



ST. ALBERT CATHOLIC HIGH SCHOOL NEWSLETTER



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

www.sachs.ab.ca

Jan/Feb 2011

Key Dates

JANUARY

- Jan. 17 Last Day of Classes
- Jan. 18 Final Exams Begin
- Jan. 28 Staff Mtg./PD Day
- Jan. 31 Last day of Final Exams

NEWSLETTER HIGHLIGHTS

Key Dates for January	Page 1
Newsletter Highlights	Page 1
Grade 10 Orientation	Page 1
Key Dates for February	Page 2
Message for Parents	Page 2
Term 2 Pre-Requisite	Page 2
Grad Information	Page 3
“The Outsiders”	Page 4
Parent/Teacher Conferences	Page 4
Post-Secondary Information	Page 4
Parish News	Page 5

Attachments:

- “Hot Topics” from the Counselling Dept.
- “The Outsiders” Performing Arts
- Encouraging Kids to be Grateful
- World Youth Day

SACHS GRADE 10 OPEN HOUSE 2011



Thursday, March 10
7:00 - 9:00 p.m.
“Hawks Nest”



Key Dates

FEBRUARY

- Feb. 1 First Day of Semester II
- Feb. 4 Final Report Cards
Distributed to students
- Feb. 8 Order Assistance Help for
Grad Pictures
3:30 – 6:30 p.m.
Hawk's Nest
- Feb. 8 Grad Meeting for Parents
7:00 p.m. in Hawk's Nest
- Feb. 10-11 Teacher's Convention
NO CLASSES
- Feb. 14 Last day for course
Changes
- Feb. 15 Parent Council Mtg.
7:00 p.m.
- Feb. 18 Early Dismissal, 11:34 a.m.
- Feb. 18 PD/Staff Mtg. in p.m.
NO CLASSES IN P.M.
- Feb. 21 Family Day
NO CLASSES
- Feb. 24 VJM & RSF students visit

MESSAGE FOR PARENTS: If any emergency contact information has changed since September 2010, please contact the school at 780-459-7781 as soon as possible to ensure we can contact you in case of an emergency.

E-MAIL ADDRESS: We now have a mass e-mail list that we use to forward information and notices to parents, guardians, and/or students. If you have not been receiving these e-mails, please submit your e-mail address to the office (indicating your son/daughter's name).

TERM 2 PRE-REQUISITES – VERY IMPORTANT:

All students have been advised to ensure they have the required pre-requisite for their term 2 courses. If they do not have the proper pre-requisite, they are to make an appointment with their program coordinators as soon as possible.

ARE YOU CONSIDERING GETTING A TUTOR?

As we begin a new semester, students and parents are reminded of the following: The most important responsibility is to do one's homework when it is assigned, so that timely feedback and assistance can be provided from your teacher. Please consider this as a first solid step before you seek out tutoring.

If you find that you still require a tutor, Mrs. Belley has a list of peer tutors available.



GRAD INFORMATION HIGHLIGHTS



Grad Meeting for parents will be held Tuesday, February 8, 2011, at 7:00 p.m. in the Hawk's Nest

Order Assistance Grad Picture Event – Lifetouch will be available from 3:30 - 6:30 p.m. on February 8th for students and/or parents **who would like help** with their picture order. If you have ordered already, you DO NOT need to come in.

GRAD PHOTO RETAKES:

Will take place on Monday, February 28th. Please ensure you have an appointment booked at the office (see Mrs. Ostrom). If you did not have your grad photos done earlier, bring your sitting fee of \$20.00 if you are purchasing a package. Or, you can pay \$5.00 and this will ensure your picture is in the yearbook. If you are having retakes done, bring your package with you. There are no additional charges for retakes.

Graduation Mass will take place at **Holy Family Parish** at 7:00 p.m. on Thursday, May 19th, 2011.

Graduation Exercises will be held on Friday, May 20th, 2011 at 1:00 p.m. at the Jubilee Auditorium.

Graduation Dinner and Dance will be on May 20th, 2011. 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 780-459-7781).

