

# COUNTY CENTRAL HIGH SCHOOL



January 2017

## Home of the Hawks



### Important Dates

- Jan 13 - Friday #1
- Jan 13&14 - Jr. Basketball Tourn. @ Home
- Jan 16 - English 30-1/2 Part A
  - Jr. Boys BB @ PBHS
  - Jr. Girls BB @ Home
- Jan 17 - Social 30-1/2 Part A
- Jan 18 - Driver's Ed 3:30 PM Rm. 124
  - Parent Council Mtg. 5:30 Rm. 173
  - Ski Trip Parent Mtg. 6 Pm
- Jan 19 - Jr. Boys BB @ Home
  - Jr. Girls BB @ Coalhurst
- Jan 20 - Friday #2
  - Last Day Classes for Gr. 10-12
- Jan 20/21 - Jr. Boys BB away
- Jan 23 - English 30-1/2 Part B
  - Science 10
  - Social 20
- Jan 24 - Social 30-1/2 Part B
  - English 20
- Jan 25 - Math 30-1/2 Diploma
  - English 10
  - Social 10
  - Jr. Boys BB @ Home
  - Driver's Ed 3:30 PM Rm. 124
- Jan 26 - Biology 30 Diploma
  - Science 14
  - Chemistry 20
  - Jr. Boys BB @ Home
  - Jr. Girls @ Nobleford
- Jan 27 - Friday #1
  - Math 10C
  - Biology 20
  - Science 24
- Jan 30 - Science 30 Diploma
- Jan 31 - PD Day No School
- Feb. 1 - Jr. High Ski Trip Noon
- Feb. 3 - Friday #2
  - Sr. High Report Cards
  - Jr. High Ski Trip Return

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

### GRAD 2017

Calling all grade 12 students please bring me some photos 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 bring me more. You can also email any photos to [janice.povey@pallisersd.ab.ca](mailto:janice.povey@pallisersd.ab.ca).

All photos will be returned as soon as possible. Thank you to those students who have already brought in photos. Thank you, Mrs. Povey

### PRINCIPAL'S MESSAGE

Happy New Year folks! Hopefully everyone had a restful Christmas. Considering how cold it is outside it is nice to see students have returned with warm and inviting attitudes.

Before talking about January I wanted to take a moment to thank our Parent Council and community members that came together in December to gather items in support of students and families in need. Their hard work must be commended and bodes well for the community as a whole. Our students and staff should also be recognized for their food drive efforts. As many of you know they gathered a tremendous amount of items for the local food bank.

On to January! For our high school students this is a very important time. They begin writing exams next week including diplomas for our grade 12's. I have some words of wisdom at this time in the hope it will support students in their preparation for exams. I am offering a guaranteed way for students to improve their results next week and I am offering it for free. It is very simple and I ask parents to encourage my request. Students please take a "technology break". If students put away their phones, tablets and avoid social media, texting, etc., they will certainly do better during their critical study time. Technology can greatly disrupt their study and sleep patterns having a huge negative impact on results, even for our best and brightest. It is a simple challenge but will you do it? Our junior high students are busy as well, please consider the same request as you prepare for unit tests.

For parents I would like to remind them that it is that time of

year when Accountability Pillar surveys are conducted. These surveys provide Alberta Education and school authorities information to ensure we are equipping students for success. The survey uses a set of 16 indicators. Information is compiled from surveys completed by students, teachers and parents on various aspects of education quality, student outcomes such as dropout and high school completion rates, and provincial assessments of student learning. In January parents in grade 7 and 10 will receive a survey from Alberta Education, while students and teachers will receive them in February. All surveys are anonymous and ask questions about experiences with your school. We encourage all parents applicable to participate. Results will be available to school authorities in May and shared publicly as part of their 3-Year Plans and Annual education Results Report.

Finally, I would just like to encourage our students to stay focused on their studies and good luck in all their extra-curricular activities, keeping in mind that your greatest accomplishment in sport, drama, music, art, CTS, etc., may be the improvement in the quality of your character!

It is a new year County Central High School, let us make it a great one!

Daniel Grimes  
B.SC, 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



## ACCOUNTABILITY PILLAR

Every year the Alberta Government surveys students, their parents and teachers to see how they perceive the quality of education they receive and take part in. If you would like some more information on this process please check out this link on our web page <http://countycentral.ca/download/93677> or the Alberta education website <https://education.alberta.ca/accountability>

## STUDENT COUNCIL ACTIVITIES

Student Council have a number of activities that they plan on holding the next few months. Please join the council in these activities and show your school spirit.

