



# ST. ALBERT CATHOLIC HIGH SCHOOL NEWSLETTER – OCTOBER 2010



33 Malmo Dr. St. Albert, AB \* T8N 1L5 Phone: 780-459-7781 - Website: www.sachs.ab.ca

## Awards Night 2010

Thursday, November, 4, 2010  
Arden Theatre @ 7:00 p.m.

Invitations will be sent out by Oct. 20<sup>th</sup>.  
Please R.S.V.P. the school by  
October 30, 2010.

e-mail: [mostrom@gsacrd.ab.ca](mailto:mostrom@gsacrd.ab.ca)  
OR phone 780-459-7781 and ask for  
Mrs. Ostrom. Current students can  
R.S.V.P. at the general office.

## ADMINISTRATION & OFFICE PERSONNEL:

|                         |                                                             |
|-------------------------|-------------------------------------------------------------|
| Principals:             | Mrs. Cathy Rasmussen<br>Mr. Garret Doll                     |
| Grade 10/11 Coordinator | Mr. Tony Moratto                                            |
| Grade 11/12 Coordinator | Mr. Don Cross                                               |
| IB/Learning Support     | Ms. Cynthia Madill                                          |
| Counsellor              | Ms. Denise Belley                                           |
| Career Practitioner     | Mrs. Teresa Rieger                                          |
| Business Manager        | Mrs. Melanie St. Martin                                     |
| Support Staff           | Mrs. Monica Ostrom<br>Mrs. Janice Rocco<br>Mrs. Donna Saive |

## Key Dates

### WHAT'S IN THE NEWSLETTER?

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### Attachments:

- ARTernative
- Family Living Program for Fall/Winter 2010 (Programs of Catholic Social Services)
- St. Albert's Family Resource Centre
- Alberta Health Services

|                 |                                                                                                    |
|-----------------|----------------------------------------------------------------------------------------------------|
| October 11      | Thanksgiving Day<br>NO SCHOOL                                                                      |
| October 12      | ATA Institute Day<br>NO SCHOOL                                                                     |
| October 14      | Thanksgiving Celebration                                                                           |
| October 19      | Parent Council Mtg. @<br>6:00 p.m. in the "Hawk's Nest"                                            |
| October 21      | Parent/Teacher Conferences<br>5:30 – 8:30 p.m.                                                     |
| October 22      | Staff Meeting<br>Early Dismissal – SCHOOL IS<br>DISMISSED @ 11:34 a.m.                             |
| October 28 & 29 | Josten's School Rings                                                                              |
| November 4      | Awards Night @ The Arden<br>@ 7:00 p.m.                                                            |
| November 10     | Remembrance Day Celebration                                                                        |
| November 11     | Remembrance Day – NO SCHOOL                                                                        |
| November 12     | PD/Staff Meeting Day<br>NO SCHOOL                                                                  |
| November 16     | Post-Secondary Information Meeting<br>for students and parents @ 7:00 p.m.<br>in the "Hawk's Nest" |

# ST. ALBERT CATHOLIC HIGH SCHOOL NEWSLETTER OCTOBER 2010



## Have Faith in your Vote!

If you support Greater St. Albert Catholic Schools and want classrooms where faith-based education is part of everyday learning and where students can fully participate in the unique nature of Catholic education, we encourage you to **VOTE.**



the following FABRIC/ REMNANTS that will be used to sew our donation items:

- JEAN MATERIAL
- FLANNEL (PJ PANT FABRIC)
- POLAR FLEECE FABRIC
- SPOOLS OF THREAD - LIGHT AND DARK COLORS
- QUILTING BATTING (LAYER FOR IN BETWEEN FABRIC FOR QUILTS)

Please feel free to e-mail me at [csamson@gsacd.ab.ca](mailto:csamson@gsacd.ab.ca) for any questions.

Thanks for all of your support and have a wonderful year!

Christine Samson, Foods/Fashion teacher

## Fashion News



WELCOME BACK! Thank you to Christina and Memory Roth for their large fabric donation last June. Thank you for the bolts of quality fabric from which our fashion students have been making a lot of their projects. We truly appreciate your support. Our students are also using the donated polar fleece fabric to "pay it forward" and sew mitts, toques, and scarves for those in need of warm clothing in the winter months.

