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November 6, 2020

[From the Principal's Office: \(doucetr@lrsd.ab.ca\)](mailto:doucetr@lrsd.ab.ca)

Health Hunger has started up again. We have set up JT Foster as a class at AB Daley. Visit Healthy Hunger to sign up or to make orders. Call or email the school if you need more information or need any assistance. <https://healthyhunger.ca>

Parent-Teacher interviews are scheduled next week. Visit our school website to book appointments. Monday, November 9, interviews are in person and will take place in the classrooms. Tuesday, November 10, interviews are either online through google meet or a phone call. <https://www.jtfosterhighschool.ca>

We have a new teacher for the remainder of the school year. Kim Greven joins us to provide additional Math support in grades 8-10 and teach some food classes. Please join me and welcome her to our school community.

Fee notices were mailed. Fees are charged for options and extracurricular activities. We took a deep dive in all areas in the spring to reduce as many fees as possible, given the economy's state. The best way to pay fees is to use our online system through School Cash <https://lrsd.schoolcashonline.com>

The awards night is set for November 26 at 7:00 pm. This awards night will honour the award recipients from the 2019-2020 school year. Join us online using the google meet code meet.google.com/zwr-mzok-kyp

Our next school council meeting will be on Thursday, November 19. Contact the school for more information on how to participate. Meetings are held using Zoom. School Council is an excellent opportunity to get involved in the school.

Our Mission:

- *To create lifelong engaged learners.*
- *To inspire excellence in leadership, academics, athletics, and fine arts.*
- *To develop critical thinkers, problem solvers, and ethically responsible citizens.*

Our Vision:

- *People: Be a great place to learn, be inspired, and self-discovery.*
- *Planet: Be a responsible and ethical citizen in a local and global world.*
- *Community: To create a dynamic engaged community that includes the arts, athletics, and respects the agricultural roots and traditions of our community in order to nurture creativity and lifelong learning.*

Online Progress Reports Are Always Available!

Parents/Guardians, please contact the office to set up your “Parent Internet Viewer” for real-time updates. There is a Quick Link on our website’s homepage to take you there, and our office staff are always willing to assist you in using this feature!

SCHOOL CLOSURE ALERT

JT Foster will be closed On Wednesday November 11 for remembrance day. Additionally, the school will be closed on Thursday, November 12 and Friday, November 13. A sincere thanks to the school board for granting the Livingstone Range School Division staff this break.

Attention Grade 12 Students

Order your graduation jewelry now and receive a Free Hoodie!

We will be holding a graduation jewelry order day on:

Tuesday, November 17

Don’t forget your deposit

Teacher Updates

Grade 7:

Doucet & Porteous (Social Studies A & B): In 7a students worked on the fur trade this week. Our next small task will be assigned in class on Monday. We are moving into the establishment of colonies as well. In 7B, much of the same with a focus on New France this week with a shift into the English in North America and the subsequent conflict.

Gammie (PE): Students continue volleyball demonstrating outcomes in manipulative skills, functional fitness, communication and effort. Also, Nov/Dec fitness begins testing six components of fitness.

Hatch (Science): We have finally begun our second unit of the year, Plants for Food & Fibre, and will be examining the seed plants, structures, and soil requirements throughout the coming weeks.

Howard (Math): We are well into our unit on Decimal Operations where students will hone their skills and strategies from previous years of math.

MacLachlan (ELA 7A): We continue with our thematic genre unit, "Oh, the horror!" This week we have studied a few more narrative elements and started a class novel study of a "Goosebumps" novel.

Porteous (ELA 7B): We are also continuing our thematic unit of Horror, and have been focused on improving the quality of our writing.

Grade 8:

Baxter (ELA A & B): We finished the Creativity project and students have started the Remembrance Day project. Students may choose to submit their project to the Royal Canadian contest - details are posted on Google classroom. Please remind your student to read 20 minutes/day = 120 minutes/week.

Gammie (PE): Students continue volleyball demonstrating outcomes in manipulative skills, functional fitness, communication and effort. Also, Nov/Dec fitness begins testing six components of fitness.

Hatch (Science): Students will be learning about the structure of plant and animal cells throughout the coming weeks. We will be having our next quiz Nov 16.

Howard (Math): We are well into our Integer Operations unit where students are building understanding of the order of operations on the set of integers. We will have our test next week before the Remembrance days off.

Grade 9:

Baxter (ELA): We are finishing the Hero project and students will start the Remembrance Day project on Monday. Students may choose to submit their project to the Royal Canadian contest - details are posted on Google classroom. Please remind your student to read 20 minutes/day = 120 minutes/week.

Anderson (Science): Lab Activity B2 Investigating Physical and Chemical Changes p106 to 107 due Monday, Nov 9th. Students are progressing through Section B1.3 "Observing Changes in Matter." See Powerschool for recent marks updates.

Gammie (PE): Students continue volleyball demonstrating outcomes in manipulative skills, functional fitness, communication and effort. Also, Nov/Dec fitness begins testing six components of fitness.

Porteous (Social Studies): We have started our look at the Charter and Justice. We will be looking specifically at some injustices that happened in Canada prior to the establishment of the Charter.

Grade 10:

Anderson (Science 10): Students are progressing through Unit B1.1 Motion, B1.2 Velocity, B1.3 Acceleration. A quiz is scheduled for Wed. Nov. 4th. See Powerschool for recent marks updates.

