



ST. ALBERT CATHOLIC HIGH SCHOOL NEWSLETTER



33 Malmo Drive, St. Albert, AB T8N 1L5 (780) 459-7781 www.sachs.ab.ca March 2011



Basketball Semi-Finals will be held on March 1 and 2, 2011. Junior and Senior Boys Basketball Finals will be on March 4 and Junior and Senior Girls Basketball Finals will be on March 5.

Come and cheer on your Skyhawks!



Key Dates

MARCH

- * March 3 Mobile Blood Donor Clinic
11:30 a.m. - 2:00 p.m.
- * March 5-6 "The Outsiders"
12:00 noon and 7:00 p.m. shows
@ The Arden Theatre
- March 9 Ash Wednesday

Mark your calendar!

- March 10 OPEN HOUSE
"The St. Albert Catholic High School Experience"
7:00 - 9:00 p.m.

NEWSLETTER HIGHLIGHTS

Basketball	Page 1
Key Dates	Page 1
Grad Information	Page 2
"The Outsiders" Drama Production ...	Page 3
Parent/Teacher Conferences	Page 3
Summer School 2011	Page 3
Parish Information	Page 4
Hot Topics from the Counsellor	Page 5
Mission Team Fundraiser	Page 5
Cool Careers	Page 5

Attachments:

GSACRD 2011/2012 School Calendar
St. Albert Family & Community Support Services



- March 22 Mission Team leaves for New Orleans
- March 23 & 24 Parent/Teacher Conferences
5:30 - 8:30 p.m.
- March 24 New York trip leaves
- March 25 Day in lieu of P/T Conferences
NO CLASSES
- March 28 Spring Break begins
- April 4 Classes Resume



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: Josten's will be at SACHS on Thursday, March 3rd. 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 \$60.00 deposit.

ARE YOU ON THE GRAD LIST? Grads must check to see if you are on the Grad List. The list will be posted in the beginning of March. If your name is not on the list, please see Mr. Cross.

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 Expo Centre (formerly Agricom) Hall G/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

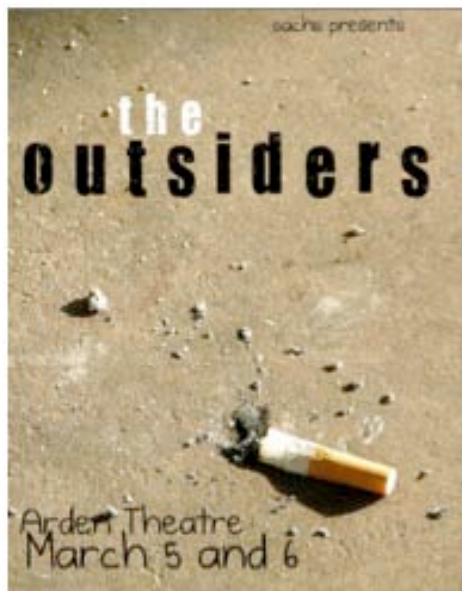
Each year SACHS has a fantastic graduation ceremony and dinner to honour the hard work and accomplishments of our grade 12 students. In order to participate in the ceremonies you must meet several requirements. Please be sure that you have met all of the following so that you are not disappointed.

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 32 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



by S. E. Hinton

March 5 & 6, 2011
12:00 & 7:00 p.m.
Arden Theatre
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

Wednesday, March 23

Thursday, March 24

5:30 – 8:30 pm

Summer School

July 4 - 26, 2011

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.

Information will be available soon.
Call St. Gabriel Storefront School at
780-459-6616.



ST. ALBERT PARISH



St. Albert
Paroisse **150** Années
Parish **150** Years

Pastor: Fr. Andrzej Stendizia, OMI
Office Manager: Evelyn Schmidt
Pastoral Assistant: Brittney White
Office Assistant: Deanne Riopel
Youth Ministry: Mairi Irene McCormack

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: 5:00 p.m. - Youth Mass
(Teen Life)

Weekday Masses

Monday - Saturday: 9:00 a.m.
Friday evening - 7:00 p.m.

www.holyfamilyparish.ca





HOT TOPIC # 1: In helping students prepare for tests, remember that performance deficits usually arise from failures of retrieval, not failure of

storage or encoding. Simply encoding information is not learning it - retrieval and expression is what demonstrates learning. Testing enhances Long Term Memory much more so than just further study, unless the study time actually involves retrieval. So tell your students that "effortful retrieval" is the strongest learning tool. Self testing opportunities should be plentiful in test preparation. Remind your students, "don't just review, retrieve, retrieve, retrieve". Ralph Miller, PhD. Binghamton University - SUNY. "Functional Analysis of Learning and Its Failures: The Benefits of Imperfect Retrieval." Presented August 14, 2010 APA Annual Convention, San Diego, CA



