



# the CHSPS Newsletter

SEPTEMBER/OCTOBER 2022

Go Rams and Lams 2022/23

## Important Dates

**Friday, Sept. 30, 2022**  
School Closed  
Truth & Reconciliation Day

**Thursday, Oct. 6, 2022**  
2:20 p.m. Early Out  
Staff Meeting

**Monday, Oct. 10, 2022**  
School Closed  
Thanksgiving Day

**Tuesday, Oct. 11, 2022**  
No School  
Staff Collaboration Day

**Thursday, Oct. 13**  
Picture Day



**Thursday, Nov. 3, 2022**  
2:20 p.m. Early Out  
Staff Meeting

**Wednesday, Nov. 9, 2022**  
No School  
Professional Learning

**Thursday, Nov. 10, 2022**  
School Closed  
Day in lieu of Parent/Teacher  
Interviews

**Friday, Nov. 11, 2022**  
School Closed  
Remembrance Day

**Monday, Nov. 14, 2022**  
School Closed  
Day in lieu of Parent/Teacher  
Interviews

## Principal's Message

Welcome to the 2022-2023 school year!

Our first full month of school at CHSPS has been busy. New students are getting acquainted with life at Central, breakfast club and concession are on the go, athletics are running at full capacity and pancakes have been mixed, flipped and served! Students seem fully immersed into life at school full time with expectations firmly in place. CHSPS staff is extremely PROUD of the way students have adjusted to routines. There is absolutely a great vibe going on at Central!

Please note that although there are no longer pandemic-related restrictions in place, everyone is encouraged to stay home when feeling unwell. Considering everyone's health should be a priority for all of us.

I also encourage you to speak with your child's teacher if you ever have any questions or concerns. Emails, phone calls and scheduling meetings are all ways to communicate with your child's teacher if you have questions, concerns or if you just want to share positives!

Central School has an extremely capable staff but we are unable to fully support what we are unaware of; collaborating with families is extremely important to us. Students may need us all day at school but they also need your support outside of school. Consistent communication between home and school will help bridge any gaps and facilitate daily success for everyone.

Thank you for everything you do to support your child(ren) and Central High Sedgewick Public School. Here is to an outstanding year!

Please reach out if you ever have any questions (**email:** [rcowan@brsd.ab.ca](mailto:rcowan@brsd.ab.ca) or **phone:** 780-384-3817).

Be well always,

Richard Cowan  
Principal CHSPS



## Office staff can be reached via email

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



BRSD MENTAL HEALTH CAPACITY BUILDING (MHCB)

## WELLNESS COACH CORNER

**Hi there! I'm Kim, the MHCB Wellness Coach for Central High Sedgwick Public School.**

The BRSD MHCB program supports the mental wellness of all students through in-school programming. I am happy to be working with the students and staff of Central High Sedgwick Public School! This month I'll be visiting each classroom to introduce myself and to practice a few fun strategies to help students feel calm and manage the transition back to school in a healthy way. Later on this fall I'll be offering in-class, and lunch hour programs to support student wellness by building positive coping skills, helping students have healthy relationships, and promote positive mental health. I look forward to sharing more with you about what we've been working on later this fall!



**Kim Kienitz**

Questions about mental health? Connect with me!

[kkienitz@brsd.ab.ca](mailto:kkienitz@brsd.ab.ca)

**PICTURE DAY**

**Thursday, October 13th**



say  
**Cheese**



## **Student Registration**

STUDENT REGISTRATION IS A LITTLE DIFFERENT THIS YEAR! Please check your email for the message and link!

Every year we are required to provide Alberta Education with a signed and dated Student Verification form for each of our students. We also use the form to ensure all of the information we have regarding your child(ren) is correct. This year we have moved to an electronic verification form for this process. In an attempt to streamline our process, the FOIP and Technology Use forms have been incorporated into the Verification form.

To access and complete this form, you will need to log into the parent portal via your web browser (Google Chrome, for example. You will not be able to complete this process on the App). Click on the SchoolEngage icon on the left. You will be redirected to the SchoolEngage site where you can select your child's name. Click on the 2022-2023 Student Verification Form and then on the blue icon in the first column to review the information. Once you've completed your verification, click on the green submit button at the bottom of the page.

## **School Fees**

The 2022-2023 school fees have been added to students' accounts. Statements were emailed out this week. If you did not receive an email, check your spam folder. If the email is not there, call the office to ensure your email address is correct.

Please pay your students' accounts ONLINE. The link can be found on our school's webpage under quicklinks. You may have to add your students to your account. Do so using their student number found on the statement.

Through the PowerSchool Parent Portal, parents/guardians will have access to their child's attendance and gradebooks. Videos to help you log in for the first time, how to navigate the portal and the PowerSchool app can be found CHSPS's [website](#).