Students in Fashion 10 and Fashion 20 are also hoping to sew rag quilts for kids with the help of Educational Assistant, Irene Brenneis, an avid quilter. Let's build quilts for kids in need.

In order to meet our goals, we are hoping that the community can help us gather the items in need. Please feel free to contact the office at SACHS to arrange drop off of

**Check out the Skyhawks Rosters for Football and Volleyball. Go to [www.sachs.ab.ca](http://www.sachs.ab.ca) and click on Athletics. Schedules of all games are also posted.**

**IMPORTANT: The Semester 1 Final Exam Scheduled will be posted on the web within the next two weeks.**

**FOR IMMEDIATE RELEASE:**

**Event:** **ARTernative**  
Creative workshops for teens

**Dates:** Oct 28, Nov 25 and Dec 16, 2010

**Location:** **Profiles - Art Gallery of St. Albert**  
19 Perron Street, St. Albert, AB T8N 1E5

**Contact:** Phone 780.460.4310 Fax 780.460.9537  
Email [glendah@artsheritage.ca](mailto:glendah@artsheritage.ca)

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**Creative Workshops for Teens**

Want to explore art making in a professional gallery setting? The **ARTernative** program complements Gallery exhibitions and enriches participants' understanding of the art on display. Register now for Fall 2010 classes!

**CRAZY COLLAGE: Oct 28, 3 – 5 pm**

Discover how to hand-tint a sepia (brown)-toned collage with special photo markers and acrylic paint!

**SCRATCHING THE SURFACE: Nov 25, 6 – 9 pm**

Expand your drawing experience – learn the Scratch Art technique!

**CREATIVE CLAY CARVINGS: Dec 16, 6 - 9 pm**

Build a clay vessel and carve decorative designs onto the surface!

**Cost:** \$12 per workshop or 4 for \$40 (includes all materials)

**Note:** Registration is required. Call the Gallery at 780.460.4310 or email [glendah@artsheritage.ca](mailto:glendah@artsheritage.ca) today!

**PROFILES - ART GALLERY OF ST. ALBERT**

19 Perron Street St. Albert AB T8N 1E5 Canada p. 780.460.4310 f. 780.460.9537 e. [glendah@artsheritage.ca](mailto:glendah@artsheritage.ca) www.artsheritage.com





# Family Living Program Fall / Winter 2010



**Catholic Social Services' Family Living Program is now offering fall / winter workshops. If you would like more information or to register, please contact Kari Boulton, FLP Coordinator, at 780-420-6081.**

**\* LIMITED SUBSIDIES AND/OR PAYMENT PLANS MAY BE AVAILABLE. \***

## Overcoming Depression Level One

\$300 / person

*September 27 – December 6, 2010 (ten Monday evenings) from 6:30 pm – 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035). Please note: NO class on October 11 – Thanksgiving Day.*

Are you feeling depressed, anxious or have low self-esteem? A lot of why we feel depressed, have low self-esteem, or have trouble being happy, stems in part from our choices, and our lack of tools to handle happy and sad situations. In this workshop you will learn to enjoy greater happiness, embrace hope, be more productive and love life. You will be able to change your thoughts and make better choices for more self-fulfilment. Topics included are: measuring your moods, identifying your personal goals, modifying negative thoughts, understanding what self-esteem is and how to get it! The "Ten Days to Self-Esteem" Workbook AND the "Feeling Good Handbook" by David D. Burns, M.D. are both included in this workshop. Remember you FEEL the way you THINK and you can CHANGE the way you FEEL. Facilitator: Debbie Hart

## Couples Communication

\$350 / couple

*October 5 – December 7, 2010 (ten Tuesday evenings) from 6:30 pm – 8:30 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035).*

