



# the CHSPS Newsletter

JANUARY 2023

Go Rams and Lams 2022/23

## IMPORTANT DATES

**Thursday, Jan. 5, 2023**  
*Classes Resume*

**Monday, Jan. 30, 2023**  
*No School*  
*Professional Learning*

**Tuesday, Jan 31, 2023**  
*Semester 2 Begins*

**Thursday, Feb. 2, 2023**  
*2:20 p.m. Early Out*  
*Staff Meeting*

**Thursday, Feb. 16**  
**to Friday, Feb. 17, 2023**  
*No School*  
*Teachers Convention*

**Monday, Feb. 20, 2023**  
*School Closed*  
*Family Day*

**Tuesday, Feb. 21, 2023**  
*No School*  
*Staff Collaboration*

**Thursday, March 2, 2023**  
*2:20 p.m. Early Out*  
*Staff Meeting*

**Monday, March 20, 2023**  
*No School*  
*Staff Collaboration*



## Principal's Message



Happy New Year!

2023 is here and many things will keep staff and students busy at CHSPS throughout the month of January. Jr High students will be attending the drama production "Newsies" later in the month. Students in Grades 9-12 will be finishing up their first semester courses...more information regarding Exam Week will be coming soon. The basketball season is also in full swing and with it, the excitement from tournaments and league games! Grades 1-6 are business as usual!

Keep checking PowerSchool as it is a great source for student academic progress via real-time reporting (marks and comments updated bi-weekly for core subjects at minimum). Please remember to reach out to your child's teacher if you have any questions. They are the first point of contact and will be able to speak about specifics directly with you. Email them directly to book an appointment if necessary (phone, Google Meet or in person).

Thank you very much for your ongoing support and kind words about the good work going on at Central High Sedgewick Public School. The positive partnership between CHSPS and families is extremely important for the success of all learners. :)

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

Be well always,  
*Richard Cowan*  
*Principal*



## Office staff can be reached via email

Email Angie and Melinda in the office. Please use [chsps-aa@brsd.ab.ca](mailto:chsps-aa@brsd.ab.ca) to report student absences and any other messages you need to relay to office staff.

A composite image featuring a dreamcatcher with feathers in the upper left corner. Below it is a flag for Treaty No. 6 Territory, which has a blue field with a white Union Jack, the numbers '18' and '76' in white, and the words 'TREATY NO. 6' and 'TERRITORY' in white. A circular medallion with two figures is centered on the flag.

## 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.

A cluster of colorful squares in various shades (blue, green, yellow, pink, orange) with dashed outlines, arranged around the word 'YEARBOOK'.

# YEARBOOK

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

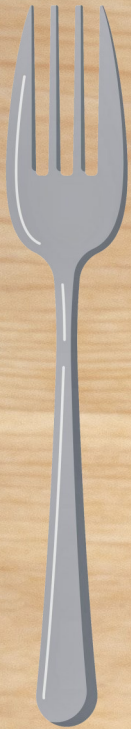
**Order your 2022/2023 Yearbook now!**

Scan here to order or go to  
[www.jostensyearbook.com](http://www.jostensyearbook.com), or our school  
website.

**Yearbooks are \$35 each.**







**HOT LUNCH** and **MILK** orders open January 9th and close January 20th. All orders must be paid for by January 25th or your order will be deleted.

Go to [www.chsps.hotlunches.net](http://www.chsps.hotlunches.net) to order. You can send an e-Transfer to [chspscouncil@gmail.com](mailto:chspscouncil@gmail.com). This is an automatic deposit so no password is required.

You could also submit a cheque directly to the school. We ask that you still input your order online and simply print out a 'Remittance Form'. Then send it to the school, along with a cheque. Cheques are payable to:

CHSPS PARENT SUPPORT ASSOCIATION.

This session of hot lunch and milk will run from February to June. **You will not have another opportunity to order for this session after January 20th.**

**Please triple check your order** (especially Subway!) before submitting. Many people forget to select a type of meat or check the wrong boxes for veggies.

The lunch and milk program will run even if buses do not! No refunds given if not present! If your child is absent, please have your child pick up their hot lunch when they return.

We are looking for volunteers to help pick up hot lunches from vendors and to help sort and deliver to students. Be sure to click on the "volunteer" button for the lunches you are able to help with!

Still have questions, email Lisa at [burgess@brsd.ab.ca](mailto:burgess@brsd.ab.ca) or Janna at [jfreadrich@brsd.ab.ca](mailto:jfreadrich@brsd.ab.ca).





