

# COUNTY CENTRAL HIGH SCHOOL



September 2011

## Home of the Hawks



### Important Dates

- Sept. 2 - Friday #1  
Pancake Breakfast
- Sept. 5 - Labor Day No School
- Sept. 6 - Sr. Student Council Mtg.  
Jr. Student Council Mtg.
- Sept. 7 - School Pictures
- Sept. 8 - PE 20/30 Kayak Trip  
Sport Council Mtg. 7 Pm  
Mass Registration VPE 3:30-6:30
- Sept. 9 - Friday #2  
Sr. B VB @ F.P. Walshe
- Sept. 13 - Sr. B JV VB Game
- Sept. 14 - Sr. B VB Game
- Sept. 16 - Friday #1  
Sr. B VB @ LCC
- Sept. 16-18 - Stampede Band CRC
- Sept. 19 - PD Day No School  
Sr. B VB Game
- Sept. 20 - Sr. B JV VB Game
- Sept. 21 - Jostens Rings Library  
Sr. B VB Game
- Sept. 22 - District X-Country
- Sept. 23 - Friday #2  
Terry Fox Run  
Movie Night 7 Pm "Green Lantern"  
Sr. VB @ Beaumont
- Sept. 26 - Sr. B. VB Game  
Provincial Golf
- Sept. 27 - Sr. B JV VB Game
- Sept. 28 - Sr. B VB Game
- Sept. 29 - Jr. Outdoor Ed Trip
- Sept. 30 - Friday #1
- Oct. 4 - Sr. B JV VB Game
- Oct. 5 - Zone X-Country  
Sr. B VB Game
- Oct. 6 - Sr. B JV VB Game
- Oct. 7 - PD Day No School
- Oct. 10 - Thanksgiving No School
- Oct. 11 - Picture Retakes
- Oct. 12 - Jr. Outdoor Ed Zoo Trip  
Sr. B VB Game
- Oct. 14 - Friday #2  
Sr. B VB @ Taber

### SCHOOL PICTURES

**TUESDAY, SEPTEMBER 7TH**

Is school picture day.

Please wear bright clothing and a big smile!!

### PRINCIPAL'S MESSAGE

Welcome back to another school year! I am so very excited about this school year as I'm sure everyone is! Yes, we are sad to see the summer end, but there is a definite anticipation as the school year approaches. Inevitably, everyone finds their niche and the year flies on by.

#### NEW BEGINNINGS

Each year is a new beginning and around CCHS, we are excited to be able to offer new programming including Art, Forensic Science, Psychology, Anthropology and Recreation Development. We are very fortunate to have 6 wonderful new staff members including Miss Julie Macklin. Miss Macklin joins us after a year in Champion. We are very proud she now calls Vulcan home! Mr. David Hamilton brings not only his skill in the classroom with the Jr. Social Sciences, but a love and niche for basketball. Mrs. Jeanette Thomas joins our LA ranks and wears the hat of parent around the school as well as Paraprofessional. Mrs. G-nel Nelson has also taken on a full-time role as LA here in CCHS and certainly Milo's loss is our gain. Mrs. Amber Foote has also quickly become an integral part of the LA team as she takes on a very familiar role of LA after having been an LA a number of years ago. She also brings the knowledge of the outdoors as a fully trained Conservation Officer. Finally, we have Miss Stacy McDonald who joins us from Nanton. She has been an LA for some time in Granum prior to this endeavor. We welcome each of our new staff members to the CCHS Hawk learning team.

#### CELL PHONES

Cell phones in classrooms need to be turned off or put on vibrate. If a student forgets to turn it off or put it on vibrate and the teacher is interrupted by the phone, the phone may be confiscated for the remainder of the day. The student will pick it up from me in the office. If it happens again, parents will be contacted to come in and pick it up from me. The best bet is to leave the phone in the locked locker.

However, if we keep them on our person, we all need to learn when to turn them off or put them on vibrate and when to have them on. Classrooms are not a location for cell phone use. Our teachers model this by turning their own off prior to the beginning of class.

