

# Newsletter

## Administrator's Message

Spring has sprung! Though we could use a bit more rain to green things up, we are certainly liking the warmer weather. One of my favourite things about spring is seeing our students outside at lunch playing scrub baseball, or kicking a soccer ball around, throwing a football, or using the outdoor basketball court. More students are outside at lunch walking, enjoying the sun, and socializing. It's nice for everyone to be able to get outside, get fresh air and feel warm again!

With the arrival of May, things start to move at a faster pace too. Teachers are working on finishing up instruction in all the outcomes they have yet to cover in their courses, they are preparing students for final exam time, and of course, we are planning our biggest event of the year - Graduation! There's still a lot to do with the two months we have left and sometimes that warmer weather and sunshine calls to us to take it easy, slow down, and enjoy it all, but there's still work to do and we will persevere! May 16 is PD day and the 17-20 is an extra long weekend. I hope this will provide everyone with the R'n'R needed to help everyone get through to the end of June.

May 8 is Hats on For Mental Health - and we are hoping students will wear their best or most creative hats to school that day in recognition of the importance of promoting mental health!

We are looking forward to hosting our first ever "Carnival Days" from May 13-16. We are going to have games, carnival eats for sale in the cafeteria, and prizes to be won. Students can make a donation to either the local Food Bank (we have a bin on site) and/or a donation of funds, pet food, pet toys and more to the Barrhead Animal Rescue Society to gain admission to the games throughout the week. Check out our ad on our website or in this newsletter for extra information and the class that donates the most wins a pizza lunch! What a fun way to lift spirits through helping others and having fun at the same time. We are really excited for this event and who knows, maybe it will become the next OJSH tradition!

If you have a child going into Grade 12 next year, you will not want to miss our "Going into Grad Year" Grade 11 parent info night here at the school on May 29 at 7PM. You will get info on everything Grade 12 including how to start earning grad points for the 2025 banquet from the current Grad parents who are living the experience now! You won't want to miss this meeting - especially if your first child is entering Grade 12 next fall.

Other significant events this month appear later in this newsletter so you can mark your home calendars. Please note our message from School Council regarding our upcoming casino fundraiser and annual General meeting in June - we are looking for parents who are interested in taking on a role as we have parents who will be "graduating" out of our school along with their children!! We rely on parents to help make our school great. Our next meeting is May 9 at 6:30 in our staff room, and then again in June. Please consider joining us.

# May 2024

Have a wonderful May and enjoy the sunshine!  
**Dr. 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

**To speak with our office, please phone**



**(780) 967 2271**

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*Find us on*



@ngpsohs



@Onoway Jr/Sr High School



@onowayjrsrhighschool

Or please visit our website [onowayhigh.ca](https://onowayhigh.ca) for all information and updates

# Significant Dates

May 1	Final Parent Teacher Interviews, 5-8PM "Moving into High School" - Current Grade 9 Parent info Night 6:30PM
May 6	Grade 9 High School Planning sheets due back at School, and students in Grades 10 and 11 will start registering for next year's classes
May 8	Grade 9 Field trip to Skills and Try-A-Trade Hats on for Mental Health
May 13	Part A Grade 9 English Language Arts P.A.T. Exam Grade 9s start registering for grade 10 classes
May 16	PD Day - No School for Students
May 17-20	May Long weekend - No School for Students/Staff
May 29	"Going into Grad Year" - Grade 11 parent info night at 7:00pm
June 5	"Moving to OJSH" - Grade 7 parent info night, 7:00PM

# School Council News



As we get closer to our Annual General Meeting, please be aware that we have some Executive members whose students are graduating and will be leaving their positions. If you are interested in helping to support the staff and students of OJSH through volunteer work within School Council or our fundraising committee, OPEA, please feel free to contact us at [onowayhighparents@gmail.com](mailto:onowayhighparents@gmail.com), and we will answer any questions you may have.

## Looking for Volunteers...

The Onoway Parents Educative Association will be volunteering on August 02 and 03, 2024, at Century Casino in St Albert. We understand that this falls on the August long weekend, but we rely heavily on this funding to help support the students at OJSH. Please consider stepping up to volunteer for a shift or two during this weekend. As soon as we have the online sign-up ready, we will be advertising and sending it out to our email distribution; if you would like to be included, please send a request to [onowayhighparents@gmail.com](mailto:onowayhighparents@gmail.com)



School Council and the Onoway Parents Educative Association would like to acknowledge the following community organizations for their monetary donations to the OJSH Breakfast Nook: Onoway Inn and Suites, Alberta Beach and District Lions Club, Alberta Beach Community League, and Alberta Beach & District Agricultural Society. With their generosity and support, we ensure that growing minds are nourished and that we continue to build webs of support within our school community. Thank you so much to these organizations.

