

Newsletter

Just one more month to go! We are the final push for the 2022-2023 school year. I trust all students and staff will continue to work hard and finish strong.

The exam schedule is included in this newsletter along with information on the final day of classes for Sr. High and Jr. High students. Please pay special attention to the dates in this newsletter.

National Indigenous People's Day is on June 21, 2023. There are no exams scheduled for that day. We will be holding events on that day for the students to celebrate and learn about indigenous history and culture.

Our final School Council meeting will be on June 15th at 6:30 PM. All parents are welcome to participate. A huge thanks to all of the parents who have participated this school year and have contributed significantly to our school.

This year's graduation is on June 30, 2023. The school ceremony will be at 1:30 PM in the gym. We are incredibly proud of all of the grads and hope they are also proud of themselves. We wish them all the best in their future ventures.

I am wishing all of our students a successful end to the school year and a fantastic and safe summer ahead. Stay tuned to the website and social media sites for updates before school begins in September. All the best to our wonderful students and their families.

- Mr. Jespersen

June 2023



Art

Check out the Art webpage to view more of our students' creativity!

<https://sites.google.com/ngps.ca/mcneice-art-room/home>

Senior Night

We are wrapping up and starting our final projects before the end of the year. Art 10 and Art 20 will be given many options for the print unit.

Options include: Cyanotype printing, gelli prints, collagraph printing, linocut prints, photo transfers and plexiglass etching.

Art 30's will continue with their theme or Free-Choice project.



Junior Night

The Art 9 students have been busy with many projects at once. We are currently waiting for many of clay pinch pot mugs to be fired in our kiln. Art 9's chose a very challenging drawing for their first project, the Wild Beast colour emphasis drawing. Students are introduced to two gridding techniques to work on their proportions. Then the final step is to create realistic, colourful eyes as the emphasis on the black and white drawing. Students are taught colour layering and different methods to add highlights. It has been a fun experimental class so far.



Com Tech Class

Please remind your child to bring their headphones to listen and watch recorded lessons. Students are using beginner techniques in Photoshop to mash together and blend many photos together. Our latest project includes a Double exposure project using their own side profile photograph.



Art Field Trip

The trip to the Alberta Gallery of Art was a success. The students learned a lot about art from different cultures. We compared many pieces of Canadian Art and how to look at art from many perspectives. Students were exposed to art history and practiced some creative sketchbook skills. It was well worth the trip, the kids are already asking about next year!

PE 20/30 Aerials Gymnastics Field Trip

Grade 11 and 12 students in the PE 20/30 class had a great time learning technical skills and kinesthetic awareness, as they experienced a lesson at the Aerials Gymnastics Club in Spruce Grove. They were able to practice on the bars, rings, mats, and trampolines, many trying this new sport and activity for the first time!



Jr High Track and Field

Congratulations and great job to all the junior high athletes who completed events at the Track and Field GCAA Event on May 30th. Good luck to those that qualified for the Zone meet happening on June 6th at OJSH. Also, a big thanks goes out to Standstone Waste & Water Services for helping with the porta-potties at this year's event!



Mental Health Fair



Mrs Ross teamed up with Mr Law's High School Psychology class and Miss Deacon's Sport & Rec Leadership classes to share their research and topics around the importance of bringing awareness to mental health. As May 15-21st was Mental Health Week, students created booths for the school to come by and participate in activities related to different mental health topics. Great job students who created the fair and great job to those that came and learned new things about Mental Health.

Summer Camp

Change Health Adventure Camps and Voyageur Summer School

In these temperatures, surely you are thinking about summer camp! We're delighted to announce to you that Change Health Alberta has hired Terry Konyi, Director of Operations, to support a fabulous summer of adventures, learning and healthy living for our children and youth.

Terry has countless years of experience designing and supporting healthy, supportive recreation experiences for children, youth and families. Please consider spending time with the Adventure Camp team this summer!