#### ATTENDANCE

We thank you for calling in when your son/daughter is absent. Attendance is one of the most important aspects to a child's success at school. Please be sure to use the Friday afternoons as much as possible for the various appointments. The auto-dialer system will continue to be used.

#### CCHS WEBSITE

Please check the website for important information. We are going to continue to keep the website up-to-date and this includes all notices home, course outlines and major homework assignments. Please continually check the website at: <http://www.countycentral.ca>

#### SURVEYS

If you have any questions, please don't hesitate to call the school. I am going to do some phone surveys this year regarding satisfaction. If you get a call from the school, that may be what it is about. If you are a parent of a grade 7 or 10 student, you will receive a survey in the mail. It is important information for our school so please fill it out. Remember that the questions asked are not specific to any one person but are to be treated generally. Thank you for doing this.

I hope everyone has as good a school year as I know I'm going to have!!! Have a great 2011-2012.

-Mr. Ken Garinger, B.Ed., M.Ed.

County Central High School  
Box 390 [504 - 4 Avenue S.]  
Vulcan, AB, T0L 2B0  
Phone: 403 485 2223  
Fax: 403 485 2959



## COOKSON'S PLACE

To the parents/guardians of students at County Central High School:

If you are one of those parents that really appreciates having to get up early to provide your son/daughter breakfast when they are not awake enough to eat and also to prepare their lunch ... this memo is "not for you"!

For those that do not, we are letting you know that a hot breakfast will now be available each morning for the students. We also feature a hot lunch daily: Monday to Thursday.

Breakfast will consist of fresh baking, a feature meal (ex: egg & cheese bun, scrambled eggs, ect..).

Lunch will move past the hot dogs and burgers to pastas, beef on a bun, perogies, stews and more sustainable foods. Sandwich assortments will also be available for those looking at the lighter side.

All food and meals will be prepared by Dave Cookson in the CRC kitchen in a food -safe environment.

Daily features will be displayed outside of the kitchen starting September 6th. The next days selections will also be announced in the afternoons prior to student departure for home.

Lunch cards are now available in denominations of \$25.00, \$50.00 or \$75.00 that will be punched for the purchase amount as the student uses them. If paying for a card by cheque please make payable to Dave Cookson.

**Breakfast Served 8:00-8:40 am**

**Lunch Served 11:45-12:25 am**

### DAILY FEATURES

Sept. 6 - Ham & Egg Bun/Spaghetti & Meatballs

Sept. 7 - Scrambled Eggs & Sausage Panfry/Chicken Burgers

Sept. 8 - Breakfast Burrito / Pizza Subs

Sept. 9 - Cinnamon Buns

Thank you in advance for your support as you help CCHS Parent Council.

## NOTICE FROM OFFICE

School fees are now due for Jr. High and 1st semester fees for Sr. High. If you have not paid your fees or have any outstanding fees you will not be able to participate in extra-curricular sports, dances, grad, field trips, ect.. until they are paid.

If there is some reason that you can not pay your fees at this time please call and make arrangements with the office. Post dated cheques will be accepted.

## SUPERINTENDENT'S MESSAGE

Hello, everyone,

Welcome to the 2011-2012 school year! To our students and their families, I say thank you for entrusting Palliser to meet your educational needs.

This year, Palliser Regional Schools has adopted a theme of "TEAM: Together Everyone Achieves More." Those few words speak volumes about our division's values. We view education as a shared responsibility, best served through the meaningful collaboration and partnership of all parties - school administration, teaching and support staff, students, parents and others in the community.

As a society, we all benefit when our children are educated, literate and independent thinkers. Likewise, our students benefit when the people around them support their learning needs. Even something as simple as a consistent message that school is important can make a difference to a child and his/her attitude toward learning.

How can you be a partner in education? One of the best ways to do this is to attend school council meetings. Through school council, parents/guardians can provide valuable input and stay informed about what's happening at the school. You don't have to commit to attending every meeting of the council, but come once, and we think you'll see the value of it and you'll come back for more.

