

SGCHS PANTHER NEWS

SPRUCE GROVE COMPOSITE HIGH SCHOOL

**Building Excellence
& Success Together**



CONTENTS

Student Union - p. 2

Panther Athletics - p. 3

School Council - p. 5

Grad Photos - p. 5

Upcoming Events - p. 13

Student Services - p. 14

"MyPass" Info - p. 14

Community Resources - p. 17

ADMINISTRATION MESSAGE

It is hard to believe, but Winter Break is almost upon us!

We have a few more days of learning and fun at SGCHS before a well-deserved two-week break. The last day of classes will be on Friday, December 20, and classes resume on Monday, January 6.

It has been a busy few weeks here at the Comp. First and foremost was the official announcement of the replacement building for SGCHS. We were honoured to host a number of dignitaries from the provincial, municipal and school-board level at the school on November 27. We are grateful for the hard work, advocacy and teamwork that it took to bring us to this point. We are looking forward to the planning, dreaming and eventually, the shovels in the ground!

Our winter SGCHS Theatre Arts production of MOANA was a feat to behold! They sang, they danced, they acted; all in amazing costumes with fabulous sets around them. This is the epitome of a group of individuals working together and creating something magical. Thank you!

The SGCHS leadership and Student Union leaders have been busy planning and executing activities to support our community and provide some fun for our students.

We have had some amazing learning opportunities in all of our classrooms with staff and students working hard to make sure we finish the semester off strong!

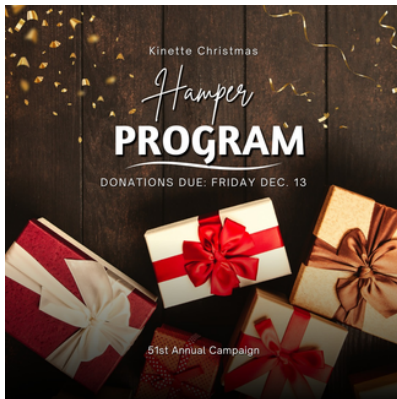
From all of us at Spruce Grove Composite High School we wish you the very best over the winter holiday break.



LEADERSHIP & STUDENT UNION

We have an amazing group of students, supported by Ms. McKechnie and other staff members. Over the past month they have helped to engage the SGCHS students and staff to support the Kinettes Holiday Hamper Program. For every \$2 donation that students made they received an entry for a prize. As the dollars donated increased, so did the “Fearless Faculty” incentives, including hair dying, head shaving and many more “fun” activities.

We are so pleased that our school community raised over \$1000 to support this worthy cause and families in our community. Be sure to look out for Mrs. Hackett and her new pink hair!



Our Student Union and Leadership group has also been busy planning and executing fun activities to keep our spirits bright as we head into the holiday winter break. Students have looked for an elf around the school, worn ugly sweaters and PJs and taken part in activities like cooking decorating and holiday colouring. It has been lots of fun, especially with our Student Union extended lunch day on Thursday, December 19. Spirit week was a blast!

SU also makes sure to celebrate some of the special food-themed days with all of us. We of course took part in National Cookie day.

We appreciate the leadership that these students show in our school & community!

REMEMBRANCE DAY

On Thursday, November 7 SGCHS students took the opportunity to reflect and recognize the past and present contributions and sacrifices of our Canadian Armed Forces.

Students took part in discussions, the viewing of a virtual Remembrance Day presentation, a moment of silence, and traditional music pieces.



PANTHER ATHLETICS

PANTHER SWIM TEAM

Our swim team had an outstanding performance at the **Metro City Championships** and secured the Small Squad Championship banner for the second consecutive year!

In addition to the team victory, several individual athletes set new Metro City Records. A special shout-out to Haylee Beeler, who broke the record in the 50-meter backstroke, Sarah Harbin in the 100 IM, and to the 4x50 Relay team—all of whom now hold new Metro City records in their respective events.

Congratulations to all team members for your hard work and dedication; you represented SGCHS with pride and excellence!



PANTHER BASKETBALL

All of our Panther Basketball teams have been practicing hard and playing well so far this season.

There have been a number of games and tournaments that they have participated in.

Our Senior Girls Team is going to be participating in an international tournament in Phoenix, Arizona over the Winter break, and we wish them the best of luck!



SGCHS REMINDERS AND UPDATES



VISITORS AND GUESTS

All visitors to SGCHS are asked to check in at the office, and sign in if necessary.

PARKING –

All student vehicles parked at SGCHS must be registered through the “For Students” tab on our website.

