

COUNTY CENTRAL HIGH SCHOOL



March 2017

Home of the Hawks



Important Dates

Mar. 2-4 - Sr. BB League Final
Mar. 3 - Friday #1
Mar. 3 & 4 - Jr. Zone Basketball
Mar. 4 - Face Time 10-4 Vulcan Lodge Hall
Mar. 7-11 - Sr. Zone Basketball
Mar. 8 - PTI 5 - 8 Pm
Mar. 9 - PTI 3:45-6:45 Pm
Mar. 10 - Friday #2
 Jr. High Neon Dance 7-10 Pm
Mar. 12 - Daylight Savings Time
Mar. 13 - PD Day No School
Mar. 17 - Friday #1
 St. Patrick's Day
Mar. 21 - Sport Council Mtg. 5:30 Pm
Mar. 23 - Jr. Report Cards
Mar. 22 - Parent Council Mtg. 5:30 Pm
Mar. 24 - Friday #2
Mar. 29 - Social 20/30 Calgary Trip
Mar. 31 - Friday #1
 Drama Tech Weekend
April 1/2 - Drama Tech Weekend
April 6 - Drama Matinee 10 Am & 12:30 Pm
April 7 - Friday #2
 Drama Dessert Theater 7 Pm
April 8 - Drama Dinner Theater 7 Pm
April 12 - Sr. Report Cards
April 14 - Good Friday
April 16 - Easter
April 17-21 - Easter Break No School
April 24 - Welcome Back

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

PARENT/TEACHER INTERVIEWS

Please book your interviews online
<https://countycentral.schoolappointments.com/admin/>

DATES

March 8 - 5:00 - 8:00 Pm
March 9 - 3:45 - 6:45 Pm

If you need help or don't have a computer please call the school 403-485-2223.

GRAD 2017

Calling all grade 12 students please bring your photos for the grad Power-Point 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.

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

It feels as though this semester is flying by at a very fast pace! Students are back after having a week away from school and are hopefully re-invigorated and ready to learn. From a professional perspective, the February break gave teachers time to rejuvenate and gain professional development which supports the productivity needed now and in the future.

Although always an important topic, I would like to remind parents and students about the risks associated with the use of "online technologies". Facebook, Twitter and Instagram (to name a few) are part of our new reality and impact the way we interact as community members. Throughout my years as an administrator I have witnessed some of the changes that have taken place in the technological world. In the last 5 years the use of smartphones and computers as tools to communicate have magnified the impact of our 'words' at times. We have all heard of expressions such as, "never say something about a person that you are not willing to say to their face". This has become particularly true in today's world as we deal with the consequences of what people post online. In fact, much of the difficult situations we deal with in schools originate from online interactions outside of the school day. These interactions "magnify" and become problematic in many different ways.

Part of our new "unwritten curriculum" is teaching our students appropriate use of technology. We do this on a daily basis in the classroom and in other interactions with stu-

dents, sometimes in informal ways and other times through discipline and counselling. As well, we are currently working with Palliser to host a viewing of the film "Screenagers". It is a documentary which, in part, is meant to teach students and parents about the risks associated with the use of social media. Our goal is to offer this to students, staff and parents/community members. The Screenagers website says this about the documentary: Screenagers probes into the vulnerable corners of family and depicts the messy struggles over social media, video games, academics and internet addiction. Insights from authors and brain scientists offer solutions on how we can empower kids to best navigate the digital world. (cited from Screenagemovie.com) We will offer more info as we get closer to our showing of the movie, but in the meantime please visit www.screenagemovie.com if you would like to learn more about it.

I think we can all agree that the technological "tools/toys" our children are growing up with have a very significant impact upon their development. As a community I hope we can all learn something from a documentary like Screenagers for betterment of our children.

Daniel Grimes
B.SC, B. Ed., M. Ed.

County Central High School
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Vulcan, AB, T0L 2B0
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2017 Leaders of Tomorrow Awards

Nomination forms are now available for the 2017 Leaders of Tomorrow Awards! Awards will be presented at the Volunteer Appreciation BBQ in April (date to be announced). You can download the form from our website at www.vulcanandregionfcss.com or pick up at the FCSS Office: 105B - 3 Avenue South.



Mar 12, 2017 - Daylight Saving Time

Starts

When local standard time is about to reach

Sunday, March 12, 2017, 2:00:00 am clocks are turned forward 1 hour to

Sunday, March 12, 2017, 3:00:00 am local daylight time instead

Sunrise and sunset will be about 1 hour later on Mar 12, 2017 than the day before. There will be **more light in the evening.**

Mar 12

Forward 1 hour

CRUMPLED CLASSICS

BY CRAIG SODARO



DATES

Thursday, April 6 @

10:00 Am & 12:30 Pm

Tickets must be purchased in advanced for the matinees.

