

Dedicated to Learning - Committed to Community

Crescent Heights High School
December/January Newsletter 2007

Principal's Message

I would like to wish everyone a happy holiday season. I hope you have some time to be with family and friends and take a break from the routine. When we return from holidays we will be coming to the end of the first semester for our high school students. This means exam time, which is often stressful for students and parents alike. As students prepare for exams it is important to use January as the opportunity for review of course work and meeting with teachers for that little extra help when needed. Students will be bringing home the exam schedule in the near future. Please review the schedule to ensure your student(s) will attend their required exams. Achievement and diploma exams must be written as scheduled by Alberta Education.

We have been a busy school over the past few months as we have successfully completed the volleyball and football seasons. We again experienced a moving Remembrance Day assembly, and

have been fortunate to enjoy band concerts performed by our students as well as the production of "A Mouse That Roared" performed by our drama students. The basketball season is underway and I would encourage you to come out to enjoy watching some of our talented athletes. I would like to thank all of the teachers, volunteers, parents, support staff and teacher assistants for their contribution to the many special events, projects, clubs and teams that make our school a wonderfully active and diverse learning community.

As you are aware we have been experimenting with staggered lunch times for our staff and students. This will come to an end in January at which time we will be evaluating the effectiveness of this change. If you would like to provide input please join us at the school council meeting on January 8th, 2008 at 7:30 p.m. in room 518 at CHHS.

Counseling News - December 2007

Thanks to the many families that attended the Grad Meeting on Nov. 8. The individual envelopes of student transcripts and diploma checklists are slowly being distributed to those students who could not attend. The Grad 2008 booklet of all dates/activities from now until the June grad events is in the CHHS Grad bag. Please be sure to pick up yours in the counseling office. The grad counter (come in to counseling office and turn left) is the location of grad handouts.

Once again, the career events and scholarship announcements are posted on the CHHS website. CHHS has recently hosted the Universities of Lethbridge and Dalhousie, the Fire Etc. College and the Medicine Hat College. St. Thomas University (or STU) from New Brunswick will be at CHHS on Dec.5. The Medicine Hat College is in CHHS on December 13 from 1 – 3:15 PM. Sign up for an appointment in the counseling office. These post secondary visits are always open to all high school students.

Grade 7, 8, and 9 progress reports are being mailed out on Dec. 12 and the Senior High Awards Night (for the 2006/07 academic year) is scheduled for December 19 at 7:00 PM. We are hoping our Grads of 2007 will be able to attend especially if they are studying or working away this year.

The fall 2007 edition of the career magazine, *The Grind*, included an article titled "Pot and the Brain". Recent research includes a study in the British medical journal called *The Lancet*. The study suggests a link between the risk of mental disorders called psychosis and marijuana use. People who smoked pot were 40% more likely to develop psychotic illness later in life. Check out www.thegrindmagazine.com.

Hatterland Children's Theatre is
having

A U D I T I O N S !!

Ages 12 and up are welcome...

"Romeo and Winifred"

*A Tragical Comedy in Two and
a Half Acts*

Performances: May 1 - 3, 2008

Wednesday, January 9 /2008

@ 6:30pm

Medicine Hat Cultural Centre,
RR1

More info contact : Lilas
Litousky 504-4147

SCHOOL FEES ARE NOW OVER DUE

**Please pay at your earliest
convenience. If you have any
questions please contact the
bookkeeper at 527-6641 ext.
8290.**

VARSITY VIKINGS

The 2007 Varsity Vikings Volleyball team enjoyed the most successful season at Crescent Heights High School in 15 years. Not often does a coach have the luxury and pleasure of coaching 10 talented players who devote themselves to competing at the highest level in the province. These boys played with pride and competed with a mentality where nothing less than winning was acceptable. The season was filled with excitement, accolades, frustrations, and memories that the boys, their parents, and their coach will remember and miss. Highlighting the season were 4 silver and 2 gold medal finishes. The Viking's tournaments took them to several provincial zones where their play and character earned them the respect of their opponents. As a result, the Vikings became well known around the province as they defeated some of the top teams and zone representatives both at the 3A and 4A level. An action packed trip to Vancouver saw the boys place 7th out of 40 teams while touring some of the most breathtaking attractions Canada has to offer. The Vikings will graduate six seniors

and also send four players, the most of any team, to the league all star game. This team will no doubt be remembered as one of the most talented and exciting teams to watch in school and zone history. But more importantly, it was a team consisting of genuine people who played with respect, integrity, passion, and a love for the game of volleyball. 10 skilled student athletes captured the admiration and hearts of all who watched them play. It's difficult to imagine when another group of boys wearing the blue and white will pass through CHHS and enjoy so much success. Their coach is thankful he had the chance to teach these young men the game of volleyball and was very proud to be their coach. Thanks guys for the great year!



