

COUNTY CENTRAL HIGH SCHOOL



February 2019

Home of the Hawks



Important Dates

- Feb. 1 & 2 - Jr. JV BB League Final
Sr. B BB @ Oilfields
Sr. G BB @ Bassano
- Feb. 4 - Pancake Breakfast 8-9 am
Sr. Zone Curling
- Feb. 5 - Hot Lunch - Chicken Quesada
- Feb. 7 - Hot Lunch - Mac & Cheeses
Sr. BB @ Home 6:00 Pm
- Feb. 8 - Report Cards
- Feb. 8 & 9 - Sr. BB Tournament CRC
Jr. B BB @ Nobleford League Finals
Jr. G BB @ St. Joe's League Finals
- Feb. 12 - Hot Lunch - Meat Ball Sub
Sr. BB @ FPW
- Feb. 14 - Happy Valentine's Day
Hot Lunch-Pulled Pork Wrap/Fries
- Feb. 18 - Family Day No School
- Feb. 19 & 20 - No School
- Feb. 21 & 22 - Teacher's Convention
- Feb. 25 - Sr. BB @ KHS
- Feb. 26 - Hot Lunch- Chicken Burger & Fries
- Feb. 28 - No Hot Lunch
- Mar. 1 & 2 - Jr. Zone BB
Sr. BB @ Pincher League Finals
- Mar. 4-9 - Sr. Zone BB
- Mar. 11 - Division PD Day
- Mar. 13 - Leadership Conference CRC
- Mar. 20 - P/T Interviews 4-7 Pm
- Mar. 21 - P/T Interviews 4-7 Pm
- Mar. 25 - Jr. High PD Day

An events calendar is attached to this newsletter. You can also check the CCHS website for any events, dates or time changes.

PANCAKE BREAKFAST

Students please join Parent Council for a welcome to Semester II Pancake Breakfast Monday, February 4th 8-9 am in the CRC.



GRAD 2019

It's still not too late to submit your pictures for the Grad PowerPoint presentation. I would like at least 3 pictures (baby, early childhood and a more current photo) from each student but you can always bring me more.

All photos will be returned as soon as possible.
Thank you,
Mrs. Povey

PRINCIPAL'S MESSAGE

Dear Parents,

Welcome to Semester II! Our Senior High students have survived their first round of exams and are starting a new set of classes, while our Junior High students are carrying on with their year-long courses and adjusting to a few timetable changes. Report cards will be sent home on Friday, February 8th, and will contain marks but not comments. Parents are invited to get in touch with teachers if they would like to chat about their child's progress, and we will be having our next round of formal Parent-Teacher Interviews on March 20th and 21st.

In sports, our basketball and curling teams are getting ready to wrap up their seasons, and badminton will be starting soon. The date and menu for our annual Sports Banquet has been set for Thursday, June 20th, 2019. My sincerest gratitude goes out to all of our coaches who have volunteered their time and expertise to our school programs. I hope that you know what a difference you are making, and that our kids are very lucky to have you!

I would like to take this opportunity to introduce two new staff members to our school: Mr. Scott Quan will be covering Ms. Richmond's leave for the next two months, and Mr. Dakota Mattson will be with us until the end of the year to take over classes created by the Grade 8 split. Please join me in welcoming Mr. Quan and Mr. Mattson back to CCHS.

Our February Break will run from the 18th to the 22nd, this year. We hope that our students enjoy some well-earned time off, but that they also spend some time studying and completing work. I will be visiting each class again shortly to review our homework expectations for students and have attached the information sheet for parents. The staff at CCHS is continually looking for ways to support and motivate our students to do their very best, and we are hoping to introduce some new policies and initiatives very soon which should help with this aim.

Lastly, I would like to thank our School Council, Sports Council, and the staff at Market Street for sponsoring our new fruit bowl initiative. We are now receiving weekly deliveries of apples which are distributed throughout the school, providing healthy and nourishing snacks for our students. Thank you to Ms. Seaman for spearheading this program, and to her student helpers for getting the apples to their bowls.

Stay warm!

Sincerely,
Leanne Hellman
B.Sc.Kin., B.Ed., M.A., M.Sc.

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



SCHOOL FEES

Just a quick reminder that first semester has been completed and fees should be paid if not please pay your 2018-19 fees. School fees can be paid online at <https://palliserregional.schoolcashonline.com> or at the school. Please make cheques payable to CCHS Master. If you have any questions or concerns please contact the school office 485-2223.

Thank you.

