

# HJC LAKERS



## Dates to Remember

- October 19: Parent Teacher Interviews
- October 21: No School, Collaborative Day
- November 7: Quarter 2 Begins
- November 9: Midterm Marks in PowerSchool
- November 10- 11: No School, Fall Break
- November 11: Remembrance Day

Dear students, parents and guardians,

It's unbelievable that we are already two months into the 2022-2023 school year. All of our extracurricular clubs, teams, rehearsals and events are well on their way. Our staff has been building relationships, delivering curriculum, and providing feedback to our students in their courses. Please log into your parent portal on Powerschool to monitor and gather information to support your child's successes and areas for improvements.

Mark your calendars for in-person parent teacher interviews on the evening of October 19th from 5:00-8:00 pm. Please sign up for Parent Teacher Interviews during a time that works for you. Our second round of parent teacher interviews will be done on Dec 7th and they will be offered via a phone call or Google Meet.

We appreciate the support of parents, guardians and the community as we continue to emphasize the importance of attendance. Each month we will be celebrating three Lakers who have met our attendance goal. These students have been present in more than 90% of their classes. We will be drawing names each month and awarding each of the three students a small prize. This month Jack Butcher, Madik McKnight and Lauren Sarkozi were our draw winners. If you would be interested in donating a prize we would appreciate the support. Prizes should be in the 5 to 10 dollar range and can be dropped off at the office. If you have any questions please email Rebecca Schaab at [rschaab@cesd73.ca](mailto:rschaab@cesd73.ca)

We really appreciate the feedback from our parents at HJ Cody. Your participation in this survey helps provide us with important information on the quality of education your child is receiving as well as areas of growth that we can continue to improve on.

Kind regards,

Mike Garrow, Principal

## 2024 Grads!

We will be holding a Grad and Parent meeting on October 18th, 2022 in the Fine Arts Center at 7:00 PM to start discussions about our Grad Ceremonies and events occurring this year. It is important to have everyone attend to start the information gathering and conversations as early as possible, Lifetouch (Grad Photos) and Jostens (Grad Rings) will also be in attendance and will have time to answer questions.

**Please add October 18th at 7:00 PM to your schedules!**

## Free Learning Opportunities

Substance Abuse and Vaping in Youth  
Video Gaming in Children and Youth  
Social Media and Youth

## PARENT COUNCIL MEETING

October 13th at 7:00pm will be our first parent council meeting for this year. If you have items that you would like to discuss, please email them to [hjparentcouncil@gmail.com](mailto:hjparentcouncil@gmail.com). We would love to have as many parents as possible attend.

**Grad 2026 T-shirts \$5** Grade 9s-do you want an extra Grad 2026 T-shirt?

These shirts are great PE gym change. Come to the office at your lunch or after school to purchase a shirt for \$5.

**Flipside is coming to HJC at Lunch**

-Jordyn Bell from the Flipside will be here for the month of October to run "Press Pause" activities during Block 3 and Block 4 lunches. All are welcome. She will be in Room 114 (Art Room) for Block 3 lunch and Room 104 for Block 4 lunch. Oct 3: Exploring our Stress Response Oct 4: Map your Brain Oct 5: Circle of Supports Oct 6: Guided Imagery Oct 7: Expressing Gratitude Oct 11: Art Therapy Oct 12: Breathing techniques and Yoga Oct 13: Nutrition Oct 14: Why should I exercise? Oct 17: Growth Mindset Oct 18: Dream Journal Oct 19: Calming Collages Oct 20: Art Therapy Oct 24: Building your Stress Tool-kit Oct 25-28: Creating Habits Oct 31: Wrap-up

**Sport Report** - Cross Country Running, Football and Volleyball are well under way and we have had a large turnout for all teams.

The Cross country running team has a strong contingent of over 25 members. They have competed in several events with some notable showings. Congratulations to the 4 students who have qualified for Provincials - Katie Freeman, Samantha Lorenz, Dario Reale and Zoey Longman. GO LAKERS!!

Lakers football is off to a successful start with a record of 2 - 1 and currently sitting second in their league. Home Game Oct 7 vs Lindsay Thurber.

Volleyball has 6 full teams.

Grade 9 Girls and boys both have winning records in league play and have done well in the tournaments they have competed in. Grade 9 girls play at home on October 11 vs Lacombe right after school. Please come and support.

Junior Varsity teams are off to a great start with both teams being undefeated in league play so far this year.

Senior Teams have been very busy already this season having played three league games as well as competing in three tournaments. Next home action is October 18th VS Wetaskiwin. We are hosting our home tournament Oct 28-29th as well.

**Athletics Society AGM** - Tuesday October 25th @ 5:30 @ HJC in the learning commons.

If you have a child playing on one of the sports teams, we really encourage you to come out and see what this is all about. We want representation from a variety of sports to encourage discussion and different perspectives. It is an excellent way to get/stay connected to the school and have input.

We need a new treasurer as our former treasurer is stepping down. We would like to thank Melissa for all of the time and effort she put into this position as her children were playing sports on our teams.

If you have any questions, you can contact Marcie Jeffries at 403-358-1555.

# HJC LAKERS

## Gear is HERE!!

Log in to your Student Quickpay account (where you pay your school fees) to order!

Orders start Oct. 5th and are due by October 20th!

**Black, Light Steel - Champion Double Dry Eco Hoodie**

FRONT - Red Logo, Screened

10"w x 7.3"h

LEFT SLEEVE - Red Logo, Screened

3.5"w x 1.75"h

**\$58.00 Each**



**Black, Light Steel - Champion Crewneck Sweatshirt**

FRONT - Two Tone Logo, Tackle Twill Lettering

3"h

**\*\*3" Lettering Varsity Font\*\***

**\$74.00 Each**



**Sport Grey - Ultra Cotton Long Sleeve Shirt**

Black - ATC Pro Team Tshirt

FRONT - Red Logo, Screened

10"w x 7.3"h

LEFT CHEST - Red Logo, Screened

3.5"w x 2.11"h



BACK - Red Logo, Screened

10"w x 7.3"h

**\$23.50 Each**

**\$23.50 Each**



**Black/Red - Premium Knit Jacquard Cotton Athletic Socks**

FRONT - Red Logo, Knit

**\$12.00 Each**





# MENT-TO -MATTER

## IN-SCHOOL MENTORING PROGRAM



**MENT-TO-MATTER is our in-school mentoring program (Ment-or, get it?)**

We recruit and train high school students to **mentor students in elementary or middle schools** in need of a positive role model. Play games or sports, create arts and crafts, play music, cook, read, or anything really!

- **As a mentor, your commitment is to meet with your mentee once a week, during the lunch hour**
- Mentors may earn school credits, work experience, or volunteer hours



Town of Sylvan Lake, Youth Services:  
C 587 876 4113 | E [youthservices@sylvanlake.ca](mailto:youthservices@sylvanlake.ca)  
[www.sylvanlake.ca/youth](http://www.sylvanlake.ca/youth)

**youth** services  
Sylvan Lake