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**February 5 , 2021**

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

It has been a busy week as we moved from the first to the second semester. Report cards are almost ready and will be in the mail soon. We have had numerous emails going back to last Friday wondering when report cards will be sent. So I thought I would share how we prepare report cards. Teachers had a deadline of last Thursday for their grades to be completed. Friday, draft copies of the report cards were prepared and sent to teachers to look for any errors. Monday afternoon, the report cards were printed, and Mr. Gamache and I began the process of reading and signing each one. Once we are done, the report cards will go back to Mrs. Chattaway and Mrs. Flitton to stuff into envelopes and mail them out. While this process is going on, we are also working on Sr. High course requests for semester two. Mr. G and I are also preparing for our classes and meetings that generally occur at the beginning of each month.

I will keep my comments brief as we get back to reading report cards. With the cold snap, I hope everyone stays safe, healthy and warm.

Roger

[doucetr@lrsd.ab.ca](mailto:doucetr@lrsd.ab.ca)

### **Teacher Updates**

#### **Grade 7:**

**Baxter (Drama 7):** Students have decided to work on scripts. They will be choosing scripts to rehearse and perform in class.

**Doucet & Porteous (Social Studies A & B):** Over the next few weeks we will be examining the main events leading up to the confederation conferences. After the Family Week break we will be engaging in our bigger Confederation project with both classes!

**Gammie (PE):** Students are finalizing meeting climbing outcomes in locomotor & nonlocomotor skills, communication and safety. Students will also finish their last testing rounds demonstrating basic manipulative skills in speed stacking. Round robin matches end in table tennis and spikeball.

#### **Our Mission:**

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**Hatch (Science):** The remaining sections in our Heat & Temperature unit are quite small and will be relatively quick in comparison to the first half. These sections focus upon the transference of heat, as well as natural vs. artificial sources of heat. Please note that our unit project will be introduced this week, but won't be due until closer to the end of February.

**Howard (Math):** Students are currently completing their Fraction Operations unit. This marks the end of our Number strand outcomes. We will be having a Midterm Exam on **Friday, February 5th**. This will be a cumulative, multiple choice and written response exam.

**MacLachlan (ELA 7A):** We have started a new unit, and are currently completing a film study. Up next is a novel study of *Hatchet*.

**Porteous (ELA 7B):** We are working on our elements of fiction until the Family Week break. After that we will also be starting our *Hatchet* Novel study.

**Gamache (Shop) 7A** We welcome our group to the start of semester 2 and begin the course by focusing on becoming familiar with the rules and expectations to keep the group safe

## Grade 8:

**Baxter (ELA A & B):** Students will begin a partner presentation in the mini Greek mythology unit. They will choose and research one Greek character. Presentations will occur in class. Please remind your student to read, read, read - **"...books not only entertain us and provide valuable knowledge, but they also sharpen our intellect, encourage imagination and enhance vocabulary."** (Cute38).

**Gammie (PE):** Students are finalizing meeting climbing outcomes in locomotor & nonlocomotor skills, communication and safety. Students will also finish their last testing rounds demonstrating basic manipulative skills in speed stacking. Round robin matches end in table tennis and spikeball.

**Hatch (Science):** This week, students are finishing up the notes and information portion of our current unit, Light & Optical Devices. Next week, we will be shifting our focus to our unit project Mission Impossible. This assignment will span two weeks of in class time, which means students will not have any other science work for the remainder of the month.

**Henning (Social):** Students have just completed their Renaissance Final Exam. We will be reviewing this next week before continuing onto our Aztec and Spain Unit. We will start by understanding how Geography, Belief, and Economic factors shaped the Aztec Worldview.

**Howard (Math):** Students have written their Midterm this week which was comprised of a no calculator portion as well as a calculator portion. We have completed all outcomes within the Number strand and will move on to 3D Nets and Dimensional Views in our next unit.

**Gamache (Shop)**  
**Shop 8A/B** We welcome our group to the start of semester 2 and begin the course by focusing on becoming familiar with the rules and expectations to keep the group safe

## Grade 9:

**Baxter (ELA):** Students will begin the mini Greek Mythology unit by researching a section from *The Odyssey* and recreating/retelling through illustrations/Powerpoint. Presentations will occur in class. Please remind your student to read, read, read - **"...books not only entertain us and provide valuable knowledge, but they also sharpen our intellect, encourage imagination and enhance vocabulary."** (Cute38).

