appreciation Week

March 17 – St. Patrick's Day

March 19 – School Council @ 7:00 p.m. in SGCHS Library

March 20 – TCT – Classes start @10:06 a.m.

March 22 – PD Day (No School)

March 25-29 – Spring Break (School Closed)

March 29 – Good Friday

March 31 – Easter Sunday

In this Edition

Page 1 – Admin Message

Page 2 – Registration Reminder

Page 3 – Grad Information

Page 4 – Photos

Page 5 – Foods Class Photos

Page 6 – Student Services Newsletter

Page 7 – Youth Edmonton Grants

Page 8 – Vive Le Français

Pages 9-15 – Stronger Together Newsletter



Greetings, Students and Parents/Guardians.

Although the signs of Spring are waffling, March is here. February proved to be a bustling month with the onset of our second semester, Teachers' Convention, Family Day, and Pink Shirt Day. We appreciate our students and staff who donated pink shirts, symbolizing their stand against bullying and showcasing support for a caring, respectful SGCHS community.

Extracurricular activities are in full swing. Panther Basketball teams have concluded regular season play, and are gearing up for play-offs. Concurrently, our Rugby and Badminton programs are starting up, and Musical Theatre and Band Programs have resumed their dedicated rehearsals for their Spring Production and end-of-year Concert. VIVE LE FRANCAIS!! on the evening of March 7 gives our French Immersion students an opportunity to shine. As well, both the International Trips, one to Germany and one to Japan, will take place over Spring Break.

Academically, students are actively working towards the goals of their current Semester 2 courses. March marks the initial stages for the next school year. To ensure your student is enrolled at SGCHS for the 2024-25 school year and is prepared for course selection, parents must complete Parkland School Division's [Online Registration](#) by the divisional deadline of March 22nd by 4:30 p.m.

Online student course selection will begin once we return from Spring Break. Grade 10 and 11 students will attend grade level course selection assemblies at the beginning of April. These sessions, led by grade coordinators and counselors, will guide students in understanding expectations, planning, and course selection procedures for the upcoming school year.

We strongly encourage students to initiate their

planning process by consulting with their current teachers and grade level counselors, researching potential post-secondary programs, and signing up for a [myPass](#) account for secure access to Alberta Education information, including diploma exam marks, high school credits, and transcripts.

As the school year concludes and summer plans take shape, please note that our Semester 2 Exams start on June 13 and run through June 27. Student attendance on exam days is crucial, as these exams contribute significantly to their final demonstrated achievement. The exact schedule will be available shortly. Please plan any vacations to start after June 27, 2024.

Thank you for your ongoing support and partnership as we guide our students in pursuit of their academic and life goals.

Cheryl Otto
Principal

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!

5 MINUTES LATE	=	3 DAYS LOST
10 MINUTES LATE	=	6.5 DAYS LOST
15 MINUTES LATE	=	10 DAYS LOST
20 MINUTES LATE	=	13 DAYS LOST
30 MINUTES LATE	=	19 DAYS LOST

PARKLAND SCHOOL DIVISION Attendance Matters

Registration Reminder

If you haven't already done so, it's time to register for the next school year! That includes busing if you need it. Registering before the Friday, March 22nd deadline will help us immensely in planning for the next year both at our school and at the PSD Transportation department. Work is currently underway building bus routes for next year already.

Any applications received after the application deadline may not be processed in time for the first day of school. If your child does not have a valid bus pass for the 2024-2025 school year, they will not be able to ride the bus.

How do I get started?

Visit <https://powerschool.psd.ca/public/> and log into your parent account. Once inside the Parent Portal:

- Select your child's name in the blue bar at the top of the screen.
- Select the RSVP icon on the left side of the screen.
- Begin reviewing all of your current Student Information we have on file, and allow the instructions on the screen to navigate through the various tabs in the form (Student Info, Address, Contacts, Medical, etc.)

I can't remember my login for the Powerschool Parent Portal.

If you aren't able to retrieve your login credentials using the "Forget Username or Password?" link on the sign-in page, please contact the school directly for assistance logging in to the Parent Portal.





