



the CHSPS Newsletter

MARCH 2023

Go Rams and Lams 2022/23

IMPORTANT DATES

Thursday, March 2, 2023

2:20 p.m. Early Out
Staff Meeting

Monday, March 20, 2023

No School
Staff Collaboration

**Monday, March 27 to
Friday, March 31, 2023**

No School
Spring Break

Thursday, April 6

2:20 p.m. Early Out
Staff Meeting

Friday, April 7, 2023

Good Friday
School Closed

Monday, April 10, 2023

Easter Monday
School Closed

Tuesday, April 11, 2023

Professional Learning
No School

Thursday, May 4, 2023

2:20 p.m. Early Out
Staff Meeting

Monday, May 22, 2023

Victoria Day
School Closed

Thursday, June 1, 2023

2:20 p.m. Early Out
Staff Meeting



Principal's Message



Being kind is a very simple choice we can all make. It shouldn't just be a one-off random act, it should be something embedded in core values and ubiquitous in schools and communities...something lived. At CHSPS the PROUD behaviour matrix guides staff and students to develop ideals like kindness as something attainable rather than something superficial. Being attainable means actual work has to be put in and conversations have to happen. It also means being honest and forthcoming with information when things may not be going well.

Kindness is being **Prepared** (attending school and meeting deadlines). Kindness is being **Respectful** (using appropriate language and actions). Kindness is about taking **Ownership** (accepting all individuals as unique). Kindness is being **Understanding** (being compassionate and building positive relationships). Kindness is maintaining **Dignity** (representing school and community proudly).

As February wraps up with notable days and celebrations such as

Random Acts of Kindness, Black History Month and Pink Shirt Day, March begins with a variety of other events that also promote the ideals deeply rooted in CHSPS's PROUD behaviour matrix. Some of those events include Cultural Diversity Week (Australia), Elimination of Discrimination Day (United Nations), French Language Day (Canada) and World Down Syndrome Day (worldwide). Although many events have a designated day, week or month and they can be acknowledged at those specific times, there is nothing

saying they can't be recognized all the time. They can simply be lived...just like kindness.

Thank you very much for your ongoing care and support for students and staff at Central High Sedgewick Public School.

Feel free to contact me and/or Mr. Madison Nickel if you ever have any questions (**email**: rcowan@brsd.ab.ca, mnickel@brsd.ab.ca or **phone**: 780-384-3817).

Stay CHSPS PROUD everyone,

Richard Cowan
Principal

Be Kind





Treaty 6 Acknowledgement

We acknowledge that the land on which we gather, traditionally known as asiniskawsipisis (Stoney Creek), is Treaty 6 territory and a traditional meeting ground for many Indigenous peoples. The land on which we are located provided a travelling route and home to the Maskwacis Nêhiyawak, Nakoda, Tsuut'ina Nations, the Métis, and other Indigenous peoples. Their spiritual and practical relationships to the land create a rich heritage for our learning and our life as a community.

YEARBOOK

Don't be left out on Yearbook Day!!!

Order your 2022/2023 Yearbook now!

Scan here to order or go to www.jostensyearbook.com, or our school website.

Yearbooks are \$35 each.



December

Citizens of the Month



Tony Yellowbird, Gr. 10 — A great student, who is friendly and hardworking, and always doing his best.



Sam Liboiron, Gr. 11 — Takes responsibility for her school work, offers to help with Students' Union and other tasks, friendly to everyone and tries her best in all classes.



Kaleb Dempsey, Gr. 9 — Is a positive influence in Foods and other classes!



Drake Gartside, Gr. 7 — Perseverance and helping in Grade 2.

December

Athletes of the Month



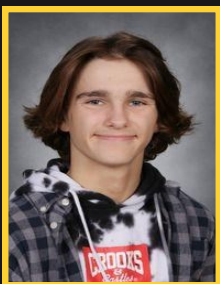
Taylor Price, Gr. 10 — For her commitment to the senior high basketball team and for always pushing herself to be a better athlete.



Owen Pasztor, Gr. 12 — For his commitment to the high school basketball team.



Katie Grant, Gr. 9 — For her dedication to basketball, awareness on the court and positive attitude.



Jaxon Rombough, Gr. 8 — For being so encouraging to his teammates in basketball and for always trying his best in both practice and games.

Thank you, Russell Moore!



Thank you to Russell Moore
for over 40 years of reffing!



International Student Homestay Program

Hello BRSD families!

Students from across the world want to join us in Battle River School Division. Are you able to help welcome them?

We are seeking caring families to host students in their home during the 2023-2024 school year. International student placements can range from one month to the full school year in duration, so you can choose an option that works for your family.

