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[www.lrsd.ab.ca/school/jtfoster](http://www.lrsd.ab.ca/school/jtfoster)  
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**January 21, 2022**

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

Initial shipments of the rapid test kits were sent out last Friday. Anyone that didn't receive theirs can obtain one from the office. Each box of rapid tests contains five tests. Testing is recommended to be done twice a week, meaning one box will allow individuals to test for 2.5 weeks. Initial shipments of masks have also arrived. Both Medical and non-medical masks are available at the school's front entrance. A how-to video for parents and a rapid test program fact sheet offers tips on using the rapid test kits.

<https://www.alberta.ca/k-12-learning-during-covid-19.aspx>

A reminder to those in Senior High to please return your textbooks when you write your final exams. Also, for all students, please make sure you have returned overdue library books or Novel Study books to Mrs. Jersch by January 28th. Thank you!

We have changed the attendance notification system. As of now, absence notification will occur only via email, and we hope this change will make the process less intrusive. If your child is away from school for any reason, give us a call at 403 646 2264 and let us know or leave us a message. Or email [s-jtfoster@lrsd.ab.ca](mailto:s-jtfoster@lrsd.ab.ca).

Live Streaming has begun for our basketball games. Please bear with us as we learn about all the nuances and tech glitches for live streaming events. We will post the link on our school Facebook page. We are using YouTube as our live stream service. Subscribe to our live stream channel by visiting the following link

<https://www.youtube.com/channel/UCFIU-0sCdzgKqbyxRDGI09Q>

Spectators can once again attend athletics on Monday, January 24th.

Roger

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

**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.*

## ***From the desk of Angie Conway ([conwaya@lrsd.ab.ca](mailto:conwaya@lrsd.ab.ca))***

With high school exams starting up right away, it is important to remember that exam stress is common and normal! Remember to have conversations with your child about what they are feeling and how they can cope. It is important as the parent to stay regulated or to regulate with them during times of high stress. Make sure to eat well, sleep well and drink plenty of water. For ideas on how you can help your child, check out the article below, or, as always, reach out if you need further support!

[Stress: How to Help the Young Person in Your Life](#)

Angie Conway

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

M-Th 8:30-4:30

<b><i>What We Are Working On</i></b>	<b><i>Upcoming Dates / Assessments</i></b>
<b>Grade 7</b>	
<b>Mr. Porteous - ELA</b>	
We are continuing our unit on generosity. We will be examining our film this coming week.	
<b>Mr. Hatch - Science</b>	
This week in science, we will be starting section 2 of our Heat & Temperature unit. This unit focuses on the effect of heat upon various states of matter.	
<b>Ms. Howard - Math</b>	
Students have begun their next unit: Circles and Circle graphs. We will examine the attributes of circles while applying this and previous knowledge to the construction of circle graphs.	Checkup: Tuesday, January 25
<b>Mr. Gammie- PE</b>	
Students continue to develop dribbling, passing & shooting skills in basketball while working on teamwork.	
<b>Mr. Porteous - Social Studies</b>	
We will now examine how the Rebellion in the USA impacted Canada with the arrival of many loyalists.	

<b><i>What We Are Working On</i></b>		<b><i>Upcoming Dates / Assessments</i></b>	
<b>Grade 8</b>			
<b>Ms. Wiggins - ELA</b>			
<p>This week we are continuing to work on our passion projects! Students deepen their learning on their chosen topic and create a final product that prompts them to share their understanding uniquely and creatively.</p>			
<b>Mr. Hatch - Science</b>			
<p>This week in science, we will be discussing how light interacts with various materials in our daily lives. This will lead to learning how we can represent these interactions using ray diagrams.</p>			
<b>Ms. Howard - Math</b>			
<p>Students continue to work through Percent, Ratio, Rate, and Proportions concepts. This unit examines various ways to represent numerals as well as proportional thinking.</p>			
<b>Mr. Henning - Social Studies</b>			
<p>Next week students will be learning about challenges to the Values of the Catholic Church during the Italian Renaissance, with a focus on identifying the arguments presented for and against Church practices.</p> <p>We will use the skills that we have been generating across the past few weeks to start our essay writing assignment, which will continue into February.</p>		<p>Thursday, January 27th - Starting Essay Writing.</p>	
<b>Mr. Gammie- PE</b>			
<p>Students continue to develop dribbling, passing &amp; shooting skills in basketball while working on teamwork.</p>			

