

Newsletter

Spring has sprung!

I love this time of year when the days are longer and we are finally feeling warmer weather and seeing plants and grass becoming greener all the time.

The warmer weather can impact our students, too. We see them take opportunities outside at lunch to play soft ball or soccer and eat lunch in the sunshine. We do notice some start really "itching" for summer holidays and can lose their focus on finishing out the year strongly. We encourage our students to keep with it, work hard, and finish out their current grade on a strong note! It will pay off in future years. As I always tell students, we can't pay you money to come to school and complete your work, but we can pay you in credits. Credits cannot be bought - students have to earn them.

On the note of working hard, we are edging ever closer to final exam season. We have provided exam dates in this newsletter. The exam schedule (where students will write) and routines for our Grade 8 and 9 students during exam time will be provided at the very beginning of June.

While we look at finishing up this year, we are also looking at preparing for next year. Our school counsellors were visiting classrooms for high school registration late in the month and students will start entering their course choices into powerschool soon so we can build a timetable for next fall. If you have a child who will not be back with us next fall, please contact our office and advise us of that.

At the end of April, we had to say a heartfelt farewell to two very special people, Ms. Kazamer and Mr. James. Ms. Kazamer was the student teacher working with Mr. Stoltz and Mrs. Tyschuk in general science and Biology and Mr. James was the replacing teacher for Mr. Lougheed who was away having his knee fixed up (those sports are hard on joints!). Both did a wonderful job with our students and quickly became fond members of staff. We wish them both the very best wherever their career paths take them.

April ended with a wonderful evening of music during our Coffeehouse Band Fundraiser event. Thank you to all the parents and students who volunteered their time to make this event a success! It was wonderful to hear our students play and see people out in support of our band program.

I wish you all a wonderful May and encourage you to look at all the other information in this newsletter.

May 2023

Take care,
Dr. Villneff, Principal



Annual 11s VS. 12s Scavenger Hunt

Congratulations to this year's Grade 11s who won over 4000 points in the annual Grade 11 versus Grade 12 scavenger hunt. Students had to complete tasks to earn points. Some, like bringing Mr. Daly tea from Tim Horton's, earned less points, where others, like bringing grandparents to the school for lunch, getting a shout out to OJSH on the radio, or gathering 20 of your grade peers to sing in the foyer at lunch earned more.

The winner each year gets free lunch and dessert, and their grade on the Scavenger Hunt Plaque, and bragging rights until they graduate or participate in the next year's hunt. Looks like the Grade 11s will have bragging rights for at least a year! The best part, at least for the Principal, was the day the pygmy goat came to school. Thank you to Mr. Daly and Mrs. Dundas for organizing this fun event, and to all the students who participated.



Art

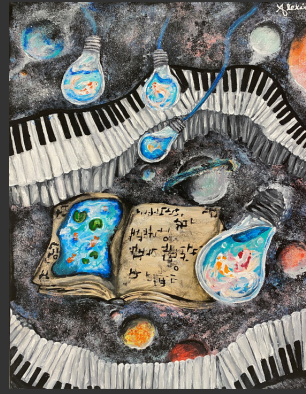
Check out the Art webpage to view more of our students creativity!

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

Senior Art Sculpture Unit



Senior Art Acrylic Painting Unit



Quarter 4- Junior High Communication Technology (Typing & Photoshop)

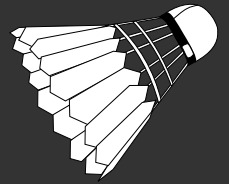
Please note that ALL Grade 8's will get a chance to play with photoshop, learning about layers and photo editing. We will start every class with some basic keyboarding skills.

Please NOTE**** ALL students will need ear buds or headphones. This is so they can always go back and re-watch or listen to the steps as many times as they need and work at their own pace. Students will also be invited to stay during lunch to work on their assignments if they miss a day or want to spend extra time on them.

Art Field Trip is Booked MAY 12 to the AGA

Students must pack a bagged lunch and bring their sketchbook materials. Students will leave 8:45am on the bus and will need to be picked up 4:00pm at the school. All Fees should have been paid by April 28th or removed from the list of attendees.

Junior Badminton



The 2023 Jr. Badminton season was recently wrapped up at the GCAA Tournament, in Whitecourt, Monday April 24. The players represented OJSH well and were competitive in all of their matches. Congrats to Mason Trueman who won gold in Junior Boys Singles, Lincoln Bartel who won silver in Intermediate Boys Singles, and Quinn Hove and Mikayla Samay who won silver in Senior Girls Singles. The following players made it to the semi-finals: Tristan Desbiens and Tara Janvier-Teed (Int. Mixed Doubles), Billy Barnett and William Moser (Sr. Boys Doubles). The following players made it to the quarterfinals: Colton Stark (Sr. Boys Singles), Blake Roy (Sr. Boys Singles), Chelsea Meilleur and Tia Zallas (Sr. Girls Doubles).



