



the CHSPS Newsletter

DECEMBER 2022

Go Rams and Lams 2022/23

IMPORTANT DATES

Wednesday, Dec. 21, 2022
Last Day of Classes

Thursday, Dec. 22, 2022
School Closed
Christmas Break

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



Principal's Message



December is here...already! Although illness rates have been a little higher recently, there is excitement in the building for our first live Christmas concert in years (December 15, 2022 - 1pm and 7pm). What an excellent pre-Christmas gift! Best seats in the house will be provided by School Council!

Other exciting events are happening in December as well with the basketball season starting, Spencer Beach speaking to Jr and Sr students, and an upcoming Winter Break to rest and rejuvenate (December 22, 2022 - January 4, 2023).

With fewer days in the month, it is easy to step on the brakes a little but staff at CHSPS have been communicating with home and encouraging students to stay focused on assignments, assessments, projects, sports and being PROUD.

Once everyone is back from the Winter Break (January 5, 2023) it will be a sprint to the finish line of semester 1 (regular assessments, PATs, diplomas, final exams/projects, etc.) so it is important to stay on top of things. Please remind your child(ren) to push through so they can enjoy a well-deserved break. Please also remember to reach out to any teachers if you have questions or concerns.

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).

Be well always,
Richard Cowan
Principal



Office staff can be reached via email

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



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.



CHSPS Elementary Christmas Concert 2022 A Chipmunk Christmas

Written and performed by Grade Six
Music by all the Elementary kids!

Live! In Person!

Thursday, December 15th

1 p.m. (dress rehearsal – come watch if you can't make it at 7)
7 p.m. – full, live and in-person performance

October

Citizens of the Month



Zane Giesbrecht, Gr. 8 — cleaning up the drama room after everyone else left — every day!



Evie Hampshire, Gr. 7 — is always willing to help out and ensures all equipment is put away.



Aleah Klatt, Gr. 10 — for being helpful and flexible in the shop!



Emily Grant, Gr. 11 — SAVY, Students Union, bulletin boards, and helping with Hockey Academy.

October

Athletes of the Month



Allie Kelndorfer, Gr. 10 — for stepping out of her comfort zone and being a real leader as a setter on the Senior JV team, being encouraging and knowledgeable about the positions on the court.



Lincoln Lazarick, Gr. 10 — for his improvement in Senior Boys Volleyball!



Charlese Grieve, Gr. 8 — for her improvement in Junior Girls Volleyball!

October Athletes of the Month



**Jr Boys Volleyball Team — for winning
Counties and hosting Regionals!**



2022-23 School Spirit Days



February 2nd — Beach Day

March 2nd — Pattern Day

April 6th — Character Day

May 4th — Western Day

June 1st — Backwards Day



2022/23 Yearbooks

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.



Senior High Curling

Practice on Monday after school until 5:00 p.m.

See Mr. MacEachern if you have any questions.



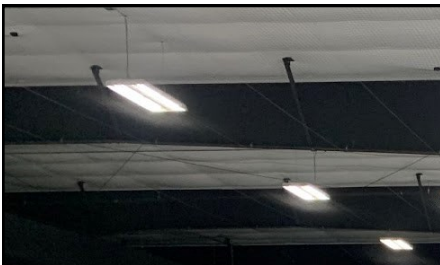
HOCKEY

Junior High Hockey Academy has benefitted from many guest speakers and coaches this month.

Seen below they are working with goalie coach Adam Creasy, power skating coach Rochelle Hendricks, and former NHL player Harry York.

They also got to take home their new merchandise. All players received a CHSPS customized jersey, socks, and T-shirt.







Senior RAMS Volleyball 2022 — quarterback; basketball & hockey players; curlers; Army Cadet; and our guardian angel Jake. Two second-year players and nine rookies. Learning on the fly every match, we became a volleyball team. Everywhere we went, coaches and referees commented on their skills, team play, competitive spirit, and camaraderie. We had a great season learning volleyball skills, making lifelong memories and new friends. Thanks to our fans in the stands for their support. Congratulations RAMS. You were great ambassadors of CHSPS PROUD.



Back: Owen Pasztor, Aidan Borgel, Branston Freadrich, Cade Schachtschneider, Skylar Wallner, Brody McDowell and IMac.

Front: George Rosiechuk, Lucas Dockstader and Lincoln Lazarick.

Missing: Noah Toews and Kobi Lefsrud.





Grade 7-12 Anything But a Backpack Day!



Thank you for making our
Kick-Off to Christmas
Book Fair
A Huge Success!