CCHS CANTEEN

Hot lunches for February are as follows:
Feb. 5 - Chicken Quesada
Feb. 7 - Mac & Cheese
Feb. 12 - Meatball Sub
Feb. 14 - Pulled Pork Wrap & Fries
Feb. 26 - Chicken Burger & Fries
Feb. 28 - No Hot Lunch
Priced between \$4.00-\$6.00 per meal.



GO HAWKS!!

Come out and cheer on the Sr. Girls & Boys basketball teams. Home game Thursday, February 7th @ 6 pm in the CRC. Check out our annual John Wark Memorial Basketball Tournament February 8th & 9th.

CAREER COUNSELLOR

New U of A Opportunity

U of A Edmonton is offering **GRADE 11** students a Green & Gold Getaway. Twenty students from across Alberta will have the chance to experience U of A life in May of 2019. Expenses will be paid by U of A. To learn more and to apply visit: uab.ca/GGG

UPCOMING DEADLINES

Feb. 1: Terry Fox Humanitarian Award due. This award is looking for applicants who have experienced or overcome what others might consider an insurmountable obstacle, yet are determined and dedicated to helping others. The Award is highly competitive and they consider the most suitable candidate to be a true humanitarian, compassionate and altruistic. To learn more about this Award visit: <http://terryfoxawards.ca/>

Feb. 1 \$1,000 Kin Canada Scholarship. Applications found on the Scholarship Wall at CCHS or visit: www.kincanada.ca.

Feb. 2 U of L Open House. Visit: <https://campaigns.uleth.ca/open-house/>

Feb. 9 Lethbridge College Open House. To register, visit: <https://lethbridgecollege.ca/events/open-house-winter-2019>

Feb. 9 SAIT Open House. Visit: <https://www.sait.ca/future-students/visit-campus/open-house>

March 1: \$350 John Hasselfield Endowment Foundation Scholarship Program. Visit: <http://www.johnhasselfield.com/applandselect.html>

Scholarships Canada.com is a one-stop shopping website for students. Students should sign up and then Scholarships Canada will email them scholarships that match their profiles! <http://www.scholarshipscanada.com/>

For other scholarship information talk to Ms. Hill or visit the County Central High School webpage and look under School News.

I'd be happy to answer your questions. Email: angela.hill@pallisersd.ab.ca

Office phone: (403) 485-2223

In the office: Tuesdays, Wednesday morning, & Thursday afternoon.

Monthly Parent Night Series



Kids Have Stress Too!

Developed by the Psychology Foundation of Canada, the Kids Have Stress Tool Program helps parents, caregivers and educators understand childhood stress and how to provide children with the tools to deal with stress effectively. Please join us for a two hour workshop facilitated by Michelle Kessel from the High River Parent Link Centre.

parent link centre

Tuesday, February 5th, 2019
6:00-supper / 6:30-8:30 presentation
at Vulcan FCSS - 105B - 3 Ave. South



Babysitting and supper are available
If you pre-register by Mon. Feb. 4th

Register with FCSS at

403-485-2192

or email reception.fcss@telus.net



UPCOMING SESSIONS

Managing Misbehaviour
Mar. 12

Matching Positive Discipline
Strategies With Your Child's
Temperament
Apr. 3



County Central High School

Box 390, 504 – 4th Avenue South
Vulcan, Alberta T0L 2B0
Phone: (403) 485-2223 Fax: (403) 485-2959



Exceptional Education Principal: Ms. Leanne Hellman, B.Sc., B.Ed., M.A., M.Sc.
Vice-principal: Mrs. Lucy Thompson, B.A., B.Ed., M.Ed.

Dear parents,

As an annual check-up on the education system, the Accountability Pillar Survey provides an opportunity for Alberta Education and school authorities to ensure that we are equipping students for success.

The Accountability Pillar Survey uses a set of 16 indicators. Data on these indicators consists of surveys of students, parents and teachers on various aspects of education quality, student outcomes such as dropout and high school completion rates, and provincial assessments of student learning.

From January to the end of February, Alberta Education will be conducting the annual Accountability Pillar Survey.

- In January, parents of students in grades 4, 7 and 10 will receive a survey from Alberta Education.
- In February, students in grades 4, 7 and 10 and all teachers will be completing their surveys online at school.

All surveys are anonymous and ask questions about experiences with your school.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly.

Survey results will be available to school authorities in May, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports.

I encourage you to help our school in our efforts towards continuous improvement by completing the Accountability Pillar Survey and sharing your views about your child's educational experience. Please contact me if you have any questions or need assistance.

Sincerely,

Leanne Hellman

Secondary Homework Guidelines and Expectations

As a parent of a secondary school student, you have likely had the following conversation with your son or daughter:

Parent: "Do you have any homework tonight?"