Save the Date!

Class of 2024 Commencement Ceremony

Edmonton Expo Centre - Saturday, June 8 @ 1PM

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! Submission deadline is **March 28**.

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

Grad Gowns – SGCHS has a “cap and gown” ceremony. Souvenir gowns, caps and stoles are purchased online beginning **Monday, March 11** – these are yours to keep. *Grad fees must be paid to order.*

Grad Names – **Legal** names are used for the Grad ceremony and class composite unless a “Preferred Grad Name” form is completed at the office by **March 15**. Contact Roberta Lux in the office for details.

Grad Pictures – Check your Canada Post mail for picture proofs. Proofs are mailed to your home 10 days after your session.

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

Junior Girls Basketball



Foods 10, 20 & 30



From the Student Services Office

February flew by and here we are in March. Diploma marks came in on Feb 16th so our grade 12's should be very aware of where they are sitting. Be sure to check the grad list (windows by main office) that was posted recently!



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

01

Pink Shirt Day



We had a great day rallying against bullying. Thank you to all the students who wore pink! As well, ask your students what they learned from Constable Gord and Bobby during our Noodle PSA lunch!

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!

Concordia- March 20; An advisor will be here to assist students with selecting of courses for fall 2024.



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



YOUTH GRANTS

Have an **idea** you're
trying to make happen?

Get up to **\$3,000**
to make it real!



WHAT ARE YOUNG EDMONTON GRANTS (YEG)?

YEG supports projects initiated, led, and organized by young Edmonton and area residents. These grants range from \$500-\$3,000 and are available for residents between the ages of 13 and 24.

WHAT DO I NEED TO DO TO BE ELIGIBLE TO APPLY?

Applicants will need to partner with their school or a registered charity to accept the money on their behalf.

WHAT DATE DO I NEED TO APPLY BY?

For the latest application deadlines, visit ecfoundation.org/yeg

HOW CAN I FIND OUT MORE?

For more information or to submit an application, visit ecfoundation.org/yeg

ecfoundation.org/yeg



[@edmontoncommunityfoundation](https://www.instagram.com/edmontoncommunityfoundation)



La tire - Canadian Maple Shack

Le patinage

La musique

Bonhomme
Carnaval

Le chocolat
chaud par Perks

Les jeux

Feu de camp

VIVE LE FRANÇAIS

Venez célébrer
la langue et la culture française

LE 7 MARS DE 17H À 19H

CENTRAL PARK
SPRUCE GROVE



**SOUTENU PAR CPF PARKLAND &
PERKS COFFEE HOUSE**



**PARKLAND
SCHOOL DIVISION**



PARKLAND
SCHOOL DIVISION

Stronger Together

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

MARCH 2024

PSD Family Sessions: Self Regulation & Independence



What's Inside..?

- Upcoming Sessions #2-4
- Community Resources and Workshops #5-6
- Tri-Municipal Region Support Guide #7

As we step into March, the Parkland School Division is delighted to invite our community to a transformative Family Session. Join us on March 8, from 9:00 am to 10:30 am.

Join Psychologist Joel Pukalo, as he shares strategies to support self-regulation from personal and professional experiences as an educator and a parent. This session will offer practical strategies to build emotional awareness and understand co-regulation and self-regulation. Parents are encouraged to bring questions or specific areas of challenges their children may be experiencing at this time.

This is a free Parkland School Division Family Session. If you have any questions, please contact Early Childhood Services at 780-963-8429.

Location: Family Connection Centre

5600 50 Street, Stony Plain, AB T7Z 1P8

Trauma and Addictions Workshop



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

In our upcoming session, we will be joined by professional counselor Jenn Banas who will walk participants through the nature of trauma, how it can manifest in the brain and our behaviors. You'll discover how unprocessed trauma, which includes attachment trauma, can predispose children to addictive behaviors. Attendees will also learn how to spot the signs of addiction and what tools are available for support.

We want to hear from you! Share your thoughts, ask questions, and let's build a supportive community. Learn how to recognize signs of addiction and explore the practical tools available to make a positive impact. In partnership with apfa! Click on the Image for more details.