Crescent Heights High School Presents



Book By: David Simpatico Songs by: Matthew Gerrard, Robbie Nevil, Ray Cham, Greg Cham, Andrew Seeley, Randy Petersen, Kevin Quinn, Andy Dodd, Adam Watts, Bryan Louiselle, David N. Lawrence, Faye Greenberg and Jamie Houston Music Adapted, Arranged and Produced by: Bryan Louiselle
Based on a Disney Channel Original Movie written by: Peter Barsocchini

Tickets for sale for \$15 plus service charges at the Esplanade Box Office and on line at www.tixx.ca or call 502-8777 Doors open half an hour prior to performances. Do not delay your purchase as we will sell out fast.

February 13 to 16 7:00 pm
February 17 2:00 pm

**Performances at
CHHS Wahl Harker Theatre**

**Musical Direction by
Mark Ward**

**Directed by
Jennifer Davies**

Presented through special arrangement with Music Theatre International
(MTI)

All authorized performances materials are also supplied by MTI, 421
West 54th Street,
New York, NY 10019 Tel.: (212) 397-4684 Fax: 397-4684 www.MTIShows.com

PROJECT PORCHLIGHT

Social 10-1 students and Key Club SADD from Crescent Heights High School were involved in Project Porchlight. They went and delivered light bulbs to people around our area. Students learned that the average home is said to have more than 50 light sockets! And here lies the problem: the incandescent light bulb just isn't energy efficient. 95% of its energy is lost as heat. Now count the bulbs and consider how much energy is wasted. How do we stop all that waste? It turns out the answer is staring at us from the shelves of our local grocery and hardware stores: the CFL (compact fluorescent light bulb). Screw one in and you get the same light as your old bulb with 75-80% less energy used. That means less money spent on energy in your home and less energy produced overall—which means big reductions in emissions. Here's a fact: a CFL saves 2000 times its own weight in greenhouse gases over its lifespan!"

<http://www.projectporchlight.com/bulb>

They had a great time delivering and showed the community that youth can do positive things to work for a better future.



Mocktails, a Positive Alternative to Drinking.

At Parent teacher interviews, SADD students hosted a mocktail station where parents and students could try a refreshing beverage. Key Club students promote mocktails as a positive alternative to alcohol.

A couple recipes for you to try: the **Grape Glacier** Yummy!! If you are a fan of green grapes this is the mocktail for you. Wonderful for a morning drink

or an afternoon at the beach, a Green Grape Glacier is a luxurious treat and the frozen grapes for the garnish are an extra bonus. **INGREDIENTS:** 12 seedless green grapes, 4 oz white grape juice, 4 oz cold sparkling water

PREPARATION: Freeze the grapes until hard. Combine 10 frozen grapes and grape juice in a blender and process about 20 seconds, or until smooth and thick. Pour the grape mix into a glass. Add the sparkling water. Stir gently. Garnish with the remaining 2 frozen grapes.



Berry Sweetheart

Mocktails with cranberry juice are a good choice to offer non-drinking guests at a cocktail party. The cranberry adds a great snap to mocktails that takes the place of the snap of alcohol in cocktails

INGREDIENTS: 3 oz red cranberry juice, 3 oz apple juice, 1 oz honey and a maraschino cherry for garnish

PREPARATION: Fill a glass with ice cubes. Add the juices and honey to a mixing glass. Stir the ingredients with a bar spoon. Pour the contents of the mixing glass into the highball glass. Garnish with a maraschino cherry.

SADD hopes that all of you have a Safe and Merry Holiday Season.



Senior Girls Volleyball

The 2007 Volleyball season ended November 17th with the CHHS team playing in Coaldale in the 3A South Zone Playoffs. The girls played well at times, but the inconsistency that was evident for most of the year showed up again as the team was unable to advance to the playoff round. On a positive note the two graduating members of the Varsity team – Shayla Paxman and Lindsay Simmonds – played their best volleyball of the season in the Zone finale. They proved that experience is something that cannot be taken for granted and this bodes well for the volleyball program in 2008, as the eight other members of the team – Maddy Swalm, Kirsten Grover, Kailee Kalmring, Lauren Grover, Sarah Swalm, Anna Leclair, Shayla Heidebrecht, and Jordyn Allan - will be returning next year with a full season of competitive volleyball under their belts.

Mr. Galloway would like to thank all of the athletes and their parents for their commitment and support during the season. This group of young ladies are fantastic citizens of the CHHS school community and were positive ambassadors for our school everywhere we went! Although the wins were not as frequent as we would have liked, it was still a successful and tremendously enjoyable season.