Doucet (Social 10): Students are working on their issue two exam and project. The Multiple Choice portion has been moved until after the break at request of the students. Monday and Tuesday will be dedicated for the written portion.

Howard (PE 10): With Covid preventions in place, we are playing volleyball this week in PE. Our units will be shorter from now until the end of the year as we are allowed some flexibility in PE content with the assumption we meet all [Covid] safety requirements.

MacLachlan (ELA 10): This week, we are finishing *Romeo and Juliet*, and will be responding to it with both a reading comprehension test, and an essay.

Baxter (CALM): Students have completed the Sex Education component and will begin with the Career Choices unit.

Greven (FOODS 10 A+B): Hello parents and students, I have just joined the J. T. Foster team and will be teaching Foods 10 for the remainder of the semester. Students are just starting Module 1010: Foods Basics and will be making a variety of recipes. Please do not hesitate to contact me if you have any questions.

email: grevenk@lrsd.ab.ca

Grade 11:

Anderson (Physics 20): This week students are wrapping up Unit B "Dynamics" with a Chapter 3 & 4 Test on Tues. Nov. 3rd. A Unit Exam "Dynamics" is scheduled for Thursday, Nov. 5th. See Powerschool for marks updates. Reminder to students to take advantage of Physics extra help offered daily, Monday through Thursday, 12:05 -12:35 p.m.

MacLachlan (ELA 20): Having finished *Macbeth*, we are finishing up an essay about ambition, likely due Sunday.

Grade 12:

Anderson (Biology 30): Students are progressing through Chapter 17 "Cell Division." We will then transition into Chapter 18 "The Basis of Heredity." Students are busy completing their Mitosis/Meiosis Poster Projects due Tues. Nov. 3rd. A combined Chapter 17 & 18 Test is scheduled for Tues. Nov 17th. See Powerschool for marks updates.

MacLachlan (ELA 30): We are working on our essay for *King Lear*, which will likely be due Sunday.

Porteous (Social 30): We are in the final stages of our examination of the economic systems that emerged as responses to Classical Liberalism. We did pause a bit to examine some politics as a certain event in the USA held our attention.

JTF Athletics

Volleyball Practice Schedule

Junior 7 Girls Thursdays 3:45-5:15 @ JTF - Coach: Erinn McRae

Junior 8 Girls Wednesdays 3:45-5:15 @ JTF - Coach: Jessica Chattaway

Junior 9 Girls Mondays 3:45-5:15 @ JTF - Coach: Jim Watson

Junior Boys Tuesdays 3:45-5:15pm @ JTF - Coach: Kasey Howard

Sr Girls Tuesdays and Thursdays 5:30-7:00pm @ JTF - Coach: Fortune Anchoris

Sr Boys Monday and Wednesday 5:30-7:00pm @ JTF - Coach: Beverly McNutt

Volleyball Game Schedule (all games are subject to change)

Nov 6 - Gr. 7 & 8 Girls @ FPW & Sr. Girls @ JTF

Nov 20 - Gr. 9 Girls @ FPW & Jr. Boys @ JTF

Nov 27 - Sr. Boys @ FPW & Gr. 7 & 8 Girls @ JTF

Dec 4 - Sr. Girls @ FPW & Gr. 9. Girls @ JTF

Dec 11 - Crossover games TBD

Dec 18 - Crossover games TBD

From our Learning Support Teacher

With the upcoming parent teacher interviews, this is a wonderful time for us to discuss how we can work together to support our children. Please reach out with questions and concerns to Mr. Gamache. gamachej@lrsd.ab.ca

From the desk of our FSLC:

So many of us are looking for more resources and advice when it comes to our kids' use of technology, including their phones, social media and other devices. It is important to keep this conversation open with your kids. Talk to them about safe usage and understand how they are spending time on their phones and how they are connecting with their peers. It may be important to check in with yourself as well to find out how you are spending time on your phone/social media to model healthy and safe usage. They are always watching! Check out these articles for more insight:

<https://culturesofdignity.com/social-media-connection-or-avoidance/>

<https://culturesofdignity.com/how-to-have-honest-conversations-about-social-media-with-students/>

If you need support around this topic, or anything else, please don't hesitate to reach out! I am here Monday through Thursday from 8:30 - 4:30. conwaya@lrsd.ab.ca

From the desk of our Career Practitioner:

As I assisted three students applying for post-secondary studies yesterday, I was reflecting on how costs have risen since I was a university student in the early 1990s. I thought it was "highway robbery" for me to pay \$476.00 per semester for my University of Calgary courses. Today, that same semester runs almost 5x what I paid, estimated at

\$2305.20 per semester, according to this [Undergraduate cost estimator](#). The need for focused career research has never been more important! The fact is, there are numerous options for our students to learn after high school. [Apprenticeship trades](#) are a great way for students to enter the workforce and gain marketable skills at a fraction of the cost of pursuing a four year degree or two year college diploma. We encourage all of our students to investigate “return on investment” for their education and seek out the numerous [scholarships](#) available to help reduce costs. One former student received over \$20,000 in FREE money to complete his [Power Engineering Diploma at SAIT](#)! His hard work really paid off and he was able to treat himself to a Hawaiiin vacation as a graduation present before launching his career (expected salary: \$80K).

Please feel free to contact me anytime to review options for your son or daughter as they navigate through high school and beyond!

[Lettie Croskery, Career Practitioner \(403-915-0781\) \[croskeryl@lrsd.ab.ca\]\(mailto:croskeryl@lrsd.ab.ca\)](#)

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