# November Athletes of the Month



**SH Girls Volleyball Team — For  
stepping up and being committed  
athletes for the year.**

# November Athletes of the Month



SH Boys Volleyball Team

# **November**

## **Athletes of the Month**



**Tanner Bahm, Gr. 9 — Helping with archery startup, helping younger archers with skills, etc.**



**Cabrie Tanton, Gr. 9 — Full of energy, encouraging, being a leader, tries her best at Hockey Academy.**

# November

## Citizens of the Month



**Kegan Berry, Gr. 8 — Very polite student, always saying good morning/good night.**



**Keeley Sorken, Gr. 8 — For always being friendly and kind, includes everyone and offers to help.**



**Emily Goodrich, Gr. 10 — For always being polite, friendly and helpful and getting all her assignments done on time!**



**Rebecca Toews, Gr. 11 — For carrying the flag for Remembrance Day.**



# HIGH SCHOOL PLANNING 101



## Alberta High School Diploma Requirements

100 Credits

including the following:

- **ENGLISH LANGUAGE ARTS - 30 LEVEL**  
10/20/30 = 15 credits
- **SOCIAL STUDIES - 30 LEVEL**  
10/20/30 = 15 credits
- **MATHEMATICS - 20 LEVEL**  
10/20 = 10 credits
- **SCIENCE - 20 LEVEL**  
10/20 = 10 credits

**CALM 20 - 3 credits**

**PHYSICAL EDUCATION 10  
3 credits**

**10 credits in any  
combination from:**

- CTS
- Second Languages
- K & E Courses
- Fine Arts
- PE 20/30
- RAP courses

**10 credits in any  
combination from:**

- 30 level LDC
- 30 level Work Ex
- 30 level RAP
- 30 level Special Projects
- Advanced CTS
- 30 level K & E
- 30 level Green Certificate

\*30 level course that  
is not English/Social  
30

## Alternative HS

### Completion options:

- Certificate of Achievement
- Certificate of HS Completion



Make an appointment with your career counsellor today! Appointments can be made in your HS+ Google classroom under the 'classwork' tab.



## ALEXANDER RUTHERFORD SCHOLARSHIP

Applications open in August for students who have completed high school and are enrolled in a qualifying program.

- The qualifying average is calculated from 5 designated courses (must use English)
- In Gr. 10 & 11 use English, plus 2 core and 2 three credit minimum courses
- In Gr. 12 use English, plus 2 core and 2 five credit minimum courses.

Averages of 75%-79.9% are worth \$300-\$700

Averages of 80%+ are worth \$400-\$1300

Follow the link for more information.



## WHY CHOOSE OPTIONS & CTS

- Discover passions & expand interests
- Rutherford Scholarship can use two options or CTS at each level.
- Post-secondary programs may accept 5 credits of advanced level options and CTS for admission.
- Receive 30 level credits.



**Course Sequences**





**What is a vape?**

A vape is an electronic smoking device that contains a cartridge of liquid (e-juice) that is heated into a vapour and inhaled by the user. Vapes have batteries (rechargeable), a heating element, a mouthpiece, and a place to hold vape liquid.

Vapes come in different shapes and sizes:

- may look like a pen or USB (which makes them easy to conceal) or like a "lighter" with a refillable tank and often sport cool or pretty designs
- some vapes are hidden in stealth products, like watches, hoodies, or gaming devices

**What is vape liquid?**

It is a mix of chemicals, flavours, and different levels of nicotine. It comes in flavours that entice kids and teens, like fruits, candies, tropical drinks, or desserts.

**Why do young people vape?**

Teens say they vape because it's enjoyable or they like the buzz it gives them. Others vape out of curiosity or to try different flavours. Some vape because they believe it will help them reduce stress or help them fit in with friends.

**How harmful is vaping?**

Scientists are still learning, but here is what we know right now:

- Most vapes have nicotine, which alters the development of the teen brain and can affect memory and concentration. It causes intense cravings and nasty withdrawal symptoms.
- Vaping liquid and the aerosol created contain harmful substances, some cause cancer and lung disease.
- Vaping comes with a risk of burns and other serious injury.
- Young people who vape may be more likely to start smoking than those who don't vape.

**Talk to your children about vaping**

With time and practice, talking about vaping will strengthen the relationship you have with your teen.

- Check out credible sources of information together. [Consider the Consequences of Vaping](#) - is a great resource. Help them think about the consequences of vaping in ways that are meaningful to them.
- Talk about vaping when it comes up in real life. Ask open-ended questions like what have you heard about vaping?
- Talk with them about what it means to think and act independently; and to make good decisions.

**MORE RESOURCES**

[Schools.HealthierTogether.ca](https://Schools.HealthierTogether.ca)

Search "vaping"

[AlbertaQuits.HealthierTogether.ca](https://AlbertaQuits.HealthierTogether.ca)

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



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line

811

Health Link  
Health Advice 24/7



Alberta Health  
Services