

# HJC LAKERS



## Dates to Remember

- May 19: TPGP Day, No School
- May 22: Victoria Day, No School
- May 29: Non Instructional Day, No School
- May 30: Athletic Society Meeting - 6:30 PM
- June 14: Athletic Awards Ceremony 6-7 PM
- June 19: Last day of Classes

Dear Parents and Guardians,

I would like to provide an update on our LED Media wall that will be used for school-wide presentations, athletic competitions, leadership conferences, and community programs.

Thank you to Vesta Energy and Falcon Homes for their Gold Sponsorship of \$10,000 each!



## FALCON HOMES

We would also like to thank Edge Homes, Alberta Directional Boring, and Border Paving for their Silver Sponsorship of \$5,000. We are also grateful to Canadian Natural Resources, the HJ Cody Athletic Society, and the Shea Family for their Bronze Sponsorship of \$1500. Thus far we have raised \$39,500 from sponsorships of the \$77,185 needed. If you would like to consider sponsoring our school with a financial donation to work towards our school paying off our digital scoreboard, please let me know.

We would love to have as many parents and community members join us on May 31st to participate with our staff and students in our Walk-A-Mile event. Students and staff will be walking a mile in high heels to raise awareness about domestic violence. The fundraising efforts of Walk-A-Mile are donated to provide many services to women, men and children who have chosen to pursue a healthier, safer and more secure life. The walk will begin from the front of our school at 11:00 followed by a BBQ from 11:30-12:30 generously donated by Trilliant Real Estate.

Kind regards,

Mike Garrow  
Principal





On May 9th teams participated in a bean bag torment at Eckville school....with Patrick and Roy earning a third place finish! It was a great day and fun was had by all!





# CONGRATULATIONS!



Congratulations to Blaire Campbell and Reese Murray on winning GOLD for Grade 9 Girls Doubles!

## **Red Deer Grad studio dates have been set!**

We are now taking online bookings ; the event is by appointment only. Please pass along to your online learners, graduates and parents. We are offering a studio day in Red Deer for any students who were unable to attend photo day at school or would like retakes. As well as online/home learners.

When : May 16th-19th, 2023.

Where : Clearview Meadows Community Centre, 93 Cornett Drive,  
Red Deer , Alberta

Please use the link below to access the online booking website. If you have any questions or concerns, please feel free to contact me by email

[teirra.keats@lifetouch.ca](mailto:teirra.keats@lifetouch.ca)

or by phone 1-587-200-2920

[SCHEDULE NOW](#)



# ***Honour Roll***

**GRADE 11**



**GRADE 10**





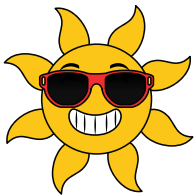
# ***Honour Roll***

**GRADE 9**

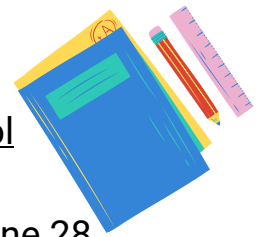


## **Summer School**

Parents can now register their students for summer school. Please visit the following link for information and registration.