Thank you for being part of Palliser. I wish you all the best for a successful 2011-2012 school year.

Kevin Gietz, Superintendent  
Palliser Regional Schools

## CCHS SPORTS

CCHS Sports Council's next meeting is Thursday, September 8th @ 7 Pm in the staffroom. We need 2 more members to sit on the council so if you are interested in sports at CCHS and would like to be part of the council we would love to see you there.

## MOVIE NIGHT

FRIDAY, SEPTEMBER 23rd 7:00 PM

"Green Lantern"

Prices: Children-\$2.00

Adults-\$3.00

Doors open @ 6:00 Pm

Pop and popcorn available at the concession.

Everyone Welcome!



## VULCAN STAR GAZING



At our monthly Star Nights at the **Vulcan Tourism & Trek Station** members of the **Royal Astronomical Society of**



**Canada, Calgary Centre** will have telescopes available for FREE public viewing of the Moon, also planets, star clusters, nebulae and much more! The fun and discovery is on, "cloudy or clear!" nights. Bring your questions about planets, space probes, stars and comets, using telescopes, or anything else to the Centre. Fun for all ages! The Website is: <http://calgary.rasc.ca/vulcan2011.htm>

Date: Monday, September 12, 2011

Time: 7:30 pm

Location: Vulcan Tourism & Trek Station

Cost: FREE

## CCHS DRAMA CLUB

This year the CCHS Drama Club will be performing *Divine Stella Divine*. Auditions will be Tuesday, October 19th and Wednesday, October 20th from 3:40 - 5:50 pm. There is a signup sheet and audition packets on the CCHS Drama Club bulletin board (found outside the Drama/Band room 129). Callbacks, if necessary, will be held Thursday, October 20th from 11:45-12:25 pm. The cast list will be posted on the County Central website under Activities as well as the Drama Club bulletin board by 4 pm on Thursday, October 20th. Any questions can be directed to Miss Blackwell at (403) 485-6180 or [lee.blackwell@pallisersd.ab.ca](mailto:lee.blackwell@pallisersd.ab.ca) or Josh Cookson at [josh.cookson@pallisersd.ab.ca](mailto:josh.cookson@pallisersd.ab.ca).

## Jr./Sr. STUDENT COUNCILS

The first meeting for Jr. & Sr. High students council will be on Tuesday, September 6 at lunchtime. This is an opportunity for students to plan activities and organize events to make the year more fun and exciting.

Jr. High Mtg. - Mrs. Inaba's Room 213

Sr. High Mtg. - Ms. Dow's Room 172

All students are invited to come out.

THE FAMILY CIRCUS

By Bil Keane



"Why do I have to keep writin' in these k's when they don't make any noise anyway?"

## HEALTHY SCHOOL LUNCHES/SNACKS

Welcome back!

Our Healthy Weights team here in Lethbridge has compiled some healthy back to school lunch & snack resources for parents.

Please find HEALTHY BACK TO SCHOOL RESOURCES below....

- Check out the AHS School Nutrition Education Resources at: <http://www.albertahealthservices.ca/2917.asp>. Here you'll find healthy snack and lunch ideas in the "Healthy Snacking" and "What's for Lunch" handouts.

- [www.healthyalberta.com](http://www.healthyalberta.com) has healthy recipes, tips for preparing healthy meals and information on understanding food labels. This website also houses the Alberta Nutrition Guidelines for Children and Youth (ANGCY), which are the basis for the Lethbridge School District Healthy Nutritional Choices Policy. Parents can check the nutrition facts labels on packaged foods to see how they meet the nutrition criteria for the ANGCY's food categories of "Choose Most Often", "Choose Sometimes", and "Choose Least Often" - <http://healthyalberta.com/HealthyEating/foodchecker.htm>. For a direct link to "Healthy Eating Heads to School: Packing Nutritious Lunches and Snacks", go to: <http://www.healthyalberta.com/HealthyPlaces/622.htm>.

