

SGCHS PANTHER POST

SPRUCE GROVE COMPOSITE HIGH SCHOOL

**Building Excellence
& Success Together**



ADMINISTRATION MESSAGE

Welcome back! We hope this message finds you all refreshed after a well-deserved winter break. As we enter this new year, we are filled with excitement for the opportunities that await us in 2025.

We want to remind our students to stay focused and committed to their goals. Final exams are quickly approaching, and while perhaps stressful, they are also an opportunity to demonstrate all that has been learned and accomplished so far. Students, you are not alone in this journey. Lean on your teachers, classmates, and family for support, and don't hesitate to ask for help if you need it. Organization, preparation, and self-care will all help you succeed.

We are also excited about the fresh start Semester II will bring - new classes, new experiences, and new opportunities to grow and thrive. It's a time to set new goals, rekindle your enthusiasm for learning, and continue building the skills and relationships that will carry you far beyond the walls of our school.

Thank you to our families and staff for their support and dedication to our students. Together, we create a community that values education, fosters resilience, and celebrates growth.

Wishing each of you a positive and successful start to the new year. Let's make 2025 a year to remember!

Warm regards,
SGCHS Admin

SGCHS Final Exam Schedule - January 2025

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

- Students writing Diploma exams (Jan. 13-16) are expected to attend afternoon classes when they have completed their exams.
- Diploma exams can not be rescheduled
- Students with exam conflicts need to complete the “Exam Conflict Form”

DATE	AM/PM	SCHOOL EXAMS & LOCATIONS	AM/PM	DIPLOMA EXAMS & LOCATIONS
January 13 (Monday)			9am - 12pm	French Language Arts 30-1 Partie A (Small Gym) + Library
January 14 (Tuesday)			9am - 12pm	English Language Arts 30-1 Part A English Language Arts 30-2 Part A (Small Gym) + Library
January 15 (Wednesday)			9am - 12pm	Social Studies 30-1 Part A Social Studies 30-2 Part A (Small Gym) + Library
January 16 (Thursday)			9am- 12:pm	French Language Arts 30-1 Partie B (Small Gym) + Library
English 10-1, 10-2 Part A, Social Studies 10-1, 10-2- Part A, French Lang. Arts 10-1 & 10-2 Partie A <i>(These Part A Exams are completed within your classroom & with your teacher; your teacher will communicate the specific day and block for each section)</i>				
January 17 (Friday)			9am - 12pm	Mathematics 30-1 Mathematics 30-2 (Small Gym) + Library
January 20 (Monday)			9am - 12pm	English Language Arts 30-1 Part B English Language Arts 30-2 Part B (Small Gym) + Library
Monday, January 20 Last Day of Regular Classes (SEM 1) for ALL Students				
January 21 (Tuesday)	8:30am	English 20-1 Part A Large Gym	9am - 12pm	Social Studies/études 30-1 Part(ie) B Social Studies/études 30-2 Part(ie) B (Small Gym) + Library
	12:00pm	English 20-2 Part A (Large Gym) + 102 B Science 20, 24 Chemistry 20 (Large Gym) + 102 B		

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UPCOMING EVENTS



○ Grad Photos

Photos take place the week of January 20 to 24 in the Cafeteria. Book online at [Prestige Photography](#). The \$30 sit fee is payable directly to the photographer.



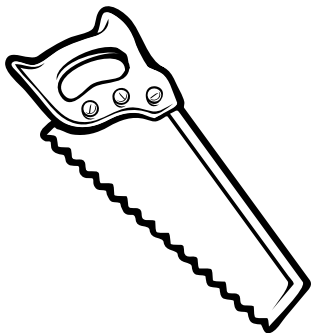
○ Marmot Basin Ski Trip - March 26-27

Interested in skiing the sunny slopes of Marmot Basin? There will be a meeting on January 15 at lunch!



○ School Council

The next meeting is Tuesday January 28 at 7 p.m. Please contact Kalena Feist, the School Council Chair, at sgchsscchair@psd.ca if you have any questions.



○ Carpentry RAP Opportunity

Two potential Registered Apprenticeship Program positions are available for carpenters in Spruce Grove!

- Begin at the start of February
- Requires flexibility to work full-time
- Book an appointment with Ms. Klemp or Mr. Stuckey in the Main Office or Student Services if interested!