# Counselling Corner

The month of May brings warm weather, the color of green back into the nature that surrounds us, thoughts of summer that is just around the corner and one of the busiest times of year for the crew of the Wrap Around. Along with school administration, Wrap Around staff are getting to the busy work of registering all of our students for classes next fall. Students in each grade will be presented with information regarding the courses they may select for next year and then will be led through the process of registering for their courses in PowerSchool. It is a fairly straightforward process which we highly recommend parents get involved in and encourage them to contact the school or their child's teacher if they have any questions. The following dates will be important ones to keep in mind for the month of May and beyond:

- April 29 - Gr. 9 Students will receive their Teacher Recommendation and Course Selection sheets.
- April 30/May 1 - Gr. 10 & 11 Students will receive their Course Selection sheets
- May 1 - Gr. 9 -> 10 Parent Information Evening.
- May 6-10 - Gr. 10 & 11 PowerSchool registration
- May 13-15 - Gr. 9 PowerSchool registration
- June 5 - Gr. 7->8 Parent Information Evening

**Parents are encouraged to look at the Course Guide that is on the school website (under the Registration 24/25 tab) if they require any information about choosing courses for their child and to call the school if they have any questions regarding registering for next year.**

**We would also like to remind our students and their parents that there are a number of scholarships available, all through the year, that they can apply for. Please see one of the Wrap Around staff for more information.**

# What's happening in life Skills



Spring is in the air! Recently our living skills classroom had some very special visitors. A couple of cute baby chicks stopped by so students could enjoy a close up experience with the freshly hatched feathery friends. Baby animals are one of the best parts of the spring season. Students got to hold and cuddle these cuties while learning about chickens and their life cycle.



## OJSH's Independent Living Skills Class

### Needs Your help!

Last school year our students built an outdoor garden area where they can grow vegetables and flowers in raised beds in an area of the schoolyard where everyone can enjoy it. This ongoing project contributes to many facets of our students' learning, providing a place to enjoy outdoors and connect with the natural world. To continue our project, we are looking for donations of clean dirt, seeds, starter plants, gloves, watering cans, gardening tools, etc. All donations are greatly appreciated, but only those that can be used will be accepted. If you are able to help our students please reach out via email, [janet.titus@ngps.ca](mailto:janet.titus@ngps.ca)



## Thank You!



# Tour Group Meeting

May 28 @ 6pm in Mr Missfeldt's room.

## Sr. High Cosmetology Trip

Sr. High Cosmetology Students will be attending a tour of MC College on **Tuesday, May 14, 2024.**

This trip is also available to past Cosmetology students, however spots are limited.

Students will spend an hour touring the facility, followed by a free service performed by the college students.

Cost is \$10 for transportation + cost of food

### Free Services

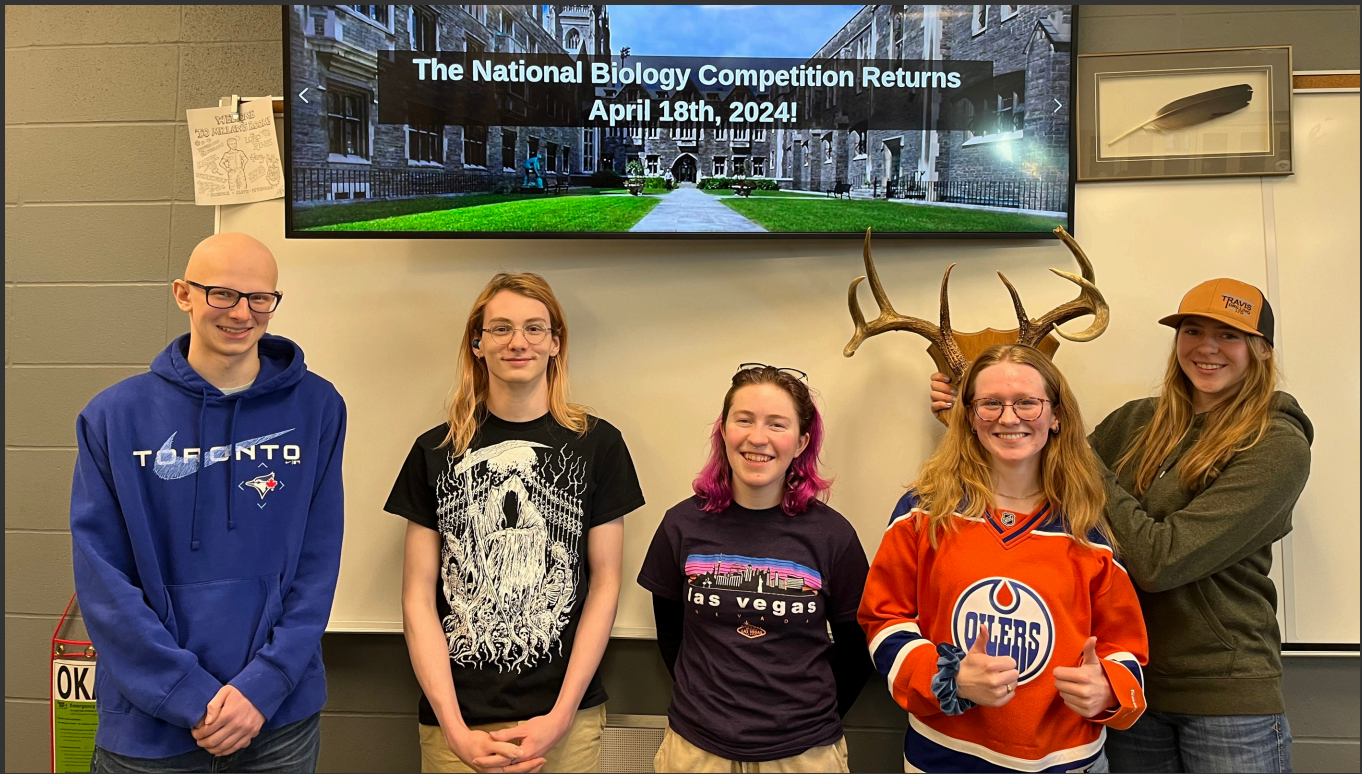
- Hair Style
- Manicure
- Lash lift/tint
- Brow shaping/tint

