

# Canmore Collegiate

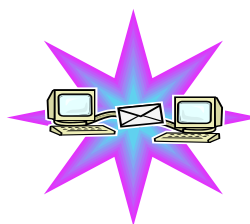
Canmore Collegiate High School



## 2011 –2012

We have had a very successful beginning to the school year and we look forward to continued success well into the year 2012. We are very excited about plans that are in place to not only maintain but enhance student learning with the use of email and Moodle. Enrollment is as follows: Grade 9—118; Grade 10—103, Grade 11—116; Grade 12—123 and at Outreach registration is ongoing. We would like to welcome all new students that have moved in from other communities, other countries, Lawrence Grassi Middle School and Exshaw School.

Progress reports were emailed for the very first time in our schools history. The purpose of this progress report is to give you an indication as to how your child is currently doing in each of their classes. All teachers are using the marks program in Moodle, a web-based learning management system. Each child has a username and password which they are to share with you so that you can access current up-to-date marks. If you do not have this information please call the office.



In keeping to Canadian Rockies Admin Procedure 503 school fees are now past due! Please try to settle accounts as soon as possible. If you need to exercise payment options call the office at CCHS immediately.

Glenn Nelson

Issue 1

November 2011

**CCHS 2010-2011  
yearbooks have  
arrived—all**

**Grads of 2010 need  
to arrange for pick  
up at the school as  
soon as possible—  
thank you!**

## GRAD 2012



**Grad Fundraiser** : Sobeys's gift card fundraiser. Please help out our Grad Class of 2012.

If you would like to participate, please contact Bev Gray at [ken-bev@telusplanet.net](mailto:ken-bev@telusplanet.net)

## School Council News

The School Council always welcomes new attendees, meetings are generally the fourth Wednesday of every month, and are open to all parents. Coming to a meeting is a great way to find out what's happening at the school. Meeting minutes may be found in the School Office, and on the school web-site. Please call the school for contact information for School Council members should you need to speak to any of them. School Council, 2011-12:

Chair: Sally Caudill Vice Chair: Marty Melchoir

Secretary: Carole Shea Treasurer: Elinor Bolton

Principal: Glenn Nelson Teacher: Ken Symington

Members At Large: Jan Brychka, Marianne Engel, Monika Helbig, Dale Robertson, Christine deSoto, Scott Rowed

Students: Various members of Student Council

**Community Member: Vacant**

Here are some of the things your School Council will be focusing on this year:



According to the CCHS Council Bylaws, "The Council's mission is to provide the School with the support needed to give each student the best possible education and learning environment." The 2011/12 School Council has identified a number of goals and supporting actions to attempt to fulfill the mission statement outlined above. A brief outline of the goals and actions for this school year are:

1. **To broaden the school experience for students** – This will primarily be done through working with student council to determine what student interests are.
2. **To assist with distribution of information from school to parents** – This will be done by contributing to the Monday emails, School Newsletter, and the CCHS web-site.
3. **To represent CCHS parent views** – This will be done by providing input to CCHS and CRPS and the Alberta Home and School Council Association.
4. **To recognize and support CCHS Staff** – This will be done by coordinating Staff Appreciation Week. Stay tuned for information about how you can help.
5. **To support lifelong learning for all CCHS stakeholders** – This will be done by giving financial and or volunteer support to the Speaker Series, and any other similar programs that come up over the year.
6. **To enhance community awareness** – This will be done by writing updates for the CCHS newsletter and web-site, as well as forwarding announcements to the local media when necessary.
7. **To promote a safe and healthy school environment** – This will be done by working with the CRPS Board on issues such as the crosswalk, railway crossing, and internet safety.

Our next School Council meeting will be on November 23rd at 7pm in the CCHS Library. All CCHS parents are invited to attend.

## Nominate an outstanding Teacher or Principal for a 2012 Excellence in Teaching Award

Do you know a teacher or principal who engages, inspires and makes a real difference in the lives of their students? If so, they deserve to be honored!



All Albertans are invited to recognize outstanding teachers and principals by nominating them for a 2012 Excellence in Teaching Award. From nominations received, about 130 semi-finalists will be selected and considered for one of the 23 prestigious awards.

For a nomination package and complete details go to:

[www.education.ca/teachers/excellence.aspx](http://www.education.ca/teachers/excellence.aspx) or call 1-866-590-1660

## Curriculum Handbooks for Parents

The general 2011/2012 *Curriculum Handbooks for Parents*, *Curriculum Summaries* for Kindergarten to Grade 9 and senior high school, and the *Curriculum Express for Parents*, Kindergarten to Grade 3 are now available on the Alberta Education website at [www.education.alberta.ca/parents/resources/handbook.aspx](http://www.education.alberta.ca/parents/resources/handbook.aspx). They may be downloaded for viewing and printing as required. The handbooks are also available for purchase from the Learning Resources Centre at 780-427-2767 (toll-free by first dialing 310-0000). An order form can be found on the website.

