

HJC LAKERS



Dates to Remember

- May 31: Grad!
- June 4: Walk A Mile
- June 19: Last Day of Classes
- June 20-26: Exam Week
- June 27: Organizational Day

Dear Lakers and Laker Families,

15 days of regularly scheduled classes to go!

We are thrilled to announce that 200 Lakers will walk the stage at graduation on Saturday! We are incredibly proud of the Class of 2025!

Here are key times to note for **Graduation on Saturday**:

9 am: Pier Photo (students should arrive wearing their caps and gowns)

10:30 am: Convocation starts at the Nexsource

5:00 pm: Grand March (grads must arrive at 4:30). Prom will follow.

Please encourage your child to attend each day and stay current with their assignments. Regular attendance and completion of coursework are essential to academic success during this important time of year.

The **Final Exam Schedule** and **Tutorial Schedule** are available on our website:

[Final Assessment Schedule](#)

Please take a moment to review these schedules and ensure your child is aware of their exam and tutorial commitments. All daytime (Mon-Fri) tutorials are mandatory with evening and weekend tutorials being strongly recommended. There is a strong connection between tutorial attendance and improved performance on final exams, and we encourage students to take full advantage of these learning opportunities.

Our school division provides access to **Solaro**, an online study tool designed to support students in core subjects. This is an excellent resource to help students review and prepare for their final exams. To access Solaro, students must sign in using their CESD email address: <https://app.solaro.com/users/login>

CESD will be continuing with a **Diploma Exam Prep** subsidy for June writings. With Diploma Exams right around the corner, CESD students are offered a \$50.00 subsidy when they register for Rock the Diploma (RTD) or Solaro Excelerator diploma prep courses. Please email Ms. Schaab (rschaab@cesd73.ca) your registration information and receipt prior to June 22nd in order to receive the reimbursement. Students who register for the Solaro Excelerator prep course will have a \$50.00 discount applied at the time of checkout (by registering as a Chinook's Edge student). Here are the links to [Red Deer Rock the Diploma](#) and [Solaro Excelerator](#) prep course registration information. Please Note: RTD is offered in person in Red Deer. Solaro Excelerator is offered online only.

Summer school registration is now open. For course offerings and registration details, please visit:

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

Jumpstart registration is now open. Upon completion of 6 online modules focussed on Google Workspaces, students will earn 6 credits and a new Chromebook. For more information and to register, please visit:

<https://jumpstart.cesdhub.com/information/>

Thank you for your continued support of your child's education and our school community. If you have any questions or need further information, please feel free to reach out.

Yours in education,
Alex Lambert
Principal

Parents with incomplete Media Consent forms from School Start-Up/Registration will result in your teen or graduate being removed from the yearbook!

If you would like your teen to appear in the book, the form must be completed by June 2nd by calling Ms. Kloss in the office.

****This is for FOIP, so incomplete forms are considered NO CONSENT GIVEN, and therefore students who have incomplete media consent must legally be removed from published documents such as the yearbook.**



ROCK THE DIPLOMA
- A high-impact Diploma Exam prep weekend for Central Alberta students -

Register Online: <https://lindsaythurber.dpsd.ab.ca/students/career-centre/rock-the-diploma>

WEEKEND 1: JUNE 6, 7, 8	WEEKEND 2: JUNE 13, 14, 15	WEEKEND 3: JUNE 20, 21, 22
English 30-1 Social 30-1 Math 30-1A* (9:45 AM start on Sat & Sun) Biology 30A	Biology 30B Chemistry 30A Math 30-1B* (9:45 AM start on Sat & Sun) Math 30-2	Chemistry 30B Physics 30
\$135 per course in one weekend	\$135 per course in one weekend	\$135 per course in one weekend

Schedule:
Friday: 6:00 PM - 9:30 PM
Saturday: 10:00 AM - 4:30 PM
Sunday: 10:00 AM - 4:00 PM

LINDSAY THURBER
COMMUNITY HIGH SCHOOL



ADP Alberta Diploma Prep
Get the skills you need and the grade you want!