### DATES

Wednesday, Jan. 18 - PJ Day  
 Wednesday, Jan. 25 - Jr. High Only  
 Fictional Character Day  
 Tuesday, Feb. 14 - Valentines Semi Formal  
 Mar. 6-10—Jr. Duke & Duchess week  
 Friday, Mar. 10 - Jr. High Dance  
 Friday, Mar. 17 - St. Patrick's Day

## SCHOOL FEES

Just a quick reminder that first semester is almost done and fees should be paid if not please pay your 2016-17 school 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.

## EXAM SCHEDULE

Sr. High students please check the exam schedule below for dates and times of final exams. All exams will be held in their corresponding class rooms. The only exception are the English 30 & Social 30 Part A exams which will be held in the computer lab. Please plan on arriving early for your test. Remember to bring your textbook, have a pencil & eraser, and a calculator if needed. There are **no** classes for students Tuesday, January 31st. Normal classes will resume for all students Wednesday, February 1st.

**GOOD LUCK!!**

## EXAMINATION SCHEDULE – January 2017

January 16 MONDAY 8:45-12:00	January 17 TUESDAY 8:45 - 12:00	January 18 WEDNESDAY	January 19 THURSDAY	January 20 FRIDAY
ENGLISH 30 Part A	SOCIAL 30 Part A	Regular classes	Regular classes	Last day of classes for grade 10, 11 and 12's
January 23 MONDAY 8:45 - 12:00	January 24 TUESDAY 8:45 - 12:00	January 25 WEDNESDAY 8:45 – 11:30	January 26 THURSDAY 8:45 – 11:30	January 27 FRIDAY 8:45 – 11:30
ENGLISH 30 Part B SOCIAL 20 SCIENCE 10	SOCIAL 30 Part B ENGLISH 20	MATH 30 ENGLISH 10 SOCIAL 10	BIOLOGY 30 CHEM 20 SCIENCE 14	BIOLOGY 20 SCIENCE 24 MATH 10C
January 30 MONDAY	January 31 TUESDAY 8:45 - 11:30	February 1 WEDNESDAY	February 2 THURSDAY	February 3 FRIDAY
	PD Day	First day of semester 2	Regular classes	Regular classes

# CAREER COUNSELLOR

This month can be very stressful for students with diploma and prep exams. Here are some tips for parents and students to deal with test-taking stress:

- 1) **First of all...watch out for stress:** Signs that your teenager is experiencing stress include: irritability, poor sleeping patterns, loss of interest in food, worrying a lot and appearing depressed or negative. Headaches and stomach pains can also be stress-related.
- 2) **Encourage sleep:** Most teens need between eight and 10 hours of sleep a night. Good sleep will improve thinking and concentration. Allow half an hour or so for teens to wind down between studying, watching TV or using a computer before hitting the sack.
- 3) **Help them to study:** Help your teen by doing flashcards together or quizzing them. Also, help them draw up a study schedule to follow and colour-code it as it's easier to follow. In addition, make sure they have somewhere comfortable to study.
- 4) **Encourage good eating habits:** Students shouldn't write an exam on an empty stomach. Anti-anxiety foods include fresh fruits and vegetables. Foods that increase stress are: pop, chocolate, junk food, eggs and fried foods.
- 5) **Exercise:** Exercise helps students focus, boosts their mood and gives them energy and motivation to succeed. Yoga is an example of a great stress-relieving exercise.
- 6) **Spend time with your furry friend:** Research shows that pets can lower anxiety and blood pressure.
- 7) **Stay away from negative students:** Avoid speaking with any students who haven't prepared for their exams. Also stay away from those students who are speaking negatively. Walk away and give your brain a break.

## Upcoming Events

Lethbridge College Open House on January 28 from 10 a.m. to 3 p.m.

Green Certificate testing: Feb. 1 & 2. See Ms. Hill to register.

If you have any questions, please contact me via email at: [angela.hill@pallisersd.ab.ca](mailto:angela.hill@pallisersd.ab.ca)



## Welcome the world to your home

### Become a homestay family for an international student

Palliser Regional Schools is looking for homestay families in southern Alberta for our International Student Program, to provide our students opportunities to deepen their appreciation for and understanding of other cultures. One of the great benefits of being a homestay family is the opportunity to build connections with a family from another country and see our way of life, schools and community attractions through the eyes of a newcomer.

