

Newsletter

Happy New Year!

I am hopeful that the holiday break was enjoyable for all of our OJSH families. Despite the lack of snow and that "Christmassy-feel", the time to relax, rejuvenate and spend time with loved ones was certainly something OJSH staff and students needed. This is especially true with the start back to school and diploma exams in the same week!

Our Grade 12s will be writing diploma exams this week and throughout the month, as well our other senior high grades will have exams to complete. The full exam schedule is on our website and will be in this newsletter again for your reference. Junior high students just keep on cruisin' through their regular classes as they are year-long. The only thing changing for Junior Highs will be their options which switch on February 1 - the first day of senior high semester 2.

On that note, if senior high students have any timetable changes to make, they need to email a counselor (Ms. Deacon or Mr Bellerose) to make an appointment to make changes to their semester 2 timetable. They may begin doing this any time now. Changes may be made provided there is space in the class, they have the prerequisite courses, and the change is not jeopardizing their grad requirements. Parents will be contacted or a form will be sent home for signing if any core classes are changed/dropped.

This isn't a very long newsletter as there is very little to showcase after only a few days back, but we will include some pictures of our annual Reindeer Games which was held the afternoon of December 22, just before the break began. This annual event involves all junior high students in attendance participating in a number of holiday-themed activities for prizes. The day wraps up (no pun intended) with a Christmas-themed "Fashion Show" where the models are adorned in fashions made out of Christmas wrapping paper, ribbons, bows and more. Enjoy the pictures later in this newsletter!

Please note the significant dates in this newsletter as well. There may be some important things coming up you will not want to miss.

January 2023

**Take care and stay warm,
Dr. A. Villneff, Principal**

Please Note

Our doors are locked for the most part of the day for security and safety of our students and staff. If you need to come to the school, there is a doorbell you may ring for our office staff to hear - but it is always a good idea to phone ahead and book an appointment

(780) 967 2271

Find us on



@ngpsohs



@Onoway Jr/Sr High School



@onowayjrsrhighschool

Or please visit our website onowayhigh.ca for all information and updates

January Exam Schedule

click
here!



<https://docs.google.com/document/d/1uL8x58LSp5q6g0eydhYo5tYa5wPmJKC3khhC0QiMBQ/edit?usp=sharing>



December - Reindeer Games



First Aid for Highschool Students

We will be offering a Standard First Aid course on Friday February 23rd for high school students. There will be about 8 hours of online work that will need to be completed prior to that date and then students taking the course will be out of their regular classes for the day. Students who complete the course will receive First Aid and CPR/AED Level C certification from the Red Cross and one 20-level high school credit.

Email Mr. Jespersen (paul.jespersen@gps.ca) to sign up, your request will then be added into your school cash account for payment. You will not be allowed to start the course until payment is received. The cost is \$130. We will need at least 16 participants to offer the course. The deadline to enroll is **February 1st**.





Webs of Support

Colour of the Month – **Green**

Growing the Balloon



The colour green represents a child's inborn nature. Consider that every child's inborn talents and intelligences are on a "dimmer switch", meaning that every child has the capacity to "brighten" these given the right supports are in place. In the story of our "web", the child is the (green) balloon that sits on the web. The web is comprised of tangible (orange) and intangible (yellow) strings that are held by 5 or more adult anchors (red). The bigger the youth/balloon, the more likely it is to be held up on the web. As much as anchors may encourage and create situations to stimulate the continual brightening of the youth's inborn talents, there can be unavoidable "sinkers" that work to weigh down the child/balloon. For example, the death of a loved one, divorce, or other Adverse Childhood Experiences (ACEs) are factors that work to "shrink or sink" the child/balloon – essentially weighing the child down or deflating him/ her enough to fall through the web.

Webs of Support teaches youth and their caregivers that even though these "sinkers" may be present in the youth's life, it does not define them. Anchors continue to work to support the youth and encourage his/her resiliency to "stay above the ground" - to have the grit and stamina to grow their balloon again, even after traumatic events.