Friday, April 7 @ 7:00 Pm

Dessert Theatre

Saturday, April 8 @ 7:00 Pm

Dinner Theatre

Tickets will be available shortly.

REMINDER

Parents just a quick reminder that first semester fees should now be paid and second semester fees are available online. If you have any questions please call the school.

Thank you.

JR. HIGH DANCE

Jr. High Neon Dance

Date: Friday, March 10th

Time: 7-10 Pm

Cost: \$3.00

Concession Items \$1.00

Doors open at 6:30 pm

Wear your NEON colors!!

Guest list & late list in the office.

SCREENAGERS VIEWING



CCHS is inviting parents to our assembly on March 24th at 9:45 am. We will be showing the documentary film "Screenagers" to our

student body and we would like parents to view it with us. The film is approximately 1 hour in length though we may use it to engage in discussion if the audience feels comfortable in doing so. Below is a synopsis

from www.screenagemovie.com. Please feel free to check the website and I hope parents can come out to join us.

The website says: Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average kid spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time—friction she knew all too well.

In SCREENAGERS, as with her award-winning documentaries on mental health, Delaney takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics and internet addiction. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, SCREENAGERS reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance. (Screenagersmovie.com)

CAREER COUNSELLOR

Most Grade 12 students have already applied to their chosen colleges or universities. However, there are some students still in limbo. It could be due to financial circumstances or due to their academic performance. If circumstances prevent students from getting into their desired program directly, they should consider what's called "Education Laddering." Education Laddering would have students starting with another certificate and/or diploma program, and then applying that period of study toward another credential. For example: Registered Nursing. A student could start in the Health Care Aide program or the Licensed Practical Nursing program and then use that experience and school credits to eventually move up the ladder into the Registered Nursing program.

Job Shadow (Grades 11 & 12)

Career Transitions works along with the Career Counsellor to provide information to students and coordinates work site placements for a day in April/May. There are also career exploration groups for hard to place (due to FOIP) and popular career placements such as: accounting, armed forces, doctor/nurse, engineering, firefighter/paramedic, law enforcement, mental health, X-ray technology/Ultrasound.

This is a great chance to explore careers, to network and to get answers to career questions directly from someone working in that field.

MARCH 15: University of Lethbridge Entrance and Leadership awards applications due

MARCH 22/23: Green Certificate testing. Sign up with Ms. Hill

MARCH 30: Odenza Marketing Group Scholarship due. To apply: <http://odenzascholarships.com/marketingscholarship.php>

DID YOU KNOW?

There is an online mentorship program that connects young women ages 11 to 18 with female scientists and engineers. Visit: cybermentor.ca to learn more.

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

FACE TIME



A FUN DAY OF PARENT-YOUTH ACTIVITIES (for youth aged 7-17)

Saturday, March 4th ~ 10 am to 4 pm @ Vulcan Lodge Hall

Chance to win a
**\$100 LOCAL RESTAURANT DINNER
GIFT CERTIFICATE**
with the "How Well Do You Know
Your Child/Parent" Game



NO CHARGE - REGISTRATION ONLY BY MARCH 2ND

Contact FCSS for tickets - 403-485-2192

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- + Lunch, snacks & beverages
- + Giveaways
- + Check with us closer to date of event about babysitting available for children 0-6.

Chance to win  
**5 CALAWAY PARK  
SEASON PASSES**  
by playing the



contest

Chance to win a  
**VULCAN POOL SWIM PASS**  
in the Monkey Sling Game



### TACO BAR LUNCH



### PAINT PARTY





105B - 3 Ave. South  
Box 594, Vulcan, AB T0L 2B0  
(403) 485-2106, Ext. 105 fax: (403) 485-6043  
website: [www.vulcanandregionfcss.com](http://www.vulcanandregionfcss.com)  
email: [vulcanyw@telus.net](mailto:vulcanyw@telus.net)



# 2017 Nomination Form

Deadline for submission is April 3 2017.