Do you want to reconnect with your partner? Learn practical and effective communication techniques to make your relationship the formula for success. Explore your differences and learn to support each others' dreams and goals. Find out if you are truly "listening" to "hear" what your partner has to say and vice versa. Lots of issues and areas of concern are covered in this ten week program including strengthening and/or developing new skills in communicating, different communication styles, problem solving, negotiating, intimacy and learning how to "turn toward each other instead of away". Included is "The Seven Principles for Making Marriage Work" by John M. Gottman for each of you to start reconnecting with your partner! Facilitator: Irene Mitrowka

## Setting Healthy Boundaries

\$250 / person

*October 6 – December 8, 2010 (ten Wednesday evenings) from 6:30 pm to 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room R4).*

A boundary or limit is how far we can go with comfort. Having an awareness of boundaries and limits will help you to discover who you are. Without boundaries, it would be hard to define yourself or have a healthy self. One of the keys to your boundaries is knowing your inner life (includes your beliefs, thoughts, feelings, values, decisions, choices and experiences). In our day-to-day experiences, we have many opportunities for growth. That growth includes the physical, mental, emotional and spiritual realms of your awareness, experience and consciousness. Awareness of our boundaries help us in that growth (personally and professionally). This program is designed to help you handle the daily demands of life in a way that protects your time and energy for the things that matter. It can help you to be clearer about what to include and what to leave out, so that you can fill the spaces of your life with the people, activities, and pursuits that are truly yours. Facilitator: Debbie Hart



PROGRAMS OF CATHOLIC SOCIAL SERVICES

SERVING PEOPLE OF ALL FAITHS AND CULTURES



# *Family Living Program*

## *Fall / Winter 2010*

### *Handling Anger Level One*

*\$300 / person*

*October 20 – December 22, 2010 (ten Wednesday evenings) from 6:30 pm – 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035).*

This workshop is designed to help you learn how to handle your anger effectively. The goal is to learn to express anger in a healthy way without hurting others, yourself or your relationships. By the end of the program, you will have practised and begun to integrate new behaviours in communication and personal problem solving and become aware of the underlying “triggers” for your anger. Topics included are: anger and its uses, sources of anger, understanding the anger cycle, becoming familiar with what makes us angry, learning alternative ways of expressing anger and dealing with rage, and learning how to use anger appropriately to enhance your relationships at work and in your personal life. Facilitator: Gail Gosse

### *Mindfulness & Mastery of Emotions Level One*

*\$250 / person*

*Winter, 2011 (eight evenings) from 6:00 pm – 8:30 pm at Catholic Social Services South Office (8815 – 99 Street in the 3<sup>rd</sup> Floor Boardroom). Exact dates still to be determined.*

Do you feel easily overwhelmed by and react strongly to emotions? Do you find it hard, as a result, to build healthy relationships? In this program you will learn to develop skills in paying full attention to your apparent "uncontrollable" emotions, thoughts and sensations and, learn to master your emotions more effectively. This will enable you to enhance your social and occupational functioning and thus, build a much more peaceful relationship not only with yourself, but others. This program is based on M. Linehan's Dialectical Behavioral Therapy model. Referrals are welcome. Facilitator: Diana Yiu, M.S.W., Clinical Social Worker.

### *Handling Anger Level Two*

*\$250 / person*

*Winter, 2011 (ten evenings) from 6:30 pm – 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035). Exact dates still to be determined.*

Prerequisite: Handling Anger Level One. This is an opportunity to review and continue to incorporate the skills learned in Handling Anger Level One. This workshop is designed to help you understand that anger is a secondary emotion and to identify the incident or behaviour that triggered your anger. You will also understand what this behaviour means and the skills that you can use to work through the emotion and resolve the anger. Facilitator: TBA

### *Overcoming Depression Level Two*

*\$250 / person*

*Winter, 2011 (ten evenings) from 6:30 pm – 9:00 pm at Catholic Social Services East Office (8212 – 118 Avenue in Room 035). Exact dates still to be determined.*

Prerequisite: Overcoming Depression Level One. We will further explore and practise strategies and tools for staying out of depression, decreasing anxiety and building self esteem. Understanding the role of grief in depression, staying in touch with our feelings, modification of negative thoughts, setting goals and changing behavioral patterns are some of the many topics that will be addressed in this course. You FEEL the way you THINK and you can CHANGE the way you THINK, therefore CHANGING the way you FEEL. Learn to love yourself and life can be filled with hope, happiness, love and productivity. Facilitator: Debbie Hart

