



# the CHSPS Newsletter

FEBRUARY 2023

Go Rams and Lams 2022/23

## IMPORTANT DATES

**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

**Wednesday, Feb. 22**  
Pink Shirt Day

**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

# Get your T-shirts!

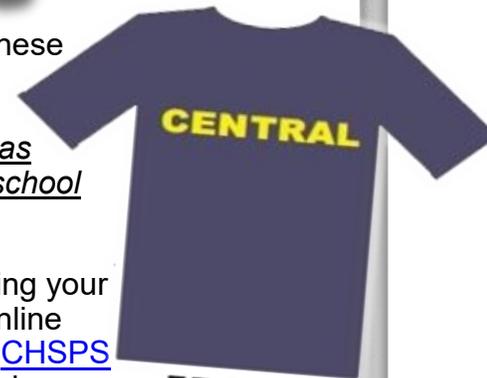
We are taking orders for CHSPS T-shirts. These shirts will be used for individual team sports such as cross country, badminton, track & field, and archery. They could also be used as warm-up shirts or to show school spirit.

Orders can be made using your students account on the online payment system found on the [CHSPS website](#) under the quicklinks tab.

Shirts are navy with gold writing and cost \$27. **Deadline to order is February 10.** Once the shirts arrive, they will be delivered to your student.



BACK



FRONT

Pink Shirt day is February 22. Main Street Medley from Alliance has two designs available for students to order this year. T-shirts are \$15 each with \$5 from each shirt ordered being returned to the school.

The money raised will go towards school-wide projects. T-shirt orders can be completed through [online payments/ordering](#). Orders need to be completed by **February 8.**



## 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.



# Principal's Message



February means the start of a new semester for many students. It also means the halfway point of the year has arrived. Staff and students have been working hard for the first five months to deliver high quality teaching, ensure optimal learning and demonstrate what it means to be PROUD at CHSPS! Here's to a successful second half of the 2022-2023 school year.

A few quick reminders:

- 1) Students should be checking/signing in at the main office when they are late so attendance can be recorded accordingly. If students are going to be away, calling or emailing ([chsps-aa@brsd.ab.ca](mailto:chsps-aa@brsd.ab.ca)) the office is strongly recommended.
- 2) PowerSchool is a great source for student academic progress via real-time reporting (marks and comments updated bi-weekly for

core subjects). 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 for students and staff at Central High Sedgewick Public School. Our positive partnership is extremely valuable 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

**PLEASE  
NOTE...**

**Morning Playground Time** – Just a reminder that playground supervision does not start in the morning before school until 8:30 a.m. There are no adult supervisors outside until that time. Please do not send your child(ren) to school to play on the playground before there is adult supervision. Thank you for your attention to this matter.

**Chillin' in the School** – As mentioned at the start of the school year, please check in at the office if you come into the school to drop off or pick up your child(ren). Administrative assistants will page the classroom to inform the teacher their student is arriving or leaving. Our hope is to have as little instructional time disrupted as possible while also following safety protocols that have been at place for years throughout BRSD. Thank you for your cooperation.



# 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.



# Thank you!



A BIG thanks goes out to CHSPS students and families. CHSPS donated 665.18 pounds of food for the Flagstaff Food Bank during our Christmas food bank drive. WAY TO GO CHSPS!!!

Thank you to the Royal Canadian Legion, Sedgwick Branch #55 for their generous donation to our Breakfast Program!



## November Citizen of the Month

Noah Toews, Gr. 10 — for carrying the flag for Remembrance Day.

# December

## Athletes of the Month



**Andrew Sakaluk, Gr. 9** — for being a great leader on the court and his dedication to basketball.



**Claudia Ehnes, Gr. 9** — for her layups and leadership on the junior girls basketball team.



**George Rosiechuk, Gr. 10** — for his leadership and willingness to help his teammates improve and learn the game of curling.



**Zaira Seffern, Gr. 11** — for her willingness to learn and improve her skills as a skip for the SH curling team.

# December

## Citizens of the Month



**Daulton Leggett, Gr. 8** — asking to clean tables when he noticed they had not been done.



**Easton Freadrich, Gr. 8** — helps to tidy up the classroom and the pucks and dressing room at hockey academy.



**Allie Kelndorfer, Gr. 10** — for offering to be helpful and always engaging and participating in class, being kind to others!