Hosting an international student can be an enriching, engaging experience that will give your family and the student memories to last a lifetime. Many homestay families stay in touch long after the student's visit has ended.

Host families provide food, lodging and a supportive environment and offer cultural experiences to international students. Host families are paid \$750 per month.

If you are interested in becoming a homestay family, more information about our International Program is [online](#) or available by contacting Julie Stocker at Central Office at 403-378-4111, toll-free 1-877-667-1234 or email [julie.stocker@pallisersd.ab.ca](mailto:julie.stocker@pallisersd.ab.ca). If you know someone in your community who is interested in becoming a homestay family, please share this flyer.



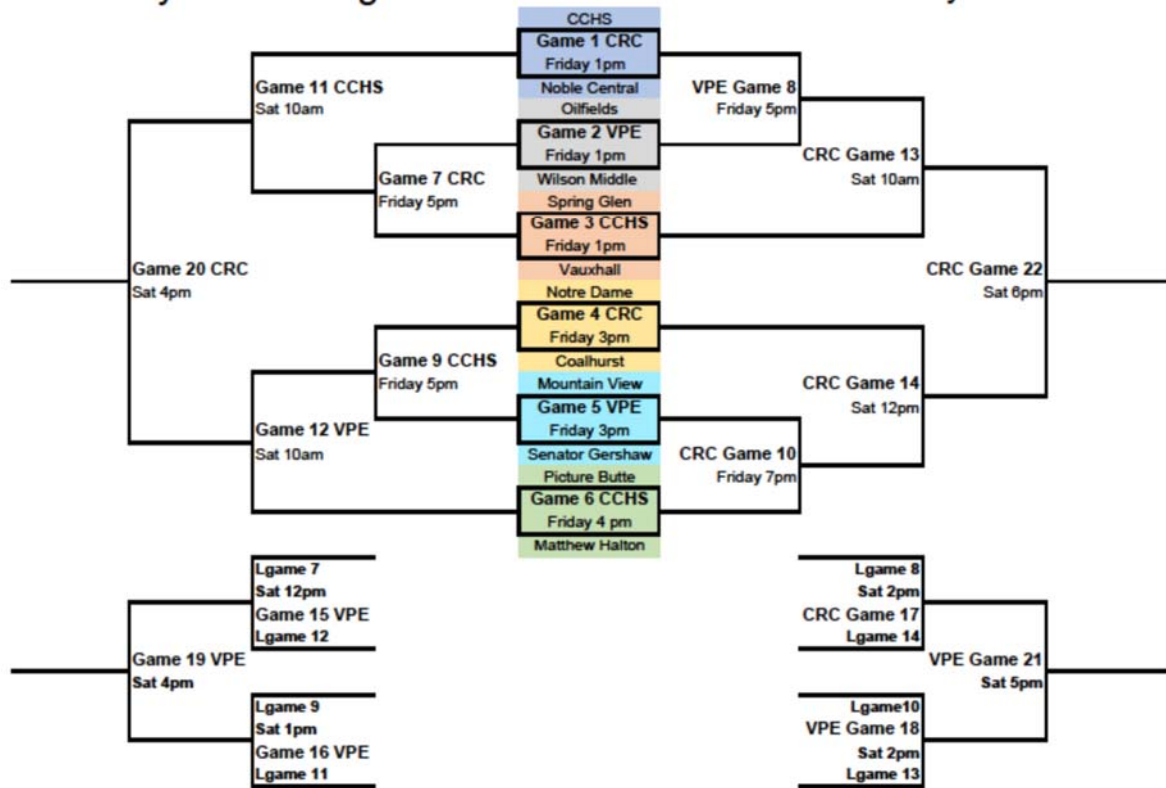


# JR. BASKETBALL TOURNAMENT

January 13 & 14, 2017

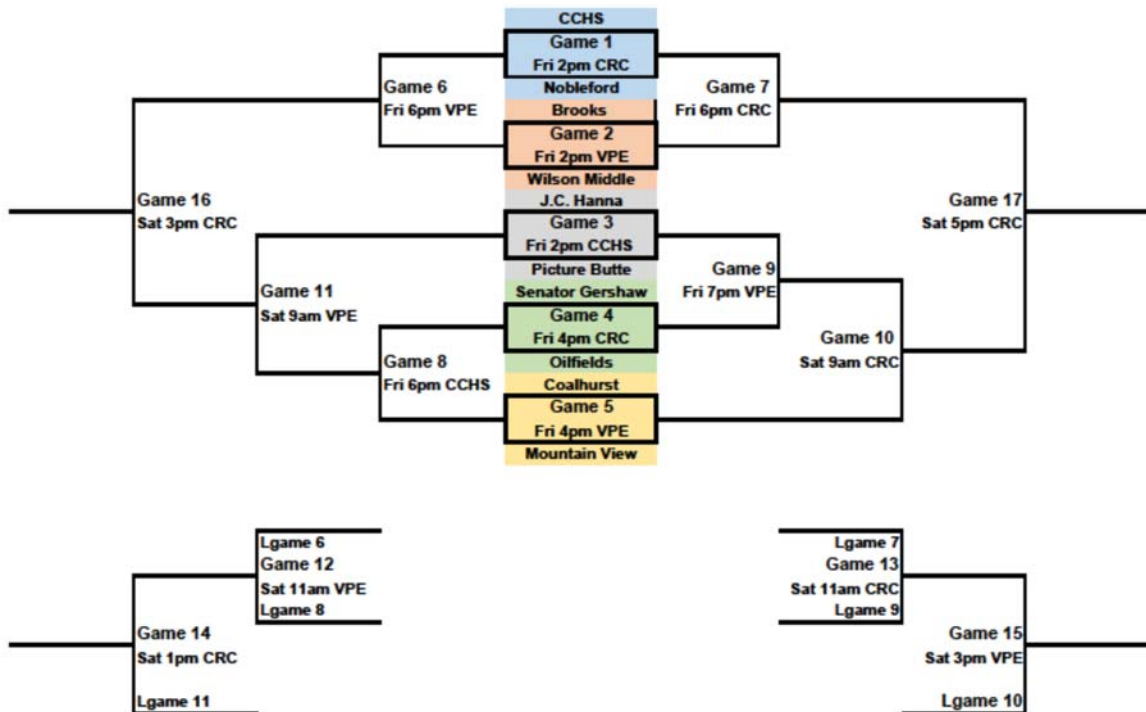
## County Central High Tournament

## Boys Draw



## County Central High Tournament

## Girls Draw





CCHS Sports Council and Advisory  
An Open Letter to CCHS Parents and Staff



The CCHS Sports Council and Advisory is a group of CCHS Staff and community volunteers who are dedicated to CCHS Athletics and making extracurricular sports available to as many CCHS students as possible. CCHS Sports Council provides policies, mentoring, sport administration support as well as financial support. As part of our mandate, we subsidize extracurricular programs in order to keep participation fees as low as possible for students. We are able to provide financial support to these programs in large part from funds raised Casinos in Calgary through our society status. We recruit volunteers every 3 years to run the casino and in return receive on average of \$40,000. Without our casino funds, we would not be able to financially support any extracurricular sports programs. This year we are reaching the end of our casino funds and will receive this year's casino fund around March 2017. We also raise funds for CCHS Athletics by hosting various sports tournaments, attracting sponsorship funds and through our annual Sports Banquet.