<b><i>What We Are Working On</i></b>		<b><i>Upcoming Dates / Assessments</i></b>	
<b>Grade 9</b>			
<b>Ms. Wiggins - ELA</b>			
<p>This week we are diving into our new novel study, <i>A Long Way Gone</i>. We explore this novel through visual journaling and using the story's topic as a springboard for annotation, Cornell note-taking, and essay writing.</p>			

<b>Mr. Hatch - Science</b>	
This week in science, we are preparing for our section 2 quiz and then starting the final section of notes before our upcoming midterm. We have yet to set a date for the midterm, but it can be expected to occur before the end of the month.	
<b>Ms. Howard - Math</b>	
We are exploring Linear Relations pertaining to visual patterns, word patterns, and their associated tables of values and expressions/equations. Algebra skills will be greatly enhanced during this unit and the next (Linear Equations).	Checkup: Tuesday, January 25
<b>Mr. Porteous - Social Studies</b>	
We are continuing our look at Collective Rights in the Charter. Metis rights will be the focus.	
<b>Mr. Gammie- PE</b>	
Students continue to develop dribbling, passing & shooting skills in basketball while working on teamwork.	

## On The Court:

### JTF Basketball Practice Schedule 2022

Day	Team	Location	Time
Monday		ABD	3:45-5:15
Monday	SBBB	JTF	3:45-5:15
Monday	SGVBB	ABD	5:30-7:00
Monday	JBBB&JABBB	JTF	5:30-7:00
Tuesday		ABD	3:45-5:15
Tuesday	SGJVBB	JTF	3:45-5:15
Tuesday		ABD	5:30-7:00
Tuesday	SGJVBB	JTF	5:30-7:00
Wednesday	JBGBB	ABD	3:45-5:15
Wednesday	SBBB(Dec)	JTF	3:45-5:15

Wednesday	SGVBB	JTF	5:30-7:00
Wednesday	JBBB&JABBB	ABD	5:30-7:00
Thursday		ABD	3:45-5:15
Thursday	SGJVBB	JTF	3:45-5:15
Thursday	SBBB	ABD	5:30-7:00
Thursday	SGJVBB	JTF	5:30-7:00
Friday	JBGBB	JTF	1:30-3:00

\*All subject to change pending game schedules\*

Date	Team	Home	Away	Location	Time
Jan 21	JBBBB	JTF	CNP1	ABD	3:00
Jan 21	JABBB	JTF	CNP	ABD	4:00
Jan 21	SGJVBB	Tournament	Tournament	Black Diamond	TBD
Jan 22	SGJVBB	Tournament	Tournament	Black Diamond	TBD
Jan 25	JBGBB	FPW	JTF	FPW	4:30
Jan 25	JABBB	FPW	JTF	FPW	5:30
Jan 27	JBBBB	GRAN	JTF	GRAN	4:30
Jan 28	SBBB	Tournament	Tournament	Black Diamond	TBD
Jan 29	SBBB	Tournament	Tournament	Black Diamond	TBD

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

Here are some upcoming career exploration events! For more information, click on the links or send a message to Lettie for further details.

Career Transitions Wind Turbine Technician information session (virtual event)

Wednesday February 16, 5:00 - 6:30 PM

[Registration Link](#)

Careers the Next Generation - Forestry Careers (virtual event)

Wednesday February 16, 6:00 - 7:30 PM

[Registration Link](#)

[World of Choices](#) (virtual event - open to ALL high school students to join in)

Thursday March 10 - 8:30 - 9:45 AM

Friday March 11, 9:45 - 11:00 AM

Thursday March 24, 2:00 - 3:15 PM

Friday March 25, 8:00 - 9:45 AM

[EPIC](#) (in person event - Lethbridge)

Wednesday April 13, 9:00 - 11:30 (morning session) or 12:00 - 2:30 (afternoon session)

If we are able to attend this in person career event, we will be hoping to take as many grade 10 students as possible!