# Family Living Program

## Fall / Winter 2010

### *You Just Don't Get It*

*\$50 / person*

*Please call for the next session – 780-471-1122 ext. 2557*

Parents and Teens: Do you find yourselves having the same conversation over and over or arguing about the same issue without getting any results? Are you tired of that yet? **You Just Don't Get It** is an introductory communication and conflict resolution workshop for Parents and Teens. On the first night, you and your teen will learn skills in communication such as how to appropriately express yourself and gain a better understanding of others and to help you become a better listener. On the second night you and your teen will learn skills to help identify your conflict styles and develop a step by step plan for resolving conflict and solving problems. Facilitators: Mediators from the Parent Teen Mediation program who are trained professionals skilled in communication and conflict resolution.

**To register or to get more information for this program ONLY –  
call 780-471-1122 ext. 2557  
and speak with the Parent Teen Mediation Program Coordinator.**

**Workshop Registration:** Registrations are taken on a first come, first served basis. Register early to reserve your place in the workshop. (Catholic Social Services reserves the right to cancel scheduled workshops if a minimum number of registrants is not achieved. Full refunds will be issued in such instances).

**Refund Policy:** Refunds will only be issued if a workshop registration is cancelled at least (7) days prior to the start of a workshop. A \$50 administration fee will be charged for cancellations. **NO refunds will be made for non-attendance at workshops.**

**How to Register:** Call 780-420-6081 to register or you can drop by the office (8212 – 118 Avenue) and speak with the Family Living Program Coordinator. We accept Visa, MasterCard, Debit Card, Money Order, Cheque and / or Post-Dated Cheques or Cash.

**Fees:** Our workshops are affordable; we can set up a payment plan that works for you.

**Special Note:** You must be 18 years of age to register for a workshop.

**Workshop Leadership:** Our workshop facilitators have post-secondary education in Social Work, Psychology, Marital and Family Therapy, Education, or Life Management Skills Certification. Your facilitator has extensive experience and is a team leader with skills and education in group process, leadership skills, and crisis intervention.

A SIGN OF  
**Hope!**

Limited subsidies are available and supported by:  
The Sign of Hope Campaign and the  
Edmonton Community Adult  
Learning Association.



At Catholic Social Services, we value our community and respect your privacy. Please note that we do not share or sell any of your personal information. If you do not wish to be on our contact email list, please reply to this message and your information will be removed. Thank you for your continuing support.



PROGRAMS OF CATHOLIC SOCIAL SERVICES  
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September – 2010 – 2011 School Year

**RE: Alberta Health Services - Addiction & Mental Health**

St. Albert AHS – Addiction & Mental Health Office  
Lower Floor Provincial Bldg.  
30 Sir Winston Churchill Avenue  
St. Albert, AB.  
T8N-3A3

*Phone: 780-460-4971*

*Fax: 780-460-4979*

To St. Albert & Area Schools:

As of April 1<sup>st</sup>, 2009, the Alberta Alcohol and Drug Abuse Commission (AADAC) became Alberta Health Services – Addiction and Mental Health. This letter is to inform you of the AHS – Addiction and Mental Health services available in your community and to outline services that are relevant to your school.

The St. Albert AHS – Addiction and Mental Health office, located in the St. Albert Provincial Building at 30 Sir Winston Churchill Avenue (Monday – Friday from 08:15-04:30 pm) works out of the Edmonton Adult Counselling and Prevention Services Office. Services address substance use, including tobacco, and gambling concerns for youth (12-17 years old) and adult populations (18+). Services are confidential, voluntary, effective, and free of charge to Albertans (other than residential treatment for adults, which has a nominal fee).

AHS – Addiction and Mental Health services, provide Information, Prevention and Treatment services.

**Information and Prevention**

Alberta Health Services offer school, agency and the public, information and educational materials and resources, and more specifically for teachers, curriculum materials geared for students in Grades 3 through.