Resilience is the ability to cope with challenges, deal with negative feelings, and "bounce back" after something negative - like a tough situation or difficult time. It's also the ability to adapt to difficult circumstances that you can't change, and keep on thriving. When you're resilient, you can learn from difficult or challenging situations and get stronger.

Issue: Caring adults want the best for youth they are connected to. They often want youth to experience very little stress or trauma in their lives. However, stress in small doses is actually healthy for developing the brain and teaching children how to problem solve. When anchors consistently "snowplow" a youth's problems away, they are not allowing youth to grow their own balloon. For example – it's okay for a child to experience stress over an upcoming test because they didn't do well last time. Maybe s/he didn't study last time, so this stress is telling them to prepare better. Traumatic events, however, are tougher for children to navigate, so anchors need to thicken the youth's web with more tangible and intangible strings. The website teenmentalhealth.org has a lot of information about stress and the teenager.

Talking Point: Ask the child you're connected to what their natural talents are. Help them identify them and discuss what are some ways they can continue to foster and grow these to further grow their balloon.



A message from NGPS Transportation

Preparing for cooler temperatures! It's been a positively balmy winter, but colder temperatures are in the forecast. With the changing of the season, families are reminded to dress warmly and prepare for Winter busing conditions.

To Run or Not to Run? School Bus Transportation in Inclement Weather
When the safety of transporting bus students is at risk because of severe weather conditions, the Superintendent of Schools, in consultation with the Director of Transportation Services, may choose to suspend school bus services and, in extreme cases, close schools. Procedures used in this process can be found in **Administrative Procedure 750 : Severe Weather and Emergency Closure.**

Please note: Except in very special circumstances, NGPS schools always remain open on school days.

BUSES: Running or Not

HOW DO WE DECIDE?

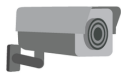
The Director of Transportation makes the decision based on:



Weather Conditions



Scouting the Roads



Highway Cameras



Communication with Bus Drivers/Contractors



- 40°

Temperature Readings from Environment Canada & 511 Alberta

HOW DO WE NOTIFY?



Social Media



NGPS.ca



BusPlanner App

DECISION IS MADE BETWEEN

6:00 AM - 6:30 AM



Your Choice

It is always your decision whether or not to send your child to school during extreme weather conditions.





Let's Talk


Why does January seem like such a hard month? I don't think there is any scientific basis for it but there seems to be a perfect storm of depressing factors. It is super cold, days are short, sunlight is minimal, the excitement of Christmas is over, New Year's resolutions are broken, summer and vacations are so far away. There is little wonder that many people struggle with their mental health worse at this time of year than any other.

Are you really okay?

There is such angst in starting a conversation about mental health. Will they think you are weird for asking something personal? Will they think you are being nosy? What if they say NO they are not okay? It is stressful to be worried about a friend, colleague or family member when you notice changes in them and you may be unsure how to talk to them. An excellent resource is www.bethere.org. It teaches the average person how to break the ice and start the conversation.

The 5 Golden Rules of Being There

1. Say what you see. Reach out when you notice something is different. Describe the changes you have noticed and why you are worried. Stick to the facts, don't judge, don't make assumptions.
2. Show you care by building trust. Support them by being compassionate, helpful, inclusive. Offer practical everyday support like give them a ride, take a few chores off their plate, make a meal or bring their favorite snack.
3. Hear them out. Be a good listener by finding the balance between listening, asking questions and wisely sharing your experiences. Remember, this conversation is about them, not you.
4. Know your role and set boundaries to protect your relationship and your own mental health. You are not their therapist or doctor so don't fix, don't preach, just be there.
5. Connect to help. Learn how to access professional and community resources and keep following up to ensure they are being supported.



Conversations around mental health are becoming more common and so is overcoming the stigma around mental illness. Initiatives like Bell Let's Talk Day Campaign, on (January 24, 2024) have been excellent in engaging Canadians in open and candid discussions about mental illness. Just talking about it isn't enough though, we all need the confidence and knowledge to step up and be there for one another. Not only for kids but also parents, colleagues and friends. When we are prepared to support someone, we can truly make a difference.

