



ST. ALBERT CATHOLIC HIGH SCHOOL NEWSLETTER



33 Malmo Drive, St. Albert, AB T8N 1L5 (780) 459-7781

www.sachs.ab.ca

March 2010

Congratulations to the Senior Girls Basketball Team who finished the regular basketball season undefeated.

The Senior Girls also brought home the Championship trophy from the Battle River Shootout Tournament in Wetaskiwin the last weekend in February.

NEWSLETTER HIGHLIGHTS

Grade 10 Orientation	Page 1
Key Dates	Page 2
Grad Information	Pages 2 - 3
"Our Town" Drama Production	Page 3
Parent/Teacher Conferences	Page 4
Summer School 2010	Page 4
"Cool Careers"	Page 4
St. Albert Track & Field	Page 5
Friends of Bertha Kennedy present	
"The PreTenors"	Page 6
Parish Information	Page 6

Attachments:

Changing the Math (Parent Info Meeting)
St. Albert Family & Community Services News
GSACRD 2011/2012 School Calendar
St. Albert Public Library News

Be part of the SACHS Experience



OPEN HOUSE

March 11 @ 7:00 p.m.
St. Albert Catholic High School

Because high school
should also be fun!



"Student Learning is Our Purpose ...
Christ is Our Way"



Key Dates

MARCH

- Mar. 1-5 Grad Picture Retakes
- Mar. 4-6 “Our Town” Production
7:00 p.m. in the new
“Welcome” area

Mark your calendar!

- **Mar. 11 OPEN HOUSE**
“The St. Albert
Catholic High School
Experience”
7:00 – 9:00 p.m.
- Mar. 12 PD Day – No classes
- Mar. 16 Parent Council Meeting –
7:00 p.m. in the Library
- Mar. 25 Parent/Teacher
Conferences
5:30 – 8:30 p.m.
- Mar. 26 Day in lieu of P/T
Conferences
NO CLASSES
- Mar. 29 Spring Break begins
- Mar 25 – April 3 Europe Tour
- Apr. 7 Classes Resume
- Apr. 19 Mid-Term report cards
Distributed
- Apr. 20 Parent Council Meeting –
7:00 p.m. in the Library
- Apr. 22 Parent/Teacher
Conferences
- Apr. 23 PD/Staff Meeting
NO CLASSES
- Apr. 27 **GRAND OPENING OF
“WELCOME” AREA**

GRAD INFORMATION HIGHLIGHTS



DID YOU GET YOUR GRAD PORTRAIT TAKEN? If any graduand did not get their grad portrait taken they **MUST NOW GO** to LifeTouch Photographers (16862 – 111 Avenue). The cost is \$5.00 and your picture will be placed in yearbook, on wall composite and a picture of the grad will be taken at the commencement ceremonies. If you want your portraits done by LifeTouch, there is a \$20.00 sitting fee. You will be sent proofs in the mail. Please call 780-437-2431 to make an appointment.

GRAD RING DAY: Graduation is not that far away. Cast your memories into a ring that is unique to you. No one has more ways for you to tell your story than Josten’s. Pick up a brochure in the office and check out all of your options. Please bring a \$50.00 deposit.

ARE YOU ON THE GRAD LIST? Grads must check to see if you are on the Grad List. If your name is not on the Grad List, see Mr. Cross immediately.

Graduation Mass will take place at **Holy Family Parish** at 7:00 p.m. on Thursday, May 20th, 2010.

Graduation Exercises will be held on Friday, May 21st, 2010 at 1:00 p.m. at the Jubilee Auditorium.

Graduation Dinner and Dance will be on May 21st, 2010. Doors will open at 5:30 p.m. Dinner will be at 6:30 p.m. **SHARP** at the Northlands Agricom, Hall H.



Graduation Banquet tickets will be on sale in mid-April.

Graduation Retreat will be early May. More information about grad will be posted on our website at www.sachs.ab.ca. If you have any further questions, please do not hesitate to give me a call. (Mr. Tim West at 459-7781).