Coaches Mr. Burghardt and Mrs. Willis really enjoyed working with everyone, and appreciated the positive parental support and hard work from all 32 student athletes on our team. We will have a fun "wind up" practice on Monday, May 1st, 2023 after school in order to celebrate our fun, successful season.

Senior Badminton

Great job and great season for the OJSH Senior badminton team! A lot of close matches, improved skill, and intense fun!



On Saturday, April 15, the Mustangs Junior Cheer Team competed at the Alberta Cheerleading Association Elementary / Junior High Provincial Championships. The team had their best performance of the entire season and placed 5th in the Junior High Novice Division! Cheerleading is NOT what most people think it is - search "Team Canada Cheerleading Worlds" on YouTube to see what our athletes aspire to someday!

Mustangs Junior Cheer Team

This is the first time our school has run a junior high cheer team and it won't be the last! The team consisted of 10 students, combined from OJSH, OES, and Grasmere Schools and they were coached by Mrs. Elliott and Ms. Newton (teacher at OJSH) and Brad Davidson (community volunteer). We also had 3 Grade 12 students who helped as Coaches-in-Training: Mylie Fearnley, Chloe Phillips and Kaylie Seinen.

Stay tuned in October for information about how you can be part of next year's junior high team (Grades 7 to 9) or senior high team (Grades 10 to 12). Absolutely no previous cheer, dance or gymnastics experience, or special skills are necessary - we teach you everything you need to know!



Celebrating One of OJSH's Best!



Recently, our very own **Mason Johnston** was nominated by OJSH staff for the 2023 Honouring Spirit: Indigenous Student Award. This award is presented by The Alberta School Boards Association (ASBA), and recognizes First Nations, Métis and Inuit students who model strength and commitment in the pursuit of their personal education paths and embrace their own gifts, strengths and potential while celebrating the ways of their people.

The selection committee was deeply moved by each and every story and had the difficult task of selecting only 12 recipients from across the entire province. Mason received an Honourable Mention. We are incredibly proud of Mason Johnston and know he will continue to do great things at OJSH and in his future!

Congratulations to Trey Saddleback for being selected for a Crew Member position with the Junior Forest Ranger program for this summer.



GOT TALENT?

ENTER BEFORE MAY 13

ONOWAY CENTENNIAL STARS

TALENT SEARCH

Onoway is celebrating its 100th birthday June 23-25, 2023. To help celebrate, we are looking for talent in Onoway and surrounding area. Applications are open now, with the Grand Finale June 23. FUN AND GREAT PRIZES

www.centennialstars.com

Do you, someone in your family, or circle of friends have talent you would like to share? Sign up for the Centennial Stars Talent Search by May 13

Science 9 / 30

Science 9 taking part in electricity labs and demonstrations including using a Van Der Graff generator while discussing what electricity is and how it behaves as a current, and Sci 30 joined Chem 30 to work through a titration lab!



The Darkness Into Light five-kilometre walk is being held in Edmonton early Saturday morning for the second straight year, raising money to support mental health and suicide awareness. Last year, 188 people took part in the walk, raising just over \$24,000. This year, more than 500 people are expected to take part and they've already surpassed last year's fundraising total. Funds raised from the Edmonton walk will go to the Coordinated Suicide Prevention Program.

Wellness



Darkness
into
light  **2023**

EDMONTON
5KM WALK

MAY 6 VICTORIA PARK
PAVILION

Bringing Mental Health To Light

REGISTER ONLINE
www.darknessintolight.ie

 VISIT US ON FACEBOOK: [FACEBOOK.COM/DILEDMONTON](https://www.facebook.com/diledmonton)
 IN SUPPORT OF : COORDINATED SUICIDE PREVENTION PROGRAM

NEED TO TALK?..THERE IS SOMEONE TO LISTEN 24/7
CALL (780) 424-2424 or TEXT "TALK" to 686866 

Cafeteria News



New!

The OJSH Cafeteria now has \$50 and \$100 Gift Cards available for purchase! If you would like to buy and load a card for a student this can be done online via School Cash or purchased at the cafeteria

Band



The OJSH Band Program kick-started their Annual Coffeehouse Showcase Fundraising event this past weekend. The event was a huge success with over 200 community members and performers attending.