Graduation Participation Requirements

Each year SACHS has a fantastic graduation ceremony and dinner to honor 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 32 in student handbook)
- registered in at least 20 credits at SACHS for grade 12
- have no overdue fees or outstanding textbooks.
- completed or taking Religious Studies 15, 25 and 35.

GRAD LIST:

Once Alberta Learning has received your diploma marks, Mr. Cross will be able to compile the grad list. Make sure that you don't have any outstanding textbooks or overdue fees. You also need to have completed 80 credits by the end of the first semester to qualify for ceremonies (Mr. Cross will be printing out credit histories for all grade 12 students). The Grad list should be up by the end of February 2011.





The Outsiders

By S. E. HINTON

March 5 & 6, 2011
The Arden Theatre

Two performances daily:
Matinee: 12:00 noon
Evening: 7:00 p.m.

\$10 Student/Senior

\$15 Adult

\$55 5-pack

Tickets are available in the
General Office.

Phone: 780-459-7781

PARENT-TEACHER CONFERENCES

Wednesday, March 23, 2011

Thursday, March 24, 2011

5:30 – 8:30 p.m.

GR. 12 INFORMATION

NAIT INFO WEEK: NAIT is offering free information sessions from **February 7 to February 11, 2011**. Here's your opportunity to get detailed information about NAIT'S wide range of programs. Each evening on the Main Campus, you'll learn about program curriculum and career opportunities, be able to ask questions, take a tour and maybe even win a \$500.00 tuition credit. Each evening of Info Week focuses on different career sectors. Check the website @ www.nait.ca

King's University Open House

March 12, 2011

10:00 a.m. - 2:00 p.m.

NORQUEST COLLEGE

Information Nights

10215 – 108 STREET

EDMONTON DOWNTOWN CAMPUS

March 22, 2011 @ 6:00 p.m.

May 17 @ 6:00 p.m.

www.norquest.ca



ST. ALBERT PARISH



**7 St. Vital Avenue
St. Albert, AB T8N 1K1**

Phone: (780) 459-6691

Pastor: Fr. Andrzej Stendzina, OMI
Pastoral Associate – Brittney White
Youth Minister – Mairi McCormack
Office Manager – Evelyn Schmidt

Weekend Eucharistic Liturgies:

Saturday – Main Church at 5:00 p.m.

Sunday – Main Church at 9:00 a.m.
and 11:00 a.m.

Chapelle Connelly McKinley at 9h00
(Francais)

Weekday Liturgies:

Tuesday to Friday, 8:30 a.m. @
Chapel of Immaculate Conception
11 Mission Avenue

Visit our website at: www.stalbertparish.ca

HOLY FAMILY PARISH



**75 Poirier Avenue
St. Albert, AB T8N 6A1**

Phone: (780) 459-3694

Pastor - Fr. Mitchell Fidyka
Associate Pastor – Fr. Mahendran Mahesh
Youth Ministry – Thomas Schiller
Parish Administrator – Vera Fischer
Office Assistant – Valerie Johnston

Regular Mass Times

Saturday at 5:00 p.m.

Sunday at 9:00 a.m., 11:00 a.m. and 5:00 p.m.

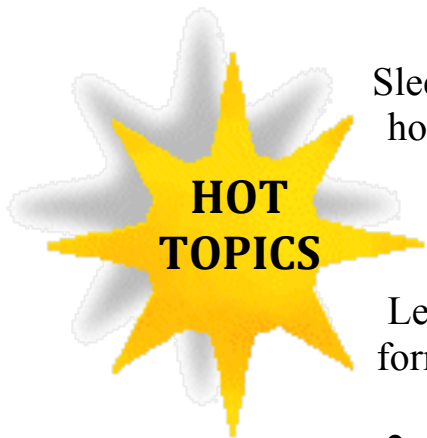
Weekday Masses

Tuesday to Saturday at 9:00 a.m.

Friday evening: 7:00 p.m.