Please see Mrs. Rad for permission forms.

Bus leaves OJSH at 9am and returns at 2:30pm



# Meet the Bio 30 Brainiacs!



They have represented our school in the National Biology Competition on April 18th! They showcased their insane biology skills and are eagerly awaiting the results in May. They have worked very hard to prepare for this competition on top of an already grueling workload. Congratulations to Lucas, Stephen, Ciara, Julie and Bailey! You make us proud!



As we begin classes in May, Onoway Jr/Sr High will be recognizing **May 3 as Red Dress Day**. The calendar recognition day is May 5, 2024. Red Dress Day is to honor the Missing and Murdered Indigenous Women and Girls. Last year the Junior High students participated in a march in the town of Onoway to raise awareness of the issue. We received great support from our community, staff and students. This school year our teachers will be presenting information related to Red Dress Day and we plan to have our Junior High students participating in another march through Onoway, which will take place on May 3 at 11:00 AM.



# Art

See what projects have been happening in the Art Room by clicking on this link:  
<https://sites.google.com/ngps.ca/mcnei-ce-art-room/art-tv>



Senior High students are finishing up their Acrylic Paintings



Junior High students are finishing up some Tic Tac Toe Clay Boards

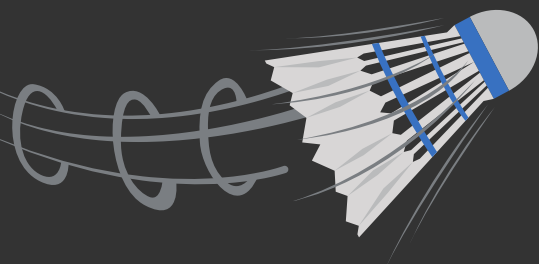
We are at the half way point in the semester so students are encouraged to keep working in their sketchbooks for practice. The Field Trip will take place May 10th to the Royal Museum and Art Gallery. This Field Trip is designed to help students fill their sketchbook requirements. The total price of the Art Field Trip is determined by the number of students participating. Once student numbers are tallied with those who have all their school fees paid up to date., a price will be given by April 26th and will need to be paid in full by May 8th.

# Handball



We had a brave group of young men that decided to come out and give a new sport a shot this year! It has been a crazy ride of non-stop learning, but the boys have stepped up, and then some! The highlight of our season was when our Onoway Mustangs were able to win the bronze medal at the Ross Shep Division 2 Invitational Tournament, where they beat some very well-established teams. The future is bright for this sport in Onoway, and we hope to have even more students come out to play next year. Thanks boys!!!





# Junior Badminton

The Junior High Badminton team had a very competitive showing in all categories at the St. Joseph's School tournament Wednesday April 17. The athletes were very good ambassadors for OJSH and showed good sportsmanship throughout the tournament. Mrs. Trueman, from the Onoway Elementary School joined Mr. Burghardt and Ms. Cavanagh with supervision help at the tournament. Congratulations to all of our Junior High Badminton team players!

In the Junior category Alice Kronebusch won silver in girls singles.

We had some gold and silver winners in the Intermediate category: Mason Trueman gold and Tustin Johnson silver in boys Singles. Ellie Raicos Dean and Greyson Lentz-Clark gold in mixed doubles. Maelle McFarlane silver in girls singles. Kiera Baker and Shelby Coley gold in girls doubles.

