May 6, 2024

Important Dates

May 9&10 – Drama Production – Disney's "Descendants The Musical" @ 7:00 p.m.

May 11 – Drama Production – Disney's "Descendants The Musical" @ 2:00 p.m. and 7:00 p.m.

May 12 – Mothers' Day

May 17 - PD Day (No School)

May 20 – Victoria Day (School Closed)

May 29&30 – Pick Up Grad Souvenir Packages @ 3:00-6:00 p.m. in the Lounge

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Greetings, Folx.

April seemed to fly right by here at The Comp. Not only did it shift us into the last quarter of the 2023-2024 school year but it saw some great accomplishments for our students.

SGCHS Theatre Arts represented our school at the Zone 2 West Drama Festival. Both One Act plays received glowing adjudications that praised their professionalism and artistry. They were awarded the following honors: The Serpent won Outstanding Production, \$500.00 and was chosen to represent the Zone at the Provincial Drama Festival in Red Deer; Family By Numbers won Outstanding Ensemble; one member won Outstanding Achievement in Stage and Technical Management for both productions; and one member was recognized with an Honourable Mention for their work as Movement Director of The Serpent. As well, rehearsals for Disney's Descendants are ramping up for the weeklong performances. Tickets are on sale for Thursday, May 9, Friday, May 10 and two shows on Saturday, May 11. Tickets may still be available through this link.

Continuing with The Arts, Drumline students travelled to Calgary to compete in the Canadian Drumline Association Provincial Festival. They moved up to the Intermediate class this year and received first place (gold) for their field show. Concert Band went to Sun Peaks, BC to participate in the ConBrio Music Festival the last weekend of the month bringing home Gold! Rounding this all out was the PSD Art Show hosted at MCHS. Our student's artwork shone! Just around the corner is the Spruce Grove Arts Council Show at the Public Library. We are fortunate enough to have students whose work will be a part of this fabulous presentation, as well.

In addition, some of our CTS program students showcased their talents at the Zone Skills Canada Competition. One Grade 10 student came in 4th in the hairstyling junior braiding competition. A Gr 12 student won 1st in Bridal Hairstyling intermediate. Both students will be moving onto the provincial competition later this month.

In sports, our Badminton Singles Zone Champ is heading to Provincials. Rugby, soccer and track are gaining traction as I write this. Looks like good seasons all around.

On April 24, we had a Career Fair in our Small Gym. All Grade 11s and 12s had a chance to go through to check out a large variety of booths including: Bricklayers Association, Alberta First Responders, NAIT, Coventry Homes, Border Paving, Certified Professional Accountants, Service Canada, Alberta Vet Tech Associations, NCSG Crane & Heavy Haul, Careers NextGen, Acheson Business Association, Magna IV Engineering, Universal Rail Systems, and AH Steel. This event also saw our PSD Trustees and Senior Executive come check out the action at our school.

Our International Travelers to Germany and Japan are back. The students had great learning experiences and enjoyed the opportunities they had to utilize their additional language as well as explore its homeland, culture and history. Next year's trips, one to Italy and one to New York City, are in the works.

Speaking of things which come next, course selections are almost done. If your student has not yet completed this process, please have them see their Grade Coordinator or Counsellor. It is important that students select their courses for the next academic year so that we can adequately prepare the new timetable and ensure that students are enrolled in classes they need to achieve their academic goals. As well, if you have not yet completed the registration process for next year, please do so ASAP. We will be moving into the actual scheduling process soon. It is amazing how close the end of this year actually is!

On that note, it's worth pointing out that Grad, the pinnacle of high school education is a mere six weeks away and the school year ends in nine weeks.

Let's come together to make this wrap-up smooth, successful and satisfying!

Happy Spring, Everyone! Cheryl Otto Principal, SGCHS



Save the Date!

Class of 2024 Commencement Ceremony

Edmonton Expo Centre - Saturday, June 8 @ 1PM General Seating – Doors open at noon – Graduates arrive by 12:30 pm Grand March at 1 pm

Grad List – The final Grad list has been posted outside the main office. Students **MUST** be on the list to participate in the Commencement ceremony.

Grad Fees – This \$45 fee must be paid to attend the Commencement Ceremony!

Grad Attire – The Grad gown order is now closed. Packages are shipped to the school and distributed to students May 29 & 30.