Updated on an annual basis, the *Curriculum Handbooks for Parents* offer in-depth information about what students are expected to learn at each grade level of the curriculum, the *Curriculum Summaries* provide concise grade-at-a-glance information, and the *Curriculum Express for Parents* gives a short explanation of the curriculum for parents who are English language learners. The handbooks, summaries and *Curriculum Express* will continue to support successful communication with parents.



## Anaphylaxis in Schools – We all Have a Part to Play!

Anaphylaxis, the most serious type of allergic reaction, can be caused by food, insect stings and a variety of other triggers. Symptoms can vary but often happen very quickly and can be life-threatening if not treated promptly. Possible symptoms include: itching, redness and swelling of the face; trouble breathing, swallowing and speaking; stomach pain, vomiting and diarrhea; hives, rash, weakness, paleness, a sense of doom and loss of consciousness. The most dangerous of these symptoms are breathing difficulties and severe drops in blood pressure. These can be effectively managed with immediate administration of a medication called epinephrine and follow up emergency medical care.

Increasing frequency and severity of allergy is a growing public health issue as we strive to create healthy, safe environments for learning, working and playing in. It is estimated that 300 000 Canadian children have allergies to one or more foods. Food allergies are the leading cause of all anaphylactic reactions and associated fatalities.

We all have a role to play in ensuring our schools are as safe as possible for all of our children. Students with anaphylactic allergies are responsible for carrying their treatment medication with them at all times, wearing their MedicAlert identification, being aware of and avoiding their allergen(s) and telling others (teachers, classmates, coaches etc.) about their allergy. Parents of allergic students are responsible to ensure school staff is aware of their child's allergy and to provide up-to-date treatment plans, medications and contact information. School community members are responsible to help protect allergic student and to create safer environments by knowing who is at risk, finding ways to reduce risk and respecting allergy-safe policies. Anyone working with people who have anaphylactic reactions should be aware of and able to execute the emergency plan including administration of epinephrine and activation of emergency medical services. School nurses are available to offer in-servicing to school staff members and volunteers on anaphylaxis and use of epinephrine auto-injectors.

For more information please visit the Anaphylaxis Canada website at [www.anaphylaxis.ca](http://www.anaphylaxis.ca) or contact your school public health nurse at (403) 932-8700.

## Kidsport Bow Valley Update

To date KSBV has provided funding to 54 kids in the Bow Valley. Support has been provided for hockey, soccer, gymnastics, basketball, snowboard, bowling, dance, karate, climbing, skating and baseball programs totalling \$19,257.00 so far in 2011. If you know of any children that may benefit from our assistance, of any fundraising opportunities that Kidsport Bowvalley can participate in, or if you have any questions about the program please contact us via email at [kidsportbv@gmail.com](mailto:kidsportbv@gmail.com).



# VITAMIN D HAVE YOU STARTED TAKING IT THIS FALL?

## RESEARCH IS LEARNING HOW IMPORTANT VITAMIN D IS FOR HEALTH

Vitamin D is actually a prehormone, not a vitamin and the only way to get sufficient amounts for health is by exposing skin to sunshine and by taking supplements. Small, but inadequate amounts are available in milk, fish and eggs.

## REASONS WE NEED TO SUPPLEMENT WITH VITAMIN D:

include our northern latitude, the amount of time we spend indoors or in our cars and frequent use of sunscreen. In fact, even people living in the southern states have a high incidence of vitamin D deficiency. You can request a vitamin D blood test to confirm your levels. Supplement during the fall, winter and spring months when most people do not get any sunshine.

## HEALTH BENEFITS FOR SUPPLEMENTING:

Strengthens bones and teeth. Protects from stress fractures.

Prevents cold and flu. Improves immunity.

May prevent cancer, depression or seasonal affective disorder (SAD), heart disease, hypertension, multiple sclerosis, diabetes and autism.

Physical: improves muscle strength, muscle tone, endurance, reaction time, coordination, balance.

## HEALTH CANADA RECOMMENDATIONS:

Age group	Recommended Dietary Allowance (RDA) per day	Tolerable Upper Intake Level (UL) per day
Infants 0-6 months	400 IU (10 mcg) *	1000 IU (25 mcg)
Infants 7-12 months	400 IU (10 mcg) *	1500 IU (38 mcg)
Children 1-3 years	600 IU (15 mcg)	2500 IU (63 mcg)
Children 4-8 years	600 IU (15 mcg)	3000 IU (75 mcg)
Children and Adults 9-70 years	600 IU (15 mcg)	4000 IU (100 mcg)
Adults > 70 years	800 IU (20 mcg)	4000 IU (100 mcg)
Pregnancy & Lactation	600 IU (15 mcg)	4000 IU (100 mcg)

\*Adequate Intake rather than Recommended Dietary Allowance.

