

St. Albert Catholic High School Newsletter

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www.sachs.ab.ca

May 2011

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*Attachments: FCSS - When Disaster Strikes!
Family Volunteering and Parent's Place*

Key Dates

May 10, 5:00 - 8:00 pm	Football Registration for returning players
May 11, 5:00 - 8:00 pm	Football Registration For new players
May 19 @ 7:00 p.m.	Graduation 2011 Mass St. Albert Parish
May 20 @ 1:00 p.m.	Graduation Ceremony Jubilee Auditorium
NOTE: Grads are to be there at 12:15 p.m.	
May 20 @ 5:30 p.m.	Grad Banquet Edmonton Expo Centre Hall "G" & "H"
May 20	PD Day/Staff Meeting NO CLASSES
May 24, 25 & 26	Spring Football Camp
May 30 - June 3	Leadership Retreat
May 25	ELA 30-1 & ELA 30-2
June 13	Diploma Exam (Part A)
June 14	SS 30 & SS 33
June 14	Diploma Exam (Part A)
June 15 - 28	Last day of classes
July 4	Final Exams Summer School begins

Grads A reminder that the Graduation Mass on Thursday, May 19th will be held at St. Albert Parish. Grads are asked to be there by 6:30 p.m.

Congrats!

Congratulations to the following students on being nominated for Grad of the Year.

Brian Chee, Tiffany Cimolai, Christian Dallaire, Jill Owen, Olivia Trabysh, Matt Woodland

This is truly an honour.

ORDERING TRANSCRIPTS

Students who have applied to post-secondary institutions for September entrance will need to order official transcripts from Alberta Education, After you receive your blended diploma marks in July, you can have the official transcript sent to the post-secondary institution you have applied to. This can be done on-line

www.education.gov.ab.ca/learning/student-services/transcripts.

Celebrate St. Albert's 150th Anniversary

**Check out the website:
www.rendezvous2011.ca**



June 2011 Final Exam Schedule

Monday, June 13	8:45 a.m. – 12:00 p.m.	English LA 30-1 and English LA 30-2 (Part A)
Tuesday, June 14	8:45 a.m. – 12:00 p.m. 8:45 a.m. – 11:30 a.m.	Social Studies 30-1/30-1 IB (Part A) Social Studies 30-2 (Part A)
Wednesday, June 15	8:45 a.m. – 11:30 a.m.	Spanish 10-3y/10-3y PIB Spanish 20-3y/20-3y IB
Thursday, June 16	8:45 a.m. – 12:00 p.m. 12:45 p.m. – 3:30 p.m.	English LA 30-1 and English LA 30-2 (Part B) English 10-1/10-2; 20-1/20-1 IB Social Studies 10-4; Social Studies 20-1, 20-11B
Friday, June 17	8:45 a.m. – 11:30 a.m. 12:45 p.m. - 3:30 p.m.	Social Studies 30-1/30-1 IB (Part B) Social Studies 30-2 (Part B) Pure Mathematics 20/20 IB Applied Mathematics 20
Monday, June 20	8:45 a.m. – 12:00 noon	Mathematics 10C, Mathematics 24
Tuesday, June 21	8:45 a.m. - 11:30 a.m.	French 10-9y/10-9y IB French 20-9y
Wednesday, June 22	8:45 a.m. – 11:30 a.m. 12:45 p.m. - 3:30 p.m.	Biology 30 Biology 20/210 IB Science 10, Science 14, Science 24
Thursday, June 23	8:45 a.m. – 11:30 a.m. 12:45 p.m. – 3:30 p.m.	Pure Mathematics 30/30 IB Mathematics 31 Social Studies 20-1 Social Studies 20-4
Friday, June 24	8:45 a.m. – 11:30 a.m. 12:45 p.m. - 3:30 p.m.	Chemistry 30 Chemistry 20/20 IB Social Studies 10-1/10-1 PIB Social Studies 10-2 Social Studies 10-4
Monday, June 27	8:45 a.m. – 11:30 a.m.	Physics 30 Physics 20
Tuesday, June 28	8:45 a.m. – 11:30 a.m.	Social Studies 20-1 IB



Skyhawks Football Registration 2011

Returning Players

Tuesday, May 10

5:00 - 8:00 p.m.

