

February 2025

THE ONOWAY JUNIOR SENIOR HIGH SCHOOL

Newsletter



ADMIN MESSAGE

Hello Onoway!

Just like that, we are in the latter half of the 2024-25 school year. As I pen this letter, high school students are wrapping up their exams as they then eagerly await their results. Onoway teachers have noted that students were diligent and focused in their coursework and we expect wonderful results on these semester one finals! As we start semester two, it is also important to reflect on the comments your first semester teachers shared. Especially at the Grade 10 and 11 levels, teachers have advice on what to do next in your studies. Grade 12's, check out your grades to ensure you're on track for your High School Diploma. Once Alberta Education notifies us of Diploma Exam Marks, we'll update the Grad List.

As we enter the second semester of learning at OJSH, this period offers all students new courses and opportunities. Our staff are excited to meet their new classes, be it core academics or electives, and support students in their success. There is so much happening at Onoway Junior/Senior before the end of the year. In the immediate, we look forward to basketball playoffs, ski trips to Sunridge and Marmot, as well as our biennial spring break trip to Europe with stops in Croatia and Italy.

Do take the time to read through the rest of this newsletter. We have a lot of important information in this edition, such as dates/times for upcoming Parent-Teacher-Interviews. It will be great to see families once more. Finally, we welcome Mrs. Serena Schwindt onto our staff. She completed her student-teaching with Mr. Law in the first semester, and we're most excited to have her join the OJSH team until the end of the year. Happy trails,

Mr. Hallowes

Assistant Principal





...HAVE YOU PAID YOUR SCHOOL FEES?

As the first half of the school year is coming to a close, this is a friendly reminder that school fees are now considered past due:

- Every student must pay the user technology fee of \$32.00 – NGPS fee
- Jr. High Students pay a flat CTF/CTS options fee of \$20.00
- Sr. High option fees will depend on options chosen- semester 1 option fees have been added to accounts
- More information can be found on our website here:
<https://www.onowayhigh.ca/parents/schoolcashionline>

The easiest way to pay is by School Cash, this online system is user friendly, and you are able to pay by credit card or "e-cheque". A receipt is promptly emailed to you. click "Get Started" to register for school cash online using this link:
<https://ngps.schoolcashionline.com/>

At the school level we are only able to accept Cash or Cheque for payment at this time. If you have any questions about school fees you can call the school at 780-967-2271 or email our Account Secretary, Heather, at heather.schram@ngps.ca. If you need to make financial arrangements or are unable to pay for school fees please reach our to our principal Paul Jespersen. paul.jespersen@ngps.ca

IMPORTANT NOTE FOR GRADE 12'S:

NGPS has an Administrative Procedure in place for Graduation (AP375). OJSH is obligated to abide by this policy which includes item 3.2.2 **"The student must be in overall good standing with the school on the date of the graduation ceremony."** This includes having all fees paid in full. As of the 2024-25 school year, graduates who do not have all fees cleared, including for missing library items (technology, textbooks, etc.) will not receive tickets for the ceremony in the gym. Graduates will sit in the gym and non-ticket holders will be able to watch from the second floor balcony. Seats on the floor will be reserved for families of graduates in overall good standing.

INSTRUCTIONS: HOW TO PAY SCHOOL FEES



SchoolCashOnline

For safety and efficiency reasons, **Northern Gateways Public Schools** would like to reduce the amount of cash & checks coming into our school. Please join the thousands of parents have already registered and are enjoying the convenience of paying ONLINE! It takes less than 5 minutes to register. Follow these step-by-step instructions to begin to receive email notifications regarding upcoming events involving your child(ren).

Step 1: Register

- If you have not registered, please go to the *SchoolCashOnline* home page <https://district.schoolcashonline.com/> and select the **“Get Started Today”** option.
- Complete each of the three Registration Steps
**For Security Reasons your password, requires 8 characters, one uppercase letter, one lowercase letter and a number.*

Step 2: Confirmation Email

A registration confirmation email will be forwarded to you. Click on the link provided inside the email to confirm your email and *School Cash Online* account. The confirmation link will open the *School Cash Online* site prompting you to sign into your account. Use your email address and password just created with your account.