Graduation Participation Requirements

Each year SACHS has a fantastic graduation ceremony and dinner to honour the hard work and accomplishments of our grade 12 students. In order to participate in the ceremonies you must meet several requirements. Please be sure that you

have met all of the following so that you are not disappointed.

Requirements:

- 80 credits completed by the end of first term grade 12
- registered in a program that will ensure completion of diploma requirements (see page 36 in student handbook)
- registered in at least 20 credits at SACHS for grade 12
- have no overdue fees or outstanding textbooks.
- registered in or completed Religious Studies 15, 25 & 35



Performing Arts

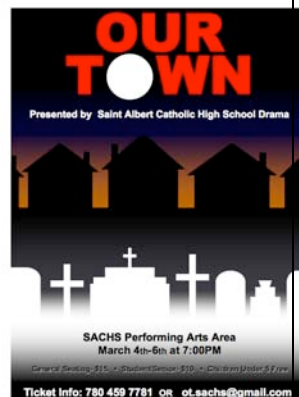
“Our Town”

by Thornton Wilder (1897 – 1975)

March 4, 5 & 6, 2010

@ 7:00 p.m.

St. Albert Catholic
High School



Contact Mrs. Dyer at

ddyer@gsacrd.ab.ca to reserve tickets in advance. Tickets are also available in the general office and at the door.

Ticket prices:

Adults	\$15.00
Senior/Student	\$10.00
“Five Pack”	\$55.00



**PARENT-TEACHER
CONFERENCES**

**Thursday, March 25
5:30 – 8:30 pm**

Summer School

July 5 – 29, 2010

Students have a choice of taking summer school “in class” at SACHS, Monday to Thursday; OR taking a class “on-line” or “paper-based” through St. Gabriel Storefront School.

Register @
www.summerschool.gsacrd.ab.ca
or pick up a registration form at SACHS.

Registration Fee: \$30.00
Phys. Ed. Registration Fee: \$30.00 plus
\$20.00 (to cover the cost of field trips)

For more information you can call SACHS
@ 780-459-7781 or St. Gabriel Storefront
School at 780-459-6616.



“COOL CAREERS”

Time? 11:40 a.m.

Where? Room 134

*March 4 “Putting Frogs in Space”
Bachelor of Technology*

*March 11 “Dream Job:
Entrepreneur”
Business Admin? Degree?
Or Diploma?*

*March 18 “Real Stories
& Great Songs”
Mat Halton, Youth
Worker/Social Work
(in Drama Room)*

*March 25 Nanotechnologist – Now
in Canada ... only at
NAIT!*

*April 15 “More than Just a Pretty
Space” – Interior Design*

April 22 Edmonton Police Services

*April 29 Geomatics – “Let’s
Measure the World”*

**FOR MORE INFORMATION, SEE
MRS. RIEGER IN THE
COUNSELLING SUITE (ROOM 104).**





The St. Albert Track and Field Club is holding their registration for the 2010 outdoor season. Registration will be at Servus Place on March 30th from 6:00 – 8:00 p.m. All ages welcome and all events are offered.

For more information.

www.stalberttrackandfieldclub.com

or call 780-901-4799

***The Friends of Bertha Kennedy
School Present
The PreTenors
Live at Arden Theatre
March 20, 2010 7:00 pm
Reception and Silent Auction
to Follow***

The PreTenors and their wild pianist, is a show you must see!

In a satire of a certain other tenor trio, this all-star cast of talent will delight your senses and tickle your funny-bone.

The Friends of Bertha Kennedy welcome the ever-popular talent of the PreTenors to Arden Theatre on March 20, 2010. Come see Michel Landry as “Placebo Domingo” and Trent Worthington as “Jose Who-Carreras,” the subject of many of the

jokes. Kieran Martin Murphy is “Luciano Papparazzi,” who can turn a grand piano into a grand buffet and still hit every note. All of this hilarity is kept in tune, although at a sometimes irregular tempo, by Joachim Segger, the half-mad pianist “Zuban.”