Visit our website at: www.holyfamilyparish.ca





Sleep is biological creativity. The difference in how the brain handles learned information before and after sleep is the difference between knowledge and wisdom.

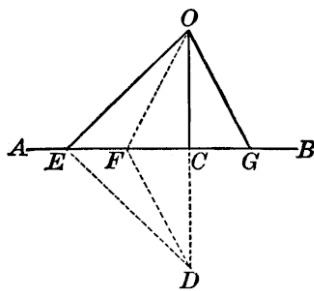
Learning involves three steps for memory formation

1. encoding
2. consolidation and integration
3. recall. Sleep is vital for the second stage. The last two hours of our sleep is most critical for consolidation and yet our sleep is often cut short.

Sleep physically changes the geography of memories. After sleep the location in the brain of our learning has actually moved.

Matthew Walker, PhD. UC Berkeley. "To sleep, Perchance to Remodel the Brain and Improve Memory."

August 13, 2010 APA Annual Convention, San Diego, CA



There is a lot of discussion today on how to best encourage adolescents who appear highly talented in the areas of math and science, to pursue successful adult endeavors in the STEM areas (Science, Technology, Engineering and Math). A new longitudinal study released last month tracked high-ability adolescents from

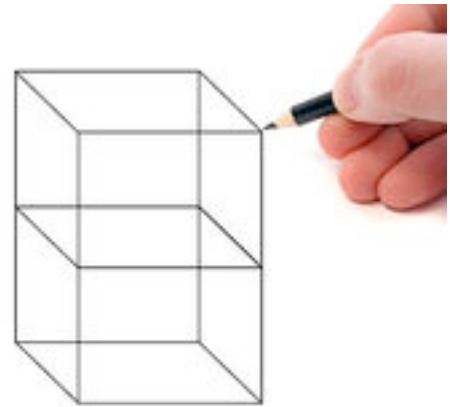
early adolescence through mid-life. As one might expect, those mathematically talented youth whose schools provided both richer and deeper density of advanced educational experiences were more successful in STEM areas as adults. Richness includes things such as AP courses, college math courses offered in high school, etc. Deeper density includes things such as science and math fair opportunities,

research, etc. Interestingly, it doesn't appear to make a difference as to whether these talented students get a lot of opportunity or just a little, but that opportunity is present. *Wai, J., Lubinski, D., Benbow, C. P. & Steiger, J. H. (2010). Accomplishment in science, technology, engineering, and mathematics (STEM) and its relation to STEM educational dose: A 25-year longitudinal study. Journal of Educational Psychology, 102(4), 860-871.*



If you've ever questioned the value of having students draw or sketch a concept while learning about it, and/or the value of actually grading the drawing, you might be interested in another study out this month. The study involved 9th graders learning a chemistry lesson. Some students were asked to draw the process while learning about it. Some just read the text. The quality and accuracy of the drawings were also evaluated. On later testing for understanding, the students who drew pictures of the concepts scored higher than those who just read the text. And the better/more accurate and detailed the drawings, the better the test score.

Schwamborn, A., Mayer, R. E., Thillmann, H., Leopold, C., & Leutner, D. (2010). Drawing as a generative activity and drawing as a prognostic activity. Journal of Educational Psychology, 102(4), 872-879



St. Albert Catholic High School proudly presents ...

The Outsiders BY S. E. HINTON

March 5 & 6, 2011

THE ARDEN THEATRE

Two performances daily:
12:00 noon & 7:00 p.m.

Admission Prices:
\$10 Student/Senior
\$15 Adult or
\$55 5-pack



Tickets available at
SACHS general office
or any performing arts
student.

Phone:
(780) 459-7781

Adapted by Christopher Sergel and performed with permission
of Dramatic Publishing Company



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

Encouraging Kids to Be Grateful

Feeling gratitude and not expressing it is like wrapping a present and not giving it.

—William Arthur Ward, American scholar

Our kids receive a gift, and what do they say? We want them to be grateful, to learn how to say thank you, and to be sincere in their appreciation. But how do you teach gratitude? Consider these ideas.