SACHS Gymnasium

Cost \$350.00 fee

\$600.00 equipment
deposit (not cashed)**New Players**

Wednesday, May 11

5:00 - 8:00 p.m.

SACHS Gymnasium

Cost \$350.00 fee

\$600.00 equipment
deposit (not cashed)

Registration fees: \$350.00 (cheque can be made payable to SACHS).

Equipment deposit: \$600.00 (cheque can be made payable to SACHS, but DO NOT DATE the cheque).

Fundraising: \$80.00 (for this you will get a book of raffle tickets to sell).

Spring Camp

May 24 - 26 3:30 - 5:30 p.m.

May 30 - June 3 3:30 - 5:30 p.m.

Late registrations will be
accepted by contacting
Mr. Johnson
@ 780-459-7781.

Hot Topic!

As reported before, recall of information is one of the best study tools, so practice tests are a good learning aid. But, does guessing wrong on a practice test engrain the incorrect answer for the real test?

Apparently not, according to new research out this month. In practice tests, some students were encouraged not to guess and others were required to guess (in order to advance to the next question). Some groups were given immediate feedback, others had delayed feedback on their answers. Guessing wrong had no effect on their test performance when given a week later.

Kang, S. et al. 2011. Journal of Educational Psychology, Vol 103(1), 48 - 59.





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never underestimate the power of caring

Family Communication Tips: When Disaster Strikes!

One must talk little and listen much.

African proverb

One day, something bad will happen. Maybe a grandparent or a pet will die, or maybe a family member will be diagnosed with cancer. Maybe you'll lose your job or get a divorce. Are you and your child equipped to communicate effectively when disaster strikes?

Tips for . . .

All parents

- First, try to distinguish your emotions about the news from your feelings about what to tell your kids. It's always harder to talk about bad news when it's an emotional issue for you.
- Be open to your kids' reactions. Some may cry. Others may get angry. Some may not seem to react at all. Don't read too much into your child's initial reaction. For some kids, it takes awhile for the news to sink in.
- Give information according to your child's age. Younger children will require less information than older teenagers. After sharing information, answer any questions your kids may have.
- Reassure your kids. When bad things happen, they need to hear that you love them and that you're there for them. If you're uncertain how long you can be there for your children (such as when you receive a terminal prognosis), make sure they know of other caring, trusted adults who will also be there for them.
- Talk about what the bad news means for them personally. Be as clear as possible about how the bad news will make their life change—or not change. Older kids will want to know more details about this than younger kids.

Parents with children ages birth to 5

- Break bad news to your child in a comfortable place. For example, have your child sit on your lap or talk to your child on his or her bed. Having your child's favorite comfort item available (a blanket, a stuffed animal or favorite toy) can also help.
- Try to be calm—even if the news is upsetting to you. If you're overly emotional, your child may feel like he or she needs to take care of you instead of having his or her own reaction.
- Roll with your child's reactions. Many young children don't understand what "death" or "divorce" or other big topics are. They may shrug their shoulders and then ask you to play. They're not being insensitive. Usually they aren't old enough to understand what the bad news is all about.

Parents with children ages 6 to 9

- Do something special with your child. You can say that when bad things happen, it often helps to do something you enjoy to try to feel better. For example, ask your child what he or she would like to do with you. Maybe your child will want to go the playground or play a board game.
- Don't be surprised if your child tries to blame you or someone else for the bad news. It's hard for children at this age to understand that sometimes bad things can just happen.
- Try to find age-appropriate books on the bad-news topic from your local library. Kids often feel less alone when they read books about other kids going through the same experience.

Parents with children ages 10 to 15

- Since some kids at this age are emotionally volatile, it may be tempting to withhold bad news. It's important to be honest with your kids and not to be afraid of their reactions.
- Be patient with your child's grieving process. Your child may seem fine one day and then a complete wreck the next. Stick with them, reassure them, and answer their questions.
- If you're concerned about how little your child is talking to you about the bad news, talk to other significant adults in your child's life. For example, talk to your child's teacher, coach, or club leader. Sometimes a child will talk to another adult, and it helps if everyone knows the same information.