Ceremony Tickets – Round I ticket sales are now open through your PowerSchool Parent Portal – limit **10** per student. Round II sales open **May 16** and are unlimited. Tickets are \$35 + GST. Graduates and children up to 6 years old are **FREE**! Follow this link Ceremonies & Tickets for details

Group Photo – Meet in the bus turnaround on Thursday, May 16 at 11:00 am for a Grade 12 group photo.



Check our<u>website</u> for the latest SGCHS news and information!



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

CAREERS LATHER RAP DRAFT



LOOKING FOR SUMMER WORK? TAKING A GAP YEAR?

Join CAREERS and AWCA for multiple 7-minute job interviews with a variety of employers in the lather trade.

Deadline for applications is **May 29** to attend the draft. Interested applicants should submit their application to their Work Experience Coordinator and have them send it to CAREERS. Students who attend can expect a job offer with a competitive wage.

REGISTERED APPRENTICESHIP PROGRAM DRAFT

JUNE 12 • 3:30 - 8:00PM HARRY AINLAY HIGH SCHOOL (4350 111 ST NW)

WHAT DOES A LATHER DO?

Lather (Interior Systems Mechanic) known as the new carpentry, lathers work with steel studs, drywall and other materials to bring various buildings to a completed state.

for information dbrown@nextgen.org mstarnaud@nextgen.org 1.888.757.7172 careersnextgen.ca



From the Student Services Office

Aren't the bright mornings and evenings refreshing to the soul?! It's great seeing all the students biking, skateboarding, and walking to school. We even have a new rack for skateboards and scooters by the student/staff parking! Bring a lock and store it for the day.



SGCHS Final Exam Schedule - June 2024

Students should arrive at their exam location 15 minutes BEFORE exam start time! Grade 10 & 11 Final Exam Instructions. Copies will be made available at each supervision location.

DATE	AM/PM	SCHOOL EXAMS & LOCATIONS	АМ	DIPLOMA EXAMS & LOCATIONS	
June 11			9am -	English 30-1, 30-2 Part A	
(Tuesday)			12pm	(Small Gym)	
June 12 (Wednesday)			9am - 12pm	Social Studies/Etudes 30-1, 30-2 Part(ie) A (Small Gym + Library)	
			9am - 11:30pm	Social Studies/Etudes 30-2 Part A (Small Gym + Library)	
June 13 (Thursday)			9am - 12pm	French Language Arts 30-1/30-2 Partie A (Library)	
June 11 to 13 (Tues., Wed. & Thurs)		(These Part A Exams are compl	leted within yo	& 10-2 Partie A sur classroom & with your teacher; day and block for each section)	
June 13 (Thursday)		Last Day of Regula (Desk M	ovement Day	es for ALL Students Block 4)	
June 14 (Friday)	8:30am	Social Studies 20-1 Part A	9am - 12pm	French Language Arts 30-1/30-2 Partie B	
(i riddy)		Social Studies 20-2 Part A (Large Gym)	rzpm		
		French Language Arts 20-1, 20-2 Part A (Large Gym)			
	12:00pm	English 10-1 Part A (Large Gym)			
		English 10-2 Part A (<mark>Large Gym</mark>)			
DATE	AM/PM	SCHOOL EXAMS & LOCATIONS	АМ	DIPLOMA EXAMS & LOCATIONS	
June 17 (Monday)	8:30am	English 20-1 Part A (Large Gym) English 20-2 Part A (Large Gym)	9am - 12pm	Mathematics 30-1, 30-2 (Small Gym)	
	12:00pm	Social Studies 10-1 Part A			
		(Large Gym) Social Studies 10-2 Part A (Large Gym)			
		Mathematics 30-3, Mathematics 31 (Large Gym)			
June 18 (Tuesday)	8:30am	Science 10, 10FI, 14 (<mark>Large Gym</mark>)	9am - 12pm	English 30-1, 30-2 Part B (Small Gym)	
	12:00pm	Science 20, 24 (Large Gym) Chemistry 20 (Large Gym)			
June 19 (Wednesday)	8:30am	Biology 20 (<mark>Small Gym</mark>)	9am - 11:30pm	Social Studies/Etudes 30-1 Part(ie) B (large Gym) Social Studies/Etudes 30-2 Part(ie) B	
	12:00pm	French 30 (Small Gym)		(Large Gym)	
		German 10, 20, 30 (Small Gym) Japanese 20, 30			
		(Small Gym)			
June 20 (Thursday)	8:30am	Mathematics 10C, 10CT, 10-3 (Large Gym)	9am - 12pm	Biology 30 (Small Gym)	
	12:00pm	Mathematics 20-1, 20-2, 20-3 (Large Gym)			
June 21 (Friday)		National Indigenc	ous People	's Day (No Exams)	
DATE	АМ/РМ	SCHOOL EXAMS & LOCATIONS	АМ	DIPLOMA EXAMS & LOCATIONS	
June 24 (Monday)	8:30am	Etudes Sociale 10-1, 10-2 Partie B (Large Gym) Social Studies 10-1, 10-2 Part B (Large Gym)	9am - 12pm	Chemistry 30 (Small Gym)	
	12:00pm	Social Studies 20-1, 20-2 Part B (Large Gym) French Language Arts 20-1, 20-2 Partie B	1		
June 25 (Tuesday)	8:30am	English 10-1, 10-2 Part B (Large Gym)	9am - 12pm	Physics 30 (Small Gym)	
	12:00pm	English 20-1, 20-2 Part B (Large Gym)			
June 26 (Wednesday)	8:30am	Physics 20 (Large Gym)	9am - 12pm	Science 30 (<mark>Small Gym</mark>)	
	12:00pm	Conflict Exams (<mark>Large Gym</mark>)			
		No Exame 8	No Stu	dents Attend	
June 27 (Thursday)					









