



Dates to Remember

- March 8: Career Presentations
- March 7: Athletic Society Meeting 6:30 PM
- March 10: Collaboration Day, No School
- March 22: Parent Teacher Interviews
- March 24: Non Instructional Day
- April 7- 14: Easter/Spring Break, No School

Dear Parents and Guardians,

Please join me in congratulating Ms. Lambert on her appointment of Principalship of École H.J. Cody High School effective for the 2023-2024 school year. Our students, staff, and community are lucky to have such a strong pedagogical leader who is kind, caring, and committed to supporting our students and staff. Next year I will be division Principal for all schools in Chinook's Edge as I was successful in receiving a district leadership role.

On Wednesday March 8th, we are hosting our second Careers Day for the 2022-2023 school year. We have many local professionals hosting sessions to share information about their occupations including the skills and education students will need to follow their career pathway. Students have been signing up for the two sessions that they are most interested in learning about. I encourage you to talk to your child about who they signed up for and what they learned following the event. We will be running a modified schedule on our **Careers Day- March 8th**

Block 1 8:35 - 9:40

Block 2 9:45 - 10:50

Career Speaker first session 10:55 - 11:25

Career Speaker second session 11:30 - 12:00

Block 3 12:05 - 1:05

Block 4 1:10 - 2:10

Block 5 2:15 - 3:15

Our graduation fees for this year are \$225. This was communicated to parents in the October email to graduating students' parents, as well as at the parent grad meeting we hosted at the school. We apologize, but unfortunately the system that is used to send out fee notices had not updated this fee until recently which resulted in it looking like the fees had increased since the start of the year. The fees cover the costs of the expenses for this special event. All the information for grad can also be found on the Grad 2023 Google Classroom.

Thank you for all that you do to support École HJ Cody, if you have any questions please don't hesitate to give me a call or send me an email.

Kind regards,



Mike Garrow, Principal

mgarrow@cesd73.ca

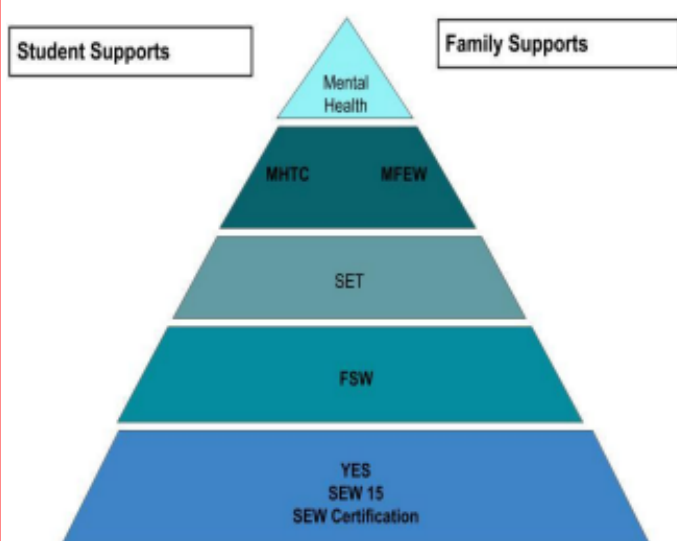
403-887-2412

Building Social Emotional Wellness

- A message from Superintendent Kurt Sacher

Various studies and multiple observations tell us it is a challenging time for young people and their social-emotional well being. We take this seriously in Chinook's Edge, and we are focused on making a difference in this key area. Why? We know when students are well emotionally, it sets them up for success in every other area of their lives, including learning at school.

The Chinook's Edge approach to this work can be visualized in a pyramid. It is a multi-layered and proactive approach. Our work begins at the bottom of the pyramid with programming that reaches all students. Moving up the pyramid, our work becomes more tailored to individual students who need additional support. A key element of this plan is the inclusion of families.



In summary, starting at the bottom of the pyramid, here is how Chinook's Edge is supporting students:

- YES = **Youth Empowerment & Support** program. Proactive - building social emotional wellness in all K-8 classrooms. Also - targeted groups at lunch, after school and in the summer.
- SEW 15 - **Social Emotional Wellness 15** is a high school course created to build social emotional wellness for students.
- FSW = **Family School Wellness**. FSW workers help students individually and in small groups to support mild to moderate needs. Families are connected to the conversation and strategies to support student's social emotional well-being.
- SET = **Social Emotional Teams** are based in each school. They work with individual students, and potentially their families, to support moderate to severe mental health challenges.
- MHTC / MFEW = **Mental Health Transition Consultant / McMan Enrichment Workers**. MHTC coordinates with SET specialists to provide support to students experiencing severe mental health or emotional challenges. MFEW provides in-home family support.

