



ST. ALBERT CATHOLIC HIGH SCHOOL NEWSLETTER – NOVEMBER/DECEMBER 2010



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POST-SECONDARY NIGHT

SACHS is hosting the St. Albert Post-Secondary Event on WEDNESDAY, DECEMBER 1st from 7:00-8:30 p.m. in the Hawk's Nest. Several post-secondary institutions will be here at SACHS including U of A, NAIT, Grant Mac, Concordia, Mount Royal, SAIT, Norquest and many, many more.

Representatives from RCMP, Eveline Charles, Dalhousie, Marvel College and The Centre for Arts/Technology will also be in attendance. All students and parents are encouraged to attend this one-time only (this year) event!



SACHS Welcomes Student Teachers

Alex Becigneul with Tom Feehan
Troy Bontus with Kathy Krystofiak
Graham Kryzanowski with Al Meunier
Angus MacDonald & Holland Eddie
with John Dedrick

Grad Picture Week December 6 - 10



Appointment sheets are in the office.

See Mrs. Ostrom, in the general office, for further information.

More Graduation 2011 information will be forthcoming.

A list of students eligible to partake in Grad 2011 will be posted early in February.

Feb. 8, 2011 - Parent Grad Meeting

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Please visit our website
www.sachs.ab.ca
for final information on the
Exam Schedule for
January 2011.

Key Dates

November 25	Parent-Teacher Conferences 5:30 - 8:30 p.m.
November 26	Day in Lieu of P/T Conferences NO CLASSES
December 1	Post-Secondary Evening 7:00 - 8:30 p.m.
December 6-10	Grad Picture Week
December 10	Staff Retreat/PD Day NO SCHOOL
December 15	Christmas Celebration
December 17	Last Day of Classes
January 3	Classes Resume
January 12	English 30-1 & 30-2 Part A Diploma Exam
January 13	Social St. 30-1 & 30-2 Part A Diploma Exam
January 17	Last Day of Classes
January 18	Final Exams
February 1	First Day of Semester II

DIPLOMA EXAMINATION PREP CLASSES are being offered by APEX, PRIME TIME LEARNING and SUCCESS 2000. Information is available in the office and counselling suite.

Be prepared . . . not scared!

SKYHAWK NEWS:

The 2010 season for both the Junior and Senior Football teams was very rewarding. First year head coach and former SACHS student, Sean Brass did a wonderful job guiding his Junior troops to another successful season. The young men played with class and integrity and battled hard in every game. They wore with pride, their Skyhawk jerseys. Many thanks go out to Sean and all his staff members; Tom Feehan, Tim Enger, Pat Brass, Mark Brass, alumni and now coach Bryan Langevin, Mike Coxworth, Justin Hardy and Kevin Pytel. Thank you for all of your effort and hard work.

The Senior program had another successful year, high-lighted by their semi-annual trip to California and advancing again to the Carr Conference semi-finals. The young men of the senior program, played every moment of every game with class and heart, displaying the faith that made the school and school division proud. With fantastic leadership from it's grade 12 players, their legacy will be one of passion, heart and a "never quit" attitude. A **HUGE** "thank you" goes out to all the coaches on the Senior Staff; Mr. Garret Doll, Mr. Al Meunier, Mr. Orland Wilson, Mr. Marty McKeever (PK staff), Mr. Steve Ganton, Mr. Mark Dobko, Mr. Dean Richardson, alumni Mr. Devin Clayton and last, but in no way least, Mrs. Linda Hoddinott and Mrs. Marg Hauptman for their countless hours of work and dedication to the boys and the program.

Thank you again to all of those involved with the program.

Sincerely,



Sam Johnson
Head Football Coach

"A life is not important except in the impact it has on other lives." Jackie Robinson

PAY IT FORWARD!



Thank you to all of the parents, students, and staff who donated polar fleece so that the fashion students at SACHS have been able to "Pay it Forward", and sew warm winter items that are needed for the **Edmonton Emergency Services Organization**. The organization has a blanket campaign that they run every year called "*Blanket Alberta in Warmth*". Boxes are placed in Fire Halls to collect mitts, toques, scarves and blankets helping children and families in need. Sometimes they are helping families that are victims of house fires or they are people who are homeless or going through other difficulties. Edmonton Youth Emergency Services Organization services Edmonton and the Greater Edmonton area.



Counsellor's Corner:

Adolescents who engage in non-suicidal self injury (hurt themselves intentionally, with no intent to die, (NSSI) tend to have a poor ability to tolerate distress. They also tend to make poor choices in problem solution strategies.

There are 4 reasons why youth may use self-injury: (1) to stop bad feelings (2) to feel something (3) to get attention (a means of communicating) (4) to avoid having to do something else.

Why do they engage in NSSI? Social modeling of peers / media, a form of self-punishment, or for pragmatic reasons - research shows self-inflicted pain is an effective and immediate distracter. It is a very effective way to de-arouse.

Matthew Nock, PhD. Harvard University.

"Why Adolescents and Young Adults Hurt Themselves: Advances in the Understanding of Suicidal and Non-suicidal Self-Injury." Presented August 13, 2010, American Psychological Association Annual Conference, San Diego.

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- ***Peer Tutoring is available at SACHS -- see Mrs. Belley for information.***
 - ***REMINDER THAT PARENT-TEACHER INTERVIEWS WILL BE HELD ON THURSDAY, NOVEMBER 25 FROM 5:30 - 8:30 p.m.***
 - ***No classes on Friday, November 26.***