The following are some particulars of our financial position and support we provide to CCHS Athletes:

- Subsidies allocated to date 2016/17- \$10,620. We still have curling, badminton, softball, baseball, track budgets to do for this year. Normally we allocate \$13,000 annually in subsidies.
- Funds provided by way of subsidies to all athletic programs go to support the following areas. Sport Council does not specifically allocate which area the funds go.
  - o Transportation- 2015/16 overall costs were \$17,500
  - o Officiating
  - o First Aid Supplies- fully paid by Sports Council
  - o Uniforms
  - o Accommodations
  - o Administration- zone fees, provincial fees, etc
  - o League Fees
  - o Sports Banquet and athlete recognition -Athlete and Coach Admission costs
  - o Athlete Jackets- one for each athlete entering grade 10-
    - fully paid by Sports Council
  - o Invitational Tournaments Entry fees
  - o Senior High Provincial entry and banquet costs as well as a subsidy for transportation costs.
    - Golf this year was subsidized over \$1,000 for provincials.
  - o Junior High Zone entry Fees
  - o During 2015/2016 (September to June) CCHS Sports Council's overall spending was \$102,000

Parents should note that CCHS Athletic Fees would be much, much higher without the CCHS Sports Council subsidies. For example:

- Sr. Boys Basketball with \$1450.00 subsidy - \$150
- Sr. Boys Basketball without subsidy- \$270
- As a comparison, in the past Ft. McLeod Sr. Boys Basketball players pay \$500 to play.
- As a comparison, Vauxhall High School who also subsidize their teams paid \$200 last year but did not get any warmups or clothing as part of the subsidy.

