

# CRESCENT HEIGHTS HIGH SCHOOL

September/October

2011

Newsletter

## Principal's Message

I have really enjoyed getting to know the students, parents and staff of Crescent Heights High School in my first two years here. I know we are off to a great year and I am excited to be part of such a great school community.

I am very proud of all the people who are involved in extra curricular activities of all types this year. Football and volleyball teams are well into the season. The Students' Council is planning spirit activities, the drama club is getting ready for some exciting shows, the band is gearing up some performances and various clubs are providing students with opportunities to be involved in our school in many different ways. Our staff is hard at work and you can see so much of what our school year is about by looking at our school website at [chhsweb.ca](http://chhsweb.ca). Please be aware that each of our students has an Agenda (book) with all of the policy and calendar information for our school year. Parents can keep track of their students' progress by going to the parent portal on Powerschool as well. Information about this can also be found on our website.



There are a couple of important changes this year that you should be aware of so that you can plan ahead. Senior High Awards will be held during the day this year on December 22<sup>nd</sup>. Specific times will be announced and placed on the webpage. The Junior High Awards have been postponed until we can get an accurate accounting of students' grades from our new software. The new dates and times will be announced on the webpage.

Crescent Heights High School is somewhat unique in that we provide an education to both Junior and Senior High students. In order to make sure that our students have a common start time and end time each day, we end up with more hours for junior high students than required for their subjects. Some extra time is a good thing so we keep about half of it but the rest we reduce by having five Junior High Days throughout the year. On these days grade 7 and 8 students do not attend. Teachers use this time to develop curriculum and to collaborate with each other around meeting individual student's needs.

On Friday, October 21<sup>st</sup>, we will have our annual Blue Day for grades 9 to 12. This is a school day where students engage in Team Building activities to promote a positive and healthy school culture. This day is also a Junior High Day so grades 7 and 8 students do not attend school.

This year, we have started a middle school to support our grade 7 and 8 students. The junior high teachers are working hard to plan their programs and develop new approaches. The timetable is also very different than it has been before for all students and we are hoping that it will be more effective and manageable than the one we had before.

I wish everyone the best in the coming school year! Please remember that you can get involved in the School Council by coming to our meetings on the second Tuesday of each month at 7:00 pm. (See the webpage for more details, including the Minutes of our meetings.)

Welcome Back!  
Rick

## **STAFF MEETING AND COMMON PLANNING TIME** **FRIDAYS**

This year all the schools in the Medicine Hat School District will have one full Friday a month in which students do not attend so that teachers can attend their staff meetings and partake in collaborative planning and public learning committee meetings. This means no early dismissal Wednesdays for our school. Please watch the calendar as these days do not always fall on the third Friday of the month.

Please note the following seven benefits to students and teachers of collaborative planning time:

- ✓ Having teachers participate in collaborative planning is a powerful example to students about the importance of learning together.
- ✓ Collaborative planning gives teachers an opportunity to experience a way of learning that they can use with their students.
- ✓ Working with colleagues on issues focused on student learning builds a sense of trust in a school.
- ✓ Collaborative time together in the school is more efficient than pulling teachers from their classrooms and sending them to workshops to learn.
- ✓ Collaborative time together allows teachers the opportunity to share with each other their knowledge and skills.
- ✓ Some of the best learning that teachers can do involves working on researched-based instructional projects together.
- ✓ Even excellent teachers can benefit from working with other teachers and continue to learn about improving their practice.

As a school, we are looking to use this regular monthly collaborative planning time to allow teachers the time they need to address important issues and projects to help improve student learning.

**SEPTEMBER SUPER SEVEN  
STUDENTS—2011**

7A – Claudia Rojas Tovar

7B – Olivia Hobman

7C – Tianna McCubbin

7D – Corbin Hobman

7E – Merek Siegers

7FI - Marc Joly

7G – Hunter Semrau

7H – Juliette Slezinsky

7L— Matthew Sauers





**ATTENTION  
PARENTS OF GRADE 9 STUDENTS**

In regards to immunization for grade 9 students;

1. Consents will either be sent home from school with your grade 9 student or you will receive a consent in the mail.
2. These consents will be issued early September. You will need to fill out the top part of the consent with your child’s name, date of birth, health care number, school and grade. Please print clearly all the required information. Your signature is required for us to vaccinate your child at the school. If you do not receive a consent for your student by September 20<sup>th</sup>, 2011 please contact the Public Health Office at 403-502-8213.