On-site parking is reserved for Grade 11 and 12 students in the student parking lot. Visitor parking is off-limits for students.

CONTACTING A STUDENT –

If you would like to get in touch with a student during instructional time please contact the school office and we will pass the message on to them.

REPORT A STUDENT ABSENCE –

Regular and punctual attendance is important for academic and social success in school. Parents are asked to notify the school office whenever their child will be absent from or arriving late to school.

Should your child be unable to attend school, please call 780-962-0800 or email sgchs.absence@psd.ca to report the absence or late arrival.

Thank you for arranging to allow sick students to recover comfortably at home.

Attendance matters. Regular attendance is one of the main factors in student academic success.

FEES –

Paying school fees benefits the educational experience of all our SGCHS students.

PowerSchool is the best way to keep track of marks, attendance, pay school fees, print receipts and view report cards.

Check your account regularly for new fees that may have been added.

visit www.psd.ca or sgchs.psd.ca for more information.



Follow us on Instagram

- [sgchspantherpride](#)
- [sgchs_student_services](#)
- [sgchs_theatrearts](#)
- [artsgchs](#)
- [sgchsathletics](#)

WISEST

(WOMEN IN SCHOLARSHIP, ENGINEERING, SCIENCE & TECHNOLOGY)

The WISEST (Women in Scholarship, Engineering, Science and Technology) program, ram out of the University of Alberta, has celebrated the 40th cohort of the Summer Research Program. Fourty one grade 11 students were placed in six-week paid STEM research internships, including SGCHS's Svetlana Hricko.

In addition to being accepted into and participating in the program this past summer, Svetlana was the recipient of the Spirit of Dr. Armour Award. This award was created in 2019 and is presented to individuals whose spirit and enthusiasm for diversity in STEM is genuine, infectious and intentional.

Congratulations Svetlana!

<https://wisest.cmail19.com/t/d-e-zjhjytd-ihuhdrhddj-e/>

DRESS FOR THE WEATHER!

It is chilly out there! Please wear appropriate clothing and footwear for the conditions. You never know when your car might break down, or the bus might get stuck and you will be happy you had that hat and pair of mitts!

Please be respectful of our custodial staff and remove wet and muddy footwear inside.



SCHOOL COUNCIL

Our SGCHS School Council meets once a month from approximately 7:00-8:00 p.m. in the school conference room. Our next meeting will be January 28, 2025.

All parents are welcome to join us to learn more about the school. School Council provides the school administration team with parent and community perspectives, enabling decision making that meets the needs of home and school.

For more information, please contact the School Council Chair Kaleina Feist at sgchsscchair@psd.ca or visit our website for more details.



GRADUATION PHOTOS

The website to book your graduation photo is now open! Grad photos will take place in the cafeteria from January 20 to 24.

There is a \$30 sit fee payable to the photographer at the time of your booking.

Only graduates are allowed - no pets, no family.

Please visit www.prestigeportraits.ca to book!



NEW BUILDING!



SGHCS REPLACEMENT SCHOOL

In exciting news for Parkland School Division (PSD) and the City of Spruce Grove, the long-anticipated construction of the new Spruce Grove Composite High School (SGCHS) will be moving forward. The Government of Alberta has officially awarded the necessary construction funding, a significant milestone that brings the vision of a new state-of-the-art school closer to reality.

Collaboration between PSD and the City of Spruce Grove has been instrumental in reaching this point, with both parties working together to address challenges and advocate for the needs of the community. Their combined efforts have paid off with this announcement of funding, allowing construction to begin on the much-needed new facility.

The new SGCHS will offer modern classrooms, updated technology, a dedicated Indigenous learning space and innovative designs for both curricular and extracurricular activities to create a dynamic and inclusive environment for students. The community has responded positively to the announcement, with parents, students, and staff eagerly anticipating the improved facilities and the opportunities they will bring.

More details will be provided as they become available. Stay up to date by visiting the Spruce Grove Composite High school website.



SPECIAL ANNOUNCEMENT

At the end of November, SGCHS was pleased to welcome dignitaries from the Provincial Government, the Board of Trustees, Municipal Governments, and Parkland School Division. The support of all of these partners has made the SGCHS replacement school a reality.

Thank you to:

- Honorable Searle Turton, MLA for Spruce Grove-Stony Plain and Minister of Children and Family Services
- Honorable Demitrios Nicholades, MLA for Calgary-Bow and Minister of Education.
- Honorable Peter Guthrie, MLA for Airdrie-Cochrane and Minister of Infrastructure
- Mayor of Spruce Grove, Jeff Acker
- Mayor of Stony Plain, William Choy
- Mayor of Parkland County, Allan Gamble
- PSD Board of Trustees, Chair, Lorraine Stewart





MOANA PRODUCTION

Ms. Gilchrist and her talented team of volunteers, student directors, technicians, and of course actors and singers delivered another quality production at the start of December. “Moana” was a huge success thanks to the hard work of everyone involved. Your efforts are recognized throughout the Division and community!