We're also delighted to share with you that there are 6 remaining spots for students entering Grade 10-12 to join our Change Adventure Voyageur Summer School. This is a two-week, 10 credit course, taught in partnership with Alexis Nakota Sioux Nation and the Canadian Voyageur Brigade Society of Canada. If your Grade 9-12 teen loves water, travelling and the outdoors, we welcome them to consider spending July 3-15 with Change Health Alberta!

Visit <https://campchange.ca/> for more details!



Spotlight: Our very own school author



OJSH Grade 12 student Jorja Phillips is experiencing an exciting year: she will be graduating from high school; she will be turning 18 and, for her, perhaps the most exciting of all, she has finished writing her full length novel, "Secrets and Love". "Secrets and Love" is a mystery romance: the heroine, Avalon escapes her abusive past but instead of finding sanctuary and perhaps love, she finds her life could take a dark turn for the worse. Jorja laboured long and hard on finishing her novel, working on it every day, sometimes for three or four hours. She experienced writer's block and learned to work through that even when it meant days or weeks. However, she persevered and believed in herself that she could finish her novel.

Jorja also completed the novel as Special Project for high school credit. Students in high school interested doing a Special Project can submit a proposal to school administration. If the proposal is approved, students can earn up to 5 credits per a project and do up to three projects. Jorja knew she loved to write from Grade 3 and has been honing her writing skills ever since. She enjoys writing poetry as well as prose as she says: "It's how I express my emotions. I put my emotions into writing and I like to share that with people." Jorja writes whenever she has any free time; sometimes, she says, she'll wake up, be inspired and write at 2 in the morning. Jorja was excited to attend a romance author book signing event in Banff over the long weekend in May. The Romance in the Rockies event gave her the chance to be able to meet published authors, ask them questions, discuss the romance genre, get author signed books and gain insights into the craft of writing.

Jorja's plans for the future include working on the sequel to "Secrets and Love", developing Avalon's search for sanctuary and love into a series. After graduation, she would like to work in libraries or in the publishing industry as well as continuing her writing career.

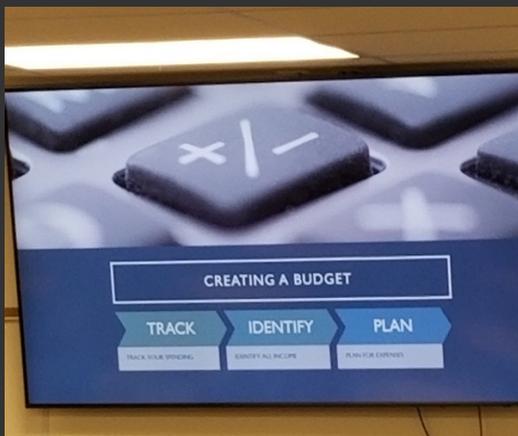
The OJSH library has made two copies of "Secrets and Love" that are available for sign out.



Down the home stretch we come! On one hand, it seems to have been a long time since we started school way back in September and then on the other, as some students mentioned last week, the school year has flown by. One thing I think we can all agree on is that June brings the culmination of all of the hard work and effort by the students, staff and parents of our school community during the last year.



As is the case every year, winding down one school year means that we also are preparing for the next. The last couple weeks of May brought about self-registration sessions, led by the Wrap Around staff, for all of our students that will be in high school next year. In addition to the sessions during the school day, our Grade 9 students and their parents attended a high school orientation presentation on Apr. 26 hosted by the Wrap Around staff. There was also an evening presentation for our Grade 11 students and their parents on May 24. We provided information to help them prepare for all of the demands and requirements of Grade 12 next year. That day was a busy one with our Grade 12 students attending a presentation, in the morning - Things to Know Before You Go. Students heard from the RCMP, a 911 operator, a realtor and mortgage broker and our local public health nurse covering a wide range of topics the students may face when they leave our school at the end of the month and begin their adult lives. Thank you to our presenters for taking the time out of their busy schedules to pass on important information and reminders to our students. Thank you to our teachers and administration for supporting this morning event.