Vitamin D researchers are recommending supplementing at the upper limit. One can produce 10,000 IU of vitamin D with 20-30 minutes of sunshine exposure in the summer.

### References:

Health Canada

Athlete's Edge Faster, Quicker, Stronger with Vitamin D, 2011, by Dr. John Cannell, MD

**HEATHER BESTER**, BSc, Registered Dietitian

Ascent Physical Therapy & Performance Lab

403 678 8855

## Understanding the Digital Generation and the Coming Education Revolution

Today's children and youth are digitally wired. This evolution is more striking than any other generational divide in our lifetime. Even younger teachers aged 35 to 45 may not relate to these phenomena and its impact on learning and relationships. Technology is so integrated into teens' lives that it's difficult to measure where their offline life begins and their online life ends. Their daily routines buzz with cell phones ringing with the latest tunes, pings from their IM accounts, and daily computer runs to see if they've been "friended" on MySpace or Facebook.

According to CBSNews.com poll, teens say that on a typical day they spend almost three hours on the Internet. It is important for us to consider not only the effect of technology on teens themselves, but how their use of technology is changing how school administrators and teachers use technology in education practices.

For example: Is multi-tasking a genuine skill or the enemy of focus and attention?

Teens' Internet use is still growing. In the past four years, the number of teenagers using the Internet has increased by 24 per cent; 87 per cent of teens between the ages of 12 and 17 now say they are online.

It's not just computers that this generation of teens is hooked on; they're also attached to cell phones. In a CBSNews.com poll, 67 per cent of teenagers say they have one and they use it for text messaging at least occasionally. In another recent survey, students in Grades seven through 12 say they spend an average of an hour a day on their cell phones — about the same time they devote to homework.

A survey and report assert that teens are sending enormous quantities of text messages each day.

The typical teen sends and receives 50 or more messages per day or 1500 per month. And there are a sizeable number who do much more than that:

- 31 per cent of teens send and receive more than 100 messages per day or more than 3,000 messages a month
- 15 per cent of teens who are "texters" send more than 200 texts a day, or more than 6,000 texts a month
- Boys typically send and receive 30 texts a day; girls typically send and receive 80 messages per day
- Older girls who text are the most active, with 14 to 17- year-old girls typically sending 100 or more messages a day or more than 3000 texts a month
- While many teens are avid texters, a notable minority are not. One-fifth of teen texters (22 per cent) send and receive just 1-10 texts a day or 30-300 a month



"Schools that are smart are approaching the digital age thinking 'How can we enhance our students' education experience?'" says Mary Jean Sandall, an educational consultant for school support and member of the board of the Northwest Council for Computer Education. "The new technology can't be used as a babysitter. The online world can create a beautiful match between face-to-face time with the teacher and the limitless access of online information."

Computerized pedagogy and the technology are now sufficiently developed and so readily available that "an education revolution is about to begin", Steve Pearlstein, a Washington Post columnist, wrote in a Sunday, May 29, 2011 story on technology and innovation.

**ASBA Communications Now—September 2011**

## EXTRACURRICULAR ATHLETIC NEWS

We have hit the ground running in the gym this fall, with a myriad of sports and teams to fill almost every need!

From the outset, we have been running our Golf, Football, and Girls Soccer programs, with Volleyball and Cross Country running close behind. In fact, as of the end of October, our teams have played in a combined 32 competitions, either games or tournaments. With less than a month to go in the fall sports season, the CCHS gym is proving to be a real hub of activity and athleticism! Of course, the success of our program would not be possible without the help and support of an amazing corps of people who will stop at nothing to help kids in sport! Many thanks to the following:

### OUR COACHES:

GOLF: Glenn Nelson

XCOUNTRY: Sabrina Harper, Patrick Fricker

GIRLS SOCCER: Shaun McQueen, Colin Leung

FOOTBALL: Chad McClenaghan, Jay Harris, and staff

GR 9 GIRLS VOLLEYBALL: Laura Hunt, Emily Harris, Brendan Stock—Darren Anderson

GR 9 BOYS VOLLEYBALL: Vince Stock, Colin Bowes—Carole Nelson

JV GIRLS VOLLEYBALL: Sue Praught —Carole Nelson

JV BOYS VOLLEYBALL: Bill Praught—Carole Nelson

SR GIRLS VOLLEYBALL: Darren Anderson

OUR ADMINISTRATION: PRINCIPAL: Glenn Nelson

CRPS TRANSPORTATION DEPT : Barb Deglow and staff



### NEWSFLASH

The CCHS Girls Golf team (Angela Cooke, Laura Ferreira, Amanda Ferreira, Emily Munro) won the 3A/4A Provincial Girls Golf Championship in Sherwood Park Sept 26/27 by 20 strokes, making this 2 in a row for our Girls team! This group of ladies also won the gold medal at the South Central Zone Championships in Strathmore. Angela won the silver medal at the same Zone Championships.