HOT TOPIC #2: Trying to encourage your students or your children to pursue STEM areas? Most parents and teachers try to

encourage young people by talking about how math and science has helped them in their life or career. But research shows that when teachers and parents speak to children about how math and science may be relevant to the child, we see an increase in enrollment in those types of courses. Relevance plus value leads to motivation. Help the child see how STEM courses are relevant to THEIR personal interests and would produce value in THEIR life, not yours. Chris Hulleman, PhD, James Madison University. "Relevance and Motivation: Using Theory, and Research to Make a Difference in the Real World. Presented August 14, 2010 APA Annual Convention, San Diego, CA

WIN

**50" Plasma Flat screen T.V.
\$5.00/ticket - 1000 tickets printed
Tickets available in the General Office
Get your ticket today!**



**IN SUPPORT OF THE
SACHS MISSION TEAM**

**BACK BY POPULAR
DEMAND
"COOL CAREERS"**

- March 1** **Environmental Studies
Speaker: Joel Tolhurst**
- March 8** **R.C.M.P.
Speaker: Cst. Hawkins &
Police Dog Dodger**
- March 15** **MacEwan School
of Business
Speaker: Nicholas Hrycun**
- April 5** **Engineering Technologies
Speaker: Bruce Reindeer**

**GREATER ST. ALBERT CATHOLIC SCHOOLS
2011-2012 SCHOOL YEAR**

Approved

		Date							Details		Operational	Instructional	NOTES
	S	M	T	W	T	F	S			Days	Days		
AUGUST			1	2	3	4	5	6	26 Preparation Day	Operational Days 4	Instructional Days 1	<p>☐ = operational day (no students)</p> <p>○ = holiday (no classes)</p> <p>△ = staff meeting day (early dismissal)</p>	
	7	8	9	10	11	12	13	29 Preparation Day					
	14	15	16	17	18	19	20	30 Blueprints Day					
	21	22	23	24	25	26	27	31 First Day of Classes					
	28	29	30	31									
SEPTEMBER						1	2	3	5 Labour Day	Operational Days 21	Instructional Days 20		
	4	5	6	7	8	9	10	23 PD/Staff Meeting Day					
	11	12	13	14	15	16	17						
	18	19	20	21	22	23	24						
	25	26	27	28	29	30							
OCTOBER							1		10 Thanksgiving Day	Operational Days 20	Instructional Days 19		
	2	3	4	5	6	7	8	11 ATA Institute Day					
	9	10	11	12	13	14	15	21 Staff Meeting Day (early dismissal)					
	16	17	18	19	20	21	22						
	23	24	25	26	27	28	29						
	30	31											
NOVEMBER			1	2	3	4	5		10 PD/Staff Meeting Day	Operational Days 21	Instructional Days 19		
	6	7	8	9	10	11	12	11 Remembrance Day					
	13	14	15	16	17	18	19	25 P/T Interviews - Day in Lieu					
	20	21	22	23	24	25	26						
	27	28	29	30									
DECEMBER						1	2	3	9 PD/Staff Meeting Day	Operational Days 16	Instructional Days 15		
	4	5	6	7	8	9	10	23-30 Christmas Vacation					
	11	12	13	14	15	16	17						
	18	19	20	21	22	23	24						
	25	26	27	28	29	30	31						
JANUARY		1	2	3	4	5	6	7	2-6 Christmas Vacation	Operational Days 17	Instructional Days 16	<p>First DIP - January 11</p> <p>Last DIP - January 30</p> <p>High School Semester 1: 90 days</p>	
	8	9	10	11	12	13	14	27 PD/Staff Meeting Day					
	15	16	17	18	19	20	21						
	22	23	24	25	26	27	28						
	29	30	31										
FEBRUARY					1	2	3	4	9-10 Teachers' Convention	Operational Days 20	Instructional Days 18		
	5	6	7	8	9	10	11	20 Family Day					
	12	13	14	15	16	17	18	24 Staff Meeting Day (early dismissal)					
	19	20	21	22	23	24	25						
	26	27	28	29									
MARCH					1	2	3		9 PD/Staff Meeting Day	Operational Days 17	Instructional Days 15		
	4	5	6	7	8	9	10	23 P/T Interviews - Day in Lieu					
	11	12	13	14	15	16	17	26-30 Spring Break					
	18	19	20	21	22	23	24						
	25	26	27	28	29	30	31						
APRIL							6	7	6 Good Friday	Operational Days 19	Instructional Days 18		
	8	9	10	11	12	13	14	9 Easter Monday					
	15	16	17	18	19	20	21	27 PD/Staff Meeting Day					
	22	23	24	25	26	27	28						
	29	30											
MAY			1	2	3	4	5		18 PD/Staff Meeting Day	Operational Days 22	Instructional Days 21	First PAT - May 14	
	6	7	8	9	10	11	12	21 Victoria Day					
	13	14	15	16	17	18	19						
	20	21	22	23	24	25	26						
	27	28	29	30	31								
JUNE						1	2		8 PD/Staff Meeting Day	Operational Days 20.5	Instructional Days 18	<p>First DIP - June 12</p> <p>Last PAT - June 27</p> <p>Last DIP - June 28</p> <p>High School Semester 2: 90 days</p>	
	3	4	5	6	7	8	9	27 Last Day of School					
	10	11	12	13	14	15	16	28 Preparation Day					
	17	18	19	20	21	22	23	29 Year-end Mass (half-day)					
	24	25	26	27	28	29	30						
TOTAL SCHEDULED DAYS										197.5	180		