In the past teams would fundraise to try to keep athlete costs lower or enhance their program through more tournaments, accommodation support, and meal costs. Sports Council has noticed a negative trend with regards to fundraising for these items. As a result, athlete user fees and parent costs have been rising since we cannot subsidize teams to the extent needed to keep costs low. Our Casino funds need to be split up over three years to make it through the next casino cycle. It seems that the fundraising that is being done now is for clothing that athletes get to keep. It would be more beneficial to CCHS Athletics if teams did fundraising to reduce user fees for athletes.

Transportation costs have also been rising. Some of it is due to Palliser buses costing more but other added costs have come from having to pay bus drivers and parents who carpool. This is due to a decrease in parents choosing to volunteer as bus drivers or carpool.

As well, all other costs with regards to our athletic programs have increased. Without parents of CCHS Athletes taking action to fundraise or increase their willingness to volunteer to bus drive or volunteer to drive, Athletic Fees will continue to increase.

If you are a parent of a CCHS Athlete, we ask that you consider volunteering your time to support CCHS Athletic programs by fundraising, coaching or managing a team or volunteering as a driver. Athletics are a very important component of many students' lives and they need your support.

Joanne Kettenbach  
Chairperson  
CCHS Sports Council

# January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Sr. B BB 7 Pm CRC	4	5 Sr. B BB 7 Pm CRC	6	7
8 G. Club VB 5-8 Pm	9 Welcome Back Sr. B BB 7 Pm CRC Sr. G BB 7 Pm Gym	10 Drama 3:40 Jr. B BB 5:30 CRC Jr. G BB 5:30 Gym Sr. B BB 7 Pm Gym Sr. G BB 7 Pm CRC	11 Driver's Ed 3:30 Jr. B&G BB @ R.I. Baker Sr. G & B BB @ Pilik Rec. BB 8-9:30 CRC	12 Drama 3:40 Jr. B BB 5:30 Gym Jr. G BB 5:30 CRC	13 Friday #1 Jr. BB tournament CRC	14 Jr. BB tournament CRC
15 G. Club VB 5-8 Pm Drop In VB 8-9:30 pm	16 English 30-1/2 Part A Jr. B BB @ PBHS Jr. G BB @ Home Sr. B BB 7 Pm CRC Sr. G BB 7 Pm Gym	17 Social 30-1/2 Part A Drama 3:40 Jr. G BB 5:30 Gym Sr. B BB 7 Pm Gym Sr. G BB 7 Pm CRC	18 Driver's Ed 3:30 Parent Council 5:30 Ski Trip Parent Mtg. 6Pm Jr. B BB 5:30 CRC Rec. BB 8-9:30 CRC	19 Drama 3:40 Jr. B BB @ Home Jr. G BB @ Coalhurst Sr. B BB 7 Pm CRC	20 Friday #2 Jr. BB Cat's Classic Sr. B BB @ Oilfields Last Day of Class Gr. 10-12 Club VB 1-3 CRC	21 Jr. BB Cat's Classic Sr. B BB @ Oilfields
22 G. Club VB 5-8 Pm Drop In VB 8-9:30 pm	23 English 30-1/2 Part B Science 10 Social 20 Jr. G BB 5:30 CRC Sr. B BB 7 Pm CRC Sr. G BB 7 Pm Gym	24 Social 30-1/2 Part B English 20 Jr. G BB 5:30 Gym Jr. B BB 5:30 CRC Sr. B BB 7 Pm Gym Sr. G BB 7 Pm CRC	25 Math 30-1/2 Social 10 English 10 Driver's Ed 3:30 Jr. B BB @ Home Jr. B BB 5:30 Gym Rec. BB 8-9:30 CRC	26 Biology 30 Science 14 Chemistry 20 Jr. B BB @ Home Jr. G BB @ Nobleford Sr. B BB 7 Pm CRC	27 Friday #1 Math 10C Biology 20 Science 24 Club VB 1-3 CRC	28
29 G. Club VB 5-8 Pm Drop In VB 8-9:30 pm	30 Crew Mtg. Noon Jr. G BB 5:30 CRC Sr. G BB 7 Pm CRC	31 Site PD No School Sr. B BB 7 Pm Gym Sr. G BB 7 Pm CRC				