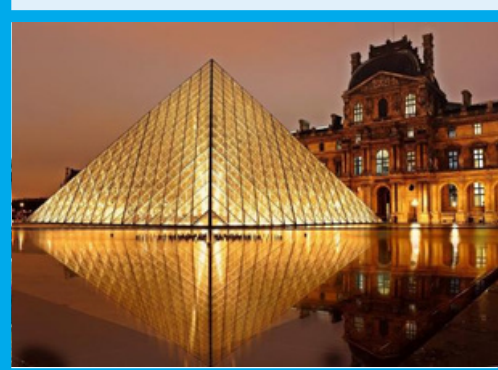
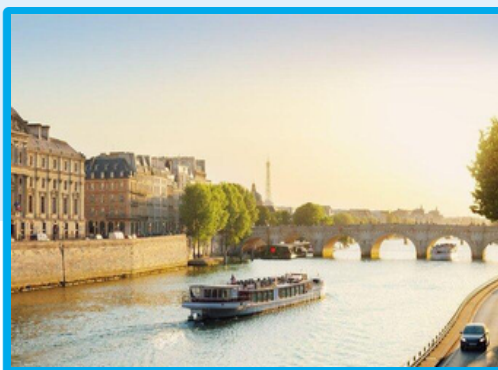


○ Drama Production Applications

Audition and Tech Crew signup for SGCHS's next big production of Beetle Juice Jr. is underway outside the Drama Room Office. Contact Mrs. Carol Gilchrist for more information.

Exploring Digital Media: Travel for Credit

Paris Summer ed. (2025)



Dear Parents & Guardians,

Parkland School Division and Connections for Learning is pleased to inform you we've partnered with EF Tours' Travel for Credit program this summer to offer a 7-credit program that includes the following courses:

COM1005 Visual Composition | COM1055 Web Design 1 | COM1105 Audio Video

COM1205 Photography – Introduction | COM2205 Photography Composition

COM2215 Photography Communication | COM3245 Photography - Outdoor

Students will create a digital portfolio to document their experiences while earning credits in various Communication Technology courses. This comprehensive project will integrate web design, photography, video/audio production, and visual composition to produce a professional and engaging digital portfolio of their travel experience.

We invite you to attend an Information Session to learn more. Please use either of the QR codes below to register. We look forward to seeing you there!

RSVP Online
(Jan 14th)



Meeting dates

Online: 01/14/2025 | In-Person: 01/16/2025

Meeting times

6:00 PM (MST)

Meeting location

In Person: Connections for Learning (505 McLeod Avenue)

RSVP In-Person
(Jan 16th)



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.



Follow us on Instagram

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

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.

Please call 780-962-0800 or email sgchs.absence@psd.ca to report your student’s absence or late arrival.

Thank you for allowing sick students to recover comfortably at home.

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.

ARCHITECTURAL BAKING

Mrs. Katie Sorenson and her Foods students had some fun with flour and sugar before the Winter break. Staff and students voted for their favourite gingerbread house creations and the winners were Teagen Foster, Hayle Poirier, Rhyenn Stenson and Tyler Young for their "Winter Wonderland" masterpiece!





KINETTE PINK!

Our fearless staff put their looks on the line for December's Kinette fundraiser. First in the chair was Mrs. Jenna Hackett whose hair was dyed perfectly pink by two very talented Cosmetology students. Sinead Braithwaite (l) and Madisen Barry-Teed (r) did an amazing job! Cosmetology students appreciate being able to practice their skills with real people. If you would like to support them, please contact Mrs. Babiuk at everyln.babiuk@psd.ca



FITSET NINJAS & K-DIVISION BOXERS

Mrs. Timmery Welsh and her Sports Performance students enjoyed some physical skills exploration at Edmonton's Fitset Ninja and through boxing at K-Division in December. SGCHS is pleased to offer these opportunities to our students!



WINTER CONCERT

Mrs. Rebecca Forbes and her Concert Band students performed a delightful Winter Concert in December. SGCHS is proud of the talented, dedicated students who work diligently to bring their BEST to their endeavours!



ATHLETIC CELEBRATIONS

So many athletic events and celebrations took place in December! Mrs. Timmery Welsh and the Sr. Girls Basketball team travelled to Phoenix to play some U.S. highschool teams. While the girls lost their games, the experience was a win!



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