Awards will be presented at the Volunteer Appreciation BBQ (TBA) April 2017

Name of Nominee: \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

School: \_\_\_\_\_ School Phone Number: \_\_\_\_\_

Nomination Category:

Elementary: \_\_\_\_\_ Junior High: \_\_\_\_\_ Senior High: \_\_\_\_\_

Nomination Submitted By: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

# March 2017

| Sun                                                                      | Mon                                                            | Tue                                                                                          | Wed                                                                                                                           | Thu                                                                                                                              | Fri                                                                                                                    | Sat                                              |
|--------------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|
|                                                                          |                                                                |                                                                                              | 1<br>Sr. Badminton 3:30 CRC<br>Rec. BB 8-9:30 CRC                                                                             | 2<br>Drama 3:40<br>Sr. Badminton 3:30 CRC<br>Sr. BB League Finals                                                                | 3<br><b>Friday #1</b><br>Jr. Zone Basketball<br>Sr. BB League Finals<br>Club VB 1-3 CRC #2706<br>Club VB 3-5 CRC #2675 | 4<br>Jr. Zone Basketball<br>Sr. BB League Finals |
| 5<br>G. Club VB 5-8 Pm<br>Drop in VB 8-9:30 pm<br>Birthday Party CRC 2-4 | 6<br>Jr. Badminton 3:30 CRC<br>Drama 5Pm CRC                   | 7<br>Drama 3:40<br>Jr. Badminton 3:30 CRC<br>Sr. BB Zones                                    | 8<br>PTI 5-8 Pm<br>Sr. Badminton 3:30 CRC<br>Sr. B Rugby 6:30<br>Sr. G Rugby 5 Pm<br>Rec. BB 8-9:30 CRC                       | 9<br>PTI 3:45-6:45 Pm<br>Drama 3:40<br>Sr. Badminton 3:30 CRC<br>Sr. G Rugby 5 Pm<br>Sr. B Rugby 6:30                            | 10<br><b>Friday #2</b><br>Jr. High Dance Gym 7-10<br>Movie Night 5 Pm<br>Club VB 1-3 CRC<br>Club VB 3-5 CRC            | 11                                               |
| 12<br>G. Club VB 5-8 Pm Gym<br>Drop in VB 8-9:30 pm Gym                  | 13<br><b>PD Day</b><br>County Mtg. 5 Pm CRC                    | 14<br>Drama 3:40<br>Jr. Badminton 3:30 CRC                                                   | 15<br>Sr. Badminton 3:30 CRC<br>Sr. G Rugby 5 Pm<br>Sr. B Rugby 6:30<br>Rec. BB 8-9:30 CRC                                    | 16<br>Drama 3:40<br>Sr. Badminton 3:30 CRC<br>Sr. G Rugby 5 Pm<br>Sr. B Rugby 6:30<br>Lan Party CRC 12 PM                        | 17<br><b>Friday #1</b><br><b>St. Patrick's Day</b><br>Lan Party                                                        | 18<br>Lan Party                                  |
| 19<br>Lan Party                                                          | 20<br>Drama 3:40<br>Sr. Badminton 5:30 CRC<br>Sr. B Rugby 6 Pm | 21<br>Sports Council 5:30 pm<br>Sr. G Rugby 4 Pm<br>Jr. Badminton 3:30 CRC<br>Drama 5 Pm CRC | 22<br>Parent Council 5:30 pm<br>Sr. G Rugby 4 Pm<br>Sr. B Rugby 6 Pm<br>Sr. Badminton 3:30 CRC<br>Rec. BB 8-9:30 CRC          | 23<br>Jr. Report Cards<br>Jr. Badminton 3:30 CRC<br>Sr. Badminton 5 Pm CRC<br>Sr. G Rugby 4 Pm<br>Sr. B Rugby 6 Pm<br>Drama 3:40 | 24<br><b>Friday #2</b><br>Screenagers Viewing 9 am<br>Club VB 1-3 CRC                                                  | 25                                               |
| 26                                                                       | 27<br>Drama 3:40<br>Sr. Badminton 5:30 CRC<br>Sr. B Rugby 6 Pm | 28<br>Drama 5 Pm CRC<br>Sr. G Rugby 4 Pm<br>Jr. Badminton 3:30 CRC                           | 29<br>Social 20/30 Trip<br>Drama 3:40<br>Sr. Badminton 3:30 CRC<br>Sr. G Rugby 4 Pm<br>Sr. B Rugby 6 Pm<br>Rec. BB 8-9:30 CRC | 30<br>Jr. Badminton 3:30 CRC<br>Sr. Badminton 5Pm CRC<br>Sr. G Rugby 4 Pm<br>Sr. B Rugby 6 Pm                                    | 31<br><b>Friday #1</b><br>Drama Tech                                                                                   |                                                  |