<https://www.cesd73.ca/programs/summer-school>



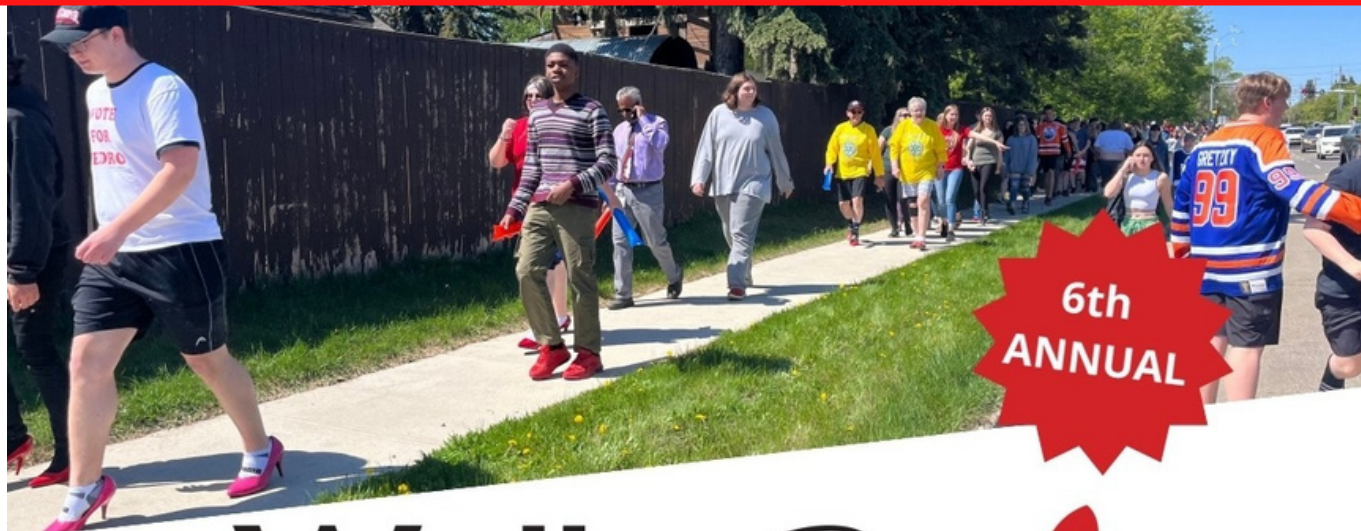
Summer School Registration Deadline: Wednesday, June 28

Dates & Times: July 3-28, 2023, 8:30 a.m. - 12:45 p.m.  
Monday to Friday (daily availability during these hours is required).

Courses Offered: Grade 10 & 11 core courses, Grade 12 non-diploma courses, CALM, Psychology, Forensic Science, and some CTS courses.

Typical Daily Workload: Approximately 6-8 hours.

For More Information email [summerschool@cesd73.ca](mailto:summerschool@cesd73.ca).



# Walk *Shoes*

A Mile In HER

## SYLVAN LAKE



In partnership with:



**MAY 31, 2023**  
**11:00 AM**

**ROUTE:**  
HJ Cody (front lot) -  
Bethany and back to  
HJ Cody

Come together as a community to stand  
up against gender based violence.



Register or donate:  
[theoutreachcentre.org/events/  
WalkaMileSylvanLake](https://theoutreachcentre.org/events/WalkaMileSylvanLake)





## WANTED:

Community Members, parents and friends to come and join us in our 6th annual Walk a Mile in Her Shoes on May 31 at 11 am.



### How Can You get involved?



Sign up to Walk (TheRed Deer Outreach Center —Events — Walk a Mile Sylvan Lake). You can also fundraise here (digitally) or donate to our walkers here. The list is only those students who are fundraising electronically. Others have signed up at school and are fundraising using the old fashioned paper and pencil method.

Encourage our kids to get involved. All proceeds from this event go towards helping women and children escape domestic violence.

Donate a prize (you can even designate what you would like the prize to be for such as highest fundraiser, best family group, most business involvement and more).

Come out and help cheer and support in any way that you can. The more the merrier and it is wonderful to see our students at their element.

## SIXTH ANNUAL SPRING FLOWER SALE

The actual sale will be from 10:00am-3:00pm in the HJ Cody parking lot. People can pick up flowers if they bought some, but there will be lots and lots and lots of product to buy.