- [www.KidsHealth.org](http://www.KidsHealth.org) is also a great resource for parents. Back to school resources here include: healthy after-school snacks, school lunches, and "how to" get your kids involved in food preparation. There is even a section of healthy "home alone recipes" that kids can prepare themselves! In addition to packing foods that are good for growing bodies, parents can pack healthy lunches for healthy teeth by limiting the number of sugary, sticky foods and drinks that they pack in student's lunches (such as pop and raisins). Tooth friendly foods include cheese, nuts, meat and raw vegetables. If your child cannot brush their teeth after a meal, encourage them to rinse their mouths with water. For additional information on how to care for your child's teeth check out the Canadian Dental Association website at: [www.cda-adc.ca](http://www.cda-adc.ca)

Best of luck in your 2011-2012 school year!

Please feel free to contact me if there is anything I can help you with.

...Lyndsey Robinson...

**Lyndsey Robinson, BKin, CSEP-CEP**

Health Promotion Coordinator - Healthy Weights

Health Promotion, Disease & Injury Prevention

Alberta Health Services

Lethbridge Community Health Site

801-1st Ave South

Lethbridge, Alberta T1J 4L5

phone: 403.388.6655 (3496)

email: [lyndsey.robinson@albertahealthservices.ca](mailto:lyndsey.robinson@albertahealthservices.ca)

## A Parent's Guide to Differentiated Learning

As parents, we know that no two children are alike. They learn in different ways and at different paces. The way that we present learning to our children and the way that they learn this material is usually different for each of our children. Teachers call this variety of methods and means "Differentiated Learning" and it is one of the components of Palliser's Assessment for Learning initiative.

To differentiate your child's learning, teachers create multiple paths for students of different abilities, interest and levels of readiness. This gives students more opportunities to learn concepts and demonstrate their knowledge in the way that's best for them. It also allows students to take greater responsibility for their own learning; it allows students to demonstrate what they have learned in different ways (like peer tutoring and cooperative learning).

Typical differentiated learning environments provide three or four different options for students in any given class (not 30 different options). Choices are presented to students based on their readiness and background knowledge, their ability in a particular subject, their personal learning style and their interest in a topic. These characteristics vary between students and within each of us over time; a differentiated classroom offers students equally engaging learning opportunities as each student works their way through the Alberta Education curriculum.

Teachers differentiate learning by varying content, process, product and/or the learning environment.

- Differentiating the content or topic refers to the knowledge and skills children are learning. Students with strong skills and high levels of interest may move at a faster pace or be challenged with material that stimulates their curiosity.
- Differentiating processes, activities or strategies helps us to address different learning styles (visual, hands-on and auditory). Teachers may present students with different ways to learn the required material. For example, some students may prefer maps and diagrams while another group of students may prefer to read about the concept studied.
- Differentiating the product means that students create products of varying complexity. Students with high interest and ability are challenged to demonstrate their learning in ways that stimulate thinking that is more advanced. While this cannot be a "buffet of products," we all know that teens like to have choices and that they are more motivated when they can choose how they want to demonstrate their learning. This doesn't mean that students always get to choose the "easiest" product; the teacher's job is to guide each student to a challenging yet appropriate activity that is right for the individual.
- Differentiating the learning environment is based on student personality and response to stimuli in a given setting. Most classrooms provide limited options for changing light and sound levels, eliminating visual distractions or providing a variety of seating arrangements, but the idea is to create an environment in which students feel safe, are comfortable and can learn to the best of their ability.

There was a time when school was defined by the material that the teacher covered as he or she stood at the front of the room and delivered information. In today's schools, teachers are no longer the sage on the stage. Our teachers endeavour to structure classes with varieties of opportunities for students to demonstrate learning, to provide evidence of understanding and to challenge students to dig deeper into issues and concepts that the individual child finds interesting. This is the heart of differentiated learning.

**VOLLEYBALL HITS HARD!!**

Volleyball is in full swing!! Senior teams have already had try-outs and selected their teams. Junior High is also in the process of selection. I would just like to thank all of the coaches/managers and parents that help County Central High to make the volleyball program a success! Without the hard work of a few, this program would not achieve success.