Tips for . . .

All parents

- Model sincere appreciation. Kids notice when you have an attitude of gratitude—and when you don't.
- Teach kids about the generosity of spirit. We can be thankful for life in general, the good things that come our way, and even the difficulties that teach us about ourselves and the great questions of life.
- Encourage kids to help others. Being grateful is also about doing good for others.
- Be creative with gratitude. If your child receives a huge gift, take pieces of paper together and write one letter on each piece to say, "Here's a Big Thank-You!" Tape the paper together to make a large, foldout poster. Then, decorate the letters together and have your child sign his or her name before giving it to the person.
- Talk about what to do when you receive something you dislike. Be honest that every gift you get may not be your favorite. However, it's important to be thankful for people being generous. It's sincere to say, "Thanks for giving me this gift," or "Thanks for thinking of me," even if you don't like what you received.
- Encourage your kids to forgive others. Yes, they can still stand up for themselves, but a generous spirit is a forgiving spirit.

Parents with children ages birth to 5

- Play a thank-you game every day. When your kids are infants and toddlers, say that you're thankful for them every day. For example, "I'm glad you're here. I like it when you smile. I'm thankful for your giggles." Once your child begins to speak, ask her every day what she is thankful for.
- Be clear that your child needs to say "thank you" every time he receives a gift. Help your child practice. If he receives something, ask, "What do you say?" Saying "thank you" together might help if he is shy.
- When your kids are infants and toddlers, send thank-yous with a photo of your child or an outline of her hand. You can even write your child's name under her scribble on a card to show that she signed it.

Parents with children ages 6 to 9

- As children begin to learn to read, read books about gratitude.
- Keep a supply of thank-you cards on hand. Have younger children sign their names on cards. As they learn to write more, have them write a sentence or two.

- Show that there are ways to be thankful other than writing a note. Bake a batch of cookies—or have your child draw a thank-you picture. You don't even need to be thanking someone for something. You can just be thankful for a person and want to show your gratitude.

Parents with children ages 10 to 15

- Talk about how thankful you are for the important adults in your kid's life. Then reach out to these people to show your appreciation. Write thank-you notes to the bus driver, the school janitor, the teacher, the coach, and the club leaders with whom your kids interact with.
- Make it a rule: your child can't start using a gift until he has written and mailed a thank-you. Follow that rule yourself so you're modeling what you're teaching.
- Tap into young teens' creativity in showing their appreciation. For example, kids might collect a bunch of gum (unopened) to give to a favorite teacher. Or they might make a humorous award for the silliest coach.
- Talk about the wonders of life. If your child enjoys a video game, a certain musical instrument, or playing a certain sport, talk about how great it is that someone invented it.