Step 3: Find Student

This step will connect your children to your account.

- Enter the School Board Name.
- Enter the School Name.
- Enter Your Child's First Name, Last Name and Birth Date.
- Select **Continue**.
- On the next page confirm that you are related to the child, check in the Agree box and select **Continue**.
- Your child has been added to your account.

Step 4: View Items or Add Another Student

If you have more children, select **“Add Another Student”** and repeat the steps above. 8 children can be added to one parent account. If you do not wish to add additional children, select **“View Items For Students”** option. A listing of available items for purchase will be displayed.

SchoolCashOnline.com

Hello Parent,

Please click the link below to confirm your email address.

<http://district.schoolcash.net/Registration/ConfirmConfirmationEmail/f5e4bat2-2852-4e87-b502-b3e48645acc9>

If the link doesn't work, copy the link and paste it into your web browser.

Contact support at 1.866.961.1803 or email parenthelp@schoolcashonline.com.

Thank you,

Your School Cash Online Support Team

Find Student

School Information

School Board Name: School Board 1575

Looking for a student in a different school board?

School Name: Eagle High School

Student Information

Do you have the student number?

Student Number

First Name

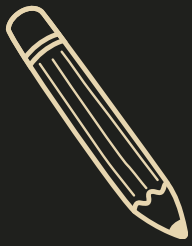
Last Name

Birth Date

Data format: mm/yyyy

(No students? [Click here](#))

For any questions or concerns regarding outstanding fees,
Please contact our accounts clerk at heather.schram@ngps.ca



UPCOMING SIGNIFICANT DATES



- ➔ **Feb 6 & 7-** Teacher's Convention - No School for Students
- ➔ **Feb 13-** School Council Meeting - 6:30 PM
- ➔ **Feb 17-** Family Day - No School
- ➔ **Feb 26-** Pink Shirt Day & Parent-Teacher Interviews, 5-8 PM

COUNSELLING CORNER



Scan the QR Code to
make a Wrap-Around
Appointment

ATHLETICS

QR Code to
view the
Athletics
Calendar

SCAN
ME



SENIOR BOYS BASKETBALL

Our Senior Boys participated in the annual Fox Vegas Tournament! They won their first game and then played a nail biter against a team with a very strong record and lost by just a few point... then went on to win Bronze medals! Way to go Mustangs!



SENIOR GIRLS BASKETBALL

Sr. High Girls basketball team put on a great show this last weekend at the Fox Creek Tournament. They took games 1 & 2 making it to the final match. The game was a nail biter, against a well matched team who beat us out by 4 points. A silver medal victory for the Mustangs! Huge shout out to Fox Creek school for the fun and exciting Tournament.



CHEERLEADING

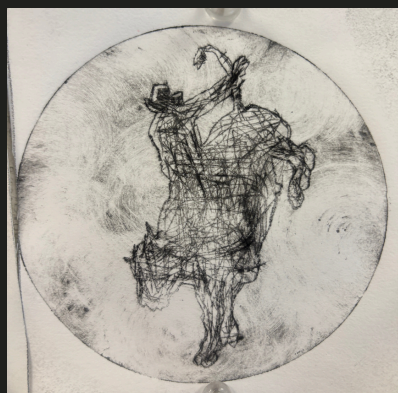
Mustangs Cheer Team - 1st Competition Coming Up!

The Mustangs Cheer Team will compete in their first competition of the season on February 14 and 15 at the Morinville Leisure Centre. The team consists of 11 athletes in Grades 8 through 12 and competes in the Senior High Intermediate Division.

Stay tuned to next month's newsletter for photos, results, and info about how you can get involved next season!