The Band Program thanks the volunteers and attendees for their support. Looking ahead, students will host their Final Spring Concert on June 8th, at 7:00pm in the Horizon Stage Theater in Spruce Grove. Admission is by donation.



..... Counselling Corner

As we enter the final stretch, and busiest time of the year in the Wrap Around, we have a number of events to report on and inform our school community about.



In early April, we had 2 representatives visit some of our classes to talk to our students about the programs offered at their institutions. On April 11, Joy visited a Biology and Social Studies class to talk about the programs available at Concordia University of Edmonton. Ten days later, Elizabeth did two presentations to a number of students about the large variety of programs that students can take when they attend NAIT.

Along with the bringing of flowers, the month of May also brings a number of presentations and registration sessions for our students who are moving forward to their next grade and the many students that attend our feeder schools and plan to join us in September. During the first week of May, various members of the admin and Wrap Around staff will visit Darwell, Grasmere, Rich Valley and Onoway elementary schools to introduce their Gr. 7 students to our school, its staff, schedule and routines to help ease the stress of entering a new school and grade in the fall. Parents of the students who will be entering Gr. 8 in the fall are invited to attend a Parent Meeting to introduce them to our school and staff on June 7 at 7:00pm.



The Lac Ste. Anne Historical Society is now accepting applications for the two \$500 scholarships they have available for any student who resides in the county. The scholarships are open to all Gr. 12 students and the deadline to apply is May 31. Please come down to the Wrap Around area for more application information. The County of Lac Ste. Anne is also looking to fill two positions for Summer Grounds Maintenance in the Sangudo area. Please click on the link <https://bit.ly/3zRVHhs> for more information.



On the topic of Parent Meetings, the Wrap Around staff will host an evening for the parents of our current Gr. 11 students on May 24. The presentation will cover a variety of topics that will include Alberta High School Diploma requirements, writing diploma exams, signing up for MyPass, post-secondary information, student loans and scholarships, just to name a few. Any parents and students who are unable to attend the meeting are encouraged to watch the Gr. 11 -> 12 PowerPoint presentation that is posted on the school website.

Alberta Health Services Resources

The following information is a list of available groups and workshops offered by the North Zone Addiction and Mental Health office:

Call Oneway Mental Health to register (780) 967 9117

May		Alberta Health Services				2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN	
1 May	2	3	4 Wellness Exchange Problem Solving 09:00-10:30am	5	6/7	
8	9	10	11 Wellness Exchange Positive Activities 09:00-10:30am	12	13/14	
15	16	17 Caring For Youth Substance Use 2:00-3:00pm	18 Wellness Exchange Managing Reactions 09:00-10:30am	19	20/21	
22	23	24 Caring For Youth Spheres of Support 2:00-3:00pm	25 Wellness Exchange Helpful Thinking 09:00-10:30am Recovery Management Plan to Succeed 1:30-3:00pm	26 Understanding Addiction 10:30-Noon	27/28	
29	30 Learning to Live with Anxiety Mind- Body Connection 13:30-14:30 Parenting Big Feelings Labelling Emotions 10:30-11:45am	31	1 June	2	3/4	
5	6	7	8	9	10/11	

Being the Calm

by Tammy Charko -

Northern Gateway Public School's Student Support Facilitator.



If there is anything that all parents have in common is an insatiable desire to protect our children. It is an instinct unlike no other. Just a quick scroll through the news or social media instills an unfathomable fear of impending risk to our children and with that fear is a deep knowing that there is literally nothing we would not do to protect them.

When frightening things happen in the world, or even in our community, we are often torn about what to say and how much information to share to reassure our children that they are safe. Honesty is ALWAYS best. Stick to the facts and what we know to be true. Consider the age and maturity level of the child. Not every child can handle all the details of every scary or stressful situation.

In 24 years of crisis and trauma work with families, the most common needs I hear children express: Am I safe?

Can I trust the adults in my life?

When can things go back to normal?

How we discuss frightening situations with our children can impact their beliefs about the world we live in. Will we focus on fear and all the bad things that COULD happen? Or will we focus on the good people who are working at keeping the world safe? As the safe adults in our children's lives, our message should be: scary things may happen in this world but together, as family, school, community, we are strong enough to handle it.

WHAT CAN WE DO TO CREATE CALM FOR OUR CHILDREN?

We can point out the good we see everyday, particularly amidst a crisis: look for the heroes and the helpers; look for kindness, bravery and courage.

We can remind our children that most people are good and kind and have no intention of hurting them.