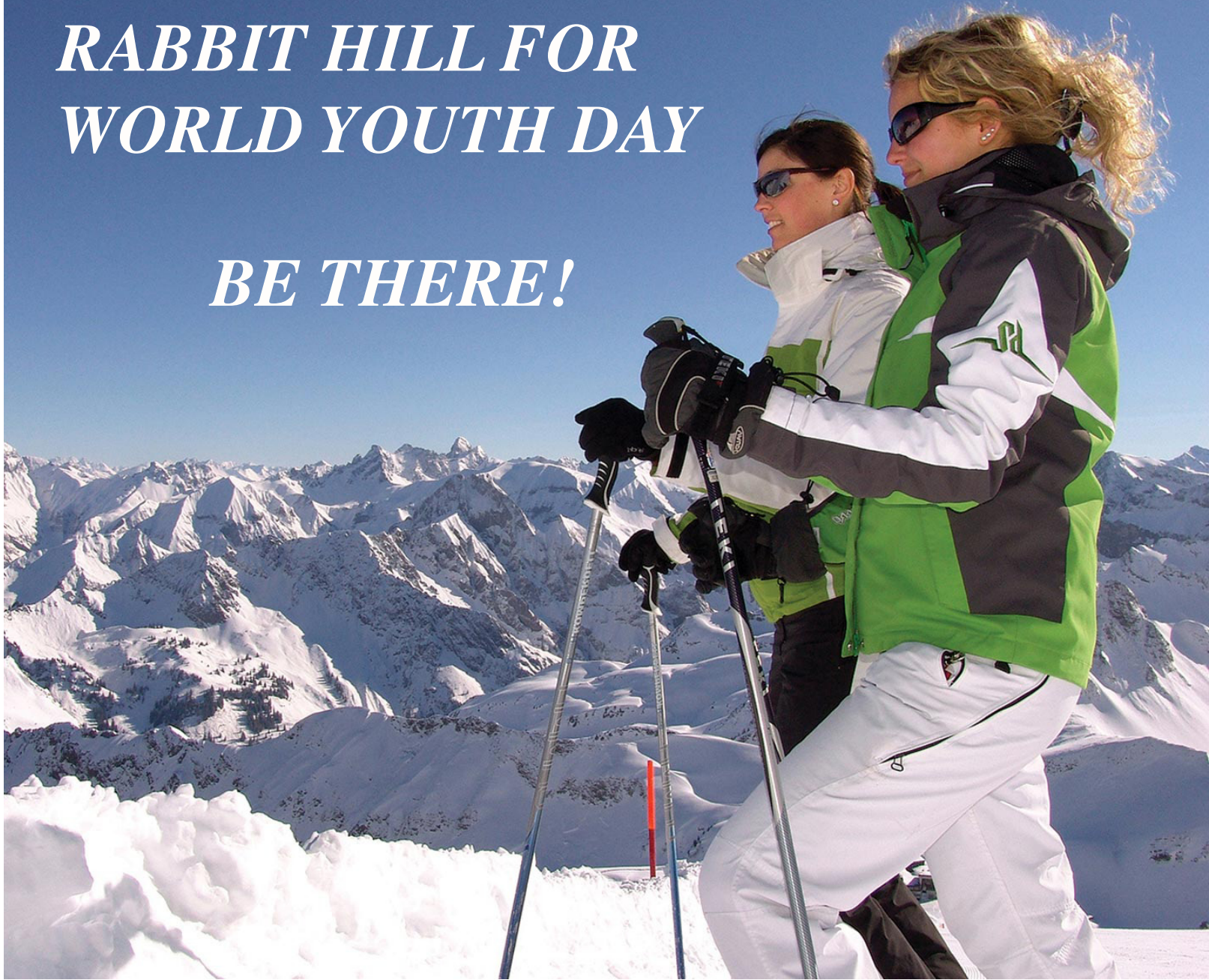
Parents with children ages 16 to 18

- Continue to emphasize being thankful. Research shows that kids and teens that learn to appreciate things are less likely to be materialistic.
- Encourage older teens to write formal thank-you notes to teachers, counselors, coaches, and other adults who take the time to write letters of recommendation for colleges, scholarships, and other activities they hope to do after high school.
- Point out that even though times are changing, a written thank-you note is still one of the best ways to show appreciation. Yes, your teenager may have said "thank you" or even sent an e-mail (or a text message), but many people still like to receive a mailed thank-you, as it shows good manners.
- Give older teenagers context for the good and bad things that happen to them. Talk about how challenges help to shape us—and make us better people (if we learn from these challenges and don't become bitter). Mention what a wonder it is to be going to a high-quality public school, to live in a caring neighborhood, or even to have great friends.

Permission is hereby granted to City of St. Albert Family & Community Support Services to reprint the Developmental Assets® list, as well as sections of *Instant Assets*, and the MVParents® Web site for educational, non-commercial purposes only.

RABBIT HILL FOR WORLD YOUTH DAY

BE THERE!



Saturday, January 29 from 5:30 - 10:00 p.m.

Ski or board, including a beginner lesson, a lift pass and your rental for ONLY \$25.00. There will also be an outdoor BBQ on site. There are limited tickets available and they MUST be pre-purchased by calling 780-459-9827 or 780-903-0182 or e-mail andre-a@telus.net