Right now, we have students who will be joining us from Germany, Belgium, Spain and other European countries, as well as

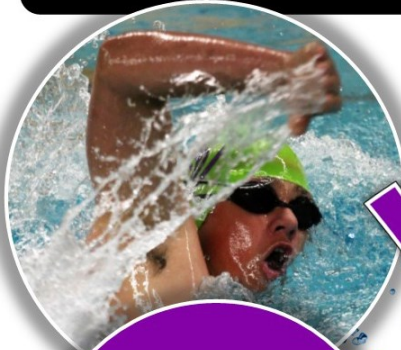
from Asia and South America. Hosting an international student can change their life for the better and will give your family the chance to learn more about other cultures and countries as well. Lifelong connections and friendships can be made.

There is a \$700 per month stipend provided to help offset costs.

To find out more about the International Student Homestay Program, please contact Gail Rombough by phone at 780-781-0615 or by email at homestay@brsd.ab.ca.

Thank you for considering this opportunity!

Make a splash this summer!



**Registration
Night
March 15,
2023**



KILLAM CYCLONES

SWIM CLUB



If your children love to swim, register them for the Killam Cyclones Swim Club on Wednesday, March 15 between 5:30 p.m. and 7:30 p.m. at the Agriplex! Or you can scan the QR code to register online! Practices start Monday, May 1.

The Iron Creek Flying Club (COPA Flight 157) presents:

Discover Aviation

Saturday, April 29, 2023

8 a.m. to 1 p.m. at Flagstaff Regional Airport



**Free flights
for boys and
girls 8 and up!**

Signed parental/guardian approval required.

Register at: icflyingclub@gmail.com



Office staff can be reached via email

Email Angie and Melinda in the office. Please use chsp-s-aa@brsd.ab.ca to report student absences and any other messages you need to relay to office staff.

What is sleep hygiene?

Sleep hygiene is our habits before bed that help to promote quality sleep. These habits and routines take time to develop, so keep repeating them!

This month we are sharing some tips and tricks to help promote quality sleep in children (as well as adults)!

If we have problems with sleep, we can see it impacts your child's school work, relationships, and overall mood.

Promote a good bedtime routine

Create a routine and be consistent with it. This lets your body know that it's almost time for sleep! The routine should take no more than 20 minutes and is intended to start calming the body and mind. Some ideas may be to have a bath, read a book, brush your teeth, etc. Over time, this routine will tell your body you are tired.

Keep bedtimes and wake-up times close to the same time every day, even on weekends, to keep your body in a regular pattern.

Tips for a good night's sleep

Limit screen time before bed. The blue light our devices and TVs produces actually prevents us from producing melatonin. Melatonin is the hormone our bodies produce to help us fall asleep and stay asleep!

Get some exercise during the day. Physical activity can help us fall asleep faster and stay asleep!

Ways to support your child's sleep

If you notice your child is struggling to relax at bedtime, or talk about feeling worried, you can take some extra steps.

- If there is an easy solution, tackle it with them.
- Acknowledge their feelings if it's not a quick solution.
- Share with them when you notice positive changes in their sleep habits and routines.

MORE RESOURCES

<https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>

<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>

<https://positivepsychology.com/sleep-hygiene-tips-kids-teenagers/>

Information on mental health, community supports, programs and services in your area:




MyHealthAlberta.ca

Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642



Health Link
Health Advice 24/7

 **Alberta Health
Services**

VISIT THE HS+ SITE

OPPORTUNITIES FOR ALL



POST-SECONDARY

- Will you require accommodations?
 - Contact the institution early to ensure supports are in place. Many require testing within a 2-5 year window.

Transition Programs such as:

- RDP's LESI Certificate is a one year program to support learners with developmental disabilities, etc.
- Many institutions offer high school upgrading courses for a fee.

COMMUNITY SUPPORTS

- Camrose Association for Community Living
 - Jobs4Youth - such as resumes & job search
- Beaver County Community Adult Learning
- Entrepreneurs with disabilities program

FUNDING POSSIBILITIES

- There are Student Aid grants for students with disabilities.
- Indigenous Scholarship opportunities
- Advancing Futures (current & former youth in care).
- Foundational Learning Assistance - for increasing English Language skills and upgrading.
- Canada Learning Bond for low income families and students under 18.

TRAINING FOR WORK

- e-learning or Classroom training through the Open Door such as:
 - Forklift training
 - Safety courses
 - Driver's Training
- ALIS has tools and resources for diverse audiences to find and keep employment.

The key to success?

Get support, research for opportunities, and build your skills and confidence!

 **CHECK OUT THE HS+ WEBSITE FOR MORE INFO!
OR
BOOK AN APPOINTMENT WITH
YOUR CAREER COUNSELLOR**

INTERNATIONAL STUDENTS

- ESL Benchmarks.
- CLB-OSA provides a free assessment of your language skills and a baseline.
- Some post-secondary institutions offer bridging programs to support students with developing their English skills to enter programs?
 - ie. NAIT has an Admissions Pathway for ESL students.
- Gov't of Canada for work permits.



careercounselling@brsd.ab.ca