

**Dates to Remember**

- June 12: Athletic Awards 6pm
- 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 five days of regularly scheduled classes remain!

Please take a moment to review the following important reminders and upcoming events as we wrap up the school year:

Textbook & Novel Returns

Students are reminded to return any textbooks or novels they no longer need to the Learning Commons.

Locker Clean-Out

Locker cleanout will take place on June 17th during the fourth block. Students may continue using their lockers until their last final exam. Once finished, they must return their lock to the office.

Final Exams & Tutorials

The Final Assessment Schedule and Tutorial Schedule are now available on our website:

[Final Assessment & Tutorial Schedules](#) Daytime tutorials (Monday–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.

Exam Accommodations

If your child receives audio accommodations, please ensure they bring wired headphones to their exam.

Study Support with Solaro

Students have free access to Solaro, an excellent online study tool for core subjects:

[Log in to Solaro](#) Students should use their CESD email to log in.

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](#)

Last bell celebration

It is an HJ Cody tradition that the graduating class fills the Common Area for the last 10 minutes on the final day of classes. Together they countdown to their last school bell and celebrate by opening their timecapsules.

If your child is in grade 9 and you have not yet submitted something for their time capsule please drop off a letter to the office. Thank you, Ms. Wilson, for making this tradition possible.

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



GRADE 9 TIME CAPSULE

DO NOT OPEN UNTIL JUNE 2028

DUE: June 26, 2025



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.

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.