Boys Rugby team came in 2nd place in their first tournament on Friday, April 19, 2024





German Trip



<u>Japan Trip</u>







On March 21st, 35 students from SGCHS and MCHS, along with 6 teachers travelled to Japan on a 9-day tour. Students arrived in Tokyo where they visited places like Asakusa, Akihabara, Meiji Jingu Shrine, Harajuku's famous Takeshita Street as well as the world-famous Ueno Zoo. After a few days in Tokyo, students left for an overnight stay at a resort near the base of Mt. Fuji. The weather was very rainy which forced the group to change some of its plans but students stayed cheery throughout the entire experience. About halfway through the tour, students took the Shinkansen (AKA bullet train) to Kyoto where students visited Arashiyama's Bamboo Forest, Kiyomizu Shrine, Inari Taisha Shrine, Kinkakuji Temple (AKA the Golden Pavilion) and Todaiji Temple. The last stop on the tour was in Osaka where students got to experience the busy night-life of downtown Osaka. By the end of the trip, students were very tired but thankful for being part of this once-in-alifetime opportunity to travel to Japan with friends.





Regional Skills Competition (Construction)













Cosmetology



On Thursday, April 11, 2024 students from Greystone came over to the Cosmetology department at SGCHS. The SGCHS Cosmetology students gave the Greystone students manicures and even did some cool hairstyles on them.

Huge thanks to SGCHS student Isabelle Pollard for taking all these wonderful photos.











SGCHS Theatre Arts Presents Disnep ESCENDANTS THE MUSICAL

Come see Disney's Descendants the Musical at Horizon Stage Performing Arts Centre

> May 9th, 10th, and 11th 2024 @7:00pm May 11th 2024 @2:00pm All seats 22\$ Tickets available at ticketpro.ca

Book and Additional Lyrics by Nick Blaemire Music Adaptation and Vocal and Incidental Arrangements by Madeline Smith Music produced and Orachstrations by Matthew Tishler Based on the Disney Channel Original Movies written by Josann McGibbon and Sara Parriott

PARKLAND SCHOOL DIVISION

What's Inside.?

Community Resources #4-6

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#3

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#8

Upcoming Sessions

Summer Camps

& Workshops

Activity calendar

Food Resources

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

MAY 2024

Mental Health Awareness Month

Mental health encompasses our emotional, psychological, and social wellbeing. It affects how we think, feel, and act, shaping every aspect of our lives, from relationships to work and beyond. Mental health is a vital component of overall well-being, influencing how we interact with the world around us. Visit www.mentalhealthweek.ca



Every year CMHA dedicates a week in May to raise the awareness of Mental Health. This year Mental Health Week will run **May 6-10**, and Hats On! for Mental Health Day will take place on **May 8**. Albertans are invited to wear a hat to raise awareness of the importance of good mental health. Participating schools will encourage students and teachers to build understanding by wearing hats to school. Students will also participate in a coordinated lesson on understanding mental health and the importance of removing the stigma associated with mental illnesses. Click on the image for more details!!