**ALL CONSENT FORMS NEED TO BE RETURNED IN THE ENVELOPE INCLUDED WITH THE CONSENT PACKAGE.**

**CHHS Library is on Facebook**



Yes, it’s true! In an effort to better communicate information about events, books, contests, and helpful school-related links, we’ve created a Facebook page for our school library. Although students will not be able to access the page from school, they will be able to ‘like’ the page and receive helpful updates regarding library and learning at our school. Parents are also welcome to visit and ‘like’ the CHHS Library page so they can stay in the loop as well!

To find us on Facebook, go to the CHHS Library website and click on the ‘like us’ link. Students that ‘like’ our page will have their name put into a draw for a prize!

**The CHHS Library Wants YOU!**

Be watching for a call for students to help ‘advise’ Ms. Mueller on various library matters! It’s YOUR library, so YOU should have some input, right? Starting sometime in October, a small group of interested and motivated students will be put together to meet regularly to discuss things like ideas for contests, library surroundings, technology, ereaders, policies, book ordering, reading promotions and much more! Stop by and talk to Ms. Mueller if you have any questions.



# First Nations, Métis and Inuit Education

Welcome back from First Nations, Metis and Inuit Education (FNMI Education)! We hope you enjoyed your break and are ready for a new school year. We have moved from Room 653 to Room 712 and are ready for another exciting year! We'd like to welcome our Social Work practicum student, Maria Medicine Shield, who is enrolled in the Medicine Hat College's Social Work program. Maria will be with us from September 12<sup>th</sup> through to December 16<sup>th</sup> and will be very busy, spending time at both the Medicine Hat High School and Crescent Heights High School Legacy Rooms.

We have a few reminders to start the year off:

- Please ensure that when student registration forms are completed that the student's ancestry is included by checking the appropriate box on the form (First Nations, Metis or Inuit). We hope to maintain accurate records of the FNMI students in our schools as part of the Aboriginal Learner Data Collection Initiative (ALDCI). For more information about ALDCI, please check the Alberta Education website (<http://education.alberta.ca/teachers/fnmi/aldci.aspx>) or stop in to the Legacy Room. Benefits of identifying students include accessing academic support, traditional counselling, Culturally Enhanced Tutoring for students in grades 3 through 7, acknowledgment at graduation, and eligibility for scholarships.

- Save the date: This year's Dreamcatcher Conference is scheduled for October 14 & 15, 2011. Visit the website (<http://www.dreamcatcher.macewan.ca/index.cfm>) or the Legacy Room for details, but know that it's an opportunity not to be missed!

- We will be holding our First Nations, Metis and Inuit Advisory Committee (FNMIAC) meetings on a regular basis again at the Medicine Hat High School Legacy Room. Students will receive information through the school once the date is set. FNMIAC is aimed at providing support, fellowship and making connections between parents, school staff and the community.

- Oskayak (Cree for 'young people') is a dance group that is restarting this year. Look for information about when/where if you are interested in aboriginal dances, including traditional, jingle and fancy dance, as well as Métis jigging.

We hope to see you soon in the Legacy Room!



## MyPlace News-October

We hope that everyone has had a good first month here at Crescent Heights High School. We have been so excited to see the turnout that we have had so far for our afterschool activities hosted by Crescent Heights and My Place. Please keep on checking our calendar located beside the Counseling office for all October activities and events. We hope you can all sign up and come and meet new friends in your school.

October is a month of trick or treating, pumpkin carving and eating lots of turkey on Thanksgiving. It is also about Bullying Awareness. With school underway, students have begun to make friends; it is important to create awareness of bullying and how it affects others. A community resource officer will be doing presentations on how to take action against bullying and what we can do to prevent it. We hope that you enjoy the presentations and activities this month!

### **What's happening this month?**

Bullying Awareness Presentations in your classrooms- October 27<sup>th</sup> and 28<sup>th</sup>

After School activities from 3:00-4:30pm Mondays and Wednesday for grade 7 and 8 students (please check calendar beside the counseling office)

Come visit us any time or just drop in to say "Hi." Dana Esquirol, our success coach will be in the MyPlace office Monday to Fridays or you can call her at 403-527-6641 Ext. 8518. You can also reach me, Carolina Hall at Ext. 8278.

**"You must be the change you want to see in the world" – Gandhi      Looking to connect? – MyPlace**

*Carolina Hall, BA (Psych), MC (Psych) Student  
My Place Project Facilitator  
Mental Health Capacity Building Project  
Alexandra Middle School and Crescent Heights School  
403-527-8571 ext. 3208 or 403-527-6641 ext. 8278  
Fax 403-527-0299  
E-mail: [carolina.hall@sd76.ab.ca](mailto:carolina.hall@sd76.ab.ca)*



# Healthy Schools Healthy Futures



# Alberta Health Services

### Welcome back to the 2011 - 2012 school year!

Alberta Health Services staff from Public Health, Healthy Weights, Addictions and Mental Health, Health Promotion, Dental Health, Tobacco Reduction and Safe Communities will be contributing to our newsletter pages.