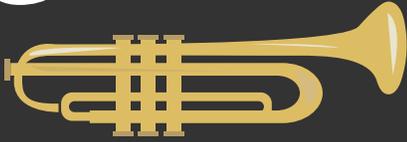
June begins on much the same tone with visits this week from the Grade 7 students from our partner schools. The visits will help familiarize the students with being in our school and introduce them to some of the faces they will see when they start in September. On June 7 at 7:00pm, we will host an evening for those students and their parents to hear the same information that was presented to their children and they will have the opportunity to ask any questions they may have about Grade 8 next year. This would be a good time to remind the parents of all of our students that if they have any questions or concerns regarding their children registering for and attending our school next year, please do not hesitate to contact the office or Wrap Around staff.

One of our favorite events down in the Wrap Around is when we have former students pay us a visit to update us on how things are going for them. One of our recent grads, Charlize Elwood, dropped by in May to let us know that she has just begun her training in the Canadian Forces Reserves with the 15 Field Ambulance as a Medic.



In closing, we would like to thank all of our students, parents, staff, volunteers and stakeholders for all of the hard work, time and effort that was put into making this a successful and rewarding school year. Thank you to all of those parents and community members who so generously donated money and/or food to help us feed students who did not get breakfast or lunch. We are a school community and it takes all of us pulling in the same direction to make any progress and for that, we are truly thankful. We hope that everyone has a safe, fun and relaxing summer!

Band



The Final Spring Band Concert will be Thursday, June 8th at 7:00pm at Horizon Stage in Spruce Grove. Admission is by donation and there will also be a 50/50! Please come listen and support the OJSH Band Program; the Grade 8 Band, Jazz Band, and Honour Band (with special guests from Sturgeon Composite High School) will perform a wide variety of musical selections. Music Awards will also take place! See you there!

Ciao Onoway! Zdravo Onoway!
Onoway Highschool Tour Group
is going to Croatia and Italy in
Spring Break 2025!

Tour Group

This will be an exciting tour around the Adriatic Sea, once the site of the ancient Greek and Roman empires! The tour includes amazing stops in Croatia including Dubrovnik, Split, Rijeka. In Italy we will see Venice, Florence and Rome. A one day stop is planned to visit Sarajevo, Bosnia and Herzegovina. Other stops and cities are also on the itinerary.



If you are currently in grade 9 or 10, and wish to join, attend our intro meeting, Wednesday, June 7, 2023 at 6:00pm in Room 204.



Groups and Workshops

North Zone Addiction & Mental Health presents our virtual workshop series. Call your local Addiction & Mental Health office for more details and to register.

Wellness Exchange: A series of five skill building workshops designed to help increase our ability to cope with change and improve our overall well-being. Pre-registration required, attend one or more sessions.

Relationship Skills Series: A series of four sessions focused on topics related to healthy relationships and skill building to improve relationships with yourself and others. Pre-registration for all sessions required.

Learning to Live with Anxiety Series: This series rotates through six topics to help understand anxiety, and support skill building to cope. Pre-registration for all sessions required.

Recovery Management: This series focuses on topics to increase understanding of relapse prevention, identify strategies, and develop skills to cope. Pre-registration for all sessions required.

Transform Your Stress: The Resilience Advantage™ This workshop for managing stress in challenging times comes in two parts. Registration required, attend session one alone or add on session two to increase your skill.

Caring for Youth Series:

This series of two workshops focusses on understanding youth substance use and treatments available, and the human needs and developmental assets for youth. Pre-registration required, attend one or more sessions.

Navigating AMH Services Info Session: This session is to help people understand how to navigate Addiction and Mental Health services in the North Zone of Alberta. No registration required, drop in format. <https://albertahealthservices.zoom.us/j/65269873038>
Passcode: 747927

Understanding Addiction Info Series: This series of three sessions focuses on topics to increase understanding of substance use concerns and how to support you and/or your loved ones. No registration required, drop in format. <https://albertahealthservices.zoom.us/j/64953708340>
Passcode: 493827

ATTENTION, GRADUATES!