The St. Albert office houses written materials (pamphlets and brochures, posters) – which can be picked up at the office, or ordered and/or printed from our web site [www.albertahealthservices.com](http://www.albertahealthservices.com) (fact sheets, brochures, booklets, teacher manuals and handouts, videos, reports, guidebooks, posters, etc). We offer referrals, consultations, collaboration with community stakeholders including parents and teachers, and participation and involvement in community based activities, and treatment services.

The St. Albert AHS office does not provide workshops within schools to students. However, AHS prevention staff will provide information, resources, consultation, referrals, and training workshops to school staff in order for them to increase their knowledge, skill and effectiveness when working with student and substance use/gambling issues. For information regarding prevention services contact Margaret McClellan at 780-644-3636.

### **Treatment**

Treatment services are for those who are concerned about their own or another's substance use (youth or adult) and/or gambling. These services range from detox stabilization to intensive treatment (outpatient counselling for individuals, couples, or family, and a variety of groups, and referrals to more intensive treatment services).

The AHS Addiction and Mental Health office welcomes inquiries and concerns. Feel free to refer students, families, or other individuals who may benefit from our services. For further information on our services and resources for either youth or adults, visit our website at [www.albertahealthservices.com](http://www.albertahealthservices.com). Please find attached, a reference page for quick access to numbers that you may need throughout the school year.

Wishing you all the very best of life and learning in the upcoming school year.  
Yours Truly,

*Wendy Gruhlke-Smar*

Wendy Gruhlke-Smar BSW, RSW  
AHS Addiction & Mental Health  
Addictions Counsellor  
Phone: 780-460-4971  
Fax: 780-460-4979  
[wendy.gruhlke-smar@albertahealthservices.gov.ab.ca](mailto:wendy.gruhlke-smar@albertahealthservices.gov.ab.ca)



## **Alberta Health Services – Addiction & Mental Health**

*A healthy society that is free from the harmful effects of alcohol, other drugs and gambling.*

### **St. Albert AHS Addiction & Mental Health Office**

*(Youth and adult services - appointment only)*

#### ***Wendy Gruhlke-Smar BSW/RSW***

Lower Floor Provincial Building  
30 Sir Winston Churchill Avenue  
St. Albert, Alberta T8N-3A3  
Phone: 780-460-4971  
Fax: 780-460-4979

**24-Hour Information Line** 1-866-332-2322

**AHS Website** [www.albertahealthservices.com](http://www.albertahealthservices.com)

***Online*** Information and Resources– Curriculum based lessons for teachers Grades 3-12

**Children’s Website** [www.aadac4kids.com/](http://www.aadac4kids.com/) (informative games and learning fun)

**AHS Adolescent Services Edmonton: 780 –422-7383** (or call St. Albert Office for consultation)

**AHS Adult Services Edmonton: 780-427-2736 Adult DETOX (AHS Recovery Centre): 780-427-4291**

#### **Adult & Youth Prevention Services**

St. Albert contact: Margaret McClellan at 780-644-3636  
Prevention Supervisor: Sharon Enslin at 780-644-3634.

#### **Youth Counselling Services: Edmonton**

12325-140 Street, Edmonton, Alberta Phone: **780-422-7383**

#### **Walk-In Intake Service**

Monday, Wednesday, Fridays between 01:00 pm and 3:00 pm

**Adolescent Information Series** – no referral necessary

First 4 Wednesdays of each month – 4:00 pm – 5:30 pm

On the first session, please arrive 15 minutes earlier to register

#### **Adult Counselling Services: Edmonton**

10010-102A Avenue Phone: **780-427-2736**

#### **Adult Walk-In Intake Services – 2<sup>nd</sup> floor**

08:00 am – 3:00 pm Monday, Tuesday, Thursday, Friday

08:00 am – 02:00 pm Wednesdays

**Adult Information Series** – no referral necessary

Runs the first 4 Tuesdays of every month from 07:00 pm – 8:30 pm

Session 1: Alcohol and Other Drugs – How they Work

Session 2: Alcohol and Other Drug Problems

Session 3: The Change Process

Session 4: The Treatment Process – Introduction to Self-Help Groups