**Anderson (Science):** Students are continuing to learn about Unit C "Environmental Chemistry." We plan to have a quiz on Wednesday, Feb. 3rd. Students will soon be working on projects

focused on monitoring air, soil and water quality. Weekly extra help is available, just make arrangements with Mr. Anderson.

**Gammie (PE):** Students are finalizing meeting climbing outcomes in locomotor & nonlocomotor skills, communication and safety. Students will also finish their last testing rounds demonstrating basic manipulative skills in speed stacking. Round robin matches end in table tennis and spikeball.

**McNutt (Math 9A):** Students have been examining algebra tiles as a representation of polynomials. They will be applying this knowledge to addition, subtraction and multiplication of polynomials in the next few weeks. Your student should expect a quiz every Friday for the next month.

**Greven (Math 9B):** We have just begun our addition and subtraction of polynomials unit.

**Porteous (Social Studies):** We are starting our unit on economics. This week we are looking at the theory behind economics on a basic level. Next week we will start looking specifically at the economies of the USA and Canada to compare and contrast them.

**Gamache (Shop):** We continue with our automotive work. After this week we had many students complete a tire rotation. You can expect that your child knows how to change a tire now. Some students have taken an interest in the wood lathe and are constructing some beautiful turning projects.

## Grade 10:

**Anderson (Science 10):** Students have started Unit A "Energy and Matter in Chemical Change." This week our focus is on lab safety. Weekly extra help is available, just make arrangements with Mr. Anderson.

**Doucet (Social 10):** We have begun our first unit in social studie. The topic for the year is globalization. Chapter tests occur weekly and begin thursday February 11.

**Gammie (PE 10):** Students will begin preparation for their leadership warm up assignments.

**MacLachlan (ELA 10):** We are starting our semester off with some review from Jr. High, and some short stories.

**McNutt (Math 10C):** With a quick review of prime factorization, GCF, LCM, and roots the grade 10's will close out Chapter One - Number with an exam on Thursday, February 11. Please check with your child on a regular basis on how the daily homework is going. This course is rigorous and will require daily attention to the assignments to develop the skills and knowledge necessary for success.

**Baxter (CALM):** Students will begin with composing persuasive & cover letters, as well as a resume. They also need to have their consent forms signed and returned ASAP for the Human Sexuality unit.

**Greven (Foods):** In the coming weeks the class will be completing module 1040: Meal Planning 1. They will be learning about all the decisions involved in selecting recipes and foods within a family's requirements.

## Grade 11:

**Anderson (Bio 20):** Students have started Unit A "Energy and Matter Exchange in the Biosphere." Watch for a Chapter 1 quiz coming soon. Weekly extra help is available, just make arrangements with Mr. Anderson.

**Henning (Philosophy):** We have started an introduction to what Philosophy is, including examinations of *Plato's Cave* and Bertrand Russel's *10 Commandments for a Philosopher*. Next week, students will be examining the Logical Underpinnings of a Philosophical Argument.

**McNutt (Math 20-2):** Students began the semester with a quick review of slope, proportional reasoning, rate and ratios. Chapter One: Measurement comes to a close with the chapter exam on Thursday, February 11.

**Porteous (SS20):** We have started our first unit on Nationalism and Internationalism. The first few weeks we will look at the theoretical underpinnings of nationalism. After the Family Week break we will be starting to look at the historical roots of nationalism as we know it today.

**Grade 12:**

**Anderson (Physics 30):** Students have started Unit A "Momentum & Impulse." This week our focus includes an introduction to momentum and impulse with collisions in one dimension. Weekly extra help is available, just make arrangements with Mr. Anderson.

**Henning (Philosophy):** We have started an introduction to what Philosophy is, including examinations of *Plato's Cave* and Bertrand Russel's *10 Commandments for a Philosopher*. Next week, students will be examining the Logical Underpinnings of a Philosophical Argument.