RIVER CITY WELD-OFF

SGCHS was well-represented at the River City Weld-Off competition in Edmonton by, left to right, Rhys Moyes, Jericho Gatinao and Nicholas Panchuk. Congratulations to Jericho who placed first in the beginner skills competition! Thank you to Mrs. Kathy Klemp who arranged for our students to attend.

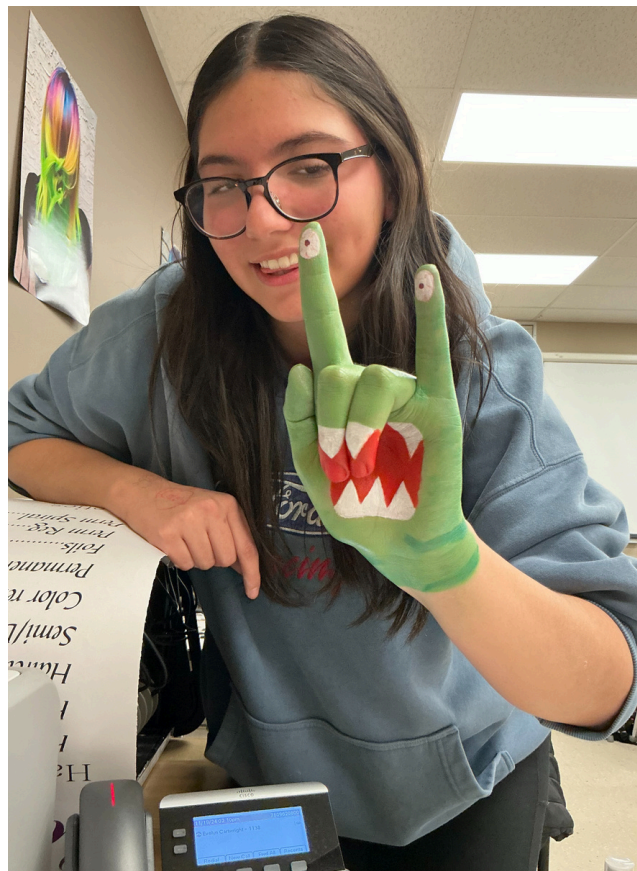
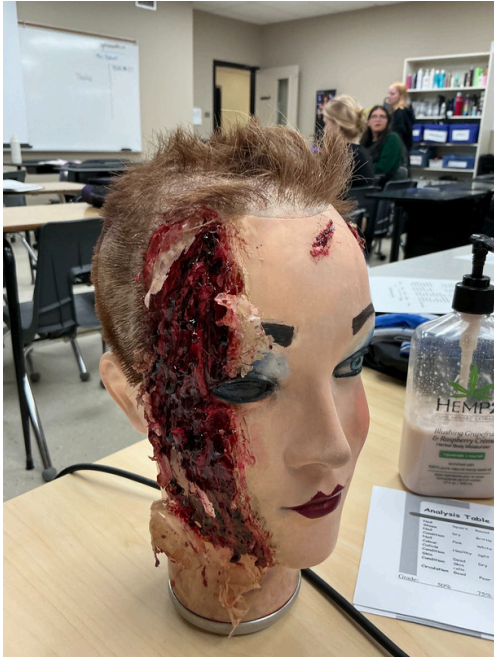


GRADE 3 COOKIE FEST

Mrs. Katie Sorenson and her Foods 10/20/30 students welcomed Millgrove's Grade 3 class for a morning of magical cookie making! Our SGCHS helpers demonstrated patience, kindness, and leadership as they mixed, rolled, cut and decorated cookies with the next generation of Foods students!

THEATRICAL COSMETOLOGY

Mrs. Evelyn Babiuk and her Cosmetology students have been honing their theatrical makeup skills and producing some truly dramatic looks!