Of note, Chinook's Edge and its partners received a \$1.4 million provincial grant for a two-year mental health pilot. The grant allows us to hire the MHTC and MFEW workers. Also, the Chinook's Edge Board financially supports the YES, FSW and SET teams with close to \$3 million in funding annually. And, at a more granular level, we have amazing staff who are very committed to helping our students. This is very important work.

If you'd like to know more about these programs - and how they work at your child's school, I would encourage you to reach out to your school's principal.



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

Sr. Girls Basketball

The Sr. Girls Basketball team remains a top ranked 3A team in the Province. We have put together a winning 22-8 season record. The season concluded by capturing gold in David Thompson last weekend. The girls head into playoffs ranked first in the Central zone and will host the semi final on March 6th at HJ Cody. Please come and support our Lakers as we work to earn a berth at Provincials March 16-18.



CAREER DAY – Mar 8, 2023

Our spring Career Day will be happening next Wednesday, March 8th. Local professionals who will be speaking represent jobs that are in demand in Alberta.

We have also invited recruiters from Red Deer Polytechnic and Olds College to give our Grade 11 and 12 students helpful information so that they can be more prepared for the transition into post-secondary learning. Additionally, a recruiter from the University of Alberta will be speaking to programs and supports available to our Indigenous students.

During our Connect class this week, students were given information about the sessions offered on March 8th so that they could sign up for the two presentations that they will attend. We encourage parents to ask their kids about the presentations they have chosen to attend, and to encourage them to sign up if they have not already done so.

If you have questions, please feel free to reach out to our Careers Team - Jas Payne, Theresa Donaghy and Darla Bell.

CAREERS YOUTH & PARENT INFORMATION NIGHT



CAREERS is opening doors for Alberta youth to explore local career options in skilled trades, ICT, agriculture, health, and more.

Come learn about how you can gain valuable work experience, earn credits, and make money! Students can start applying on the spot. CAREERS alumni will also be joining us to share their experiences.

MARCH 15
• 7PM

RED DEER POLYTECHNIC



REGISTER HERE

for information
CAREERScentral@nextgen.org
1.888.757.7172
careersnextgen.ca



CAREERS
take on the future



CAREERS YOUTH & PARENT INFORMATION NIGHT



CAREERS is opening doors for Alberta youth to explore local career options in skilled trades, ICT, agriculture, forestry, and more.

Come learn about how you can gain valuable work experience, earn credits, and make money! Students can start applying on the spot. CAREERS alumni will also be joining us to share their experiences.

MARCH 22
• **7PM**

OLDS COLLEGE OF
AGRICULTURE AND
TECHNOLOGY



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1.888.757.7172
careersnextgen.ca



CAREERS
take on the future



OLDS COLLEGE
OF AGRICULTURE & TECHNOLOGY

What is sleep hygiene?

Sleep hygiene is our habits before bed that help to promote quality sleep. These habits and routines take time to develop, so keep repeating them!

This month we are sharing some tips and tricks to help promote quality sleep in children (as well as adults)!

If we have problems with sleep, we can see it impacts your child's school work, relationships, and overall mood.

Promote a good bedtime routine

Create a routine and be consistent with it. This lets your body know that it's almost time for sleep! The routine should take no more than 20 minutes and is intended to start calming the body and mind. Some ideas may be to have a bath, read a book, brush your teeth, etc. Over time, this routine will tell your body you are tired.

Keep bedtimes and wake-up times close to the same time every day, even on weekends, to keep your body in a regular pattern.

Tips for a good night's sleep

Limit screen time before bed. The blue light our devices and TVs produce actually prevents us from producing melatonin. Melatonin is the hormone our bodies produce to help us fall asleep and stay asleep!

Get some exercise during the day. Physical activity can help us fall asleep faster and stay asleep!

Ways to support your child's sleep

If you notice your child is struggling to relax at bedtime, or talk about feeling worried, you can take some extra steps.

- If there is an easy solution, tackle it with them.
- Acknowledge their feelings if it's not a quick solution.
- Share with them when you notice positive changes in their sleep habits and routines.

MORE RESOURCES

<https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>

<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>

<https://positivepsychology.com/sleep-hygiene-tips-kids-teenagers/>

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642





Grad Hoodies will be on sale soon!
Watch the grad instagram [hjcgrad2023](#) for
more info!