**This year's Volleyball Staff includes:**

- Senior High Girls Staff - Marie Muschiol, Jennifer Warren and Kelly Nelson
  - Senior High Boys Staff - Channing Schneider, Mike Hansen and Christie Schneider
  - Junior High Girls - Lee Blackwell, Debbie Williams, Judy Aschbacher
  - Junior High Boys - Warren Thompson, Ken Garinger, Jen Garinger
- Good Luck Teams!! First Home Games for Seniors - September 14<sup>th</sup> Boys and Girls!! Starting at 5:00pm


**BASKETBALL LOOKING FOR HELP!!**

Basketball is just over the horizon and we are looking for staff! Including both coaches and managers. If you are interested please contact the school. Without a full staff these teams could be in danger of not running this year. We need to have staff in place by October 19<sup>th</sup> for Senior Teams and October 28 for junior teams.

- Senior High Girls: Coach \_\_\_\_\_ Assist \_\_\_\_\_ Manager \_\_\_\_\_
- Senior High Boys: Coach: Dave Hamilton Assist \_\_\_\_\_ Manager: Kelly Nelson
- Junior High Girls: Coach \_\_\_\_\_ Assist: Amber Foote Manager \_\_\_\_\_
- Junior High Boys: Coach \_\_\_\_\_ Assist \_\_\_\_\_ Manager \_\_\_\_\_

Cheers  
Angie Seaman  
CCHS Athletic Director

# MASS REGISTRATION NIGHT



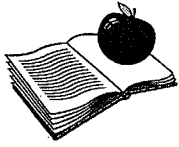
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**SEPTEMBER 8<sup>TH</sup> 2011,  
FROM 3:30PM-6:30 PM  
@V.P.E.**

(VULCAN PRAIRIEVIEW ELEMENTARY)

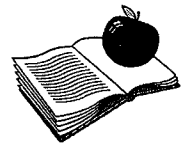
**Are you looking to keep busy this Fall and Winter? Then come to the  
Mass Registration Night**  
where you can sign up for an array of activities and clubs to keep you busy.  
There is something for everyone young and old alike.

**If your group wants to be part of this or you have any questions please contact  
Bonnie Ellis Recreation Director  
403-485-2554 bellis@townofvulcan.ca**



# COUNTY CENTRAL HIGH SCHOOL

## 2011 Magazine Campaign Notice



Dear Parents and students,

The students of County Central will be kicking off our Annual Magazine Fundraiser on Sept. 9th and it will run until Sept. 23rd. We suggest that students sell to family, friends and relatives.

The benefits of using Canadian Community Reading Plan Magazine Fundraiser

1. **PROMOTES READING**
2. **GREAT PROFITS STAY AT THE SCHOOL!** All incentives are paid for by CCRP and do not come out of our profits!
3. All Orders are guaranteed 100% for service and satisfaction. Any concerns please call CCRP's toll free number 1-800-665-5133.

### 3 WAYS TO ORDER MAGAZINE SUBSCRIPTIONS

- New subscriptions can be purchased.
- Renew any subscriptions that are currently being received. The renewal orders that you subscribe to will be added on to the customers' current subscription and the expiry date is extended. Please transfer information from current address labels to the order form.
- Gift orders can be sent to anyone in Canada ONLY. (Christmas, Birthdays etc). Gift cards are now going to be available in the OFFICE or ONLINE.
- **ON-LINE ORDERING:** You, family, and friends can also purchase magazines online! Simply go to [www.ccrp.ca](http://www.ccrp.ca), enter our school code and order New, Renewal or Gift subscriptions. Online orders DO qualify for prizes as well.
- In addition to the hundreds of magazines available through the magazine catalogue, there are *additional bonus titles* that are available exclusively online in the "Additional Selections" category or by calling toll free 1-800-665 5133. Additional Selection subscriptions have US postage, additional publisher costs, as well as applicable taxes removed before profits are calculated.

