

# Knights News JT Foster School

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May 3rd, 2024

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

### **Online Bullying Awareness**

As we navigate through the digital age, the issue of cyberbullying has become increasingly prevalent, affecting the well-being and mental health of students. We are committed to making efforts to create environments where our students feel welcome, safe, and cared for both in the physical and digital realm.

Cyberbullying refers to digital communication between platforms such as social media, messaging apps, or other online platforms to harass, intimidate, or harm others. It can take various forms, including spreading rumours, sharing harmful comments or images, excluding others, or impersonating someone to damage their reputation.

This year, JT Foster has made efforts to make students aware of the importance of digital citizenship by harnessing programs by working collaboratively with our local RCMP and harnessing information from awareness from research-based documentaries such as Screenagers: Growing Up in the Digital Age.

Despite our efforts, the research is clear that irresponsible use of personal devices supports the conclusion that personal devices are not only harmful to children's mental health but also their ability to learn. This is extremely concerning, given the most recent research. After consultation with our staff and school council community, we are strongly considering taking action on regulating in-school cell phone use in the 2024-25 school year.

Finally, on Monday, May 6th, we are inviting Cst. Erik Grant from the Nanton RCMP to discuss cyberbullying and digital citizenship with our grade 7 class.

If you have any questions about this, please do feel free to contact me at the school.

Jason MacDonald - Principal

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

Friday May 3 - **No School for Jr. High students**

Friday May 3 - Deadline to submit teams for Relay for Life

Tuesday May 7 - School Council Meeting - 6:00pm - everyone is welcome to attend

Wednesday May 8 - Study Medicine in Scotland - Virtual presentation - 9am (contact Christy Bazell for details)

Monday May 13 - Grade 9 ELA PAT 8:45am

Wednesday May 15 - Olds College Campus Exploration Field Trip 7:45am-5:30pm; \$25.00

Thursday May 16 - New Grade 7 Orientation Day

Friday May 17 - **No School** - Staff Planning

Monday May 20 - **No School** - Victoria Day

Wednesday May 22 - Bar U Ranch Field Trip (Grade 7) - bus leaves at 8:45am returns at 3pm - \$23.00

Wednesday May 22 - Healthcare Career Exploration Field Trip (Fort MacLeod) - bus leaves 7:45am-3:15pm; \$25.00

Saturday May 25 - Drivers Ed in the Conference Room - 9:00am-5:00pm - registration instructions below.

Sunday May 26 - Drivers Ed in the Conference Room - 9:00am-5:00pm - day 2 of 2

Tuesday May 28 - Spring Band Concert - 7:00pm

Friday May 31 - RELAY FOR LIFE - 12:00-9:30pm

Friday May 31 - Senior Work Experience Hours Due to Mr. Charchun for the students that are participating in the work experience program.

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## *Drivers Education*

**Cost:** \$787.49 (includes tax)

**When:** May 25 & 26, 2024 at JTF School - Conference Room

**What to Bring:** Bagged lunch & Notebook/Pen

**How to Register:** [skillsdrivingschool.ca](https://skillsdrivingschool.ca), fill in the "Contact Us" form and indicate Nanton in the comment section. You will be emailed with a confirmation.

After the students have completed in-class portion, they will receive 4 driving lesson (each 2.5hrs/lesson) for a total of 10 instructional driving hours. Students will need to meet the instructors at the A&W in High River.

Students are required to have a learners license to participate.

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## *Relay for Life*

**Date:** Friday, May 31, 2024

**Time:** 12:00-9:30pm

**Kick Off Ceremony in the gym:** 12:00-12:15pm

**Registration Fee:** \$20 (must be paid in the office with cash or cheque - written to JT Foster School)

**Minimum Fundraising Amount:** \$100 per person, or an average of \$100 per person on their team.

**Beneficiary:** Canadian Cancer Society

**Last Day to Sign up:** Friday, May 3, 2024

**Last Day to submit cash/cheque donations:** Thursday May 30, 2024

**Volunteers Needed for Food Prep:** 11:00am-2:00pm

**To sign up, go to :** [https://support.cancer.ca/site/TR/RelayForLife/RFLY\\_NW\\_odd\\_?fr\\_id=29649&pg=entry](https://support.cancer.ca/site/TR/RelayForLife/RFLY_NW_odd_?fr_id=29649&pg=entry)

Relay for Life is an 8 hour relay hosted on the JT Foster School track to help raise money for the Canadian Cancer Society. Students, staff, and community members are welcome to participate by joining a relay team. Teams are a maximum of 10 people. A member from your team must be on the track for the entire 8 hours, so we recommend that you try to fill your teams.

Throughout the day, there will be games such as volleyball, spike ball, 4 square volleyball, relay games and various water games. Students are encouraged to bring lawn chairs, shades tents, change of clothing, water & snacks. We recommend that you label your chairs & belongings.

The Nanton Leos will be providing on-site music for the event. The student leadership group is planning a BBQ during the event, so we are looking for parent / community volunteers to help prepare & BBQ food from 11:00am-2:00pm. If you are interested in volunteering, please email the school at [s-jtfoster@lrsd.ab.ca](mailto:s-jtfoster@lrsd.ab.ca).

Fundraising can be done by collecting cash & cheque donations (cheques written to Canadian Cancer Society), or online via the fundraising link above. Collecting online donations is simple as you can share your link on your social media, and you can text/email you fundraising link to friends & family.

There will be a luminary ceremony towards the end of the evening to pay tribute to our family & friends who have been affected by cancer. This ceremony is followed by a Lap of Hope, where students light up the track with battery operated candles in paper bags, and dedicate the lap to someone they know who has been affected by cancer.

Thank you to the student leadership group for organizing this huge event that enables our students to give back to a very important and worthwhile cause.

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## ***JT Foster School Council Executive***

The JTF School Council AGM took place on March 25, 2024, and the following members were elected to the school council executive.

- **Chair** - Sherri Lundberg - until the end of the school year. We are looking for someone to fill this position for next school year
- **Vice Chair** - Lori Loree
- **Treasurer** - Sophie Laviolette
- **Secretary** - Cindy Pineo

If you are interested in filling the role of chair person for School Council, please email the school at [s-jtfoster@lrsd.ab.ca](mailto:s-jtfoster@lrsd.ab.ca).