Child: "No."

Parent: "Okay."



It is not uncommon for students in secondary school to avoid homework and studying, as they have many more 'important' things to do (such as spending time with friends or playing video games). However, in an effort to help our students develop positive habits and work ethics, we would like to change that conversation. Simply put, secondary students have homework every night.

Homework consists of 4 tasks:

- 1) Anything that a teacher assigns as homework

Example: "For homework tonight, read pages 7-14 and answer questions 1, 3, 5 and 7."

- 2) Any work that did not get completed in class.

If a student is meant to complete a task (assignment, project) during class time, and it does not get completed by the end of class, it still needs to be completed and therefore becomes homework.

- 3) Studying, reviewing and revising for tests.

Students should be reviewing their notes, highlighting important information, making note cards or study guides, and practicing what they've learned on a regular basis, rather than leaving all studying to the last minute.

And if a student has exhausted the first three options, then...

- 4) Free reading.

Reading is exercise for the brain. It helps develop vocabulary and imagination.



Creating a Routine:

We recommend that students set aside a consistent time each evening for homework, and that they sit down in a quiet space for that period of time each night. The space should be free of distractions (such as music, tv or mobile phones), but should be near a supportive adult who might assist them if needed.

Recommended times:

Students in Grade 7 can expect to have approximately 30 minutes of homework each night. The amount of homework will increase gradually, with Grade 12 students having at least two hours of homework each night. It is important that we start developing positive habits and routines at an early age, so that our children will be ready for the demands of high school and university.

Therefore, when your child comes home from school, the question to ask will no longer be "Do you have any homework?" but rather:



"It's study time! Which of the 4 homework tasks will you be working on this evening?"



February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Jr. JV B BB League Sr. B BB @ Oilfields Sr. G BB @ Bassano Viper VB CRC 5-7	2 Fish & Wildlife Supper CRC Jr. JV B BB League Sr. B BB @ Oilfields Sr. G BB @ Bassano
3 Youth Basketball 3:30-5 Club VB 5-8 Pm	4 Pancake Breakfast Sr. Zone Curling Jr. B BB 5:30 CRC Jr. G BB 5:30 Gym Sr. B BB 7:00 CRC	5 Hot Lunch -Chicken Quesada Jr. B BB 5:30 CRC Sr. B&E G BB 7:00 CRC	6 Jr. G BB 5:30 CRC Sr. G BB 7:00 CRC Rec. Basketball 8PM	7 Hot Lunch - Mac & Cheese VPE CRC Floor Hockey Jr. B BB 5:30 Gym Jr. G BB 5:30 Gym Sr. BB @ Home	8 Report Cards Sr. BB Tournament CRC Jr. SV B BB League@ Noble Jr. SV G BB League@ St. Joe	9 Sr. BB Tournament CRC Jr. SV B BB League@ Noble Jr. SV G BB League@ St. Joe
10 Youth Basketball 3:30-5 Club VB 5-8 Pm	11 Jr. B BB 5:30 CRC Jr. G BB 5:30 Gym Sr. B BB 7:00 CRC	12 Hot Lunch - Meatball Sub Jr. B BB 5:30 CRC Sr. BB @ FPW	13 Jr. G BB 5:30 CRC Sr. G BB 7:00 CRC Rec. Basketball 8PM	14 Hot Lunch -Pulled Pork Wrap Jr. B BB 5:30 Gym Jr. G BB 5:30 CRC Sr. B BB 7:00 CRC Sr. G BB 7:00 CRC	15 Vulcan Rec. Movie/Potluck CRC/Kitchen 1-11	16 Viper VB Club CRC
				<i>Happy Valentine's Day</i>		
17 Youth Basketball 3:30-5 Viper VB Club CRC	18 Family Day	19 Day in Lieu No School Extreme Camp CRC	20 Day in Lieu No School Extreme Camp CRC Rec. Basketball 8PM	21 Teacher's Convention No School Extreme Camp CRC	22 Teacher's Convention No School Extreme Camp CRC	23
24 Youth Basketball 3:30-5 Club VB 5-8 Pm	25 Jr. B BB 5:30 CRC Jr. G BB 5:30 Gym Sr. BB @ KHS	26 Hot Lunch - Chicken Burger Jr. B BB 5:30 CRC Sr. B BB 7:00 CRC	27 Jr. G BB 5:30 CRC Sr. G BB 7:00 CRC Rec. Basketball 8PM	28 Jr. B BB 5:30 Gym Jr. G BB 5:30 CRC Sr. B BB 7:00 CRC Sr. G BB 7:00 Gym		