GERMAN LANGUAGE FIELD TRIP

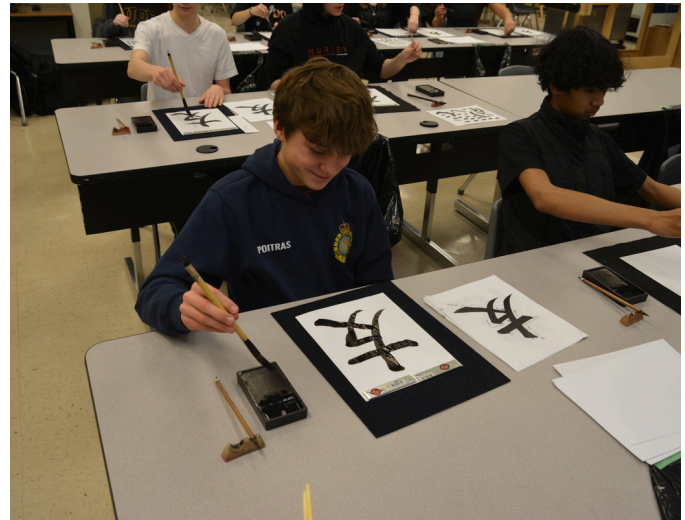
Herr Kevin Heppell and the German 20 students enjoyed some traditional schnitzel and sauerkraut as part of their annual Christmas Market trip into Edmonton!





EXPLORE JAPAN 2024

Mussleman-Sensei and his Japanese students welcomed visitors from the Edmonton Japanese Community Association to experience some Japanese culture! Traditional clothing, ramen, calligraphy and an introduction to the Tea Ceremony were all part of the event.



SGCHS LIBRARY

The SGCHS library has undergone some changes and refreshes over the past few months. Our Library Technician Autumn Henschel has been working hard to weed out the old and out-dated reference materials, as well as some of those books that haven't been borrowed in a while. At the same time, she has improved our SGCHS Library collection to make sure everyone can find a book to enjoy!

If you have ideas for books or series that you think could have a home in our library, let Ms. Henschel know!

Be sure to come in and check out the book displays, maybe you'll find a new favourite read!



FALL ATHLETICS PEP RALLY!

We excitedly celebrated all of our SGCHS Panther fall athletes at a Pep Rally on Thursday, December 19th.

This was our opportunity to recognize the student-athletes who participated in Cross-Country Running, Football, Volleyball and Golf. We are proud of the hard work, participation and achievement of all of these students. Thanks for making us proud!

Go Panthers!



PANTHER SPIRIT WEAR

Show your SGCHS PANTHER PRIDE with custom Spirit Wear.

Shop the online apparel store for a wide selection of clothing, sportswear, gear, merchandise and accessories. You can shop, order and pay online. Orders are then shipped directly to your home.

Order today at [SGCHS UR Store](#)



UPCOMING EVENTS



WINTER BAND CONCERT

Thursday, December 19

7:00-8:30 p.m.

Horizon Stage

WINTER BREAK

December 21, 2024–January 5, 2025

SGCHS is closed for the winter break. Happy holidays!

WELCOME BACK

Monday, January 6, 2025

January 6 is the first day back for staff and students following Winter Break.

SGC – PARENT GRAD COMMITTEE MEETING

Tuesday, January 7, 2025

6:30-8:00 p.m.

SGCHS Library (2nd floor)

DIPLOMA EXAMS BEGIN

Monday, January 13, 2025

Alberta Education Diploma exams begin on January 13 at 9 a.m. and continue until January 27. These exam dates can not be adjusted.

Students are expected to attend their regular classes when they are finished their Diploma exams.

LAST DAY OF REGULAR CLASSES

Monday, January 20, 2025

Semester I classes finish at the end of school on Monday, January 20. Students attend school only to write exams from the 21st to the 29th.

HIGH SCHOOL TRANSITION DAY

Thursday, January 30, 2025

No students attend this day as staff transition to Semester II.

PROFESSIONAL DEVELOPMENT DAY

Friday, January 31, 2025

No students attend this day as staff engage in Professional Development.

SEMESTER 2 BEGINS

Monday, February 3, 2025

MODIFIED BELL SCHEDULE – NO SEMINAR

Monday, February 3–Wednesday, February 5

Regular classes are extended, as there will be no seminar. The school day ends at the regular time of 3:07 p.m.

TEACHERS' CONVENTION

Thursday, February 6 & Friday, February 7

No School for students as teachers attend the NCTCA annual Teachers' Convention.

Our calendar is available on our website!

<https://sgchs.psd.ca/about/calendar>



STUDENT SERVICES

1



Exams

Most people are eagerly anticipating Winter Break, but once we return in January, exams will be starting soon!

2



MyPass

Students must have a MyPass account in order to view diploma exam results. Submit your personal email address to the school, through this QR code. Once it is synced, follow the simple steps on the next page, or check with Student Services for help!