# June 2023 Grade 12 Diploma Exams and Tutorials

| Sunday | Monday   | Tuesday   | Wednesday  | Thursday  | Friday                                 | Saturday   |
|--------|--|---|--|---|--|--|
| 4      |  |   |  | 1   | 2                                      | 3  |
|        |  |   |  |   |  |  |
| 11     | 5  | 6   | 7  | 8   | 9                                      | 10   |
|        | ELA 30-1 PRT Tutorial<br>3:30 - 5:00   | ELA 30-1 CART 3:30 - 5<br>ELA 30-2 Lit Review<br>3:30 - 5:00  |  |   |  | Math 30-1 Practice<br>Diploma 9:00 - 12:00<br><br>Chemistry 30 Tutorial<br>2:00 - 4:00 |
| 18     | 12   | 13  | 14   | 15  | 16                                     | 17   |
|        | ELA 30-1 Diploma Part A<br>ELA 30-2 Diploma Part A<br><br>SS 30-1/2 Written Tutorial<br>3:30 - 5:00                    | SS 30-1 Diploma Part A<br>SS 30-2 Diploma Part A<br><br>Calculus Tutorial<br>3:30 - 5:00<br>Chem 30 Tutorial<br>3:30 - 5:00 | Calculus Final Part A<br><br>Biology 30 Tutorial<br>3:30 - 5:00<br>Math 30-2 Practice Dip<br>3:30 - 6:00 | Calculus Final Part B<br><br>Math 30-1 Tutorial<br>3:30 - 5:00<br>Math 30-2 Tutorial<br>3:30 - 5:00<br>FLA 30 Tutorial<br>3:30 - 5:00 | Math 30-1 Diploma<br>Math 30-2 Diploma | Biology Practice<br>Diploma 10 - 1<br><br>Chemistry Practice<br>Diploma: 1:30 - 5:30   |
| 25     | 19   | 20  | 21   | 22  | 23                                     | 24   |
|        | ELA 30-1 Diploma Part B<br>ELA 30-2 Diploma Part B<br><br>Last Day of Classes<br><br>SS 30-1/2 Tutorial<br>3:45 - 5:15 | SS 30-1 Part B Diploma<br>SS 30-2 Part B Diploma<br><br>Physics 30 Tutorial<br>3:30 - 5:00                                  | Indigenous Peoples Day<br><br>Physics 30 Tutorial<br>3:30 - 5:00   | Biology 30 Diploma<br><br>Chem 30 Tutorial<br>3:30 - 5:00<br>Physics 30 Practice Dip<br>9:30 - 12:00                                  | Chemistry 30 Diploma                   |  |
|        | 26   | 27  | 28   | 29  | 30                                     |  |
|        | Physics 30 Diploma<br><br>Science 30 Tutorial<br>1:00 - 3:00   | Science 30 Diploma  | Organizational Day   |   |  | *All diploma exams<br>start at 9:00.   |

# June 2023 Grade 11 Final Exams and Tutorials

| Sunday | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|--------|---|---|--|--|--|---|
| 4      |   |   |  | 1  | 2  | 3   |
|        |   |   |  |  |  |   |
| 11     | 5   | 6   | 7  | 8  | 9  | 10  |
|        |   | ELA 20-2 Visual<br><br>SS 20-1 Tutorial<br>3:30 - 4:30                | SS 20-1 Source<br>Analysis<br>SS 20-2 Source<br>Analysis   | SS 20-1 Source<br>Analysis<br>SS 20-2 Source<br>Analysis<br>ELA 20-2 Persuasive  | ELA 20-2 Persuasive  |   |
| 18     | 12  | 13  | 14   | 15   | 16   | 17  |
|        |   | SS 20-1 Tutorial<br>3:30 - 4:30                                       | SS 20-1 Position Paper<br>SS 20-2 Opinion Paper<br>ELA 20-2 Essay<br>ELA 20-1 Part B<br><br>Physics 20 Tutorial<br>3:30 - 5:00 | SS 20-1 Position Paper<br>SS 20-2 Opinion Paper<br>ELA 20-2 Essay<br>ELA 20-1 Part B<br><br>FLA 20 Tutorial<br>3:30 - 5:00 | Science 20 Part A<br>Physics 20 Part A<br>Biology 20 Part A<br>ELA 20-2 Essay<br><br>Chem 20 Tutorial<br>3:30 - 5:00 |   |
| 25     | 19  | 20  | 21   | 22   | 23   | 24  |
|        | Chem 20 Part A<br>Science 24<br>FLA 20<br><br>Last Day of Classes<br><br>ELA 20-1 Written Tutorial<br>3:45 - 4:45 | ELA 20-1 Part A<br>ELA 20-2 Part B<br><br>Bio 20 Tutorial 1:00 - 3:00 | Indigenous Peoples Day<br><br>Math 20-1 Tutorial<br>3:30 - 5:00  | Math 20-3<br>Bio 20 Part B (PM)<br><br>Bio 20 Tutorial<br>10:00-11:00<br>Physics 20 Tutorial<br>3:30 - 5:00                | Chem 20 Part B<br>Math 20-1 (PM)   |   |
|        | 26  | 27  | 28   | 29   | 30   |   |
|        | SS 20-1 Part B<br>SS 20-2 Part B<br><br>Science 20 Tutorial<br>1:00 - 2:00<br>Physics 20 Tutorial<br>2:00 - 3:30  | Science 20 Part B (14)<br>Physics 20 Part B (18)                      | Organizational Day   |  |  | *All final exams<br>during exam<br>week are from<br>9 - 11:30am<br>unless listed as<br>PM. PM exams<br>will be from<br>12:30 - 3:00 |