**Aiden Borgel, Gr. 12** — for participating in SU activities and dodgeball House Challenge.

# Alberta Legislature and Citadel Field Trip



The Grade 6 class went on a field trip to the Alberta Legislature and Citadel on December 7, 2022. The students watched the live performance of "A Christmas Carol" and then got a tour of the Alberta Legislature!

**What is kindness?**

Kindness is sharing the best parts of our hearts with those around us.

Kindness is seeing the good in others and celebrating it.

Take time to share random acts of kindness this month; be creative and have fun practicing kindness.

Celebrate Random Acts of Kindness Day on February 17.

**Kindness matters.**

**Kindness is teachable and contagious**

Kindness benefits you by:

- Increasing your happiness and improving your mood.
- Helping you cope and reduce worry and stress.
- Connecting you to others in a positive way.

Research shows kindness helps students be more respectful, empathetic, and positive about school.

**Self-kindness** is taking actions and reactions you would have for others and applying them to yourself. **Self-kindness** leads to self-acceptance and greater satisfaction. When we embrace self-kindness, we offer ourselves better care.

Try these strategies:

- Participate in self-care strategies
- Pay attention to your internal dialogue
- Feel your feelings
- Magnify your strengths
- Find solutions
- Use positive affirmations daily

**Tips to help your family nurture kindness**

Talk with your children about ways to show kindness.

Practice and role model kindness at home and in your community.

Take notice of others' acts of kindness and receive kindness when it's offered.

Learn from each other by sharing good things that have happened.

**MORE RESOURCES**

- [Random Acts of Kindness](#)
- [Help in Tough Times](#)

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



Health Link  
Health Advice 24/7



Career Counselling News | February 2023

# JOBS! JOBS! JOBS!

Are you ready for summer  
or part-time employment?



## RESUME TIPS

- Did you know that 80% of resumes are rejected in less than 11 seconds?
- One page maximum as a youth; two to three pages if you have more experience.
- Create a bold header with easy-to-read fonts such as Arial, Tahoma, and Calibri.
- Font sizes: your name 16-20; headings 12-14; & body 10-12.
- Soft skills are in demand: Show; don't tell. For example describe 'Flexibility' (soft skill) by using keywords such as adapt, embrace, prioritize, develop, or being a quick learner. Example: Developed lawn care business in a local area with 5 clients.
- Write out words, e.g. Jan 2022 should be January 2022.
- Don't mess with the margins - white space is a good thing.
- Showcase your best but **NOT** all your skills.
- Read the job description; include keywords & skills in your resume.

HIRED! HOW TO GET THE ZIPPY GIG  
SHEILA MUSGROVE

## INTERVIEW TIPS

- Research the company & industry beforehand.
- Many interviews are online: continue to arrive early, dress respectfully and look at the camera.
- Give evidence of your skills & qualities.
- Consider asking them questions after your job interview: Examples such as:
  - If I get hired today, what is one piece of advice you have for me that helps me succeed here?
  - What does success look like when working here?
- Be polite and show appreciation for the opportunity.

## COVER LETTER TIPS

- Tailor your cover letter to suit the job description.
- Consider describing your past through your education and experience, plus what you are presently doing, and what you hope to obtain in your future in your first paragraph.
- In the second paragraph, include your reasons for applying while focusing on the key skills that the job description entails and that you possess.
- One page maximum.

UMBC Cover Letter Tips 2022

## PROOFREAD VERY CAREFULLY!

CHECK OUT THE  
**WORK TRANSITIONS TAB**  
IN THE **HS+ WEBSITE** FOR MORE TIPS



## WAITING FOR ACCEPTANCE ?

- If required, update your high school marks with your institution so they can reassess your eligibility. Diploma marks are available in myPass on Feb 10, 2023.
- Institutions vary on how they want marks submitted, so be sure to read carefully or contact the institution for their process.

CHECK YOUR MYPASS  
FOR FINAL FIRST  
SEMESTER MARKS.  
USE YOUR  
PERSONAL EMAIL!