- We can monitor the amount of negative news and social media we ingest as a family.
- We can take time to self-reflect about our own feelings and behaviors. We are the models for our children and they will follow our lead.
- We must ask ourselves: are we adding to the stress or are we creating calm?
- We can ensure that our words match our behaviors. Are we saying to our children that everything is okay and not worry, yet they watch us cry or act angry? If our children do hear our voice tremble or see tears, it's important we are comfortable with our emotions and concerns, then explain our feelings AND reassure them we love them and will support them always.
- We can be sure to keep the focus on our children's feelings and not to make stressful situations about US.
- Most importantly, as parents, our children need to know that we are always available to them, check in with them often and answer their questions honestly and appropriately.

If you find your feelings of anxiety and fear do not go away, access professional and community resources. Kids's Help Phone www.kidshelpphone.ca/resources-around-me or call 1-800-668-6868, Mental Help Line 1-877-303-2642 or crisis support www.alberta.ca/individual-family-crisis.



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

Additional Reminders

DON'T FORGET

- If you have NOT contacted the grad parents for banquet tickets - this is now overdue. Please contact immediately at ojshgrad2023@gmail.com.
- Please note that the school ceremony and banquet are two totally different events run by two different parties. OJSH is only in charge of the ceremony at the school, and the grad parents are in charge of the banquet.
- Sponsorship absolute deadline May 5, we have a few families who have not yet completed this
- The sponsorship advertisement or picture (if you sponsored your own child) deadline is May 10
- The "Grad Book" of photo memories for the Class of 2023 is in production. Students and Parents may email photos to Mrs. Radvanszky for the book committee to sort through please email emily.radvanszky@ngps.ca We would like photos from these grads from when they were in grade 8 and up! A google form to collect grad quotes for the book has been posted to the Grad Google Classroom.

Government Exam Dates

May 15	Grade 9 English Language Arts Provincial Achievement Test Part A (morning)
June 12	ELA Diploma 30-1 and 30-2 Part A
June 13	Social Diploma 30-1 and 30-2 Part A
June 16	Math Diploma 30-1 and 30-2
June 19	ELA Diploma 30-1 and 30-2 Part B
June 20	Social Diploma 30-1 and 30-2 Part B Grade 9 English Language Arts Provincial Achievement Test Part B (morning)
June 22	Math 9 Part A Provincial Achievement Test
June 23	Chemistry 30 Diploma Grade 9 Math Part B Provincial Achievement Test (morning)
June 26	Social Provincial Achievement Test (morning)
June 27	Science 30 Diploma Grade 9 Science Provincial Achievement Test (morning)



The Wrap Around staff would like to bring attention to two significant events in our school that will take place early in the month. Red Dress Day will occur on Friday May 5 and is a day to honour the memories of missing and murdered Indigenous women and girls.

The following week, on May 11, Moose Hide Campaign Day calls on all Canadians to join together to take a stand against violence towards women and children. This is also a good opportunity to acknowledge Sport Canada and PHE Canada for their grant contribution that will go towards assisting our Indigenous students to participate in school sports.

SGCHS IS PROUD TO HOST AN

INDIGENOUS ARTISAN MARKET

FEATURING VENDORS FROM THE I.A.M COLLECTIVE

THURSDAY, MAY 18TH

4:00 PM - 9:00 PM

SGCHS Lounge/Cafeteria

1000 Calahoo Road

ALL ARE WELCOME

I.A.M Collective is an Indigenous Arts Collective of nearly 100 First Nations, Metis, and Inuit artists, Traditional Knowledge Holders, Entrepreneurs, Performers and Creatives who promote authenticity over appropriation by providing a place for market goers to purchase authentic, local, Indigenous arts and experience the splendor of Indigenous culture.



INDIGENOUS
ARTIST MARKET COLLECTIVE



MORE INFORMATION: IAMCOLLECTIVE.CA



Significant Dates

May 2	Teacher Appreciation Day
May 1-5	High school students will start registering for next year's courses
May 5	Anchor Club
May 5	Red Dress Day
May 10-12	Band Trip
May 12	Art Field Trip
May 15	ELA 9 Part A Provincial Achievement Test
May 18	School Council at OJSH at 6:30pm
May 19	No School (Day in Lieu)
May 22	Victoria Day -No School
May 24	Grade 12 parent info night for those starting Grade 12 in Fall at 7pm
May 29	PD Day - No School for Students
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 20	Last Day of Senior High Classes
June 21	National Indigenous Peoples' Day
June 22	Last day of Grade 9 Classes
June 28	Grade 8 Year-End WaterPark Trip