THE GREAT GRAD DRAW

HAVE NOTHING OWING AT THE LIBRARY
OR FOR SCHOOL FEES BY JUNE 28 AT 3PM
AND BE ENTERED TO WIN:

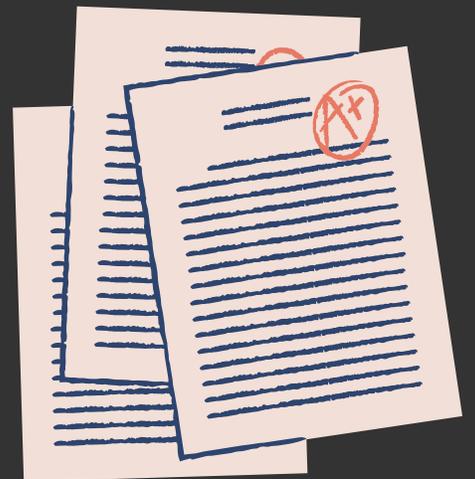
- 1 OF 10 EXTRA GRAD CEREMONY
TICKETS
- 1 OF 5 \$10 STARBUCKS GIFT CARDS
AND THE GRAND PRIZE OF
\$100 CASH!!

*ALL CLEARED LIBRARY, TECHNOLOGY AND SCHOOL FEES LISTS
ARE PRINTED AT 3PM, DRAW TAKES PLACE AND WINNER
ANNOUNCED MAY 29 - GRADS WHO WIN RECEIVE THEIR PRIZE
AT GRAD REHEARSAL ON JUNE 29 AT 1PM.

Exam Schedule

To view our full exam schedule,
please visit our school website or
click the following link:

<https://www.onowayhigh.ca/home/news/post/june-2023-exam-schedule>





For our grads and their families, here are some important dates for you to be aware of:

1PM Thursday June 29 - Graduation Ceremony Rehearsal. We will complete a walk through of the ceremony and arrange you in order. You will find out where you are sitting and our process for the day. You do not want to miss this!

GRAD DAY! FRIDAY JUNE 30 - All Graduates need to be at the school at 11:30am ready to have your class pictures taken. Parents/guests will not be allowed in the school until the doors open at about 1pm for seating. 1:30 our ceremony begins.



Grad 2023 Information

School Council



OJSH School Council and the Onoway Parents Education Association will hold their final school year meetings and Annual General Meeting(s) on Thursday, June 15th, beginning with School Council at 6:30 pm, with OPEA following.

OJSH School Council will hold elections for the following positions: Chair, Vice Chair, Secretary, and Treasurer.

Onoway Parents Educative Association will hold elections for the following positions: President, Vice President, Secretary, Treasurer, Casino Representative, and Director. We will also elect two Financial Auditors for the 2023/2024 school year.

If you have never attended one of our meetings, this would be a fantastic first one! We would love to see our parent members attending; it really is the best way to keep informed about what is happening in our school community!



Off Campus Education Work Sites 2022-2023

Onoway Junior Senior High School would like to thank all of the following organizations/businesses who have participated in our Off-Campus Education Programs this year: Career Internship, Work Experience, and Registered Apprenticeship Program. These organizations/businesses have played a crucial role in supporting our students by providing our students with valuable volunteer and employment opportunities. Thanks!

