



ESBCHS

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Peacocke's Principal Points for Parents

Volume 6, December 10th, 2018



Congrats to the JV Girls on another medal this weekend!

Congrats to the JV Girls - first a bronze, now silver!

Congratulations again to the JV Girls Basketball team brought home another medal on the weekend for their second in two weeks. This past weekend the girls won the silver medal after losing a close one to LCHS by two points in overtime. Well done girls and thanks to MR. Rawlings for his commitment to coaching the team this year!

French Band success in Calgary!

Felicitations to M. Lacroix and M. Halun and all of the members of our French Band who had a highly successful trip to Calgary last week, bringing the French language alive for their audiences and for themselves. The response from the students at the school ranged from high registration numbers to see the band, to cheering for an encore to asking our French Band members for their autographs.



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SAPP in the community: committing time on their PD Day



SAPPers provide a meaningful community service they organized a brunch for the residents at Ronald McDonald House.

SAPP Summary of Activities this week:

A.) Monday, Dec. 10th is Human Rights Day. M. Halun and a number of students will be performing at lunch in the atrium for the annual Human Rights Day Concert

The SAPP Human Rights Day committee was looking for interested students to sign up to lose their identity for the day on December 10th. Students will be assigned a number to be referred to rather than their own name for the duration of the day. This act brings awareness to groups around the world who have been dehumanized by the practice of being assigned a number, rather than being addressed by their own names. On December 10th, please join SAPP in recognizing Human Rights Day for a noon hour of entertainment in the atrium.

Christmas Elves - please remind your students

SAPP are still collecting donations for the Beaumont and Nisku Christmas Elves with a special emphasis on rounding up gifts for approximately 50 teens in need. . Suggested items are on flyers around the school and in the Library display case, but items we are looking for are can also be found by going to the link to our school website here:

<https://esbchs.blackgold.ca/sapp-beaumont-and-nisku-christmas-elves/>



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Blah blah blah, something about the Principal in an elf costume on Friday

Ignore this part LOL

Hats-On and Hot Chocolate sales for Christmas Elves

This Friday will be our last day for students to make a donation in order to wear their hats. Funds raised will go to the Christmas Elves

Band Concert - mark your calendars

Want to get in the Christmas mood? Mr. Stade and the ESBCHS Band will be performing on December 13th at 7:00pm at JE LaPointe School as part of this year's holiday warm-up. If you have not seen the new gym at JE LaPointe, this would be a good time to support the band AND see the new gym!



Band concert this Thursday at JE LaPointe at 7:00 pm

LEAP Class Competing next week

Next week Mrs. Liddle and students from the LEAP class will be competing in the Unified Team Bocce Tournament at Commonwealth Centre...stay tuned for results!

MyPass

All students should be getting registered on MyPass which allows you to see your course information and, ultimately, your diploma exam marks.

Grade 12's in particular need to ensure they have their MyPass accounts set up prior to February in order to be able to access Diploma Exam results. Alberta Education will send notifications in January however students can initiate the process themselves by



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going to MyPass.alberta.ca and following instructions but you must use an email address other than your blackgold address as it expires at the end of June.

AHS Caregiver Education series

Alberta Health Services has some excellent community presentations and online resources so I thought I would share some with you this week. Leading into the holiday break, it might be a good time to try implementing some of these strategies at home should you feel the need to try implementing some of them as ways to wellness.

Ways to Wellness - each item is hyper-linked with more details and ideas

- Day 1 – [Eat healthy foods](#)
What healthy foods did you eat today? Post your healthy snack or recipe.
- Day 2 – [Get active](#)
Did you get moving today? Post creative ways you fit exercise in to today.
- Day 3 – [Be kind](#)
What act of kindness did you do today? Post how you made someone smile.
- Day 4 – [Practice gratitude](#)
Look for the good in your day. What are you thankful for today?
- Day 5 – [Be yourself](#)
Tell us what you like about yourself or share a picture of your amazing self.
- Day 6 – [Get your groove on](#)
Tune in. Share a song that helps you relax and feel joyful.
- Day 7 – [Laugh](#)
Tell us what you did today to bring humour and laughter into your day.

The Perils of vaping (continued from last week)

Last week I mentioned our concerns about vaping and in addition to some upcoming dialogue with students, here are a couple of links that parents may find helpful to learn about the perils of vaping and some ways to discuss the matter with your kids should you wish.

Resources:

https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

<https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html>



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Final Exams - a few things to keep in mind for January

- Starting with this year's final exams, students will be required to display photo ID on their desk during final exams so please remind them to keep this in mind
- Students with exam conflicts need to see Ms. MacArthur directly and ASAP to make arrangements
- Students who go on vacation and do not return until after exams are over will be required to write upon returning to school, even if it is in Semester 2. Marks will be adjusted accordingly after the exam is written and marked by the teacher and then the necessary arrangements will be made for a final mark course correction.

Accessing student supports

If you are looking for avenues of support for your child, please contact your child's administrator or counselor. If you are unsure who that is, please call the main office at 780-929-6282 and the front office staff will point you in the right direction.

Accountability Pillar survey upcoming in February

In the new year, our Grade 10 students and parents will be asked to complete the annual government survey known as the Accountability Pillar Survey focusing on various aspects of our school. We make arrangements for students to complete the surveys at school, but we ask that parents please keep an eye out for this survey as we value your perspectives on how our school is performing. We will share more information as the dates for the survey approach.

MyPass Reminder

All students should be getting registered on MyPass which allows them to see all their course information and, ultimately, their diploma exam marks. Grade 12's in particular need to ensure they have their MyPass accounts set up prior to February in order to be able to access Diploma Exam results. Any student who is re-writing a diploma exam also needs to register themselves for the exam directly on MyPass. Alberta Education will send notifications in January however students can initiate the process themselves by going to MyPass.alberta.ca and following instructions but they must use an email address other than their blackgold address as it expires at the end of June.

Permissions - reminder

Parents, please remember to check to make sure all permissions and payments for any fees or field trips are paid. If students are on a team, you also need to ensure that their



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permissions are completed before they participate. If they are going on a field trip, they will not be allowed to attend if their permissions and payment are not taken care of by the minimum 24 hour deadline.

Upcoming Student Recognition Assemblies for the year

- Thursday March 21
- Monday June 10

Thanks for reading!

I hope you have found this week's message informative and that it gives you a sense of the many great things going on in our school. I always welcome your feedback, so feel free to email me at chris.peacocke@blackgold.ca

Sincerely,
Mr. Peacocke