- ❖ Certified Alberta Instructors
- ❖ Learn Exam Writing Strategies
- ❖ Extensive Notes Packages
- ❖ Practice Diploma Style Questions

June 2025

Biology 30 - Option A June 12 to 15 Thursday to Sunday - Watch Anytime	Math 30-2 - Option A June 9 to 12 Monday to Thursday - Watch Anytime
Biology 30 - Option B June 16 to 19 Monday to Thursday - Watch Anytime	Math 30-2 - Option B June 13 to 16 Friday to Monday - Watch Anytime
Chemistry 30 - Option A June 14 to 17 Saturday to Tuesday - Watch Anytime	Physics 30 - Option A June 16 to 19 Monday to Thursday - Watch Anytime
Chemistry 30 - Option B June 19 to 22 Thursday to Sunday - Watch Anytime	Physics 30 - Option B June 20 to 23 Friday to Monday - Watch Anytime
English 30-1 - Option A June 7 to 10 Saturday to Tuesday - Watch Anytime	Science 30 - Option A June 16 to 19 Monday to Thursday - Watch Anytime
English 30-1 - Option B June 8-10, 16-17 Sun to Tue, Mon to Tue - Watch Anytime	Science 30 - Option B June 21 to 24 Saturday to Tuesday - Watch Anytime
Math 30-1 - Option A June 9 to 12 Monday to Thursday - Watch Anytime	Social 30-1/30-2 - Option A June 7 to 10 Saturday to Tuesday - Watch Anytime
Math 30-1 - Option B June 13 to 16 Friday to Monday - Watch Anytime	Social 30-1/30-2 - Option B June 9-11, 17-18 Mon to Wed, Tue to Wed - Watch Anytime

\$ 59 or less per course
Classes are on-demand. Live teacher help available.
Choose our dates and times or choose your own schedule.

Register at
www.diplomaprep.com

Offering Diploma Prep Classes Since 2001

Skatepark

Season Opener!

Shred, hang out, and celebrate the start of the season!



Date : June 7, 2025

Time : 4:00 PM - 7:00 PM

Location : Skatepark + the Flipside

- Entertainment includes DJ and yard games
- Prizes for skate tricks
- FREE airbrush tattoos, BBQ and ice cream
- Pie the Police @ 5:00 PM (by donation to Food Bank)
- BMX + Unicycler + Skateboarding show @ 4:30 PM, 5:30 PM, 6:30 PM



Sylvan Lake **FLIP SIDE**

Test Anxiety? Try these strategies



Proper Preparation

The #1 way to reduce test anxiety is to study effectively for a test. Make sure to begin studying at least 3 days before an exam and study in a distraction free zone.

Be Well Rested

It is important to be well rested for any test. Go to bed early and turn off any electronics.



Take Care of Yourself

Exercise and eating healthy foods before an exam can help reduce the anxiety felt during a test.

Breathe

When feeling anxious, take a moment to breathe. Breathe in for 3 seconds, hold your breath for 3 seconds, and then breathe out for 3 seconds. Repeat this a few times.



Take a Break

Throughout an exam it is important to take breaks. Go to the washroom, drink some water, focus on other things around the room. These breaks help relieve any building anxiety.

Manage Your Time

Make sure you are managing your time during a test. Do easier questions first and if you are stuck on a question move on and come back to it.



TWILIGHT AND JAZZ

HJ CODY MUSIC
PRESENTS

♦ JUNE 6 2025 7PM ♦

@ THE LIVING ROOM (TIMBER COFFEE)

PERFORMANCES BY
HJ Jazz
Special Guests

ADMISSION BY CASH DONATION

REFRESHMENTS FOR PURCHASE BY
TIMBER COFFEE

CREATIVE
GEMS
HJ CODY



FATHER'S DAY

Cupcake Sale

6 PACK OF CUPCAKES
3 VANILLA & 3 CHOCOLATE
FOR \$12

PRESALE'S DUE JUNE 9
PICK UP ORDERS ON
JUNE 13

EMAIL
HSCHULTZ@CESD73.CA





Walk *Shoes*

A Mile In HER

SYLVAN LAKE



In partnership
with:



**JUNE 4,
2025 11:00
AM**

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

**Step forward, stand together—let's
walk toward a future free from
gender-based violence.**



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

