



the CHSPS Newsletter

APRIL 2023

Go Rams and Lams 2022/23

IMPORTANT DATES

**Tuesday, April 4 and
Wednesday, April 5**
Parent-Teacher Interviews
4:00 p.m. to 7:00 p.m.

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

Tuesday, June 27, 2023
Last Instructional Day

Wednesday, June 28
Last Operational Day
No School

Parent-Teacher Interviews

Tuesday, April 4 and Wednesday, April 5
4:00 p.m. to 7:00 p.m.

In-person or phone appointments MUST BE MADE.

Check your emails for the [appointment link](#).

It is also on our [website](#).



Principal's Message



Thank you very much for your ongoing support for students and staff at Central High Sedgewick Public School. We are grateful and you are all appreciated!

On behalf of all staff at Central High Sedgewick Public School, we wish you a wonderful Spring Break (March 25-April 2, 2023). We look forward to seeing everyone back at school Monday April 3, 2023 :)

Please always 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



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.

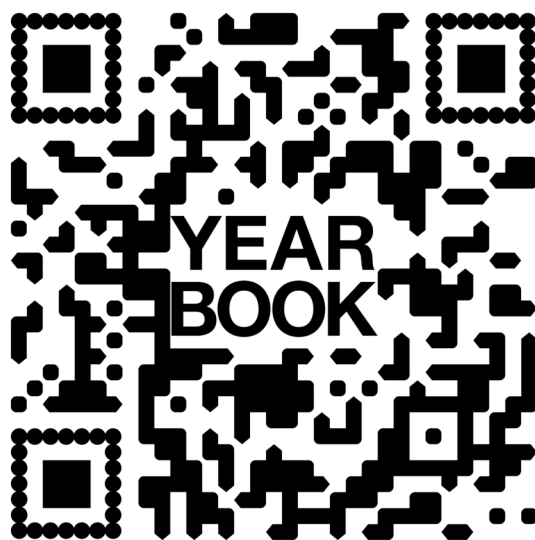
YEARBOOK

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.



Flagstaff Players Proudly Presents

GUARDS! GUARDS!

By Terry Pratchett & Stephen Briggs

SPECIAL \$12 SHOW-ONLY TICKETS FOR CHSPS STUDENTS

SEE MRS. EDEY FOR DETAILS



A STORY OF GUARDS, DRAGONS, AND A CARROT.

May 5, 6, 12 and 13, 2023

Sedgewick Community Hall

For all other tickets and further information:

[HTTPS://FLAGSTAFFPLAYERS.INVITERIGHT.COM/](https://flagstaffplayers.inviteright.com/)

Terry Pratchett is a registered trademark
Parental Guidance advised for some swearing and violence

GEWICK CURLING CLUB



Our Junior Curlers had a great season! We have over 30 students from grades 4-9! We hope to see everyone back next season.

BRACE

We would like to thank the BRACE shared students for working so hard to stay on track at the start of the semester. Accessing your courses daily, as well as checking emails is important to help stay on track!

Please note that we are able to see your login information in Moodle and how long you are working online each day — weekly reports are available for students and parents.

Please email your teacher if you are

interested in receiving this and you aren't already doing so.

Remember that your teachers at BRACE are available by phone, email and Google meet. It is important you check in with your teacher(s) on a regular basis so that you can have the most success possible.

If you have any questions or concerns, you are welcome to reach out to Mrs. Swanson at 780 672-2205 or ls완son@brsd.ab.ca.

February

Citizens of the Month



Katelyn Liboiron, Gr. 7 — Kind to students and staff. Very helpful with our new student in Grade 7.



Jayde Niehaus, Gr. 8 — For asking excellent questions in class and for always being willing to contribute!



Owen Pasztor, Gr. 12 — An honest and dependable student who is kind and friendly to everyone, and tries his best in all classes and sports.



Kassidy McMahon, Gr. 12 — willing to help out and keep things organized on the Senior High Ski Trip, and Students' Union help.

February

Athletes of the Month



Raine Burden, Gr. 7 — Showing great growth and development throughout the basketball season and is always willing to learn.



Seth Edwards, Gr. 8 — For his leadership on the court and his skill development throughout the basketball season.



Duncan Ferrier, Gr. 11 — For stepping up and taking the position of skip on the high school curling team the weekend before Areas.



Branston Freadrich, Gr. 12 — For his commitment to the high school basketball team.

CTS Shop Products for Sale

The high school shop students have completed some projects and they would like to offer them to the community for sale. Please contact the school if you would like to purchase any of the items listed below. We appreciate your support!



Doghouse #1 - \$420



Doghouse #2 - \$420



Tiered Planter #1 - \$240



Planter #1 - \$175



Tiered Planter #2 - \$240

Annual **Blue** & **Gold** Game





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.



Make a splash this summer!



**If your children love to swim, register them for the Killam Cyclones Swim Club!
Scan the QR code to register online! Practices start Monday, May 1, 2023.**

The University of Calgary and Alberta Health Services are researching and evaluating the impact of using an e-Mental Health tool for youth.

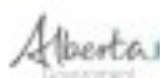
The InnoWell Platform offers surveys, apps, and e-tools to help you monitor your mental health between appointments, and provide you and your mental health team with information to help guide your care.

Want a
NEW
Approach to
Mental Wellness?

If you are interested and between 15-24, talk to your therapist, counselor, or doctor about the Innowell e-Mental Health Platform.

WITH YOUTH, FOR YOUTH!

SCAN ME



ALBERTA INNOVATES



This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB21-0343)

Language Impacts People

Help your family learn how to use language to build caring, connected relationships. When positive, helpful words, tone and body language are used it can enhance mental health.

Family Smart Practice Tool shares tips on how to build communication and language skills:

- **Be prepared** by thinking about what and how you are going to say something.
- **Suspend judgement** and do not assume you know what is going on or has happened.
- **Trust** is earned and it takes time to build it.
- **Empowerment** is given by providing an opportunity to share what is important.

More great tips from the **Family Smart Practice Tool** on how to build communication and language skills:

- **Alignment** happens when we work together to identify a common goal and create a plan to achieve it.
- **Check In** regularly to connect better and change directions if needed.
- **Assume good intentions** and that each person wants things to go well.
- **Empathy and listening** helps us to see each other's perspective and to increase understanding.
- **Be kind** to yourself and to others.

Learn how to tackle stigma and show sensitivity through the words you choose.

- Use positive and respectful language
- Don't use labels or judgement
- Use person-first language to focus on the individual rather than the illness, disability, condition or behaviour.
- Avoid stereotyping or oversimplifying similarities.

Words to combat stigma :

Stigmatizing

They were an addict.
Committed suicide.
They are crazy.

Respectful

They are in recovery.
Died by suicide.
They're living with a mental illness.

Together with your children, learn the importance of using the right words when talking about mental health. **Mental Health Literacy** offers a helpful resource for families to learn about mental health and to use the terms and components correctly.

Components:

- No distress, problem or disorder
- Mental distress
- Mental health problem
- Mental disorder/illness

Understanding the differences is crucial to getting the right kind of help if needed, to avoid seeking treatment when it is not needed and to be clear about the language we use to express how we feel.

MORE RESOURCES

[Resources - FamilySmart](#)
[Language Matters](#)
[Mental Health Literacy](#)

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



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