We work in partnership and focus on promoting the health of students, staff, and families in the school community.

If you are looking for general health information contact HEALTH LINK at 1-866-408-5465.

Have a safe, healthy, and happy school year.



### Does your child have a chronic medical condition? Some tips to help keep your child safe and healthy:

- Inform the school of your child's condition
- Provide a Medic Alert® bracelet for your child
- Provide the school with current medical instructions as recommended by your physician
- Provide the school with up-to-date auto-injectors and keep them current
- Provide information to school and teachers
- Participate in the development of an emergency response plan for your child

For more information, contact your school's public health nurse or discuss with the school principal.

### For information on:

Allergies/Asthma [www.aaia.ca](http://www.aaia.ca)

Anaphylaxis [www.anaphylaxiscanada.ca](http://www.anaphylaxiscanada.ca)

Diabetes [www.diabetes.ca](http://www.diabetes.ca)

### Terry Fox National School Run Day Wednesday, September 28th, 2011

*Get out your running shoes and run for a cause!*

In 1980, Terry Fox faced huge challenges while running a marathon a day for 143 days during his 3,339 mile Marathon of Hope. Terry challenged himself every day with one goal in mind: raise the most money he could to end cancer. Now it's your turn. Join your school community in celebrating Terry's heroic effort by promoting health and taking part in the National School Run Day on September 28th!

Schools are invited this year to "Take the Terry Fox Challenge" and unite by issuing a school challenge. Challenge ideas include: costume runs – dress up like a superhero or a rock star, obstacle course or dance challenge and many more.

Check out [www.terryfox.org](http://www.terryfox.org) to find out more and get involved!

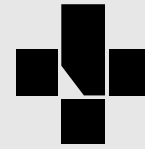
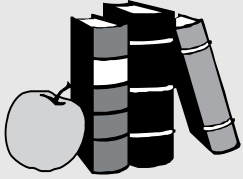
### Breakfast for Learning

With students heading back to the classroom makes September a great month to focus on healthy eating. We know well-nourished children have improved memory, problem solving skills and creative abilities – overall they perform better in school.

A healthy breakfast should contain at least 3 of the 4 food groups, such as a bowl of whole grain cereal with milk and fresh fruit. You may also try whole grain toast, a hardboiled or poached egg, celery/carrot sticks and a glass of milk.

Take the time to get your children off to a great start with a nutritious breakfast every morning.

For more information and ideas on Breakfast for Learning visit [www.breakfastforlearning.ca](http://www.breakfastforlearning.ca).



## What is Influenza?

- Influenza is an infection of the lungs and airways caused by various strains of influenza virus that circulate throughout the world each year. In North America, influenza virus usually affects people between November and April - our “flu season.”
- Symptoms appear quickly: fever, chills, aches, cough and fatigue.
- Complications can include pneumonia, bronchitis, and croup.
- Influenza is highly contagious and spreads through coughing, sneezing and talking.
- Influenza can enter the body through the eyes, nose or mouth after touching contaminated objects such as door knobs and used tissues.



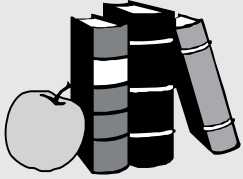
Many people confuse the symptoms of influenza with those of a cold or gastroenteritis (“stomach flu”) but they are different diseases.

Symptoms/ Description	Influenza	Common Cold	Stomach Flu
<b>Fever</b>	Usually high	Sometimes	Rare
<b>Chills, aches, pain</b>	Frequent	Slight	Common
<b>Loss of Appetite</b>	Sometimes	Sometimes	Common
<b>Cough</b>	Usual	Sometimes	Rare
<b>Sore throat</b>	Sometimes	Sometimes	Rare
<b>Sniffles or sneezes</b>	Sometimes	Common	Rare
<b>Involves whole body</b>	Often	Never	Stomach / bowel only
<b>Symptoms appear quickly</b>	Always	More gradual	Fairly quickly
<b>Extreme tiredness</b>	Common	Rare	Sometimes
<b>Complications</b>	Pneumonia (can be life threatening)	Sinus infection or Ear infection	Dehydration