- C4N contracting
- Pipeworks LTD
- Dirty Girlz Yard Works
- Onoway Dental Clinic
- Boneyard OCR/Lake View Events
- Jack's Carstar
- Alfred Horie Construction
- Country Automotive
- Bigway Foods
- Onoway Vet Clinic
- YKnott Ranch
- Lac Ste. Anne Public Works
- Lac Ste. Anne Child Care Programs
- Lac Ste. Anne Community Services
- Onoway & District Chamber of Commerce
- Onoway Elementary School
- Mad Fitness
- Mad Day Care
- Onoway Health Care Pharmacy
- Rd Investments
- Sandstone
- Teddy's Bar and Grill
- Ragnarok Studios
- Eco Marine
- Tri Village Pizza
- HY Cleaning
- Kaos Diesel & Gas Performance
- Evansburg Bakery
- Grande Tire
- CWT Group
- Family And Community Twining Society
- Lac Ste. Anne Foundation Seniors Home
- Grove Collision
- Atlas Growers
- Nakota Crossing
- Gunn Esso
- Pocket House
- Beachside Market
- Berard Excavating
- Ross Haven Bible Camp
- Water's Edge
- Abacus Enterprises
- The Remuda Horsemanship Program
- Triple 6 Mechanical
- Kay Jay Electrical
- Boston Pizza
- Blue Sky Janitorial Services
- Onoway Museum
- Ron Hodgson GMC
- BG Greenhouse
- Junior Forest Rangers
- Academy Fabricators
- Bouis Custom Works
- NorthWest Fire Service
- The Table



Love the Child You Have

This article was written by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support for schools, students, parents and caregivers to promote wellness and success in school. Tammy has been a Registered Social Worker for more than 24 years and is a mother to 4 children; 2 in high school and 2 in university.



From the moment we meet our child, visions of all their potential begin dancing in our minds. We visualize what they will look like, what their profession will be, or where they will live. We can't help but dream of how tall they will be, what talents they will have, the places they will go, mountains they will climb, and the difference they will make! Then it happens, as it should, these little humans who we thought we could mold into whatever we wanted, become different than what we intended. They develop their own thoughts, opinions, hopes, dreams and goals. We may discover the child whom we dreamed would become a doctor, lawyer or engineer does not want to pursue post secondary.

Or they have a diagnosis that has made learning difficult.

Or the one we fantasized about being a professional athlete detests sports and competition.

Or they make choices with their friends that hurt others or themselves.

Or we hear a doctor give a diagnosis that will forever alter our child's life.

Or we read a psychological assessment that says our child has a mental illness.

Or a moment in time changes their trajectory, if only temporary, that will see them with a criminal record or requiring treatment for an addiction.

One of the most profound lessons I have learned as a mother is to parent the children I have, not the ones I wished I had. Now hear me out, I am not saying that we just let go of the wheel and allow our children to do whatever they want. They will always need us to set limits, provide guidance and safe boundaries. This will always be a requirement of good parenting, no matter the age of our children. We need to be the unwavering North Star to help them navigate life. There is, however, a delicate balance in providing the right amount of direction with the right amount of freedom which essentially allows our children to have confidence to become their authentic self.

My parenting changed when I understood that letting go of my (sometimes unrealistic) expectations was actually a grieving process. It was a loss that I needed to come to terms with and imperative that I work through it similar to how I would walk through any other loss.

When we can understand and appreciate that process, we will find peace in how we view our children. It is in accepting AND embracing all our children's strengths and challenges that we will see them in their true light. It is in this space, I believe, that our children will genuinely feel loved by us and in turn, they will learn to love and accept themselves. Isn't that what we all want for not only our children but ourselves: to be loved, accepted and appreciated?



Significant Dates



June 1	National Indigenous History Month begins
June 7	Grade 8 parent info night – for students starting grade 8 at OJSH in Fall (7pm)
June 8	Band concert at Horizon Stage (7PM)
June 9	Anchor club parents greet our students - email onowayhighparents@gmail.com for more info
June 15	Annual General Meeting (AGM) for School Council at 6:30 and then Onoway Parents' Educative Association following. Elections held that night.
June 20	Last Day of Senior High Classes
June 21	National Indigenous Peoples' Day
June 22	Last day of Grade 9 Classes
June 23	Due date to have all school fees paid for 22-23 school year and textbooks and technology returned to school.
June 28	Grade 8 Year-End WaterPark Trip
June 28	Great Grad Draw happens at 3PM
June 29	Grad rehearsal - graduates only at 1 PM Sharp.
June 30	Grad @ OJSH