### **October News**

Our focus this year is on promoting positive perceptions of education and on student success. In order to support these two goals we will be concentrating on the factors of student success and how best to support students and families. Positive and productive communication is key to ensuring that all stakeholders are on the same page about educational importance and elements that are supporting or impeding a student's achievement. We will have in-person parent teacher interviews in October and March, but welcome other meetings as needed to support students.

### The pillars of success are

- Attendance
- Be On Time and Be Prepared
- Work Hard

# Awards Night - October 5, 2023

Our annual awards night will be held on Thursday October 5, 2023 at 6 pm. Email invitations have been sent to parents of recipients.

# Parent Teacher Interviews - October 18 & 19, 2023 from 4 - 7:30pm

Parent Teacher Interviews will take place on Wednesday October 18 and Thursday October 19 from 4 - 7:30 pm. Teachers will be set up in the gymnasium and parents/students are invited to come discuss student achievement and successes. We will also be available to assist in setting up PowerSchool for parents who have not done so. We look forward to seeing you there.

## **Diploma Exams**

Alberta Education has returned the weighting of the diploma exams for the 2023-2024 school year to 30%. Diploma exam dates are directed and set by the province. These exams will be administered in January 2024 and June 2024 in core 30-level subjects. Exams begin at 9 am. The dates are as follows:

English Language Arts 30-1 Part A Wednesday January 10, 2024

English Language Arts 30-2 Part A Wednesday January 10, 2024

Social Studies 30-1 Part A Thursday January 11, 2024

Social Studies 30-2 Part A Thursday January 11, 2024

Mathematics 30-1 Monday January 22, 2024

Mathematics 30-2 Monday January 22, 2024

English Language Arts 30-1 Part B Tuesday January 23, 2024

English Language Arts 30-2 Part B Tuesday January 23, 2024

Social Studies 30-1 Part B Wednesday January 24, 2024

Social Studies 30-2 Part B Wednesday January 24, 2024

Biology 30 Thursday January 25, 2024

Chemistry 30 Friday January 26, 2024

Physics 30 Monday January 29, 2024

Science 30 Tuesday January 30, 2024

# **Mental Health Capacity Building Wellness Coach**

The Mental Health Capacity Building In School Initiative continues this year with our Wellness coach Mrs. Alina Langis. This AHS program works to support youth in rural communities with the development of emotional, mental, and social wellbeing. The initiative is based on research and best practice that demonstrates that mental and emotional wellbeing can be developed, nurtured and supported through promotion and prevention efforts. Our Wellness Coach will be providing education and support within our school in order to bolster protective factors in our students so they can achieve the best possible health outcomes across their lifespan.

# **Lifequard Path**

Interested in becoming a lifeguard? MHS and the Town of Mayerthorpe have teamed up to organize the courses required to be a junior lifeguard - AT NO COST! Training will take place at the Allan & Jean Millar Centre and you must be available for all the training. Must be 15 years old and a competent swimmer.

Standard First Aid - October 14
Bronze Medallion November 9, 10 & 13, 2023
Bronze Cross February 8 -11, 2024
To apply, see Mrs. Jager by Thursday October 5, 2023

#### **Breakfast Club**

Each morning students have access to complimentary breakfast items. The menu varies daily and is always nutritious, delicious and served with a smile. We serve about 60 students daily. Thank you to Breakfast Club of Canada, Pembina Pipelines and Pembina West Co-op for their donations to our program. If you would like to help support the program, juice boxes and cereal are always appreciated.

#### **Grad Photos**

Smart Photography will be providing grad photos on December 19, 2023. Sign up, sitting fee and any other information will be provided next month.

#### **Grade 9 Immunizations**

We assist AHS in providing Public Health services to students. Immunization forms were sent home with students for regular immunizations. For grade 9 students, a booster dose of diphtheria, tetanus, pertussis (dTap) vaccine and one dose of meningococcal conjugate vaccine are offered and recommended Immunization records will be reviewed and immunizations offered for students who are not up to date according to current recommendations.

Only students who have returned consents will be immunized. The public health nurses will be at MHS on October 12, 2023 to provide those who have returned consent forms their immunizations. Please contact the Public Health office for further information as the school is not informed of who does or does not receive immunizations.

#### Halloween

Students are able to dress up for Halloween on Tuesday October 31, 2023. There will be a costume contest at lunch with some sweet prizes. Costumes must follow dress code and no weapons (real or fake) are permitted.