International Children's Day

Crescent Heights High School along with Hat High and McCoy High School, created visual representations of the United Nations Millennium Development Goals in order to celebrate International Children's Day. The high schools collaboratively worked on designs on 9x9 papers which were tiled into 4 x 6 foot banners. The banners were displayed at the esplanade during the Picture a Child's Life event organized by CARO (Canadians Reaching Out to the World's Children) and CHOIR (Canadian Humanitarian for International Relief). Three local student artworks were auctioned off in order to contribute to the fundraising for humanitarian projects in Ethiopia, Ghana, Burkino Faso and Romania. Congratulations to Lindsey Hughson whose artwork was peer chosen to be auctioned. Special thanks to the Communication Technology students who photographed and digitally tiled

the artwork to create the banners for the event.

It is an amazing opportunity to be involved with the local and global community –students helping students.

Artwork designs created by the following students:

Grade 10
Shayla Heidebrecht
Kyla Stigter
Cassie Combs
Saul Frerichs
Natasha Fisher
Danielle Litvenenko
Kailagh James
Eric Bellefeuille
Kameko Hillock Ballantyne
Megan Sarka
Erika Walters
Kristal Chin
Zach Copeman
Amanda Brailean
Amy Gaylor
Jaden Howard
Sam Nolan

Grade 11
Dylan Brown
Sam Conn
Amanda Fertima
Lindsey Hughson
Kathryn Martin
Julia Sykes
Alan Wingenbach
Ariella Roth
London Meyer
Jenessa Treuer

Grade 12
Reece Zazulak
Jason Crabtree
Heather Meier
Brittany Norman
Nathaniel Obrychi
Teigen Cowan
Jenna Price
Anisa Yondt
Kayla Kelcher

Banners created by
Comm Tech students: Traci Squires,
Sam Nolan, Kirsten Forbes, Kaylyn
Sissons, Kalynn Folk, and Aisha Nasir

The SADD Conference in Edmonton

Many things went on at the Edmonton Conference there were many great speakers and great food for having to serve a huge amount of people. There was two dances that were both very fun and exhausting. My favorite speaker at the 2007 S.A.D.D conference was Norbert Georget. He previously was a paramedic and he had many pictures and story's that could convince you easily not to drink and drive. All his stories were about real people and many were extremely sad and tragic. He had said to us that his presentation was not made by him, but it was build up by suggestions of students. One suggestion was to add more pictures and that he did, although some of the pictures were very realistic they sure did get the point across. It was fun and I learned a lot, can't wait until my next trip to learn more about the hazards of drinking and driving.
Robyn Donst

Mitch Dorge

While at the Provincial SADD conference in Edmonton one of the speakers was Mitch Dorge. A member of the band *Crash Test Dummies* Mitch was on the drums. While at the conference he talked about how, within our SADD groups we need to work together as a team and we can and most likely need to, to make an impact must think

outside of the box. He got a group of people up onto the stage and taught them and the audience a clap-slap routine. He then singled out a few people and taught them how to play a few "instruments". While he was teaching those up on the stage how to use the "instruments" the audience was learning the noise each of the "instruments" made. One person played a rope, another played a rubber chicken, and another played a person, and themselves, and the rest of us did the clap-slap routine. The rope made a *Kapow!* noise, the chicken a *Bacaw!* and the people instruments made *Ping!*'s. He ended his presentation by explaining how something you don't expect to see will grab people's attention and make them want to see more. He suggested that we make an album of a burn victim and put the goriest picture on the cover, then place the album on a coffee table. When people come over they'll think "What the..." instead of, "Just another family album." Why was he my favorite speaker? He involved the audience in his presentation, he was crazy interesting, he suggested that we think outside the box, and he did a drum solo at the end, while explaining how when he learned that solo he was taught by someone who knew nothing about drums. It was the best lesson he ever had. Simply because his "teacher" explained things in a different way. Like what he did with us.

SADD Conference Article

My favourite speaker this weekend was Trevor Chambers. He was a very powerful speaker. He talked about how it's a miracle he's alive today, after suffering severe brain damage in a motor bike accident. Instead of complaining that he can't walk, talk, speak, read, and do other things as well as the average person can, Trevor Chambers speaks about how serious drinking and driving is, and how it can change your life. Even though Trevor did struggle a bit throughout his speech, he didn't give up and definitely got his point across. He was even able to answer all the questions that were asked, and in great depth as well. I care way more about SADD now, thanks to Trevor Chambers. I want to be able to show other people that drinking and driving shouldn't be taken lightly. I want to make a difference for my school and community. Trevor Chambers hasn't given up, so neither will I.