Date : Tue, Mar 12, 2024

Time: 6:30 PM - 8:00 PM MDT

Location: Parkland School Division No 70 Centre for Education
4603 48 Street Stony Plain, AB T7Z 2A8

Click on the images for details!

STRONGER TOGETHER NEWSLETTER

Healthy Together

Health program designed to provide participants with information, skills and experiences to support their making healthy food choices

March 11th and 18th
4-5:30pm
Stony Plain Youth Centre

Basic Banking

Come learn about banking - What is the best bank account for you?

March 19th
8:30-9pm
Stony Plain Youth Centre

SPORTS FEST

Join the Youth Centre for a day of sports and fun!
We will have: In-line skating, Kangoo Shoes, 100M running and Football.

March 25th
1-6pm
Heritage Park Pavilion

MIGHTY MONEY MAKERS

Big STEPS in Youth Entrepreneurship


March 25, 26, 27 & 28th
1-3pm
Stony Plain Youth Centre

Register online at stonyplain.com/youth-centre




FREE ONLINE CLASSES


Obesity Nutrition




Heart Health



Journey Through Grief



Call to sign up: 780-960-9533 (Ext. 3)
Info & dates: westviewpcn.ca/healthy-living



MIGHTY MONEY MAKERS

a Youth Entrepreneurs Training Initiative
Big STEPS in Youth Entrepreneurship

Age
11-14

Cost
Free!


Dates
March 25, 26, 27, 28

Time
1-3pm

Location
Stony Plain Youth Centre
4902 51 Avenue, Stony Plain


Contact
youth@stonyplain.com
(780)968-3846

Register by scanning the QR Code and going to our registration tool.



STONY PLAIN YOUTH CENTRE and **COMMUNITY FUTURES CAPITAL REGION** are Partnering to help youth jump feet first into their own business.

What's the big deal?
Youth Entrepreneurs supported by the Community Futures Capital Region staff have successful businesses running by age 16!
In as little as 10hrs/week for 8 weeks youth entrepreneurs have made an average of \$640 in profits - that's Mighty Money!
And it doesn't stop there...
Youth Entrepreneurs in our region are eligible to apply for business funds as young as 16!
That includes expanding your established money maker!
CFR is Committed to supporting you and your Mighty Profits through camps, rebourses and community connection opportunities!



PARENT AND TOT PLAY GROUPS

Tomahawk Agra
51122 AB-759
Wednesdays 10 - 11:30am

Entwistle Community Recreation Centre
4916 51 St.
Fridays 10 - 11:30 am

A FREE program where children can play and caregivers can socialize!



www.albertaparenting.ca
call 780-963-0549

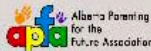




Teen Triple P Group

This session offers a toolbox of ideas to help parents improve family life, build better relationships with their children, and give them the best start in life. Parents can choose and adapt the ideas to suit their culture, beliefs, and personal situation, to help their teenager communicate well, develop healthy routines, follow rules, and solve problems.

Tuesdays, February 6th - March 12th
 6 - 8 pm
 Family Connection centre, Stony Plain
 780-963-0549
 www.apfa.ca
 info@apfa.ca