Parent Portal accounts have been created for the primary contact(s) for each student. Once students have been added to a Parent Portal account, an email will be sent to the email address we have on file for the main contact for each student. If you share a family email with your spouse/partner, only one account will have been created for the primary contact. There can only be one account per email address. You can request an additional account from the school or share the account you have been provided.

We are not assigning passwords for these new accounts so you will need to visit <https://brsd.powerschool.com/public/home.html> and click on "Forgot Username or Password" and follow the prompt to reset your password. Your username will be your Firstname.Lastname (i.e., Jane.Brown) and an email will go through to the address you have previously provided.

Once you reset your password from the email sent by PowerSchool, you will see your students on one account. Example: Jane Brown has 2 children both at ABC Elementary. She receives an email indicating two new students have been added to her account. She follows the instructions and goes to BRSD Parent Portal and clicks on "Forgot Username or Password". She follows the prompts and waits for an email to reset her password. Jane Brown then signs in and sees her 2 children listed in her newly created Parent Portal Account.

If you need assistance logging in for the first time or would like additional accounts created, please contact your school.



## 2022-23 School Spirit Days

- October 6th - Jersey Day
- November 3rd - Camo Day
- December 1st - Cozy Day
- February 2nd - Beach Day
- March 2nd - Pattern Day
- April 6th - Character Day
- May 4th - Western Day
- June 1st - Backwards Day



**THE TERRY FOX  
FOUNDATION**



**Our Terry Fox walk/run was held Friday, September 23.**

**Thank you to our volunteers for helping out and for the donations we've received to support cancer research.**

**The fundraising link is:  
<https://schools.terryfox.ca/4914>.**

**The link will be open for a few more days if you would like to make a donation.**

**We will have our fundraising total in next month's newsletter.**

# Cross Country

Cross Country season is off and running. CHSPS has already attended races at Hardisty and Burma Park. Next they are off to New Norway and Camrose.



# Pancake breakfast

Students in Grades 11 and 12, as well as Marcy and Janine, helped prepare a pancake breakfast for all students.



Career Counselling News | September 2022

# WELCOME BACK TO SCHOOL



## A WELCOME MESSAGE BY MRS PRATICANTE & MRS KRUCHTEN

- We are here to help BRSD students with high school & career planning
  - get connected to resources like [myPass](#) & the [High School Plus](#) site
- Post-secondary planning & applications
- Scholarship support & how to fund your education
- Micro-credentials
- Apprenticeship information
- Resume & interview prep
- Tips to find & keep a job
- And so much more!



## POST-SECONDARY APPLICATIONS

- Keep in mind that most post-secondary institutions start accepting applications October 1st (a few even before!)
- Check for non-academic requirements such as a career investigation, volunteer hours, interviews, portfolios, letters of reference, fitness tests, auditions, etc.

## OPEN HOUSES THIS FALL!

Watch your HS+Google Classroom & the institutions' websites for upcoming dates!

## MyPass

- Use your personal email
- Gr. 11 & 12 should be checking it at the beginning of every semester
- Monitor your Detailed Academic Report (DAR) & Credential Requirement Checklist

## ApplyAlberta

- Set up your MyAlberta Digital ID
- Access your marks through MyPass
- Apply early - some programs are non-competitive while others are competitive
- ApplyAlberta help sessions will be offered in every high school through September - watch for dates!

A graphic for High School Plus featuring the text "HIGH SCHOOL" in large, bold letters, with a green plus sign. Below it is a QR code and the text "@hsplusbrsd" and "careercounselling@brsd.ab.ca".

**HIGH SCHOOL**  
@hsplusbrsd  
careercounselling@brsd.ab.ca

# CAREER COUNSELLING NEWS

# OCTOBER 2022



## OPEN HOUSES ARE BACK! REGISTRATION MAY BE REQUIRED



Saturday  
Oct. 5



Saturday  
Oct 12



Friday  
Oct 14



Friday  
Oct 14



Saturday  
Oct 15



Bow Valley  
Oct 15



Saturday  
Oct. 15

AMBROSE



Saturday  
Oct 15



Saturday  
Oct 15



Sunday  
Oct 16



Fri & Sat  
Oct 21 & 22



Saturday  
Oct. 22



Saturday  
Oct 22

## ApplyAlberta

- Info Sessions have been occurring in every high school across the division - ask your Gr. 12 student if they have attended
- Application Tips & Tricks can be found on the HS+ Google Classroom for each school
- Most applications can be submitted starting October 1!

## MyPass



Use your personal email

# CAREER COUNSELLING NEWS

## OCTOBER 2022



### REGISTRATION MAY BE REQUIRED



Saturday  
Oct 22



Saturday  
Oct 22



Saturday  
Oct 29



Oct 28, 29  
& Nov 3



Saturday  
Oct 29



Saturday  
Oct 29



Saturday  
Oct 29



Saturday  
Nov 1



Wed & Thurs  
Nov 2 & 3



Saturday  
Nov 5

Be sure to check out each institution for times and event details.

