

# Knights News JT Foster School

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March 1st, 2024

## *Principal's Message - Mr. MacDonald*

### JT Foster Awards, Graduation, and Valedictorian

After consultation with our JT Foster Parent Council, we will be hosting JT Foster Awards night on **Tuesday, June 4th** this year. This will allow reasonable time for students to set up for our graduation ceremony on **Friday, June 7th**, and avoid conflicts with High School Rodeo finals.

For anybody who may be interested in understanding student enrollment and academic achievement **requirements for Valedictorian**, please see the following criteria from the JT Foster handbook:

***The valedictorian shall be the student demonstrating the highest overall aggregate mark in English 30-1, Social Studies 30-1, and three (3) of the following taken at J. T. Foster School:***

- *Mathematics 30-1*
- *Physics 30*
- *Mathematics 30-2*
- *One 30-level CTS (min. five credits) or Green Certificate*
- *Mathematics 31 Certificate course*
- *Biology 30*
- *A language or Fine Art other than English at the 30 Level*
- *Chemistry 30*

If you have any questions about the criteria for achieving valedictorian in our handbook, please feel free to reach out.

Thank you,

Jason MacDonald

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

## *Assistant Principal/Learning Support - Mrs. Spencer*

Nathan Grigg, our Occupational Therapist from Southwest Collaborative Services has had the opportunity to meet with a number of our students here at JTFoster. He has a wealth of information for supporting students with executive functioning (actions that people use to manage themselves toward their goals and the future). How might the techniques below support your child while studying or completing schoolwork at home?

### Task Initiation

- Create checklists with very small steps when doing assignments. This is particularly important for classes/ tasks that your child is not interested in.
- For example: creating a pamphlet for social studies - step 1) open the Chromebook; step 2) open Canva; step 3) find a cool template; step 4) ...
- These steps may seem obvious, but laying it out in this way can build momentum.

### Effective study techniques:

- [The Pomodoro Method](#)

If you have any questions, please reach out,  
Thank you,

Jillian Spencer

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

## *Family School Liaison Counselor - Angie Conway*

This week has been a busy one at JT Foster, with the students returning from a break. On Monday, we had a great presentation for our Junior High Students about consent and online safety and Pink Shirt Day on Wednesday. Sometimes, these events can spark conversations or reminders to have conversations with our children about their well-being and the relationships they are making. These conversations can often move into territories we aren't used to navigating and can bring up uncomfortable feelings for our children and for ourselves. I would encourage you to research the topics that seem to be more prevalent in your home and with your child to help foster supportive and educational discussions. Below are some links with resources that can help you learn more about some themes that I've been seeing with students and some tips that can help you start tricky conversations and keep the line of communication open with your kids.

[Communicating with your Teen](#)

[How to Talk to Kids about Sex and Consent](#)

[Can We Talk? Parenting and Sexual Health - March 19](#)

[AHS Junior High Jitters - Transitioning to the Teenage Years March 20](#)

Please don't hesitate to contact me if you have any questions or concerns about supporting your child.

Angie Conway

## ***Important Upcoming Dates - Lee Chattaway & Jenna Flitton***

- Tuesday March 5 - 9:45-10:45 am - Grad Ring Fitting
- Thursday March 7 - 1:30pm - Honour Roll Ceremony - parents & guardians welcome to attend
- March 13-14 - Parent Teacher Interviews 4-7pm (not open for booking until next week - we'll email the entire school as soon as we open it).
- Friday March 15 - No School - Inter School Collaboration Day
- March 25-27 - Grad Photos - Have your students check their school email for the link to sign up for their sittings.

Second semester fees have now been added to student accounts. You can easily pay these online using School Cash Online (<https://lrsd.schoolcashonline.com>), or bring a cheque or cash to the school office.