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# Welcome Back!

*It's going to be a great year at OJSH.*

I am so pleased to be welcoming all students and staff back for another great year at OJSH! This time last year we were returning to school with plenty of uncertainty as Covid-related protocols were in place and threatened to change daily. I am SO RELIEVED to be starting a school year free of such uncertainty. It definitely lightens the stress for students and staff. We can focus solely on returning to school and getting back into the groove.

As we get back into a new school year, there are plenty of new things to be aware of. First, I would like to take this opportunity to welcome our newest OJSH staff member - Mrs. Tremblay who is joining us as an Educational Assistant to support junior high students. I would also like to welcome back Ms. Neufeld! Ms. Neufeld has been on leave for the past three years as she completed her Master's degree in Music at Georgia State University. We are happy to have her back on staff.

Next, there are a few changes to both the junior and senior *Student Handbooks*. Small changes to our dress code, fees, cafeteria hours, and absence/late policies have been made. Parents and guardians are encouraged to read the handbook so they are aware of school policies. Handbooks are available on the website under the Students and Parents tab.

Finally, you may have heard or seen our new outdoor basketball court! It was in use from the first day back and our students and staff are so excited to have a new outdoor space available for use. The court was made possible in part to the efforts of our wonderful school council. Our school council is parents of students in the school whose volunteer efforts help to see great things happen at OJSH! The next step will be to have the lines painted on the court, but the school council needs your help! Information about our school council is on the next page.

OJSH has facebook, instagram, twitter, and a website, so you can stay informed about what is happening at the school. Newsletters are posted within a week of each new month and show up on the main page of our website. You are always welcome to contact the school by phone or email if you have inquiries as well.

Please enjoy our first newsletter of the 2022-2023 school year. Welcome back everyone!

Sincerely,

*Dr. Amy Villneff*  
Principal

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## SCHOOL COUNCIL

The first meeting of the 2022-2023 school year will be held at the school in our staffroom. Anyone with a child attending OJSH can join. This is parents' opportunity to contribute to their children's programs at OJSH. We are a friendly bunch who want to see all of our children (students) benefit from our efforts. If you have any questions or just want to get on the parent group email please email [onowayhighparents@gmail.com](mailto:onowayhighparents@gmail.com)

**Our first meeting is September 15 at 6:30pm@ OJSH**

Speaking of School Council, here is one of the many things our council



has supported:

**NEW OUTDOOR BASKETBALL COURT!** School council supports new facilities like this for students through fundraising efforts. Thanks to our council for helping fund this awesome project! Our students were so excited to get out and play!!

## **Junior and Senior High Handbooks**

Our website has the latest editions of the handbooks for both junior and senior students. You can find them by clicking on “Students and Parents” and scrolling to Student Handbook. Both are found there. You will note changes to:

- Fees payment policy
- Cafeteria hours
- Student dress code
- Attendance/lates policy
- Student timetable for Juniors

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## **Door Lock Schedule**

Effective this year our main doors will be locked throughout the day except at entry, lunch and dismissal and for a short window before and after the senior high break periods in morning and afternoon. Due to this enhanced security measure, we highly recommend parents contact the school to make appointments so you do not wait outside for long. We do have a bell should you have to come on short notice. If the door is locked, someone will attend to it as they are able. Thank you for your understanding.



**Green Certificate Program Presentation Thursday September 15th in Room 212 at 11:15AM to Lunch**

The [Green Certificate Program](#) provides trainees with opportunities to enter a variety of agriculture-related, structured learning pathways as a part of their senior high school program and to earn up to 16 Grade 12 diploma credits and a credential leading to a career in agribusiness.

Students learn on the job, under the direction of experienced farm personnel and under the supervision and administration of Alberta Agriculture and Alberta Education.

The presentation will be open to all students in Grades 9-12 who would like to learn more about the program. Grade 9 students can attend the presentation, but are not able to enroll in the program until Grade 10.

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**High School Off-campus Education Programs 2022/2023**

Programs Offered:

Work Experience

Career Internship 10

Registered Apprenticeship Program

Green Certificate Program

Off-campus Education integrates a student's academic study and related work experience with cooperating employers in the appropriate

fields of business, industry, government, social services and other professions. Onoway Jr./Sr. High offers programs open to all high school students to provide them with the opportunity to earn high school credits, develop essential employability and workplace skills, and explore potential careers. Mr. Jespersen will be taking over the Off-campus programs this year. Students who are interested should book an appointment with Mr. Jespersen.

For more information: [Onoway High School Off-campus Education](#)

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## Tour Group – Costa Rica 2023

OJSH is excited to let students & parents know that the Tour Group is back! We are heading to Costa Rica in March 2023.

For all current Grade 11 or 12 Students Tour Group - Costa Rica 2023

1. Anyone interested in signing up right away please go talk to Mr. Missfeldt.
2. Important Information meeting Tuesday, SEPTEMBER. 20, 2022 @ 6:00pm in room 204. ALL interested AND already signed up travelers please attend with your parents.