Parents with children ages 16 to 18

- Older teenagers will often want to know more details about the bad news, but gauge their reactions carefully. Tell them the basic information and see how they respond and what questions they have. Don't be surprised if, later on, you discover your teenager researching the topic on the internet.
- Although older teenagers may seem like they can take on more hardship than younger kids, remember that they still don't have the life experience that you have. Hearing bad news can be extremely difficult on a teenager, and it can sometimes trigger risky behaviors, particularly if they were struggling before the bad news hit or they're feeling extremely vulnerable.
- Model the grief process. Don't display too much emotion—but don't hide all of your emotions, either. It helps older teenagers to see that there are hard times—and very hard times—and that people can get through these tough situations by making positive coping choices. Say that even though you don't feel like exercising, you notice that exercise helps you feel a bit better. Explain that even though you may be tempted to eat badly, you notice that you feel better when you eat healthy. Talking about the temptations as well as the ups and downs (while modeling positive coping strategies) will help your teenager be more intentional about the choices he or she makes.



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never underestimate the power of caring

Family Volunteering

Volunteers do not necessarily have the time; they just have the heart.

Elizabeth Andrew

Volunteering together will strengthen your family bonds as well as your community. Now more than ever, help from all kinds of people of all ages is needed right here at home as well as across the world. Working together can be a chance for you and your children to connect, and at the same time make a positive difference. Your kids will experience how good it feels to lend a hand, and they might learn something new in the process. Volunteering can be particularly memorable when you spend time afterwards talking about and reflecting on what happened.

Tips for . . .

All parents

- Volunteer as a family in your community.
- Encourage your children to be involved in volunteer opportunities that present themselves at school or through their involvement in other activities.
- Volunteer yourself and talk positively about it with your children.
- Discuss the importance of giving back to your community and the positive impact it can have on others.
- Organize or participate together in a fundraiser such as a walk or a run. You can do the walk or volunteer your time to help work the event.
- Contact your local community Information Volunteer Centre if you do not know where to start.

Parents with children ages birth to 5

- Coordinate a food drive and deliver the goods together.
- Treat an elderly friend, relative, or neighbor to lunch. Go to a restaurant, bring a picnic, or order take-out.
- Make and send cards to hospitalized children, nursing home residents, or people in the military.

Parents with children ages 6 to 9

- Provide foster care for a pet through an animal shelter or for a friend or neighbor who is out of town or ill.
- Organize a community or neighborhood "closet-cleaning day." Deliver everything you collect to a shelter or thrift store.
- Organize or participate in a "clean up your neighbourhood" for parks and boulevards.

Parents with children ages 10 to 15

- Participate in cleaning up a park or natural area.
- Become a “mentor family” to a young person through a mentoring organization.
- Volunteer at a library to lead a story hour for kids.

Parents with children ages 16 to 18

- Volunteer with a local organization that helps adults learn to read.
- Volunteer for Habitat for Humanity in your community or surrounding area.
- Volunteer at your local Food Bank.
- Check with your church or school to see if they are involved with any service projects you could volunteer with.

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St. Albert's Family Resource Centre

For Parents

FACING THE FEAR & SURVIVING IT

We have all experienced fear in one form or another - fear of the unknown, fear of repeating past behaviors, fear of success, fear of intimacy, fear of letting go, fear of one's anger, even fear of snakes! Understanding what your fear represents gives you the opportunity to move through these moments with greater clarity and knowledge and will help you to live in peace once again.

Date: Tuesday April 12

Time: 7:00pm - 9:00pm

Fees: Members \$10.50 Non-members \$21.00

SINGLE PARENTING

Single parenting can have its ups and downs. Feeling overwhelmed by the responsibility of it all can lead to stress and uncertainty. In addition to potential visitation or custody problems, the task of caring for your children, maintaining a job and keeping up with the bills and household chores can put a lot of stress on you and your family. In this course we will examine the tips and strategies to help you get organized and find a balance towards creating a loving, nurturing, and peaceful home. Even if you have become a recent single parent, this course will show you what to expect and look out for, and show you the proactive measures you can take to maintain balance in your home.

Date: Wednesday April 6-27 NOTE: There will be no class on APRIL 13

Time: 7:00pm - 9:00pm

Fees: Members \$31.50 Non-Members \$63.00

FREE Childcare will be provided for children 18 months and older. Please indicate if you need childcare when you register.

For more information or to register call 780-459-7377 or visit our website at www.stalbertparentsplace.com