The witty musical humor starts with the opening act – our very own Bertha Kennedy students. The comedy continues through Papparazzi’s many meals and Zuban’s many musical tangents. And in the finale, the show ends on a surprising high note – that you won’t want to miss.

Enjoy the music, share the laughs, and help build the fantastic new playground at Bertha Kennedy School.

Tickets are only \$25.00 each and go on sale this week. (Make cheques payable to Friends of Bertha Kennedy).

Tickets are selling fast!

**This will be a sell-out show.
Order your tickets now to
guarantee you don't miss out!**



ST. ALBERT PARISH



Pastor: Fr. Andrzej Stendizia, OMI
Office Manager: Evelyn Schmidt
Pastoral Assistant: Brittney White
Youth Ministry: Pierre Ducharme

MASS TIMES

Saturday, 5:00 p.m.
Sunday, 9:00 a.m. & 11:00 a.m.

Messe en francais

Dimanche - 10h00
Chapelle Connelly McKinley

Weekday Eucharistic Liturgies

Chapel of Immaculate Conception
Tuesday - Friday: 8:30 a.m.

www.stalbertparish.ca

HOLY FAMILY PARISH



Pastor: Fr. Mitchell Fidyka
Associate Pastor:
Fr. Mahendran Mahesh
Parish Administrator: Vera Fischer
Sacramental Preparations:
Marietta Paul
Youth Ministry: Brenda Beier

MASS TIMES

Saturday: 5:00 p.m.
Sunday: 9:00 a.m. & 11:00 a.m.
Sunday: 6:00 p.m. - Youth Mass
(Teen Life)

Weekday Masses

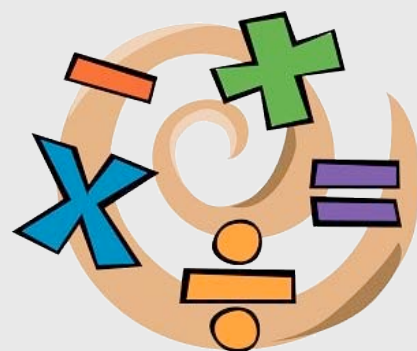
Monday - Saturday: 9:00 a.m.

www.holyfamilyparish.ca

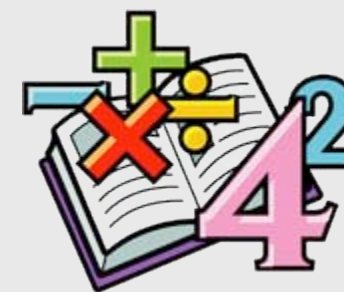


*Did you know that there is a Revised Math Curriculum for K-Gr.12?
Are you interested in learning more about the changing face of Mathematics?
Do you want to learn how to support your child with the Math program?*

Please attend any one of our:



Changing the Math Parent Information Meetings



Wednesday, March 10 @ Legal School

Monday, March 15 @ St. Albert Catholic High School

Monday, April 12 @ Georges P Vanier School

7:00 – 9:00 pm

Please register

780-459-7711 or usoletsky@gsacrd.ab.ca



Greater St. Albert Catholic Schools



Linda Knoblauch
Community Development Coordinator
City of St. Albert Family & Community Support Services
201, 8 Perron Street St. Albert, AB T8N 1E4
Phone 780-459-1720 Fax 780-458-1260
lknoblauch@st-albert.net
www.stalbertfcss.ca

never underestimate the power of caring

Demanding Activities: When are they too much?