PLAY GYM

FREE DROP-IN

WED AND THURS
9:30AM-2:30PM

CANTIRO COMMUNIT CENTRE
 344 PIONEER ROAD
 SPRUCE GROVE

LET TUCE
 GET TO
 KNOW
 EACH OTHER

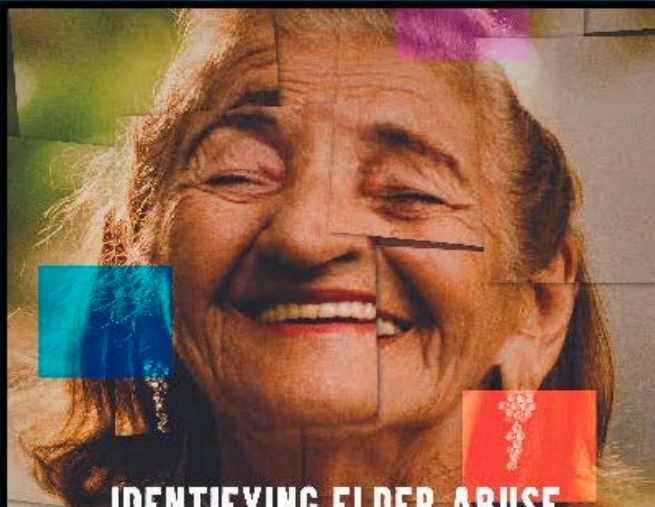
Salad Bar & Community Conversations



parkland county libraries



DUFFIELD ENTWISTLE KEEPILLS TOMAHAWK WABAMUN


Spruce Grove Public Library



IDENTIFYING ELDER ABUSE

May 23rd: 11:30am-12:30pm - Tomahawk Agra
June 4th: 11:30am-12:30pm - Parkland Village
 To register, contact Tanya at 780-460-2195 ext. 301
 or email: tanya@saifsociety.ca



FINANCIAL LITERACY WORKSHOPS


Tuesday - March 19
 4:30-6:00 PM Youth Centre
 4902 51 Avenue, Stony Plain





Tuesdays - April 9, 16, 23 / May 21, 28
 6:30-8:00 PM
 107-4613 52 Avenue, Stony Plain

Youth Night

This program is designed to provide a welcoming space for youth to explore traditional Indigenous teachings, foster social connections, and savor the deliciousness of taco in a bag! It's not just an event; it's an experience that celebrates cultural heritage and promotes cross-cultural connections.

Dates: Bi-weekly, starting Thursday, January 11 2024
Time: 6-8 p.m.
Grades: 7-12
Location: Cantiro Pioneer Wellness Centre
 (344 Pioneer Road, Spruce Grove, AB)
Contact: 780-963-0549




Basic Banking


Basic Budgeting


Debt Smarts


Identity Theft


RESPs

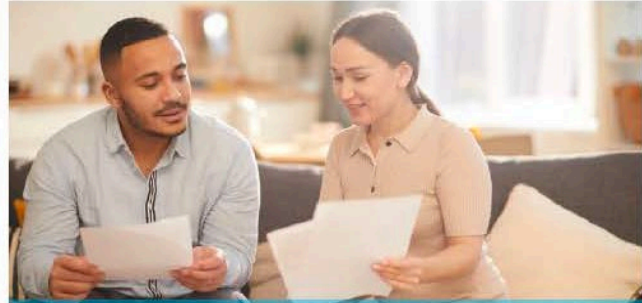

Financial Wellness For Seniors

REGISTER:
www.stonyplain.com/rsvp
 **780-963-8583**









TAX TUESDAYS

LUNCH LEARNINGS (12-1PM)

- **March 5:** Income Tax Basic Concepts
- **March 12:** Disability Tax Credit
- **March 19:** Benefits and Credits for All

YOUNG ADULT / YOUTH LEARNING (4:30-5:30PM)

- **March 26:** Income Tax Basic Concepts and Tips

INFORMATION AND TO REGISTER:

www.tricala.ca

780-591-3355

#115 4302-33 St., Stony Plain

Sessions available in person at TriCALA, or online from the comfort of your own home.



Basic Banking

What is the best bank account for you?
Learn how to make interest work for you!
Learn ways to reduce your account and transaction fees!

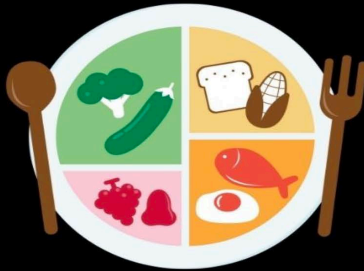
Get ready for your summer job!

Tuesday March 19.
4:30-6:00 PM
(Dinner Provided)
Stony Plain Youth Centre

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





TRIREGION FOOD RESOURCES

Updated: November 2022

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-1:30PM
• 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.sgconline.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.sgconline.breezechms.com/form/communitytable
780-962-5611