Date and Time: May 8, from 7:00 PM to 8:30 PM Location: Starbucks, 3011 43 Ave, Stony Plain, AB

Join for a special Mental Health Week event, promoting the healing power of compassion through the artful storytelling of poetry with the Parkland Poet's Society. Click on the image for more information.

Together, let's navigate the journey of mental health awareness, fostering empathy, resilience, and a culture of support.

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STRONGER TOGETHER NEWSLETTER

Strong Families: Stress, Trauma and Addictions

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. You may attend this session virtually over Zoom OR in- person (Links will be sent on the day of the event.) click on the links to access more information.

Location: PSD- Centre for Education office (4603 48 Street in Stony Plain).

Date & Time: Mon, Apr 29, 2024 6:30 PM - 8:00 PM MDT

Strong Families: Healthy Living Across the Lifespan

We will be joined by Cathy Traynor, Health and Wellness Facilitator at Parkland School Division, to explore strategies and approaches to support healthy living across the lifespan and learn to prioritize nutritious eating, emphasize the importance of active living and regular physical activity and to limit sedentary activities. The session will also talk about the importance of sleep and setting routines and being a positive role model to create an environment that promotes a positive wellbeing.

Location: PSD- Centre for Education office (4603 48 Street in Stony Plain) .

Date & Time: Mon, May 07, 2024 6:30 PM - 8:00 PM MDT

PSD Family Session: New to ASD & Community Supports

Join Joel Pukalo, Psychologist, as he provides information on Autism. Whether your child has a new diagnosis or you are wanting to gather more information and have questions, he is ready to support. You will also learn about next steps and resources available. 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.

Date & Time: April 26 @ 9:00 am - 10:30 am





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STRONGER TOGETHER NEWSLETTER

AD



Calling All Teens! Explore Art with Acrylics Workshop! Unleash your creativity in this hands-on workshop! Dive into the world of acrylic painting with step-by-step guidance. No experience needed! Ages 13-17. Limited spots available, sign up today!

Click on the image to register online!!

Looking for summer fun? Check out Spruce Grove's Adventure Camps! From outdoor exploration to arts and crafts, there's something for everyone.

3

Click on the image for more details!!



- Discover an amazing summer at TLC! Fun, adventure, and friendship await with our caring staff. From crafts to games, it's a summer they'll love!
- Registration: March 19 for MEMBERS, March 21 for NON-MEMBERS. Camps for ages 3-11, with swimming and skating days! Click on the image for morfe details and registration.





Counselling Program - Spruce Grove's Community Social Development (CSD) supports the emotional and mental well-being of Spruce Grove and Parkland County Residents aged 14+ through counselling supports. The City of Spruce Grove employs a Community Counsellor who provides free single-session counselling which is a time-limited model focused on addressing specific issues or goals within a relatively brief period. Services are provided primarily through appointments within the Spruce Grove CSD office, but walk-in services may be available depending on counsellor availability. Call 780-962-7618 for more details !!



Join Stony Plain Public Library every Thursday from January 11th to May 30th, 3:30-4:30pm, for Laughter Club! It's a free, drop-in event led by a therapeutic laughter coach. Laughing not only reduces stress but also offers numerous physical health benefits. Come for a fun time and meet new people while improving mental and physical well-being!





Register online or call: 780-727-3947 www.parklandcounty.com/ redcrossprograms





COMMUNITY-WIDE CLEAN UP & CLEAN UP & TREE PLANTING

STRONGER TOGETHER NEWSLETTER

Discover expert strategies for navigating children through grief with compassion and confidence.

Explore developmental stages, communication techniques, and collaborative approaches with experienced counselors.

Elevate your support skills and make a lasting difference. Registration available online!



NEED HELP WITH YOUR TAXES?

Free tax returns for eligible, low-income residents through the virtual Community Volunteer Income Tax Program

SPRUCE GROVE Sparkland

sprucegrove.org/IncomeTaxProgram

Dive into a wealth of workshops tailored for students and educators, covering leadership, mental wellness, and more. Explore practical tools and strategies to unlock your full potential. Don't miss out – visit Be Empowered Alberta !