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## Athletics

**Cheer:** There will be an info meeting for cheer on Thursday, September 8 starting at 12pm in Room 212. We'll then be having 2 "Try Cheer" practices - one for the Senior team (Grades 9 to 12) on Thursday, September 15 from 3:45pm to 5:45pm and one for the Junior team (Grades 6 - 8) on Tuesday, September 20 from 4pm to 5:45pm. All practices will be held at OES. A permission form is REQUIRED so kids can't just show up. See Mrs Elliott for more information.

Junior team information for Grade 6 & 7 students will be sent home from our feeder schools.

Team information for Grade 8 to 12 students will be provided at the meeting on Sept.8.

**Golf:** Meeting at lunch for junior and senior golfers on Tuesday Sept 6th in Mrs Tyschuk's room (#206), for an information package, forms and season information.

**Volleyball:** Sr Tryouts are continuing from the spring and Jr tryouts are getting started!

Sr Boys Tuesday Sept 6th 3:30-5:30pm (final tryout, open to any boys interested in playing)

Sr Girls Tuesday Sept 6th 5:30-7:30pm (final tryout, open to invites from the spring and any new students, see Mr Loughheed for info)

JV Girls Thursday Sept 8th 7:00-9:00pm (open to any high school girls who weren't offered a spot on the Sr team)

Jr Boys Thursday Sept 8th 5:00-7:00pm, Tues Sept 13th 7:00-9:00, Thurs Sept 15 5:30-7:00

Jr Girls Wednesday Sept 7th 3:30-5:30pm, Tues Sept 13th 3:30-5:30, Thur Sept 15 3:30-5:30

**Flag Football:** Flag football will begin for OJSH students who are in Junior High Classes on Monday, September 12th, 3:30-5:00 on the field outside. Come prepared for rain or shine! Students will be divided into teams of 8-9 depending on our turn out. There is a tournament with other Northern Gateway Public Schools planned for October 14th. More details to come. This is the only scheduled game at this time.

**Practices will run every Monday immediately after school, and we will have a second practice each week, time TBD!**

**Cross Country:** Stay posted and look for updates on the PE bulletin board.

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## **Important Dates:**

Thursday, September 15 - School Council @ 7pm @ OJSH

Friday, September 16 - School Pictures

Thursday, September 22 - Meet the Teacher/Parent-Teacher Interview #1 5-8pm (more info to come on our website and social media)

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## Helpful Websites for Parents & Students

[Mrs. McNeice's Art Room](#) - See what your children have been doing in Art Class!

[Onoway High School](#) - Anything new is posted at the bottom with a picture to draw your attention, and lots of info is located under the tabs running across the top.

[Northern Gateway Public Schools](#) - All the latest updates on division policy and changes

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### **Encouraging Good Sleep Habits**

If your family is anything like ours, summer is a time of slowing down and emptying agendas. Long days in the sun end with late evenings with family and friends, usually around a backyard fire. Camping, exploring, traveling and adventures have our whole family off schedule. Getting back to the routine of school is difficult on families, especially back to regular bedtimes!

One (or more) poor nights of sleep make it hard to focus, and have us feeling irritable and lethargic the next day. A good night's sleep for children helps them manage their behavior and emotions, which in turn helps them concentrate and learn at school. Sleep Hygiene, according to Kenneth Schuster, a Clinical Neuropsychologist at the Learning and Development Center in New York City, is a term that refers to establishing healthy bedtime habits and routines, making bedrooms good for sleeping and encouraging children to stay in their own bed for the night.

Bedtime routine at any age is the key. The biggest obstacle to getting children to sleep on time is often parental inconsistency. Establish a routine and stick with it. Predictability is both reassuring and soothing.

- Younger children: if a child knows they are going to take a bath, then cuddle with you for a bedtime story, then lights out, it gives them a chance to get sleepy on their own.
- Older children: remove ALL devices at least an hour before bedtime. They still need time to decompress from their day. When parenting teenagers, we typically stop "tucking them in", assuming they do not need or want us. However, I disagree with this assumption. As a mom of big kids, I have found that taking the time to go into each of their rooms for a hug and "I love you" (and to put their

phone away in a central location!) is invaluable. Bedrooms should be cool, dark, quiet as possible, with minimal distractions such as bright lights or exciting toys. Black out curtains and sound machines that mask background with white noise can help. Though it can be a struggle, beds are for sleeping, not homework, video games or watching TV (this is good advice for us parents too!). A good night's sleep is the foundation for healthy brain development, mental wellness and cognitive growth. In addition, waking up refreshed will lessen the battles of getting children up early for school. If your child continues to have serious trouble falling asleep and staying asleep, despite consistent sleep hygiene, consult with your family physician. wW

*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 23 years and is a mother to 4 children; 2 in high school and 2 in university.*