It is our choices that show what we truly are, far more than our abilities. - J. K. Rowling, author

Whether your child is involved in sports, music, the arts, or another activity, there often comes a time when she finds herself involved in an activity that demands a great deal of time and money. In our "go-go-go" society, there are a growing number of activities that now require kids to give almost all of their free time to participate. How do you know when this is the right thing to do? Consider these ideas:

Tips for . . .

all parents

- Talk with your child about what's important and what he wants to do. Some kids want to do ballet, debate, volunteering, or a musical group that requires intensive training and activity. Other kids don't. Discuss these issues together.
- As a family, talk about your values regarding success. Kids do better academically and socially, and behave in ways we value, when they have multiple interests instead of just one. Talk about the value of pursuing a number of interests that your child gets excited about.
- If you want your child to be good at something, that pursuit will be demanding in terms of time. That's true for all people. In order to master a skill, it takes time and practice.
- Consider the pros and cons of kids doing demanding activities.
- Know what you're willing to invest financially in an activity. Talk to your child about this. It can be painful when she begins to enjoy and excel at an activity and you find that you're required to shell out hundreds—if not thousands—of dollars. Ask about the financial aspects of an activity; not only for this season or this year, but in the coming years as well.

Parents with children ages birth to 5

- Most child development experts recommend that young children avoid demanding activities. That's because young children are growing and developing rapidly, and demanding activities could hurt their development in other ways.
- Notice how your child reacts to scheduled activities. Does he get excited and stay engaged? Or does he whine and want to leave? The way your child acts will tell you a lot about what your child thinks of an activity.
At this age, children like to spend most of their time with their families. If your child is in child care or preschool, keep the time that she's not in those programs as family time.
- Kids at this age need downtime at home.

Parents with children ages 6 to 9

- Follow your child's interests. If you'd like your child to sign up for a sport, give your child options, but let him choose. He will be more likely stick with something if it's his idea.
- Keep an eye on your child's enthusiasm and energy. For some kids, getting used to kindergarten and then first grade is a big enough transition that adding activities to it doesn't quite work. Other kids may thrive on doing an activity they love in addition to school.
- Before you sign your child up for an activity, see if you can find out how demanding it is. Sometimes activity descriptions don't give the full picture.

Parents with children ages 10 to 15

- This is the age when kids can get placed on a demanding path, whether it's in sports, tutoring, art, or another activity. If that happens, ask a lot of questions up front so that you and your child know what you're getting into.
- Get to know the adults leading the programs that your children are in. Even if your child is in a demanding program, she will be more likely to stick with it if she enjoys the activity and has a good rapport with the adult leaders.
- Toward the end of this stage (typically between ages 13 and 15), your child may want to quit an activity that he or she used to enjoy because others are excelling in it more quickly than he is. Talk with him about doing activities that bring your child joy and pleasure. You don't need to be "the best" at an activity in order to enjoy it.
- Notice how the activity is affecting other aspects of your child's life, such as school, friendships, and family. If your child wants to be a first-class gymnast, but all the training is leading to falling grades, you might need to reconsider.

Parents with children ages 16 to 18

- Some teenagers put a lot of energy into certain activities, which can be helpful at this age, since they can master skills and become even more proficient.
- If your child wants to go to college or university, showing leadership and proficiency in activities can help.
- Connect your teenager with other teenagers interested in the same activity. Often a teenager who has done extensive training will often feel alone in school with classmates who can't relate. Finding others who are also working in this area can often be beneficial.
- Ask your teenager helpful questions about his demanding activity, such as: What do you enjoy most about your activity? What stresses you out? How do you feel like you're being pushed? How can we best support you?