Kick-Off Congratulations
Family Art Night
Winners



Just for Kids **A Surprise Gift Box Worth over \$100**
Maya in Grade 2

Just for Adults **A \$150 shopping spree at Book Fair!!!**
Sandy Bergum

Kick-Off to Christmas
More Winners



\$100 Shopping Spree
Jolie in Grade 7

\$50 Shopping Spree
Milan in Grade 4

Soccer Ball
Xavier in Grade 7

Staff Draw
Mrs Burgess

11 People won a free book

Plus many other cool prizes...

Online Kids Club

Looking for activities that your child can do virtually? Action For Healthy Communities provides fun activities to connect with other children from other communities.



**ACTION FOR HEALTHY
COMMUNITIES**

People and Communities in Action



ONLINE KIDS CLUB

**FUN & CREATIVE
ACTIVITIES FOR BOYS
& GIRLS IN GRADES 1-6**

**Grades 1-3
THURSDAY
3:30-5:00**

**Grades 4-6
THURSDAY
5:00-6:30**

Activities

- ✓ STEAM Activities
- ✓ Reading
- ✓ Dancing
- ✓ Games
- ✓ Arts & Crafts
- ✓ And more!



**REGISTRATION
LINK**



More Information Email: Nadine.moore@a4hc.ca

Funded by:



Immigration, Refugees
and Citizenship Canada

Financé par :

Immigration, Réfugiés
et Citoyenneté Canada

Career Counselling News | December 2022

APPLICATIONS 101

WHAT'S NEXT?



DID YOU RECEIVE AN OFFER OF ADMISSION?

OR ARE YOU STILL WAITING TO HEAR?

- Monitor your personal and post-secondary emails and portals for updates.
- Most institutions have a 'to-do' list. Follow this!
- Read carefully for deposit deadlines these vary by institution.
- If you need to complete other admission pieces such as the CASPER, a portfolio, an audition etc, watch for deadlines!
- Read your admission letter carefully for the conditions to retain your offer. Be sure to complete all the courses and credits you put in your application.
- If you are uncertain, reach out to the institution or your career counsellor.

DON'T FORGET ABOUT RESIDENCE!

- Enjoy the benefits and support geared for student life in residence.
- Most post-secondary institutions encourage you to apply for residence early to ensure you have a place.
- Choose from the many available options: individual or shared accommodations, meal plan options and suite styles such as studio, bachelor, or apartment.

THE SEARCH FOR SCHOLARSHIPS

- Christmas is a great time to start researching, collecting, and curating scholarships.
- Many institutions offer early admission scholarships, so apply early and be sure you are not missing out on these opportunities. December & January are common due dates.
- Be sure to check out the FUNDING tab on the High School + site to help plan your post-secondary finances.
- Watch your HS+ Google Classroom for scholarships throughout the year.

CONSIDERING A GAP YEAR?

- A gap year offers undecided students time to reflect, save money, and grow.
- Confidence in knowing that your choices are your own shows maturity, and allows teens to carve their own path.
- The High School Plus website has an entire page dedicated to the Gap Year.

APPLYING LATER IN THE YEAR?

- Applications close at various times of the year – do your research!
- Check out the Apply Alberta Infographic for tips on applying or make an appointment with your career counsellor.

Increase your joy during the holidays

The holiday season is a time of joy for many, but there are also challenges that come with it.

This season set an intention to experience joy to benefit your mental and physical health.

Simple activities may help your whole family enjoy the holiday season. Start by doing one thing you enjoy.

Increase your joy through mindfulness

Take small mindfulness moments to reduce stress and increase happiness during the holiday season.

Practice mindfulness using the five senses:

- Take three deep breaths; notice things about each one of the senses of taste, smell, sound, sight, and touch.
- Take all the time you need; notice how much better you feel.

[Practicing Mindfulness | CMHA](#)

Tips to help your children feel joy

These practices can lead to greater joy during the holiday season and at any time:

Gratitude: pay attention to what you are grateful for.

Mindfulness: focus on the breath while noticing what is happening in the moment with a kind and caring heart.

Compassion: notice when others are going through challenging times and take positive steps to help them.

[Awaken Joy in Kids - Greater Good Berkeley](#)

Increase joy through self-care practices

Tips to increase your joy during the holidays and sustain you through tough times:

- **Sleep:** helps your body and brain work at their best.
- **Activity:** releases chemicals in your brain that make you feel good.
- **Do something you enjoy:** it improves your mood and uplifts you when you feel down.
- **Eat Well:** helps you feel healthy physically and mentally.

[Self-Care | CMHA](#)

MORE RESOURCES

[stress-and-your-health.pdf \(alberta.ca\)](#)

[Help in Tough Times | Alberta Health Services](#)

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