#### PowerSchool Parent Portal

The parent portal access is the perfect way to keep up-to-date with student assessment and attendance. If you do not have access to the portal for your students please contact the office.

# SchoolCash Online

All fees and outstanding items will be listed on SchoolCash. Programs with fees will appear on the account and can be paid for through various means.

### **School Council - Trustee Report**

The Trustee report will be attached to the monthly newsletter.

#### **School Photos**

School Photo Retakes will take place on October 24, 2023 in the afternoon.

# **Sports**

Cross Country, Golf and Volleyball are well underway. Our senior golfer, Molly Hagman, kicked off our year and brought home a bronze medal at the North Central Zone Championship in Edson. The junior golf team heads to Whitecourt on Oct 4 for their GCAA Championship.

Our cross country team competed at the GCAA/Strike invitational last week. Congratulations to Lily LaBounty on her silver medal and Rayel Chittick on her gold medal performance! The team will venture to the North Central Zone Championship in Hinton next week. Good Luck!

We are excited to have 5 volleyball teams competing for the Tigers this year! Thank you to the coaches that have stepped up to make this happen. If you would like to see some volleyball action there will be two home tournaments - Seniors Oct 20 & 21 and Juniors Oct 27 & 28.

# **Textbooks/Library Books**

If your student has any outstanding textbooks/library books, please return them to the office as soon as possible. Outstanding books will be placed on SchoolCash Online accounts in October.

# **Post-Secondary Information**

October 1 marks the opening of post-secondary applications for Fall 2023. Schools begin taking applications from now until generally March 1, 2023. Students have worked on getting accounts for Apply Alberta and taken the early steps in creating their profiles. Any student who requires more assistance can make an appointment to see Mrs. Jager.

For all students in high school, there are a series of post-secondary open houses taking place in the coming months. It is a great opportunity to visit the campus', speak to students and explore the vast array of programs available.

Below are a few of the dates and locations and more information can be found online at the individual institutes website. Be sure to visit the websites to see programs available, schedules, locations, parking and to register for the open houses - many have prizes and incentives.

Concordia University - Saturday October 21, 2023 (In-Person 10 am - 2pm and Virtually 9:30 am - 1:30 pm) Register online at <a href="https://concordia.ab.ca/future-students/open-house/">https://concordia.ab.ca/future-students/open-house/</a>

King's University - Saturday October 21, 2023 from 10 am - 2 pm <a href="https://www.kingsu.ca/admissions/visit-kings/open-house">https://www.kingsu.ca/admissions/visit-kings/open-house</a>

Lakeland College - Friday October 20 and Saturday October 21, 2023 from 9 am - 3 pm each day. <a href="https://www.lakelandcollege.ca/future-students/open-house.aspx">https://www.lakelandcollege.ca/future-students/open-house.aspx</a>

MacEwan University - Saturday November 4, 2023 from 10 am - 3 pm https://www.macewan.ca/future-students/open-house/

Mount Royal University - Saturday October 21, 2023 from 9 am to 3 pm <a href="https://www.mtroyal.ca/Admission/OpenHouse/index.htm">https://www.mtroyal.ca/Admission/OpenHouse/index.htm</a>

NAIT - Saturday October 28, 2023 from 9 am - 4 pm <a href="https://www.nait.ca/nait/admissions/tours-events-and-info-sessions/open-house">https://www.nait.ca/nait/admissions/tours-events-and-info-sessions/open-house</a>

Norquest College - Saturday October 28, 2023 from 10 am - 2 pm https://www.norquest.ca/about-us/news-and-events/events/2023/open-house.aspx

Red Deer Polytechnic - Saturday October 28, 2023 from 9 am - 1 pm <a href="https://rdpolytech.ca/apply-and-register/visit-us">https://rdpolytech.ca/apply-and-register/visit-us</a>

University of Alberta - Saturday October 14, 2023 from 9 am - 3 pm <a href="https://www.ualberta.ca/admissions/undergraduate/tours-and-events/open-house/index.html?">https://www.ualberta.ca/admissions/undergraduate/tours-and-events/open-house/index.html?</a>

University of Calgary - Saturday October 28, 2023 from 10 am - 2 pm https://www.ucalgary.ca/future-students/undergraduate/events/open-house