



Dates to Remember

- June 6: Evening of Jazz 7PM @ Timber
- June 17: Locker Clean Out
- June 19: Last Day of Classes
- June 20-26: Exam Week
- June 27: Organizational Day

Dear Lakers and Laker Families,

We're entering the final stretch, only 10 days of regularly scheduled classes remain.

Please encourage your child to attend each day and stay up to date with their assignments. Consistent attendance and completion of coursework are essential for academic success, especially during this critical time of year.

Yesterday our school community partook in our annual event of Walk a Mile in her Shoes. This powerful initiative is part of a global movement to raise awareness about gender-based violence and promote respectful relationships. Participants symbolically walk one mile in high heels to stand in solidarity with victims and survivors, while also challenging gender stereotypes and encouraging conversations about empathy and advocacy. We are incredibly proud of our students for their enthusiasm, compassion, and commitment to making a difference. Their participation reflects the strength of our school values and their willingness to stand up for what's right.

A heartfelt thank you to Ms. Stelten-Routhier and the HJ Cody Interact Club for organizing this meaningful event and the Sylvan Lake Rotarians and the other community members who joined us and supported the event.

Final Exam & Tutorial Schedules: The Final Assessment Schedule and Tutorial Schedule are now available on our website: <https://www.hjcody.ca/students/final-assessment-schedule>

Please review these schedules with your child to ensure they are aware of their exam dates and tutorial commitments.

- Daytime tutorials (Monday to Friday) are mandatory
- Evening and weekend tutorials are strongly recommended

There is a strong correlation between tutorial attendance and improved performance on final exams. We encourage students to take full advantage of these learning opportunities.

Study Support with Solaro: Our school division provides free access to Solaro, an online study tool that supports students in core subjects. It's an excellent resource for reviewing and preparing for final exams. Students can log in using their CESD email: <https://app.solaro.com/users/login>

Diploma Exam Prep – Subsidy Available: With Diploma Exams approaching, CESD is offering a \$50 subsidy for students who register for Rock the Diploma (RTD) or Solaro Excelerator diploma prep courses.

- For RTD, please email your registration information and receipt to Ms. Schaab at rschaab@cesd73.ca before June 22 to receive reimbursement.
- For Solaro Excelerator, a \$50 discount is applied at checkout when registering as a Chinook's Edge student.

Summer School & Jumpstart Registration

- Summer School: Course offerings and registration details are available here: [CESD Summer School Information](#)
- **Jumpstart Program:** Upon completing six online modules focused on Google Workspaces, students will earn 6 high school credits and receive a new Chromebook. [Register for Jumpstart](#)

Thank you for your continued support of your child's education and our school community. If you have any questions or need more information, please don't hesitate 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
- 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



GRADE 9 TIME CAPSULE

DO NOT OPEN UNTIL JUNE 2028

DUE: June 26, 2024



What is it?-A time capsule! Each student currently in grade 9 who chooses to participate will write letters to their classmates and collect letters from friends and family. The time capsule will be “unearthed” for grad in June 2028, on the last day of classes.

Who is participating?-All current Grade 9 students.

What can go into the time capsule?-Letters and notes from parents, guardians, siblings, grandparents, aunts, uncles, cousins, nieces, nephews, friends, family friends, neighbours, coaches, teachers, and anybody that plays an important role in your child's life

- Photos and pictures
- Any memorabilia, including drawings, art, poems, and creative writing done by the student (anything that showcases his or her current abilities)
- Favourite sayings or mottos
- A letter from students to themselves

What should not go into the time capsule?-Anything bulky (nothing thicker than photographs; CDs could be included!)

Final Tips-Feel free to place letters in envelopes, but please do not seal the envelope, as each letter will be skimmed to ensure that letters are not only directed to the correct student, but that there is no risk of bullying or negativity. This is not intended as an invasion of privacy, but rather to guarantee that each student has an overwhelmingly positive experience.

NEW: If students bring letters for their OWN time capsule directly to their teacher, there will be no need to skim them, and envelopes may be sealed.

- While we hope that students take the time to write and collect letters, we do not wish for the time capsule to distract them from their class work or studying for final exams.

Where can letters be dropped off?-To the bin in your FIRST BLOCK CLASS or to THE OFFICE.

Thank you for taking the time to consider this project. It is truly a unique experience for each student, and has become a tradition at École H.J. Cody School. If you have any questions or concerns, please do not hesitate to contact the coordinator of the project, Kelsey Wilson, at kwilson@cesd73.ca. Thank you again for your participation.

The background of the entire poster is a vibrant red. It is decorated with several stylized starburst or sunburst shapes. Some are white, and others are black, creating a high-contrast, celebratory feel. These shapes are scattered around the central text area, with some partially overlapping the red rectangle.

Join us for a night of celebration

Athletic Awards

June 12th at 6:00 PM, H.J. Cody
Gymnasium

**All H.J. Cody athletes
welcome!**