# June 2023 Grade 10 Final Exams and Tutorials

| Sunday | Monday  | Tuesday   | Wednesday                          | Thursday   | Friday   | Saturday   |
|--------|---|---|------------------------------------|--|--|--|
| 4      |   |   |                                    | 1  | 2  | 3  |
| 11     | 5   | 6   | 7                                  | 8  | 9  | 10   |
|        |   | ELA 10-1 Part B<br><br>SS 10-1 Tutorial 3:30 - 4:30   | ELA 10-1 Part B                    | SS 10-1 Written  | SS 10-1 Written  |  |
| 18     | 12  | 13  | 14                                 | 15   | 16   | 17   |
|        | ELA 10-2 Visual Response  | ELA 10-2 Visual Response<br><br>Science 10 Tutorial<br>3:30 - 5:00  | SS 10-2 Written<br>ELA 10-2 Lit Ex | SS 10-2 Written<br>ELA 10-2 Persuasive                           | Science 10 Part A<br>ELA 10-2 Persuasive<br><br>Spanish 10 Tutorial<br>3:30 - 5:00 |  |
| 25     | 19  | 20  | 21                                 | 22   | 23   | 24   |
|        | Spanish 10<br>Science 14<br><br>Last Day of Classes<br><br>ELA 10-1 Tutorial<br>3:45 - 4:45<br>Etudes Sociales 10 Tutorial<br>3:45 - 5:15 | Etudes Sociales 10-1<br>ELA 10-1 Part A (PM)<br>ELA 10-2 Part B (PM)<br><br>Math 10C Tutorial (P&T)<br>9:00 - 11:00<br>Math 10C Tutorial (B)<br>1:00 - 3:00 | Indigenous Peoples Day             | Math 10C<br>Math 10-3<br><br>SS 10-1/-2 Tutorial<br>9:00 - 11:00 | Science 10 Part B  |  |
|        | 26  | 27  | 28                                 | 29   | 30   |  |
|        | SS 10-1 Part B<br>SS 10-2 Part B  |   | Organizational Day                 |  |  | *All final exams,<br>during exam<br>week, are from 9 -<br>11:30am unless<br>listed as PM. PM<br>exams will be<br>from 12:30 - 3:00 |

# June 2023 Grade 9 Final Exams and Tutorials

| Sunday | Monday   | Tuesday  | Wednesday              | Thursday   | Friday  | Saturday                         |
|--------|--|--|------------------------|--|---|----------------------------------|
| 4      |  |  |                        | 1  | 2   | 3                                |
| 11     | 5  | 6  | 7                      | 8  | 9   | 10                               |
|        |  |  |                        |  |   |                                  |
| 18     | 12   | 13   | 14                     | 15   | 16  | 17                               |
|        |  |  |                        |  | Science 9 Final Part A<br><br>ELA Tutorial<br>3:30 - 4:30   |                                  |
| 25     | 19   | 20   | 21                     | 22   | 23  | 24                               |
|        | Last Day of Classes  | ELA 9 PAT Part B<br>ELA 9 K&E PAT Part B<br><br>Math Tutorial 9 - 11 | Indigenous Peoples Day | Math 9 PAT Part A<br><br>Math 9-3 Tutorial<br>10 - 11:30 | Math 9 PAT Part B<br>Math 9 K&E PAT<br><br>Social Tutorial 1-3<br>Etudes Sociales<br>Tutorial 1 - 3 |                                  |
|        | 26   | 27   | 28                     | 29   | 30  |                                  |
|        | Social 9 PAT<br>Social 9 K&E PAT<br>Etudes Sociales 9 PAT<br><br>Sci Tutorial P&S 9 - 11<br>Sci Tutorial R 9 - 10:30<br>Sci Tutorial R 1:00 - 2:30 | Science 9 PAT<br>Science 9 K&E PAT                                   | Organizational Day     |  |   | *All PATs will<br>begin at 9:00. |

## **Foundations of Connection: How to Communicate with Your Youth**

A presentation for parents and caregivers on having healthy parent-child relationships and talking about healthy relationships with youths.