Megan Garland

My Favorite Presentation By Jaymi Mudrack

On the S.A.D.D conference in Edmonton there was many interesting and informative presenters. There were people such as Trevor Chambers, a man who got seriously injured in a drinking and driving collision, and Mitch Dorge, an inspirational speaker, teaching all children that they can reach any goals they have set for themselves. By far my favorite presenter on this trip was a man by the name of Matt Evans. He taught us about valuing life, the things we have, how easily they can be lost. The reason this was my favorite presentation was because, he added humor into it. He made the presentation fun, and it kept everyone's attention. Also, he included his life experiences which made it more realistic. He found a way to keep hundreds of kids attention, and included the group throughout his presentation. The time went by quickly, and didn't seem to drag on as much as the rest. I believe Matt Evans is a great public speaker and really got the message

across, therefore, he was my favorite speaker out of the whole conference.

On-the-spot admissions to Medicine Hat College

An advisor from Medicine Hat College will be at your school in December. If you wish to apply to the college and have your application reviewed on the spot, bring:

- Transcripts (marks from grade 11 and schedule for grade 12)
- \$45 application fee

The advisor will help you fill-out the application form.

Scholarships

Applications for scholarships are open. Visit our website for information and to apply at www.mhc.ab.ca/awards. You only need to fill out one application form to apply for all scholarships available.

MHC distributes over \$300,000 every year in scholarships and bursaries, and 3 out of 4 students who applied last year received an award. Your chances are very good, make sure to apply!

Student for a Day

Are you uncertain about which program to choose? Do you want to know what it's like to be a Medicine Hat College Student? Find out by participating in our *Student for a Day Program*! You will have the chance to sit in classes, talk to current students, have lunch on campus, meet with an academic advisor

and take a tour of the College campus. There are also opportunities to discuss Student Financial Aid (for Scholarships and Student Loan information) as well as Disabilities.

Dates:

Monday, January 21
Tuesday, January 22
Wednesday, January 23
Wednesday, January 30
Thursday, January 31
Friday, February 1

Time:

9:00 a.m. – 3:00 p.m.

To register, please call (403) 529-3819

JV Girls Volleyball

This years CHHS JV girls volleyball team deserves to be recognized. We competed in six tournaments including Brooks, Coaldale, Calgary, MHHS, McCoy, and we also hosted our own tournament. The girls came home from Brooks with SILVER and fought hard to bring home the GOLD from Calgary. It was a pleasure to work with a group of girls who were fun, dedicated, and dynamic. The season finished strong with the annual Amazing Race wind up. Congratulations to Brittany Minard and her dad for taking the win again for the second year in a row. Thank you to the parents for their support. I

have never had a group of parents who were so involved and so enthusiastic about the team. I would also like to thank Julie Lundberg who helped me this season when I wasn't able to be at a practise or tournament. A huge thank you to all the girls for making my job so enjoyable!



Back row: Miss Monette, Kaylyn Sissons, Jenna Schmidt, Melanie Scheffelmeier, Brittany Minard, Destiny Holowka

Middle row: Chelsea Jeal, Jodi Mowers, Karly Hesch, Bekkie Daniels, Sam Churchill,

Front: Shannaye Pidwerbesky

SENIOR GIRLS BASKETBALL TEAM

Congratulations to the following girls for making the Senior Girls Basketball team.

Kim Elliot
Kirsten Grover
Lauren Grover
Shayla Heidebrecht
Tessa Jensen
Kailee Kalmring
Shayla Paxman
Maddy Swalm
Sarah Swalm
Kristen Valk

While we only have one grade 12 this year we are excited as a coaching staff to be working with such athletic and hard working girls. We expect a great deal of success from this team and are looking forward to watching their accomplishments. The home tournament will be held December 14th and 15th with 16 teams from all over Alberta and Saskatchewan participating. We hope to see as many students, teachers and parents out to support our girls as much as possible this year.

Last day of classes for Senior High Students

January 17

Exams start January 18

Diploma Exam dates:

January 18 – Biology 30 Part A & B

January 21 – Math 30 Part A & B

January 22 – Chemistry 30 Part A & B

January 23 – Physics 30 Part A & B

January 24 – Science 30 Part A & B

January 25 – English 30-1, 30-2 Part B

January 28 – Social 30-1, 30-2 Part B

January 28 - No School for Junior High

January 29 Semester Break

Science Fair!!

The annual Kiwanis Science Fair will be held in Medicine Hat in March 2008. Students of all ages are encouraged to participate.

For more info or to get a registration form please contact

Miss Lundberg:

CHHS room 473 julie.lundberg@sd76.ab.ca 527-6641 ext 8473