

# HJC LAKERS



## Dates to Remember

- February 10: Collaborative Day, No School
- February 18- 26: Winter Break
- February 20: Family Day
- March 7: Athletic Society Meeting 6:30pm

Dear Parents and Guardians,

We have received some questions about whether Flex is mandatory. The answer is yes. Flex is designed to support our #1 school goal: All Lakers will reach their highest academic potential and our #3 school goal: All students will improve their literacy skills. This time is assigned for students to receive support from their teacher(s), complete homework, study, or read silently. Students find some subjects more challenging than others, Flex allows them to access a subject specific teacher to give them extra support during this time. Many students have commitments outside of school hours and Flex allows them to finish their homework and assignments as well as prepare for tests. Finally, if students don't require extra support, time to do homework or study then the time should be spent reading.

Research shows:

- Strong readers answered 70 percent more math and science correctly than students who were weaker readers, even on questions with low reading difficulty.
- Most students read less than 15 minutes a day. An analysis of more than 9.9 million students found that only those students who read 15 minutes or more per day made accelerated reading gains.
- Reading reduces stress

All students are required to sign up for Flex first thing in the morning. Attendance will be taken during Flex. If students skip Flex then they will make up this time during their lunch or after school. Please see below the rooms and teachers available for both Flex blocks:

## 2022-2023 Semester 2 FLEX Schedule

	Block 3 Mon, Tues, Thurs, Fri: 11:20-11:50 Wed: 11:41-12:04	Block 4 Mon, Tues, Thurs, Fri: 1:25-1:55 Wed: 1:39-2:02
ELA	Hart-library loft Payne-Learning Commons Johannesson-Room 209 Charanduk-Room 207	Sutherland-Room 205 Wilson-Room 206
SS	Braitenback-Room 104 Paul-Room 105 Thornton-Music Room	Latimer-Drama Room Welch-Room 206
Science	Steinbach-Room 138 Ramrattan-Room 128 Leischner-Room 139 Lambert-library loft	Donaghy-Room 130 Johnson-Room 128 Round-Room 134 Pereira-Room 125
Math	Peers-Room 208 Tutkaluk-Room 102 Blinkhorn-Room 204 Kennedy-Common Area	Pereira-Room 125 Bell-Room 202 Schaab-Room 209
Languages	n/a	Smallwood-Room 124B
Quiet Spaces	Klassen & Judge-Learning Commons Marshall-Common Area	Saik-Common Area DeJonge & Judge -Learning Commons
Arts	Thornton-Music Room Marsh-Art Room Leischner-Room 139	Latimer-Drama Room
CTS	Marsh-Art Room	n/a

Thank you,

Mike Garrow, Principal  
mgarrow@cesd73.ca  
403-887-2412

## Embracing Indigenous students and their families

A message from Superintendent Kurt Sacher

Acting in support of our commitment to our 900 Indigenous students and their families, and to embrace Indigenous Learning for all students and staff, we will be installing Treaty flags inside schools across our division as a sign of respect to Indigenous Peoples.

Recently, our Board of Trustees, Leadership Team, and School Administration Teams shared an important flag ceremony with Elders, Knowledge Keepers and special guests from Treaty 6, Treaty 7 and the Métis Nation.

It was a touching and historic moment for our school division. It fills us with tremendous pride as we continue to make authentic steps forward with respect to truth and reconciliation. It was a special day in our critically important journey.

I would like to thank our Indigenous Learning team for bringing us together with our honoured guests, and to all our administrators, staff and trustees for what they have all done to this point and for what they will continue to do.

The admin team from your child's school will provide further information on their own flag ceremony as their plans evolve, and we thank you for walking alongside us throughout this journey. In Chinook's Edge, our actions will always speak louder than our words.



Superintendent Kurt Sacher shared a warm greeting with honoured guests before addressing the audience, while students provided a spirited celebration in dance at the Indigenous Flag ceremony. Chinook's Edge is working to ensure our Indigenous students and families feel welcome, cared for and respected through our Indigenous Students Matter committee, our Indigenous Learning Team with reps in every school, and our heartfelt commitment. Please read more [here](#).

To read the latest Board eNews, please [click here](#).





Bob P.  
Volunteer, RDRHC  
Central Zone

# Make a difference – volunteer!

Looking to get involved in your community? Learn new skills? Make a difference? Alberta Health Services is currently seeking enthusiastic and dedicated volunteers to join our team in Sylvan Lake / Central Zone.

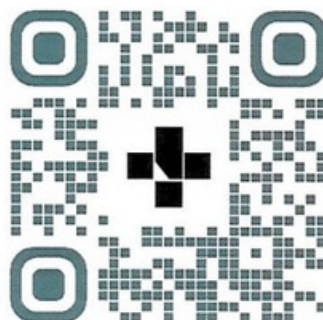
Volunteering with AHS is a great way to give back to your community, learn about careers in healthcare, gain valuable life experience and forge lifelong friendships.

Current volunteer opportunities include Sylvan Lake Lab & X-Ray and Community Home Visitation, please visit [AHS.ca](https://www.ahs.ca).

## Volunteer Resources

[kristen.vig@ahs.ca](mailto:kristen.vig@ahs.ca)

403-343-4715 extension #2



Scan the QR code to visit



Alberta Health  
Services



HJ Cody Presents

# The Brothers Grimm Spectaculathon

**Fairytales as you have never seen them before**



**Show Times: February 9, 10, 11 @ 7pm**  
**February 11 @ 2pm**

**Location: HJ Cody Fine Arts Center**

**Tickets: \$12 Adults \$10 Students**

**Call 403-887-2412 for tickets**

**Directed by Alyssa Latimer**

**By: Don Zolidis**

**Produced by special arrangement with Playscripts, Inc.**

**([www.playscripts.com](http://www.playscripts.com))**



## **Flowers & Cupcake Sales**

**We are taking presale on  
February 6,7 Block 3&4  
lunches. They will  
delivered on Valentines Day  
Flower & Cupcake \$5**

**Or**

**Single Cupcake \$3**

