

Knights News JT Foster School

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September 13th, 2024

Principal's Message - Mr. MacDonald

On Friday, September 20th, JT Foster School is excited to announce that we are hosting Sam Demma at the school for about an hour in the afternoon. Sam is a youth motivational speaker, a best-selling author, and has been in high demand from schools over the last number of years. We would like to encourage all of our students to attend Sam's talk in the gymnasium right after lunch in the afternoon. Among an impressive resume of speaking to hundreds of schools, Sam also has hosted TED Talks and has been awarded the Queens Platinum Jubilee Award. If you have any questions, please feel free to reach out.

Jason MacDonald

macdonaldja@lrsd.ab.ca

Assistant Principal/Learning Support - Mrs. Spencer

While I know our school has been working through many changes this school year (lockers, cell phone policy, new teachers, quartered options to name a few), many things remain the same. Our belief that all students can learn remains true. Classroom teachers are encouraged to use universal strategies to support all students toward this goal. Our Collaborative Response framework will continue to provide teachers with the opportunity to support one another in the name of student learning. Please reach out if you have questions or concerns about how we might best support your learner.

spencerj@lrsd.ab.ca

Family School Liaison Counsellor - Angie Conway

Hello JT families and welcome to a new school year!

I'm happy to be here to support you and your kiddos throughout school and hope you'll reach out with any questions and concerns regarding your child's well-being.

As we return to school and routine, it can be helpful to remember that a bedtime routine is just as important to students from grades 7-12 as it is for our younger elementary-age students. While students of these ages

are able to exercise more independence, they often require continued parental guidance when it comes to good sleeping habits. With a new personal device policy in place, students will likely be itching to use their phones to communicate with friends once they are home and potentially late into the night. However, while they have increased limitations for using them during the school day, kids and teens will benefit from rules around use of their devices at home as well. I know this can be difficult, but remaining consistent will give your child the support they need to be successful in school academically, socially, and emotionally. Modeling good habits and behavior as well as teaching children how to fill their time without devices can go a long way.

For ideas on how you can strategize around rules at home, check out this Screenagers article: [Resetting Sleep Habits](#) and consider signing up for their emails.

For more resources on tech use and sleep habits, feel free to reach out to me directly at conwaya@lrzd.ab.ca or by calling the school.

I am here to support you and your students from Mon-Thurs 8am-4pm.

Important Upcoming Dates - Lee Chattaway & Jenna Flitton

September Events

Monday September 16

- Fire Drill during block 2 (periods 3, 4) 🔥💧

Tuesday September 17

- Lettie Croskery (career practitioner) at JTF 🧑💻
- Student Leadership Meeting at Lunch in MacLachlan's room 🎃👼💖🏃
- Queens Ball dance practice 7-9pm 🏃👧

Wednesday September 18

- Picture Day 📷
- Grad 2025 meeting - grade 12 students at lunch in Learning Commons 🧑🎓

Thursday September 19

- Grad 2025 meeting for parents/guardians and grade 12 students - 6pm in the Learning Commons 🎓
- Queens Ball Etiquette 🏃👧

Friday September 20

- Add/drop deadline (highschool) - after this date, any classes that are dropped will show as "withdrawn" on your detailed academic report 📄
- Sam Demma Assembly - Helping Schools Build a Culture of Hope & Service 🏠🎤

Monday September 23

- LRSD Mobile Science Lab Visit 🧪

Tuesday September 24

- Student Leadership Meeting at Lunch in MacLachlan's room
- Queens Ball dance practice 7-9pm 🏃👧

Wednesday September 25

- Terry Fox run 🏃🇳🇪👟

- JT Foster School Council AGM at 6pm in the Conference Room - we are looking for a new chairperson

Thursday September 26

- Honour Roll Awards Ceremony 9am - gym - parents/guardians welcome to attend
- Queens Ball Etiquette 7-pm

Friday September 27

- No School for Jr. High Students

Monday September 30

- No School for all students - National Truth & Reconciliation Day



Tickets will be \$125 and go on sale October 1st. They can be purchased from any member of the Nanton School Enhancement Committee (Amy Gillespie, 403-422-1601) or at the Town Office.