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

Building a Strong, Asset-Building Family

The bond that links your true family is not one of blood but of respect and joy in each other's life.

Richard Bach, American author

What do you dream your family will be like? What are your hopes for each relationship? Each person? Building a strong, asset-building family is about having a vision of what you hope for. You want each person to live to her full potential. You want relationships to be strong and close. You want every family member to have as many Developmental Assets as possible. Here's how to create a strong, asset-building family.

Tips for . . .

All parents

- Listen to your child and respect what he is telling you. Let him know that you will always be there for him, and work on building a strong relationship that is characterized by warmth, boundaries, and respect.
- As a family, talk about what your hopes are. Listen closely to your kids. They often have invaluable insight.
- Create ways to regularly spend time as a family. Eat dinner together as often as you can. Consider having a weekly or monthly family night to play board games, watch a movie, exercise, or do something adventurous. If you're having trouble finding something you all enjoy doing together, suggest playing a multi-player video game with your kids. Have them teach you how to play. You may be surprised at how much fun you'll have once you get the hang of it.
- Talk about the 40 Developmental Assets. Post the list in your home where everyone can see it
- Be honest about your family's difficulties. No family is perfect, and every family has its stressors and weaknesses. Talk about these and work through them together. Recognize that some difficulties will never be totally solved, but there are ways to thrive as a family even when faced with hardship.

Parents with children ages birth to 5

- Know that you're in a major transition when you start having children. It changes everything. Not only do you have a child to care for, but it seems that many of your relationships with other people begin to shift and sometimes you even rethink where you live, how you make a living, and more. Use this time to make the changes that you long for so that you can create the family and lifestyle you dream of.
- Not only do you want to have a strong asset-building family at home, but you also want your child to have positive relationships with other caregivers. Look for asset-building individuals in child-care centers, preschools, and other settings.

- Create a lifestyle that brings out the best in your young child. Develop a daily routine that includes healthy meals and snacks, exercise, naps, reading, downtime, and intellectually stimulating times.

Parents with children ages 6 to 9

- Even if you've had a tough day, be happy when you see your child after school or after work. Tell your child how happy you are to see her. Your kids notice your moods, and they also like to feel welcomed when they come home from their day.
- Ask your child how he would like to spend your next family time together. Play card games. Go to the zoo. Go swimming. See what your child would like to do.
- Encourage your child to help you with setting the table or preparing a meal. Ask your child for ideas for what to cook.

Parents with children ages 10 to 15

- At this age, some kids want to spend more time with their friends than with their families. Instead of making family time a strain, encourage your child to invite a friend over for a family night or a family outing. Include the friend as part of your family.
- Continue to have meals together as a family as often as you can—even when family members have busy schedules. Research shows that family meals are a key way to bring family members closer.
- Have fun together as a family. Tease each other (in ways that all family members find funny). Watch funny TV shows or movies together. Laugh.

Parents with children ages 16 to 18

- Get to know your teenager's friends. Learn their names and interests. Invite them to your home. Your kids feel valued when you take interest in their friends. And to the extent possible, also get to know the parents of your child's friends.
- If possible, try to take family vacations to places where your older teenager really wants to go. Once kids graduate from high school, it can become more difficult to include them in family vacations.
- Be there for your teenager. Although it may seem that teenagers are self-centered and don't often give much back, they notice when you're there for them and care about them. Over the long haul, this helps them connect more deeply to your family and it also keeps you connected to them.

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.