This article was submitted by Tammy Charko BA, BSW, RSW.

Whenever you
need to talk,
we're open.



Text 686868



KidsHelpPhone.ca



Call 1-800-668-6868

Kids Help Phone 

Other resources: Suicide Crisis Helpline 988
Mental Help Line 1-877-303-2642 or crisis support
www.alberta.ca/individual-family-crisis.



Kitchen Corner

We are back from our break, which we hope was wonderful and relaxing for all of you! We return to a full month of diplomas, exams, and getting all our assignments in to complete the first semester.

With the weather turning cold and considering how busy everyone will be, don't forget to dress warm, keep hydrated and make sure to visit us for some energizing food! Come in early and grab breakfast before your diplomas, exams or tests as you need to feed your brain to ensure you are performing at your best.

Going into Semester 2, we will be looking for Work Experience people to help out. If you are thinking about gaining experience working in a commercial kitchen, come and see us and we can help you get ready to come and work along with us!

We are still selling our gift cards in the Cafeteria. You can activate it here and then add credit onto the card from www.freebeespay.com, where you can also track your spending.

Finally, I'd like to welcome all to come into the Cafeteria, say hello, tell us about your time off, and just have a conversation with us about anything and all! We are very happy to have you back!

Murray Galliford, Grandma Pat and Laura Harrison

The New Year has started and we are fast at pace to getting our fundraising kicked off.

Grad News

Our pub night fundraiser at the Beer and Hunter is fast approaching!

Event Date: January 27, 2024

Start Time: 7:00 pm, minors are allowed until 9:00pm

Ticket price is \$10/ ticket.

We are also accepting Silent auction donations for the evening.

Ticket requests and payments can both be sent to ojshgradpayment@gmail.com Ticket pick up and silent auction donations will be January 19, 2024 at Noon. Those who have pre-ordered the tickets will be labeled in an envelope in your name for you or your grad to pick up.

Grad News- Continued

Our second fundraiser is with Unwind Greenery. Orders must be in by noon on February 6, 2024 in order to grow our amazing plants!

Items Available are:

- Petunia Mix Hanging Basket- \$36
- Strawberry Hanging Basket- \$26
- Strawflower Planter- \$36
- Citronella Planter- \$26
- Marigold 6 Pack- \$5.50
- 12" Hanging Basket Voucher- \$36
- Cucumber Planter- \$22
- Jalapeno Planter- \$20
- Cherry Tomato- \$10
- Med/Large Tomato- \$10



Plant pickup will be the end of May with specific pickup dates designated closer to the end of May. This will allow ample time for the greenhouse to grow our plants.

E-Transfer and order forms can be sent to OJSHgradpayment@gmail.com. Please ensure to put your Grads name and Fundraiser in the e-transfer memo for tracking purposes.

For additional questions please contact Lisa Fearnley @780-910-2937.



January - Significant Dates



Jan 10	Diploma Exams begin (English)
Jan 11	Social Diploma Exams School Council Meeting at 6:30PM
Jan 19	Last Day of Regular Senior High Classes Powerschool closes to students and parents for Report Card preparation.
Jan 22	Exam week begins for Senior High Students (please see exam schedule below) Mathematics Diploma Exams
Jan 23	English Part B Diploma
Jan 24	Social Part B Diploma
Jan 29	Physics Diploma
Jan 30	Quarter 2 Ends for Junior High Options
Jan 31	PD Day - no school for students. Report Card #2 released on Powerschool at the end of the day
Feb 1	Semester 2 and Q3 Options begin
Feb 7/8	Teacher's Convention - No School for Students
Feb 15	School Council Meeting - 6:30PM
Feb 19	Family Day - No School
Feb 28	Pink Shirt Day
Feb 29	Parent-Teacher Interviews Meet your senior child's semester 2 teacher/catch up on junior high students' year long course progress 5-8PM