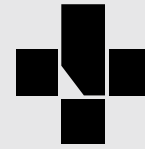
## How to Prevent Influenza

- Seasonal influenza vaccine protects against the three most common strains of influenza virus identified by the World Health Organization (WHO).
- Seasonal influenza vaccine is available at no charge for all Alberta residents over six months of age (including pregnant women) during October and early November.
- The vaccine takes approximately two weeks to become effective and lasts for four to six months.
- Next to immunization, the most important way to prevent infection is by proper hand washing. Washing hands often with soapy water or sanitizer is the most effective way to control the spread of germs and diseases.
- Other strategies to prevent influenza include keeping hands away from the eyes, nose and mouth, disinfecting countertops, doorknobs, telephones, etc.
- Strengthen your immune system by being physically active, eating healthy and decreasing stress in your life.

**Influenza Clinics start October 17. Please check your local newspaper for dates, times and locations or go to the Alberta Health Services website at [www.albertahealthservices.ca](http://www.albertahealthservices.ca) or call Health LINK Alberta at 1-866-408-5465 for information on Influenza immunization clinics in your area.**



## Healthy Schools Healthy Futures



Alberta Health  
Services

### VISION FOR CHILDREN

October is eye health month. Your child's vision health is an important component to learning. Vision examinations help develop a baseline for your child's future vision needs. Alberta children under 19 years of age get one free annual vision exam.

Here are a few symptoms you should watch for that may indicate a vision problem;  
if your child loses their place while reading,  
avoids close work,  
holds reading material closer than normal,  
tends to rub their eyes,  
has headaches,  
turns or tilts their head to use one eye only,  
omits or confuses small words when reading.

Children need to be encouraged to take rest breaks during periods of close concentration as well as when computer or playing video games. For further information go to [www.opto.ca](http://www.opto.ca).

### SIMPLE SNACKS

Give your child energy and nutrients throughout the day, by encouraging them to eat a meal or snack every 3-4 hours. Snacks can be very simple and healthy too.

When making a snack, choose foods from at least two of the four food groups from Canada's Food Guide. Some easy snack ideas include:

- berries and yogurt
- whole grain crackers and cheese
- red and green peppers with hummus  
fruit salad and almonds

To make a healthy snack the easy choice keep cut up veggies and fruit in the fridge!

For more information and snack ideas please visit <http://bit.ly/ohAllm>.

### INTERNATIONAL WALK TO SCHOOL WEEK October 3-7, 2011

International Walk to School Week gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. Every year, millions of walkers from around the world walked to school together for various reasons — all hoping to create communities that are safe places to walk.

Walking:

encourages physical activity by teaching children the skills to walk safely, how to identify safe routes to school, and the benefits of walking  
raises awareness of how walkable a community is and where improvements can be made  
raises awareness about concern for the environment  
reduces traffic congestion and pollution near schools

For more information: [www.iwalktoschool.org](http://www.iwalktoschool.org)



## WHEN CONTACTING YOUR CHILD

In an effort to minimize interruptions to our school day, we try to limit the number of times classes are interrupted by PA announcements or phone calls to the classrooms. These types of interruptions can have a negative impact on learning; therefore, we ask that parents who need to get in touch with their children contact the switchboard and leave them a message. Students can then be called down to the office to receive the message during our regular announcement times: first thing in the morning, just before the lunch bell, or at the end of the day. If your message is urgent, please indicate this to the receptionist and she will get in touch with the student right away. Lastly, please refrain from phoning or texting your children on their cell phones during school hours, as this would violate our school's Electronic Devices policy. Students are required to have their electronic devices turned off during class time, and if they need to contact a parent, we have a phone in the Main Office for them to use.

## REPORTING ABSENCES

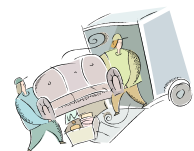
If your child is going to be away from school, please contact the Main Office to report the absence that day. By being proactive and contacting the school in a timely manner, you can help prevent miscommunications.

Success in school is directly related to your child being present in class, so please try to ensure that they can be at school as much as possible. If your child misses school and is not excused, he or she will be assigned a Thursday Afterschool Detention in order to make up the

time and work from missed classes. If your child is assigned a Thursday Afterschool Detention, it will be up to the family to arrange transportation home.

## Have you Moved?

**Please remember to contact the main office at CHHS if your address, phone number or any other contact information changes throughout the**





To whom it may concern:

Near the end of the 2011 school year, the Medicine Hat Police Service received numerous complaints about traffic violations around area schools. This letter is to provide education to the parents/guardians of the students and to provide information on common infractions and the fines associated.