3



Exams Pt 2

Stressed about exams? Need some study tips? Student Services has resources to help you. Come by and talk with your counselor!



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



myPass is an Alberta Education self-service website for students to:

- ✓ Order high school transcripts in English and French
- ✓ View diploma exam marks
- ✓ Register to write or rewrite diploma exams with online payment
- ✓ View and print Detailed Academic Reports (DAR)
- ✓ View progress towards a credential (diploma or certificate)
- ✓ Order additional copies of an awarded credential in English or French
- ✓ Receive notifications for important messages

PARENTS: you may use myPass to support the student and to notify the Minister of a home education program not supervised by a school authority

Sign in with Education Account >>

How do I sign up?

Contact

For myPass access and support, contact AE Helpdesk, Hours: 8:15 am to 4:30 pm (Monday to Friday, closed statutory holidays)
 Phone: 780-427-5318, Option 1
 Toll free: 310-0000 before the phone number (in Alberta)

For Transcript, credential, and marks issues, Email: studentrecords@gov.ab.ca
 Transcript inquiries Phone: 780-427-5732

REQUIREMENTS:

To sign up, you must have:

- An Alberta Student Number (ASN)
- A personal email address
- A correct mailing address on file with Alberta Education



SIGN UP ONLINE:

Here is how you sign up for myPass online:

- Go to myPass.alberta.ca
- Set up an Education Account or sign in with social media login
- Enter your Alberta Student Number and date of birth
- You will receive two things - an email with a URL and a physical letter with a four-digit PIN
- Once you have received both the email and the letter, go to the URL contained in the email and enter the four-digit PIN (your PIN expires after 30 days)

THIRD PARTY ACCESS TO MYPASS ACCOUNTS

Third parties (including parents and legal guardians may be granted access to a student’s myPass account online.

Be sure to watch the announcements for any upcoming post-secondary visits or information.

Any questions? Ask your counsellor!

Exam day

Get a good night's sleep

Contrary to popular belief, cramming all night is not the best way to study. You'll do much better on the exam if you are not nodding off in the middle of it.

Don't rush

Running late will add to your sense of panic. Don't get up too early (or you will be tired), but make sure you have plenty of time to get ready and get to the exam on time.

Bring what you need

Take your favourite pens and pencils to the exam, and anything else you need. It adds to that feeling of being prepared!

Eat

If your stomach is tied up in knots you may not feel like eating, but having something nutritious will give you energy and help you focus on the exam. For a small energy buzz, bring small hard candies or lifesavers to melt in your mouth while you write.

You remember more than you think you do

If you can't remember the answer to a question, don't panic. Take a deep breath, relax and move on to the next question. Sometimes other questions on the exam can trigger your memory.

Slow down

Scan the exam briefly so you will know how to use your time. Pace yourself and allow more time for questions that are worth more marks. Take time to read each question carefully so you know what is expected in your answer.

Celebrate

Once you have written your exam, don't fret about what you may have done wrong. What's done is done and you can't change the outcome. Reward yourself by hanging out with friends or participating in your favourite activity.

Exam Stress?



It's what you do about it

Stress is a normal part of life. Some situations, like exams, are more stressful than others. It's what you do about it that makes a difference to your well-being.

COMMUNITY RESOURCES

FCSS

Spruce Grove FCSS is a great community partner. Spruce Grove Family and Community Support Services is a partnership between the City of Spruce Grove, Parkland County and the Province of Alberta. The mandate of FCSS is to provide locally-driven, preventative social initiatives to enhance the well-being of individuals, families and the community. They offer programs for youth, adults and families. Some programs require registration and others are drop-in. Take a look at the City of Spruce Grove website, or at the latest edition of the "City Pulse" magazine for information on upcoming programs and activities.



- Family & Community Support Services: <https://bit.ly/3OJAs9m>
- Community Social Dev. Programs: <https://bit.ly/3CX5p76>



ALBERTA MENTAL HEALTH ASSOCIATION (EDMONTON)

***211**

You may not be aware of the Canadian Mental Health Association - Edmonton 211* services. 211 is a free, confidential service that provides information and referral to a wide range of community, social and government services. Their certified community resource specialists are trained to help you navigate the complex network of social services. <https://ab.211.ca/>

They can help you find:

- basic needs (food, clothing, shelter and financial support)
- employment resources-parenting support
- counselling/support groups
- and MUCH more!

KIDS HELP PHONE

Call, text or chat



Whenever you need to talk, we're open.

Call.
1 800 668 6868

Youth Text.
686868

Adult Text.
741741

Chat.
KidsHelpPhone.ca