The team is looking forward to competing in the GCAA Tournament, in Whitecourt, Monday April 29.





# Senior Badminton

This year's badminton team had a short but fun and exciting season. With the help of Mr. Karmaznuik and Mr. Daly, a great deal of improvement was shown by all players and you could see their skills increasing each practice. Some notable performances included GCAA silver medals by Chase Doucet and Ashton Jacobsen in mixed doubles and by Georgia Hansler and Sophia Harangozo in girls doubles and a boys doubles gold medal by Pierce Hove and Reef Dickie and a girls doubles gold medal by Quin Hove and Mikayla Samay. As well our team participated in zones at Barhead and were extremely competitive. Thank you to all the players for your effort and we cannot wait for next year's season.



# Cheer

The Mustangs Competitive Cheer Team will be holding 5 practices throughout the month of May - 3 tumbling skills practices and 2 cheer skills practices. These practices are for students who are considering joining the team next season AND returning athletes from this year. They're a great way for returning athletes to learn more advanced skills and for students who are interested in the team to find out what it's all about! Athletes can attend as many practices as they wish, but **MUST** pick up a permission form from Ms. Newton and return directly to her by May 6. Please review the following information and contact Ms. Newton at [gina.newton@ngps.ca](mailto:gina.newton@ngps.ca) or Ms. Elliott at [hollyelliott919@gmail.com](mailto:hollyelliott919@gmail.com) if you have any questions.

**We're looking forward to getting back together with this year's team and we're also excited to welcome new faces! (And no, you don't have to have any experience at all!)**

Tumbling - Tuesdays on May 7, 14, 28 at Onoway Elementary School  
\*\*\* Please attend **ONLY** if you are considering joining the Cheer Team.

3:45pm to 4:45pm - Tumbling 101 (Front and Back Rolls, Cartwheels)  
NO prerequisite skills needed

4:45pm to 5:45pm - Tumbling 102 (Front and Back Walkovers, Round Offs)  
Prerequisite skills - front roll, cartwheel, bridge

Cheer - Thursdays on May 9, 23 at OJSH

3:30pm - 5:30pm

NO experience necessary! New athletes will start with the basics, and returning athletes will build upon their skills from this past season.

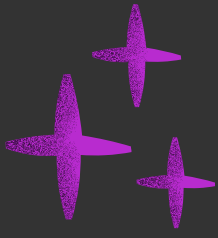


## Important to Note:

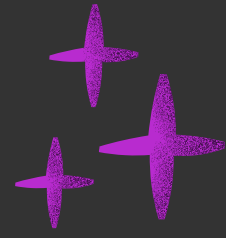
1. As mentioned above, a permission form is required. Students can pick this up from Ms. Newton at school or parents can email [gina.newton@ngps.ca](mailto:gina.newton@ngps.ca) to request a link to a Google Form. Phone calls to give permission will not be accepted.
2. Athletes **MUST** wear athletic clothing (no jeans) and clean, indoor running shoes with laces (no sandals, boots, canvas shoes, etc.)
3. Next year's team will be open to students who are born in the years 2008 to 2012, inclusive. We compete in a club division, not a school division, so our division is based on age, not on grade.



# Webs of Support Colour of the Month – Violet



## Social Norms



The colour violet represents social norms. Social norms influence the entire web. These are attitudes, behaviors and understanding common to and accepted by a large number of people and influence how they act. Social norms can be long standing in communities – the way things have always been. They can also change over time or change quickly and unexpectedly due to economic factors or even “Acts of God” like tornadoes or wildfires.

Social norms can be positive. For example, communities who believe education is important and rally around and participate in school events, will likely have a large number of their children attending school regularly and graduating. As another example, communities who believe in protecting the environment and having a clean place to live will participate in activities like organic cart and recycling programs, litter-less lunch days at school and businesses, as well as community litter clean up events.

Social norms can also be negative. For example, communities that are accepting of youth having unsupervised bush parties may have higher incidences of youth who are using alcohol or drugs or engaging in risky behaviours. Another example may be communities with norms revolving around justice being obtained regardless of how it is done, may have higher rates of crime and violence.

Webs of support can filter negative social norms and reinforce positive ones. One never knows when the “winds” of social norms will blow in change. What we do know is youth who are thickly webbed, and their anchors who are also thickly webbed, will fare better in any “storm” than those without thick webs. We often can’t foresee when social norms will change. Youth need to be thickly webbed in order to survive the sinkers that can come from negative social norms. In addition, adult anchors who have thick webs of their own will be better prepared to assist youth should social norms change.

Communities that are close-knit and focused on building thick webs can withstand “winds of change” better than thinly webbed ones. Consider how you can work toward thickening the webs among people in your community.