

HJC LAKERS



Dates to Remember

- November 9-10: Fall Break, No School
- November 17: Academic Awards Night
- November 22: Career Day
- November 24: No School, PD Day
- November 30: School Council Meeting 7pm
- December 8: No School, Non Instructional Day

Dear Lakers and Laker families,

Our Lakers continue to impress me by adding to our positive school culture and climate daily. Through positive interactions in the hallways, intramurals, participation in clubs and teams, their contributions to their academics in their classrooms, and volunteering in our community, our Lakers are enriching our school and our community of Sylvan Lake.

This week grade 9 and 10 students have started their quarter two courses and are excited to embark on new learning and experiences. A reminder that there is no school on November 9th and 10th as we are on fall break. School will resume on Monday, November 13th.

Midterm teacher comments and quarterly final grades can now be found on Powerschool. By clicking on the grade in Powerschool, you will see a detailed breakdown of your child's progress in their course. We encourage parents to reach out to their child's teachers with any questions that you may have. We will be celebrating our Honour Roll students after the fall break.

November 17th is our 2022-2023 Academic Awards Night. In order to accommodate all of our award recipients and their families, this event is by invite only. Students will be receiving an invitation for awards night today if they are an award recipient. If you have any questions, please reach out to Ms. Donaghy (tdonaghy@cesd73.ca). A big thank you to Ms. Donaghy and all of our local sponsors. This event would not be possible without the support of local businesses and organizations.

November 22nd is our Career Day where local professionals will come into our school and speak to students about their careers and their educational pathways. On November 15th in Connect, students will sign up and choose two career presentations of their choice. A big thank you to our Career Practitioner, Mrs. Bell and all of our local professionals who are making this day possible.

Thank you for your ongoing support of our school community. We encourage parents to be actively involved in their students' education and our school. If you are looking for an opportunity to become more involved as a parent at HJ Cody, please let me know. We are always looking for volunteers for class field trips, school dance chaperones, canteen helpers, and lunch hallway supervisors. Wishing you and your family a wonderful fall break.

Kind regards,
Alex Lambert, Principal



COINS
FOR
KIDS



Your Donations to your Connect Class ensure gifts arrive for Sylvan Lake families in need.



Red Deer Polytechnic Scholarship Opportunities

Now that applications for admission have opened for Fall of 2024, and Red Deer Polytechnic's Open House has passed, I'd like to remind you about our Building on Excellence Academic Award.

High School students who have applied to Red Deer Polytechnic for next fall, with an average of 80% or higher in five 5-credit grade 11 or grade 12 subjects, you could get \$1000 toward tuition.

It's easy to apply! Email your transcript or Detailed Academic Report to studentconnect@rdpolytech.ca and be sure to provide an up-to-date email address and phone number.

For a complete list of our scholarships and awards, you can visit [HERE](#).



Find us on 

HJ Cody High School



 SCAN ME

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The Music Program has an online shop!



SCAN ME

Remembrance Day Contest

Support the Legion

Win \$\$\$

Four categories: Black and White Poster

Colour Poster

Poetry

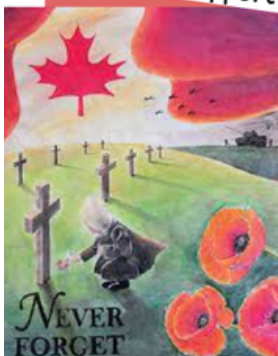
Essay/Story

See Ms. Wilson in Room 206

You can enter 1 or all 4 categories!

Show off your drawing/writing talents and support the legion!

Due Nov. 21 to Ms. Wilson




HJC
BOYS' BASKETBALL TRYOUTS



NOVEMBER 8
GRADE 10-12
3:30 @ HJC

▶ JOIN NOW ◀

IF YOU HAVE ANY QUESTIONS TALK TO
MR. KLASSEN



**HJC BOYS
BASKETBALL
TRYOUT**

Grade 9 Boys

NOVEMBER 14
4 - 5:30 PM @
BEACON HILL

*If you have any questions
talk to Ms. Szymanek*



**UNIVERSITY OF
CALGARY**

The University of Calgary will be visiting HJ Cody on Monday, November 13, 2023, from 2:00-3:30PM. They will be available to discuss programs, one to one, and applications. They will be set up right outside the Learning Commons/LSC Door.

Are you needing help this Christmas?

REGISTRATION DAY

Sunday, November 19th

Registration forms available [here](#)

Are you able to help this Christmas?

DONATIONS CAN BE MADE THREE WAYS:

Adopt a Family

Cash Donation

DQ Angels Anonymous Tree

For more information visit
www.sylvanlakechristmasbureau.com

Or call (403)348-9993

Sylvan Lake
CHRISTMAS BUREAU

Helping Families in Need   

Why is it important to talk with your children about drugs and alcohol?

- can protect them from participating in high risk behaviours as they get older.
- Demonstrates that you are open to having tough conversations and finding answers to their questions.
- Can influence their decision to experiment.

Direct and honest communication about tough topics will promote continued communication with your child.

Helping your children practice refusal skills

Practice refusal skills with your children so that they feel comfortable and confident in setting boundaries with peers. Examples of boundary-setting statements they could use:

- No thanks, I'm not interested
- I'm not drinking or using drugs tonight
- Sorry, I need to leave
- They could ask questions in response:
 - Why are you asking me to do this?
- Deflect and redirect:
 - Suggest other activities to participate in

Talking to your children about substance use

- Approach the conversation with curiosity and interest vs judgment and fear
- Model healthy behaviour
- Ask your child about their concerns and experiences and encourage questions
- Be honest about what you know, and don't know. Look up information together
- Promote trust by showing support and care
- Be clear on your expectations around substance use
- Connect them with a support worker if needed

Safety planning for when youth experiment

Experimentation and pushing boundaries is a part of growing up, especially in the teen years. Youth want to assert their independence, which promotes learning from mistakes.

When you have conversations with your children about alcohol or other drug use, you can encourage your child to do some safety planning - what would they do if they were uncomfortable? Who would they call in a time of need?

Have your child outline who they would call, and how you will talk about the incident in a safe and productive manner.

MORE RESOURCES

[Centre for Addiction & Mental Health](#)

[Parent Information Series - AHS](#)

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