**Create Connections = Build Resilience**

When we are connected with others, it makes us more resilient. Resilient children often feel a strong bond with friends, family members, teachers and other people in caregiver roles. They feel protected and believe they can count on their network to be there for them.

Meaningful participation in the home, school and neighbourhood contributes to the resilience of children and youth. It increases their sense of connection, decreases their isolation, and helps them succeed in school.

**Family Connections = Build Resilience**

Build family connections by creating family routines where you eat meals together, read together and be active together.

- Show interest in activities your children enjoy and do them together.
- Help your children develop healthy relationships with their siblings and encourage them to spend time together, have fun, and be active and creative.
- Intentionally connect with extended family members to build your children's circle of supportive, trusted adults.

**Neighbourhood Connections = Build Resilience**

The Neighbourhood is an important place where children build independence, resilience, and self-reliance and develop skills to connect with others.

When you and your children get to know people in your Neighbourhood, you'll benefit in many ways, including:

- Increasing your sense of belonging and safety.
- Building social and emotional skills.
- Contributing to your community, accepting others and building empathy.

When children play with others, they learn to be active and more creative.

**School Connections = Build Resilience**

Here are simple ways to build connections at school:

- Connect with your child's teacher early to establish a good relationship and invite open communication.
- Share information to help the teacher connect with your child and support their success.
- Connect with your child daily, be there to cheer them on and help them brainstorm solutions for any challenges.
- Encourage your child to participate in school activities. Volunteer when you can.

Positive peer relationships in childhood are one of the best predictors of good mental health in adulthood.

**MORE RESOURCES**

Simple Connections, Stronger Families

[Colouring Book](#)

AHS Back to School Health

[Family Resources](#)

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



### Parents promoting positive mental health

Parents play an important role in supporting a child's mental health.

Mental health affects the way you think, feel and act.

You can promote good mental health by the things you do, say, and the environment you create at home.

### Focus on strengths

When your child brings home a test, talk first about what they did well instead of focusing on mistakes.

If improvement is needed, ask your child what they could do better next time.

Have suggestions ready if they ask you.

### Ask questions about feelings

Help your child name and calm feelings; start by asking how they feel.

Let them know that it's OK to talk about feelings.

Feelings are not right or wrong, and you can't control how you feel.

You can control how to act when you have strong feelings.

### Listen and show empathy

Stop what you are doing and look at your child when you talk to them.

Listen to what your child is saying about their feelings without judgement.

Put yourself in their place.

Acknowledge what your child is feeling.

### MORE RESOURCES

[Parents Promoting Positive Mental Health \(alberta.ca\)](#)

[Helpful Tips and Strategies \(alberta.ca\)](#)

[Parent Information Series | Alberta](#)

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



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1-877-303-2642



# Killam Recreational Junior Lifeguard Club

If you want the opportunity to take part in a special community of swimmers and leaders while expanding your aquatic experience twice a week, the Killam Recreational Junior Lifeguard Club is the place for you!

## Who is Killam's Recreational Junior Lifeguard Club Fit For?

For kids ages 8 - 15 who are enthusiastic and prepared to swim. All swimmers must be able to complete the swim to survive standard:

1. Roll into the deep end
2. Tread water for two minutes
3. Swim 50 metres continuously

Killam Recreational JLC is looking for swimmers with a positive attitude and a strong work ethic.

## How will Killam's Recreational JLC Benefit Participants?

Killam Recreational JLC is a great way to keep active while having lots of fun doing water-related activities. Participants will learn valuable lifesaving and leadership skills while staying active.

## Recommended Equipment

- ★ Goggles
- ★ Jammer-style swimsuit for male swimmers
- ★ Fitness swimsuit for female swimmers
- ★ Swim cap (optional)

## How to Register

Sign up for the Fall 2022 JLC Session of Killam Recreational Junior Lifeguard Club by visiting <https://www.town.killam.ab.ca/> (under recreation tab go to swimming pool) or email [ckinzer@town.killam.ab.ca](mailto:ckinzer@town.killam.ab.ca).

## About

Killam Recreational JLC provides a fun, exciting, and challenging atmosphere. It is a recreational club that focuses on personal bests in the following skills:

- ★ Swimming
- ★ Lifesaving
- ★ Fitness
- ★ Knowledge
- ★ Leadership
- ★ Teamwork

The Fall 2022 JLC Session will run 4:30pm - 5:30pm Tuesdays and Thursdays on the following days:  
October 4, 6, 11, 13, 18, 20, 25, 27,  
November 1, 3, 8, 15, 17, 22, 24, 29,  
December 1, 6, 8, and 13.