GREATER ST. ALBERT CATHOLIC SCHOOLS 2010-2011 SCHOOL YEAR

Approved

		Date							Details		Operational	Instructional	NOTES <input type="checkbox"/> = operational day (no students) <input type="radio"/> = holiday (no classes) <input type="triangle"/> = staff meeting day (early dismissal)
AUGUST	S	M	T	W	T	F	S	27	Preparation Day	Operational Days 3	Instructional Days 0		
	1	2	3	4	5	6	7	30	Preparation Day				
	8	9	10	11	12	13	14	31	Blueprints Day				
	15	16	17	18	19	20	21						
	22	23	24	25	26	27	28						
	29	30	31										
SEPTEMBER	S	M	T	W	T	F	S	1	First Day of Classes	Operational Days 21	Instructional Days 20		
	5	6	7	8	9	10	11	6	Labour Day				
	12	13	14	15	16	17	18	24	PD/Staff Meeting Day				
	19	20	21	22	23	24	25						
	26	27	28	29	30								
OCTOBER	S	M	T	W	T	F	S	11	Thanksgiving Day	Operational Days 20	Instructional Days 19		
	3	4	5	6	7	8	9	12	ATA Institute Day				
	10	11	12	13	14	15	16	22	Staff Meeting Day (early dismissal)				
	17	18	19	20	21	22	23						
	24	25	26	27	28	29	30						
	31												
NOVEMBER	S	M	T	W	T	F	S	11	Remembrance Day	Operational Days 21	Instructional Days 19		
	7	8	9	10	11	12	13	12	PD/Staff Meeting Day				
	14	15	16	17	18	19	20	26	Day in Lieu -- P/T Interviews				
	21	22	23	24	25	26	27						
	28	29	30										
DECEMBER	S	M	T	W	T	F	S	10	PD/Staff Meeting Day	Operational Days 13	Instructional Days 12		
	5	6	7	8	9	10	11	20-31	Christmas Vacation				
	12	13	14	15	16	17	18						
	19	20	21	22	23	24	25						
	26	27	28	29	30	31							
JANUARY	S	M	T	W	T	F	S	28	PD/Staff Meeting Day	Operational Days 21	Instructional Days 20	High School Semester 1: 90	
	2	3	4	5	6	7	8						
	9	10	11	12	13	14	15						
	16	17	18	19	20	21	22						
	23	24	25	26	27	28	29						
	30	31											
FEBRUARY	S	M	T	W	T	F	S	10-11	Teachers' Convention	Operational Days 19	Instructional Days 17		
	6	7	8	9	10	11	12	18	Staff Meeting Day (early dismissal)				
	13	14	15	16	17	18	19	21	Family Day				
	20	21	22	23	24	25	26						
	27	28											
MARCH	S	M	T	W	T	F	S	11	PD/Staff Meeting Day	Operational Days 19	Instructional Days 17		
	6	7	8	9	10	11	12	25	Day in Lieu -- P/T Interviews				
	13	14	15	16	17	18	19	28-31	Spring Break				
	20	21	22	23	24	25	26						
	27	28	29	30	31								
APRIL	S	M	T	W	T	F	S	1	Spring Break	Operational Days 18	Instructional Days 17		
	3	4	5	6	7	8	9	15	PD/Staff Meeting Day				
	10	11	12	13	14	15	16	22	Good Friday				
	17	18	19	20	21	22	23	25	Easter Monday				
	24	25	26	27	28	29	30						
MAY	S	M	T	W	T	F	S	20	PD/Staff Meeting Day	Operational Days 21	Instructional Days 20		
	1	2	3	4	5	6	7	23	Victoria Day				
	8	9	10	11	12	13	14						
	15	16	17	18	19	20	21						
	22	23	24	25	26	27	28						
	29	30	31										
JUNE	S	M	T	W	T	F	S	10	PD/Staff Meeting Day	Operational Days 22	Instructional Days 19	High School Semester 2: 90 Last PAT: June 27 Last DIP: January 28; June 29	
	5	6	7	8	9	10	11	28	Last Day of School				
	12	13	14	15	16	17	18	29	Preparation Day				
	19	20	21	22	23	24	25	30	Year-end Mass/Preparation Day (half-day)				
	26	27	28	29	30								
TOTAL SCHEDULED DAYS											198	180	

Know someone that needs help learning English?

Tell them about the Conversation Circle



Learn English

學習英語

Impara l'inglese

Apprendre l'anglais

Aprender Inglés

Englisch lernen

Apreda Inglés

Ucz się angielskiego

Naučite engleski

Invata limba engleza

An informal program to help temporary foreign workers and new Canadians practise their conversation skills.

Drop in Saturdays from 9:30 to 11:00 am

April 3 to June 26

at St. Albert Public Library



St. Albert Place, 5 St. Anne Street

For more information please call Heather at 780-459-1751