

HJC LAKERS



Dates to Remember

- December 7: Parent teacher Interviews
- December 9: Non Instructional Day - No School
- December 26 - January 6: Christmas Break
- January 9: Return to School
- January 20: Last Day of Classes
- January 23-26: Exam Week

Dear Parents and Guardians,

Our second round of Parent Teacher Interviews are scheduled for next Wednesday December 7th from 5:00-8:00pm. Parents have the choice of either a phone or google meet interview. If the teacher you wish to speak with is fully booked, please email them and they will follow up with you. Here is the link to sign up for your interviews:

<https://www.schoolinterviews.ca/code/n674w> or alternatively click on this QR Code.




Bookings will close on December 6th at 4:00pm. We look forward to sharing the wonderful successes of your child's learning as well as areas of growth that they can focus on for the last 22 instructional days of the semester.

Coins for Kids
\$2052.00 dollars
Raised!
Thank you to
everyone that
contributed.

Our next School Council meeting is December 15th at 7:00pm. If you have items that you would like to discuss, please email them to hjparentcouncil@gmail.com. We would love to have as many parents as possible attend. There will be an option to come in person and join virtually if preferred.

Kind regards,


Mike Garrow
Principal



LAKERS

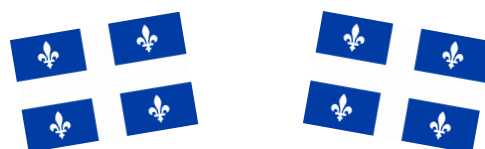
Basketball

The grade 9 girl's basketball team has their home tournament on Dec. 9 & 10.



**Come on out to support your
Lakers!**

Quebec Trip: Only 8 spots left!



Contact Ms. Wilson at
kwilson@cesd73.ca

AMH Caregiver Education December 2022

AMH Education Services, Edmonton Zone, is proud to offer free addiction and mental health virtual programming for parents and caregivers of children and youth, as well as sessions for all adults.

Caregiver Education Sessions

These online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth. Upcoming sessions topics include the benefits of mindfulness for the whole family, understanding autism, sleep and your family's mental health, and body image and eating disorders.

Adult Education Sessions (New!)

In January, we are offering the first three sessions of our series about understanding anxiety – introduction to anxiety, calming our bodies, and settling our minds. This series will conclude in February as we discuss ways to overcome avoidance. These sessions are for any adult wanting to support their own wellness, or the wellness of a youth they live or work with.

To register for a session, follow the links found in the attached newsletter or visit:

<https://www.cyfcaregivereducation.ca/virtual-education>

Visit our website for tip sheets, videos, and more! www.cyfcaregivereducation.ca

The Caregiver Education Team

AMH Education Services

Alberta Health Services, Edmonton Zone

Email: amheducationservices@ahs.ca

Website: www.cyfcaregivereducation.ca



Sr. Girls Basketball Update:

The Sr Girls Basketball Team was in Rocky Mountain House for a tournament over the weekend, the team came away winning the Bronze Medal in their first tournament of the season. The girls were led by Captains Zoey Longman and Kameron Wallace, but had strong contributions from every girl on the team. We have our first league game December 6th at St. Joes, and we are in Cochrane December 9/10 versus some of the top teams in Alberta.

Field Trip

Palaeontology 15 visited the Royal Tyrrell Museum with Mr. Johnson.



Grade 11 Post-Secondary Tours

H.J Cody Gr. 11 Lakers went on a post-secondary field trip to learn more about programs and opportunities after they graduate. They visited N.A.I.T and the University of Alberta in Edmonton and explored both campuses. They also met with current students who were able to guide them around and help orientate our Lakers with their potential futures.



Snow Angels

The Town of Sylvan Lake has a wait list of local seniors and people with disabilities who have applied to have their sidewalks shoveled through our Snow Angels program. They are looking for youth, ages 14 & up, and adults for these volunteer positions. If you are interested, please come to the office to pick up a registration package.

Grade 11 Post-Secondary Tours

December 7 is the University of Calgary & Mount Royal University tours. Sign up with Mr. Payne or Ms. Donaghy TODAY!!! (Interested Grade 12s will be invited to fill any open seats.)

The Christmas Bureau is now Operational for the Season

Registration starts on November 13th, we are now accepting phone calls to set up registration times. Please give the following information to any students or families that you feel could use our services this year.

The Christmas Bureau provides support for families with children 17 years of age and younger. Registration starts on November 13th.

403- 348- 9993

sylvanlakecb@outlook.com

<https://www.sylvanlakechristmasbureau.com>





ROCK THE DIPLOMA

A power weekend of Diploma Exam prep for
Central Alberta high school students.

**SPECIAL
OFFER**

January 7, 8

Sat 10am-5pm
Sun 10am-5pm

English 30-1
Social 30-1

\$120

January 13, 14, 15

Fri 6pm-9:30pm
Sat 10am-4:30pm
Sun 10am-4pm

*Math 30-1
Math 30-2
Biology 30-1

*Sat & Sun 9:45am start
for Math 30-1 only

\$135

January 20, 21, 22

Fri 6pm-9:30pm
Sat 10am-4:30pm
Sun 10am-4pm

Biology 30-1
Chemistry 30-1
Physics 30-1

\$135

Red Deer Public School District
Students use this link or QR code:

[https://powerschool.rdpsd.ab.ca/
public](https://powerschool.rdpsd.ab.ca/public)



All other School Districts
use this link or QR code to create
an account:

www.studentquickpay.com/rdpsd



Certified teachers with significant curriculum experience provide the tools and expertise for these sessions. Along with study notes and practice exams, this program provides a very effective Diploma Exam review.

Registration is online and all courses are in person at Lindsay Thurber Comprehensive High School in Red Deer. For more information call 403-356-5315