JUNIOR HIGH ART



Junior High Art had a successful quarter with many projects most recently water colour galaxy painting, Etching Prints made with plexiglass and dry point etching needles and some really great blending of soft pastels.

SENIOR HIGH ART

Senior High Art finished up their semester with some strong art pieces. We completed sculptures, the ART 10's & 20's had one FREE-Choice media project, and a print with many options to choose from including linocut, etchings and photo transfers.



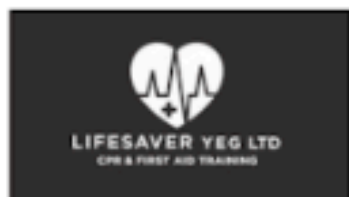
To keep up to date of the projects happening in the art room, be sure to check out the ART TV: <https://sites.google.com/ngps.ca/mcneice-art-room/art-tv>

There are two of these in the school to showcase the art throughout the year.

Mrs. McNeice is looking forward to seeing what the students create in the new semester.



First Aid Training



Sign up here



Open to
Grade 10-12



Recive 1- 20
Level credit

Info:

- Students will receive Standard First Aid certification and CPR by credited instructor's.
- There is 8 hours of online work due before course date

SIGN UP BEFORE: FEB 7, 2025

COURSE DATE: MARCH , 14 2025

COST : \$126.00



For more information please
see Mrs.Schmidt- Petersen or
Mrs. Schram in the office.

Caregiver Education Team Newsletter

January / February 2025



Recovery Alberta is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and teens

Part 1:
An Introduction
Wednesday, February 5
12:00 – 1:00 pm

Part 2:
Calming Our Bodies
Wednesday, February 12
12:00 – 1:00 pm

Part 3:
Settling Our Minds
Wednesday, February 19
12:00 – 1:00 pm

Part 4:
Overcoming Avoidance
Wednesday, February 26
12:00 – 1:00 pm

Adult Education Sessions

Sleeping Your Way to Better Mental Health

For adults supporting their own wellness or the wellness of others

Wednesday, January 15
12:00 – 1:00 pm

Journey Together *Ways to Support Mental Health in Everyday Interactions*

For adults supporting their own wellness or the wellness of others

Wednesday, January 22
12:00 – 1:00 pm

Caregiver Education Sessions

Body Image and Eating Disorders

For parents and caregivers supporting adults or teens (grades 7-12)

Wednesday, January 22
6:00 – 7:30 pm

Technology and the Teenage Brain

For parents and caregivers of teens (grades 7-12)

Wednesday, February 19
6:00 – 7:30 pm

Participant Feedback

"Thank you for a well-structured, informative session. It was a great reflection."



Professional Practice & Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions

January / February 2025

These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

Understanding Anxiety Series

Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their child/youth may be experiencing anxiety.

Date: Wednesday, February 5, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

Date: Wednesday, February 12, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Wednesday, February 19, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will discuss ways to manage stressful situations in steps and effective coping skills.

Date: Wednesday, February 26, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"Thank you for a great series - the information was helpful and will be useful."

"Really appreciate the knowledge base of your presenters. They present clearly. I can follow them easily. The 1-hour lunch and learn presentations are a great way to learn."

"I was very impressed!"



Professional Practice & Education Services
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Caregiver Education Sessions

January/February 2025



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Body Image and Eating Disorders

Struggles with self-esteem, body image and weight control are a common concern for both girls and boys. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

Date: Wednesday, January 22, 2025

Time: 6:00 – 7:30 pm

For adults, and caregivers of youth grades 7-12; for adults only.

Technology and the Teenage Brain Digital Wellness for Families

Technology is a huge part of our children's lives. Come together to discuss how modern technology can impact the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

Date: Wednesday, February 19, 2025

Time: 6:00 – 7:30 pm

For caregivers and youth (Grades 7-12) to attend together.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"All the information is very important and helpful."

"Always appreciate the presenters' level of understanding of the topic they are presenting."

"I have enjoyed all of the sessions that have been provided, they are very informative."



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