The Medicine Hat Police Service will be continuing with enforcement in these areas in the 2011-2012 school year in order to ensure the safety of the children and other users of the roadways. If you have any questions or concerns please contact the Medicine Hat Police Service Traffic Unit at (403) 529-8471.

<b>VIOLATIONS</b>	<b>FINE</b>
Park on private property*	\$50
Park within 5 meters of intersection	\$57
Park within 5 meters of fire hydrant	\$57
Park within 1.5 meters of alley	\$57
Park within 5 meters of a yield/stop sign	\$57
Park within 1.5 meters of a private driveway	\$57
Park facing the wrong way/ on the wrong side of the street	\$57
Double park (park on street side of parked vehicle)	\$57
Park within 5 meters of a cross walk	\$57
Park on sidewalk	\$57
Park where prohibited by sign (no parking zone)	\$57
Park in handicapped zone	\$100

\*Private property includes parking in staff/teacher designated areas



To Whom it May Concern:

Near the end of the 2011 school year, the Medicine Hat Police Service received numerous complaints about traffic violations occurring around area schools. The purpose of this letter is to remind parents / guardians of the importance in practicing safe driving habits in these areas to ensure the safety of the children and other users of the roadways.

The Service will be increasing enforcement of all traffic and parking laws in the area with a zero tolerance approach to infractions. Officers will be monitoring crosswalks, parking and speed in school and playground zones throughout the city.

To keep children safe, motorists should do the following:

- Use caution when approaching intersections or mid-block crosswalks. Parked or stopped vehicles may hide pedestrians trying to cross the road. The fine for failing to yield to a pedestrian in a crosswalk or passing a vehicle stopped at a crosswalk is \$575 and four demerit points.
- Watch for the school safety patrol in their orange vests and stop as directed. Patrollers play a vital role in directing the children safely across the street.
- Bus safety is also important. Watch for alternating flashing amber lights which indicate that the bus is slowing down to a stop. Be prepared to do the same.
- Obey all posted parking signs. Do not park where it is prohibited, for example designated bus and staff parking areas. Double parked vehicles (parked on the street side of a parked vehicle) create a significant safety hazard preventing other children and other drivers from seeing students crossing the road. Parking fines range from \$50 to \$500. For more information about parking regulations and associated fines please visit the MHPS website at [www.medicinehatpolice.com](http://www.medicinehatpolice.com) and review the City of Medicine Hat Traffic Bylaw 2434.

Please also be reminded that while school zone speed limits are in effect from 8:00 am to 4:30 pm ALL school zones throughout the city are also considered playground zones where the 30 km/hr speed limits are in effect from 8:30 am until one hour after sunset.

If you have any questions or concerns please feel free to contact me directly at 403-529-8471 or by email at [gersad@medicinehat.ca](mailto:gersad@medicinehat.ca).

Regards,

Sgt. Gerald Sadlemyer

Supervisor i/c Traffic Unit



Upcoming Senior Vikings Football Games:

Friday October 7 @ 5pm vs Kate Andrews in Lethbridge (UofL Stadium)

Friday October 14 @ 7pm vs Brooks in Brooks

Friday October 21 @ 5pm vs MHHS at the Methanex Bowl

Friday October 28 RFC Final (Time and place TBD)

The Team would like to thank all students, parents, staff, and the community for the support during the 2011 campaign.

## Grade 8 Field Trip

### *THE OUTSIDERS*: A Classic Novel Hits the Stage!

This two act play will have an impact on not only drama and English students, but will entertain teens and adults alike. This is an excellent opportunity to experience live theatre and a powerful message of family, brotherhood and acceptance.

**Location:** The Esplanade Arts & Heritage Centre MAIN STAGE

**Dates:** October 13th & 14th - Special Matinees - Showtime 12:30pm

**Cost:** \$10.00 each (50% off the General Admission price)

Signed permission forms need to be returned by October 3, 2011.

# Sept. 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Labor Day (no school)	6	7	8 Gr.7 Meet the Teacher 7:00-9:00pm	9	10
11	12	13 School Council 7:00pm	14	15 Gr. 7/8/9 Video Dance 7:30-10:30pm	16 School Based PD Day (no school)	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

# Oct. 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 <i>District PD (no school)</i>	8
9	10 <i>Thanksgiving Day (no school)</i>	11 <i>School Council 7:00pm</i>	12	13	14	15
15	17	18	19	20	21 <i>Jr. High Day Gr. 7/8 (no school)</i>  <i>Blue Day Gr. 9-12</i>	22
23	24	25	26	27	28	29
30	31					