The first part is on healthy relationships basics, so we go over boundaries, consent, and the characteristics of healthy and unhealthy relationships. We discuss abusive relationships and the cycle of abuse and spend more time discussing consent in detail. Next, we go over shame, its effects, and how we can minimize it in our conversations. This is followed by a discussion on rejection and how to talk about it. We then talk about pornography, its effects on developing brains and relationships, and how to talk about it without perpetuating shame. The topic shifts to sexting and its consequences, as well as a review of the laws surrounding non-consensual photo sharing. The second section is on parent-child relationships specifically and begins with some traits for healthy parent-child relationships at different ages. We discuss how to build a trusting relationship and go over tips for open communication. Next, we cover ways to talk about consent with different age groups before covering tips for handling conflict in relationships. We finish by going over some tips for talking to youths about healthy relationships, pornography, and sexting. The presentation includes video clips on communication, abusive relationships, consent, and talking about pornography with youths.

Cyberworld: What Happens When Youth Press Send? Parent Presentation

Responding to Online Child Sexual Exploitation 1 Hour Workshop



### **Video gaming and Youth Learning Opportunity**

Video gaming is accessible to virtually everyone including our children. In Canada, gaming is a billion dollar industry. This session will look at the video gaming prevalence among genders and age groups, impact on major life areas, and strategies to encourage a more balanced approach to gaming.

**Click for more info!**

<https://crcpd.ab.ca/program/8982>







**HJ CODY  
PRESENTS**

# **ARTS GALA**

**DOORS@6PM WITH  
ART SHOW &  
APPIES  
7PM - CONCERT**

**\$10 ADMISSION  
@HJ CODY HIGH  
SCHOOL COMMON  
AREA & FINE ARTS  
CENTRE**

**SUPPORT THE ARTS**

May 10, 2023

# CAREERS CENTRAL

Central Alberta Updates



## Upcoming Event - Please Join Us!

### School Engagement Happy Hour Event

We have sent out a Calendar Invitation to all of you to join us for a fun happy hour event to celebrate all we've accomplished together this school year!

**Wednesday, May 17th from 3:30-5:30pm at Cilantro & Chive in Red Deer.**

CAREERS will cover the cost of a variety of delicious appetizers and non-alcoholic beverages for all. We hope you can join us!! (and if you didn't get the invite, please let us know)

## Ag Data Science Camp

Olds College is inviting high school students to [APPLY NOW](#) for their annual **FREE** camp, taking place July 31 - August 4!



## Red Deer Polytechnic - Free Apps!

### Students Can Apply for FREE on Thursday, May 11th!

Our friends at RDP recognize that not all students could attend the Career Expo so they are offering **FREE APPLICATIONS** for one day only on **Thursday, May 11.**

This offer is extended to all students, their families, and community members who wish to [apply](#) to one of Red Deer Polytechnic's [programs](#).



## Congrats Skills Competitors!

CAREERS Central AB would like to congratulate all of the Regional and Provincial competitors from across Alberta...and we're sending an especially big **"GOOD JOB"** to all of the students from the Central AB region who did us proud!

[Provincial 2023 High School Competition Results](#)

[Provincial 2023 Post-Secondary Competition Results](#)

## Current Internship Opportunities

### Heavy Equipment Tech Intern (multiple)

- Multiple companies in the Red Deer, Blackfalds, Lacombe and Rocky Mtn House are looking to hire interns ASAP
- Flexible schedule, must be 16 and have a DL

### Plumbing Intern

- MiLo Group - Red Deer - starting ASAP
- Flexible schedule, must be 16 and have a DL

### Instrumentation Technician Intern

- CMC Controls - Ponoka - starting ASAP
- Flexible schedule, must be 16 and have a DL

### Welding & Electrician Interns

- Canyon Ski Resort - Red Deer - starting ASAP
- Must be 16 and have a DL

### Agricultural Equipment Technician Intern

- Brandt Agriculture - Olds - starting ASAP
- General shop duties and assisting techs, must be 16 and have a DL

### Fruit & Vegetable Production Intern

- Gull Valley Greenhouses - Blackfalds - ASAP
- Working in greenhouse, Flexible schedule, must be 16 & have a DL

### Agricultural Equipment Technician Intern

- Red-M Mechanic Ltd - Innisfail - ASAP
- Working in shop with techs, flexible schedule, must be 16 & have DL