➤ OUR SCHOOL CAMPAIGN CODE IS **AB1634**

CHECK OUT OUR NEW LINE UP OF READER'S DIGEST, BEST HEALTH, OUR CANADA AND MORE...

Please note:

- Make all cheques payable to County Central High School
- Visa & Mastercard are accepted.
- Extra order forms are available from the OFFICE or ONLINE.

Thank you in advance for your participation.



# COUNTY CENTRAL HIGH SCHOOL 2011 MAGAZINE CAMPAIGN



SCHOOL GOAL\*\*\*600SUBSCRIPTIONS

Reach this goal and we will have a participation draw for a...

**GOOGLE ANDROID POWERED TABLET PC!!**

**SUPER SELLER: Sell 15 subscriptions win a...LIGHT UP  
DRINKING GLASS!!!**

PRIZE DAY 1

Date:

**LUCKY GUM DAY**

Pick a GUM for sales of 2,4,6..and so on (every even number.) Every GUM is marked for CASH from \$1-\$100.00

TODAY ONLY- BRING IN 5 SUBSCRIPTIONS FOR A PAIR OF MESH SUNGLASSES

**EARLY BIRD DRAW-  
100" JUMBO PIANO KEYBOARD MAT:**



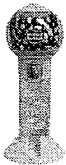
**1 subscription = 1 entry into the draw**

PRIZE DAY 2

Date:

**LUCKY GUM DAY**

Pick a GUM for sales of 2,4,6..and so on (every even number.) Every GUM is marked for CASH from \$1-\$100.00



**DRAW: GIANT GUMBALL MACHINE**

**1 order = 1 entry into the draw**

FINAL PRIZE DAY

Date:

**LUCKY GUM DAY**

Pick a GUM for sales of 2,4,6..and so on (every even number.) Every GUM is marked for CASH from \$1-\$100.00

**TOP PARTICIPATING CLASS- WINS A ICE CREAM PARTY!!-Participants only**

**TOP 2 SELLERS: SUBWAY LUNCH**

**FINAL DRAW- REMOTE CONTROLL COOLER!!!**



Each student must have a minimum of 5 orders to enter the final draw. The more orders brought in the more chances to WIN!!

ALL ORDERS HANDED IN THROUGHOUT THE CAMPAIGN COUNT IN FINAL DRAW!

# September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Jr. G. VB 3:40 Gym Sr. G VB 3:40 CRC Sr. B.VB 7Pm CRC	2 <b>Friday #1</b> Pancake Breakfast	3
4	5 Labor Day No School	6 Sr. St. Council Mtg. Sr. B.VB 7Pm CRC	7 School Pictures Jr. B VB 3:40 CRC Sr. B.VB 7Pm CRC	8 PE. 20/30 Kayak Trip Jr. B. VB 5:10 CRC	9 <b>Friday #2</b> Sr. B.VB F.P. Walshe	10 Street Hockey CRC? CTS Labs Photo Sr. B. VB F.P. Walshe
11	12 Sr. B.VB 7Pm CRC	13 Sr. B. JV VB Game 5:30	14 Sr. VB @Home 5PM	15 Sr. B.VB 7Pm CRC	16 <b>Friday #1</b> Stampede Band CRC Sr. B.VB @ LCC	17 Stampede Band CRC Sr. B.VB @ LCC
18 Stampede Band CRC	19 PD Day Division Sr. B. VB Game 7:00	20 Sr. B. JV VB Game 6:30	21 Jostens Rings Library Noon Sr. B. VB Game 7:00	22 Sr. B. VB 7Pm CRC Jr. X-County District	23 <b>Friday #2</b> Terry Fox Run Sr. B.VB @ Beaumont	24 Sr. B.VB @ Beaumont
25	26 Sr. B. VB Game 7:00 Sr. Provincial Golf	27 Sr. B. JV VB Game 5:30 Sr. Provincial Golf	28 Sr. B.VB 7Pm CRC	29 Sr. B.VB 7Pm CRC Jr. Outdoor Ed Trip	30 <b>Friday #1</b> Jr. Outdoor Ed Trip	