> BE POWER 365

linktr.ee/beempoweredalberta



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STRONGER TOGETHER NEWSLETTER



May 2024

35 Fifth Avenue Spruce Grove, AB T7X 2C5 780-962-4423 • library@sgpl.ca • www.sgpl.ca SpruceGroveLibrary is sg_library is SGPL Library is SpruceGroveLibrary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* = Registered/ In-person program ** = Registered/ Online program			 Community Craft (while supplies last) Architects Crew 4-5pm* Computer Classes 6-7:30pm*	2 Toddler Time 10:30-11:00am® Author Presentation by Judy I. Lin 4-5pm®	3 Indigenous Story Telling 10:30-11am Poetry 'n Prose 1-2:30pm	4 COMIC CON 10am-3pm (see sgpl.ca for full schedule of events)
5 MMIP Walk 10am-1pm Connecting Threads 1-4pm	6	7 Family Storytime 10:30-11am Tick Tock Time 10:30-11:30am Tech Savvy Seniors: 2 sessions 10am & 12pm D&D Special Event 5:30-7:30pm	8 Computer Classes 6-7:30pm Convo Cree 6:30-7:30pm	9 Toddler Time 10:30-11:00am Interactive Speaking 6-8pm Pyjama Storytime 6:30-7pm Becoming Conscious Allies: 2SLGBTQ+ Inclusion 6:30-8pm *	() Indigenous Story Telling 10:30-11am Teen Takeover 3-5pm	 Minecraft Mania! 1-3pm®
2 Connecting Threads 1-4pm	13	4 Family Storytime 10:30-11am Tick Tock Time 10:30-11:30am Tech Savvy Seniors: 2 sessions 10am & 12pm Pokémon Club 6:30-7:30pm	5 Cryptid Club 4-5pm* Computer Classes 6-7:30pm*	6 Toddler Time 10:30-11:00am® Interactive Speaking 6-8pm® Talking Circle: Moose Hide Campaign Day 5:30-8:00pm	7 Indigenous Story Telling 10:30-11am Poetry 'n Prose 1-2:30pm Teen Takeover 3-5pm Craft-Tea Days 3:30-4:15pm	18
9 Connecting Threads 1-4pm Medieval Arms & Armour 1-2:30pm	20 VICTORIA DAY	2 Family Storytime 10:30-11am Tick Tock Time 10:30-11:30am® Tech Savvy Seniors: 2 sessions 10am & 12pm® 2SLGBTQ+ 101 6-7pm	22 Computer Classes 6-7:30pm	23 Toddler Time 10:30-11:00am Interactive Speaking 6-8pm	24 Teen Takeover 3-5pm*	25 Comic Con Join us on May 4, Join us on May 4, Join us on May 4, Join us on May 4, Join us on May 4,
26 Connecting Threads 1-4pm	27	28 Family Storytime 10:30-11am Tick Tock Time 10:30-11:30am Tech Savvy Seniors: 2 sessions 10am & 12pm Let's Play Roblox 6-7:30pm	29 Full STEAM Ahead: Electrical Innards 4-5pm® Computer Classes 6-7:30pm®	30 Interactive Speaking 6-8pm®	3 T.A.C.O.S. 4-5pm * NERF Battle Royale 6:30-7:30pm *	Join US on MAY 37 Join US on MAY 37 2024 to celebrate 2024 to celebrate Day

N. P. S.

	X	MA	Y 2024			
Sunday	Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4 Food for the Soul - 4 Boulder Blvd. Stony Plain 10-1pm drop in for bagged lunc
5	6	7 Auggie's Café - 131 Church Rd. Spruce Grove 11-1pm Drop in for take out bagged lunch		9	10 Grace's Table - 250 Century Rd. Spruce Grove 5-6:30pm hot meal to go for pick up. 'need to register by noon on the Monday before. Call 780-962- 4700 or www.sqac.net/eventregi	11
12	13	14 Auggie's Café - 131 Church Rd. Spruce Grove 11-1pm Drop in for take out bagged lunch		16	<u>stration</u>	18 Food for the Soul - 4 Boulder Blvd. Stony Plain 10-1pm drop in for bagged lund
19	20	21 Auggie's Café - 131 Church Rd. Spruce Grove 11-1pm Drop in for take out bagged lunch		23	24	25
26	27	28 Auggie's Café - 131 Church Rd. Spruce Grove Drop in for take out bagged lunch		30	31 Community Table - 180 Century Rd. Spruce Grove 5- 6:30pm hot meal to go for pick up. *need to register by calling 780- 962-5611 or www.sqcconline.breezecc hms.com/forms/commun	

Contact Us for more details:

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: 780-963-8412