**MacLachlan (ELA 30):** We are starting the semester off with learning some critical theory, and studying some short stories.

**McNutt (Math 30-2):** Students have started learning about Logical Reasoning and Set Theory. The exam for this chapter will be Wednesday, February 10. Students without a graphing calculator will need one for Chapter Two which begins on February 11.

**Porteous (Social 30):** We have started our examination of Liberalism by starting with gaining an understanding of identity and ideologies. Over the next few weeks we will be working to understand our own biases and values as we prepare to examine the history of our liberal democratic society.

**Howard (Math 31):** This course is offered through Hapara and is online in nature. Students have the flexibility to work at their own pace and structure their assessments to work around their diploma courses. Please make arrangements with me if my preps do not line up with student spare blocks. I am available for support as needed after school, whether it be in person or through a Google Meet as best suits the needs of the student.

**From the desk of our Career Practitioner:**

It's time to get back to basics...the basics of Career Development, that is! We tend to ask a great deal of our high school students in terms of selecting a career and a plan following high school (for the next 40 years!) This can be very frightening and intimidating for our young people! Reviewing a basic model like the one on the right is helpful in taking a HUGE decision and breaking it down to manageable pieces. Please ask your son or daughter if they have booked some time with their Career Practitioner to get some ideas flowing! I am always available by text/phone/email: 403-915-0781 or [croskery@lrzd.ab.ca](mailto:croskery@lrzd.ab.ca) (Lettie Croskery)





Worried? Overwhelmed? Sleepless? Struggling? It's okay. We're here to help.

Livingstone Range School Division's Family School Liaison Counsellors are trained and ready to help students and staff members handle life's challenges, connect with people and resources, and/or promote positive mental health.

"This year, more than ever, we are thinking and talking about wellness within our schools," says Clinical Team Lead Dr. Kendra Massie. "Mental wellness, social wellness, and physical wellness: they're all important and connected."

January 28 is 2021 Bell Let's Talk Day, and offers an opportunity to be reminded of the importance of mental health, how to support others, and how to get help. Here are 5 tips for taking action for positive mental health and wellness (adapted from [letstalk.bell.ca](http://letstalk.bell.ca)):

### **1. Recognize Signs of Stress**

Stress can affect us psychologically (e.g., feeling worried) as well as physically (e.g., sleeping poorly). Understanding and recognizing what stress looks like in ourselves or others is beneficial. Some signs include fear and worry; changes in sleeping or eating patterns; difficulty concentrating; and increased use of alcohol, tobacco, or other drugs.

### **2. Take Care of Yourself**

Self-care is an important way to deal with stress and worry, especially when there is a lot of change or disruption in our lives. Some ideas for taking care of yourself include taking care of your body by eating healthy and well-balanced meals,

exercising regularly, and getting plenty of sleep; connecting with others and being open about your feelings and concerns; maintaining as normal a routine as possible and participating in activities that you enjoy; and focusing your energy on what you can control rather than worrying about what you can't.

### **3. Take Care of Others**

Many children and teens experience mental health challenges but there are lots of ways you can help support them. Give children and teens an opportunity to talk about their concerns and let them know that they can count on you. Try to keep regular routines, and if in-person classes are cancelled, create a schedule to help promote wellness and predictability at home.

### **4. Connect to Help**

It's okay to ask for help! If you or your family members are experiencing symptoms of stress that are getting worse, consult your doctor or a regulated healthcare professional. You can also reach out to your Family School Liaison Counsellor to help access resources and tools that will be beneficial in promoting positive mental health and wellness.

### **5. End Mental Health Stigma**

You can help to positively change how we think and react to mental illness. Ending the stigma will help those who suffer with mental health problems to seek the help they need. Using language that focuses on the person rather than the mental illness, learning more about mental illness, showing kindness and compassion to yourself and others, and being a good listener as we talk about mental health will help end the stigma.

"We would love to hear how individuals and families have connected with others and focused on wellness this year," says Dr. Massie. "Please share your fun and creative ideas with your Family School Liaison Counsellor. And remember, our Family School Liaison Counsellors and LRSD [Wellness Resources](#) can be accessed for more information on staying well and connected."

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