### Landscape Horticulturist Intern (x2)

- Advanced Landscaping - Red Deer County - ASAP
- Flexible schedule - Helping with yard care, mowing and clean-up

### Yard Assistant Intern

- Pidherney's Trucking - Rocky Mountain House - ASAP
- Yard maintenance & other duties, must be 16 & have a DL

### Parts Technician Intern

- Rocky Mountain Dodge - Rocky Mountain House - ASAP
- Parts counter & other duties, must be 16 & have a DL

### Steamfitter - Pipefitter Intern

- Terrafirma - Rocky Mountain House - ASAP
- Assist tradespeople, cleaning & prepping, must be 16 & have a DL

### Rehabilitation/Kinesiology & Health Intern

- 360 Fitness Ltd - Red Deer - ASAP
- Fitness, personal training, & nutrition - must be 18 and have a DL

### Landscape Horticulturist Intern (x2)

- Fair Haven Landscaping - Red Deer/Olds - ASAP
- Helping with yard care, landscaping projects, and maintenance

### Cook & Horticulture Interns

- The Track on 2 - Lacombe - ASAP
- Horticulture must be 16 and have a DL
- Cook must be 18 and have a DL

### Agriculture Food Production Intern (x3)

- Edgar Farms - Red Deer County - ASAP
- Flexible schedule, helping with picking, packaging and selling veggies

### Automotive Service Tech Intern (x2) & Parts Tech Intern

- Kal-Tire - Eckville - starting June 2023
- Flexible schedule, must be 16 and have a DL

### Auto Body Tech Intern (x2)

- Fix Auto - Red Deer - starting June 2023
- Flexible schedule, must be 16 and have DL

### Electricians Helper Intern (x2)

- East Country Electric Inc - Ponoka - starting July 2023
- Full-time summer position - Must be 16 and have a Driver's License

### Electricians Helper Intern (x2)

- Techmation Electric & Controls Ltd - Red Deer - starting July 2023
- Full-time summer position - Must be 16 and have a Driver's License

### Horticulture Production Intern (x2)

- The Jungle Farm - Red Deer County - starting July 2023
- Pick & sell vegetables and berries, customer service & cashier duties

### Food Production Intern

- Ceres Solutions - Crossfield - starting July 2023
- Using tech to grow oyster mushrooms, must be 16 and have a DL

### Cook Intern

- The Keg Steakhouse & Bar - Red Deer - starting July 2023
- Flexible schedule, could go full-time in Summer, must be 16





m e n t a l   h e a l t h . . .



## Mental Health Literacy

Join the Family Enrichment Centre and Alberta Health Services, for a one-hour information session on supporting youth with mental health.

**Thursday, May 11**

**Room 100**

**Wellness & Community Connections Centre**

**7:00 PM - 8:00 PM**

Many individuals are impacted by mental illness, whether it is through waiting for a diagnosis, operating day-to-day, or receiving treatment.

Many factors can influence positive mental health, including a strong support network is important for all individuals involved.

Education on mental health and coping resources can help change the conversation, so we can better support those we care for.

**Call 403 864 5583 to register**



# Sylvan Lake Brilliant All Year!

## Summer Programs

Summer programs are open for registration! Enjoy a summer full of adventure with themed camps, fitness classes, pool programs and so much more! There's something for the whole family. Register online at [recreation.sylvanlake.ca](http://recreation.sylvanlake.ca) or by calling 403.887.2199.

## Summer Splash Pass

Spend your summer at the pool! Snag a summer splash pass and swim all summer long for \$50. Available for youth ages 8 to 17 and valid for July and August. Purchase online or at the NexSource Centre!

## Upcoming Events

- 1913 Days | June 9 to 11
- National Indigenous Peoples Day | June 21
- Canada Day | July 1

Find details at:  
[visitsylvanlake.ca/events](http://visitsylvanlake.ca/events)

## Volunteers Needed

We're in need of volunteers for a variety of events. If you're interested in joining our volunteer community, please contact the volunteer centre at 403.887.1137 ext. 433 for more information.



@sylvanlakerecreation



[recreation.sylvanlake.ca](http://recreation.sylvanlake.ca)



403.887.2199



[recreation@sylvanlake.ca](mailto:recreation@sylvanlake.ca)