A very successful golf season girls!

Not to be outdone, the Crusaders Cross Country Running Team were also victorious at South Central Zones (hosted at our very own Nordic Centre Oct 6!), bringing home the school's 3<sup>rd</sup> banner of the fall! Well done, runners!!!!

Girls Soccer wound up their season mid October with a bronze in both the Foothills Soccer League and the South Central Zone Championships. In both instances, the team missed playing for GOLD by 1 shootout goal! They certainly turned some heads this season and served notice that they will be a force next fall!

**MISCELLANEOUS: COACHES & OFFICIALS NEEDED****FOR BASKETBALL: Email [cnelson@crps.ab.ca](mailto:cnelson@crps.ab.ca)**

As this is written, our 5 volleyball teams are preparing for their South Central Zone Championships:

Gr 9 Girls – Nov 11/12 – Strathmore

Gr 9 Boys – Nov 10/11 – JPII Okotoks

JV Boys - Nov 18/19 – Foothills Comp – Okotoks

JV Girls – Nov. 18/19 – right here at home at CCHS!!!

Sr. Girls – Nov. 18/19 – Brooks

With a myriad of tourney wins this fall, look for some stellar performances at Zones!! Go, Crusaders!!!!

JV Girls Volleyball are hosting the South Central Zone Championships on Nov. 18/19. IF YOU ARE ABLE TO HELP WITH THIS EVENT AND WOULD LIKE TO VOLUNTEER YOUR SERVICES, PLEASE CONTACT CAROLE NELSON at [cnelson@crps.ab.ca](mailto:cnelson@crps.ab.ca). ALL ABILITIES ARE WELCOME!!!

Parent Volunteer Drivers are needed for transporting athletes to and from competitions all year long. As a volunteer driver, you will need to submit a drivers abstract and Volunteer Drivers Authorization form verifying that you have \$2,000,000.00 Third Party Liability. The cost of the drivers abstract is roughly \$33 and can be obtained at the Canmore Registry downtown. It is crucial to the program that parents volunteer their time to help transport athletes on weekend tournaments when needed. Without this, costs for students to participate in school sports would likely double.



If you have a child playing on a school team, please be aware of the fees associated with the respective team. All fees are to be remitted to the office ASAP. Cheques are to be made out to the respective team. These fees enable our teams to travel to tournaments, covering entry fees and transportation costs.

**FINALLY:**

Both parenting and coaching are difficult vocations. By establishing an understanding of each position, everyone is better able to accept the actions of the other and provide greater benefit to students. As parents, when your student becomes involved in a program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team. Coaches AND parents are expected to encourage and praise students in their attempt to improve themselves as students, athletes, and citizens. Parents can facilitate this by gaining an understanding and appreciation of all aspects of the sport/activity and the expectations placed on your child. Please:

- Express all concerns directly to the coach

Basketball Season will be starting shortly after the Volleyball season has ended. Our home tournaments for all teams have been set and are as follows. Please remember to attend ALL PARENT meetings that are scheduled.

Dec. 16/17: Sr. Boys/Sr. Girls

Jan. 13/14: JV Boys

Jan. 20/21: Exams—No Tourney's

Jan. 28/29: JV Girls

Feb. 10/11: Jr High boys and Girls

Feb. 24/25: JV Boys

March 2/3—Sr. Boys/Sr. Girls (tentative)

March 9/10: JV Boys Zones (Hosting)





# AVALANCE AWARENESS: AVI—SMART

## CCHS: Safe & Caring

Julie Timmins is a Resource Management Specialist in Banff National Park. Julie developed the Avi-Smart program in 2006. She has worked in Banff National Park as a warden for the last 21 years, is a ACMG Assistant Ski guide and has her CAA Level 2 ITP Avalanche Course. She teaches this class to all our Grade 9 & 10 students at CCHS.

## Avi—Smart

Avi-Smart is an avalanche AWARENESS program only.

Avi-Smart is not intended to replace professionally developed avalanche safety courses.

### BACKGROUND:

Parks Canada has developed Avi-Smart to promote avalanche safety for the youth in our local mountain communities. The program is endorsed by the Canadian Avalanche Centre. Avi-Smart will help young people understand the risks of traveling in avalanche terrain, encourage them to make safe decisions, and recognize that taking the appropriate training will help them reduce the risk of being caught in an avalanche. Parks Canada believes that early avalanche awareness education could help reduce the number of avalanche deaths in the future.

### What Students will learn

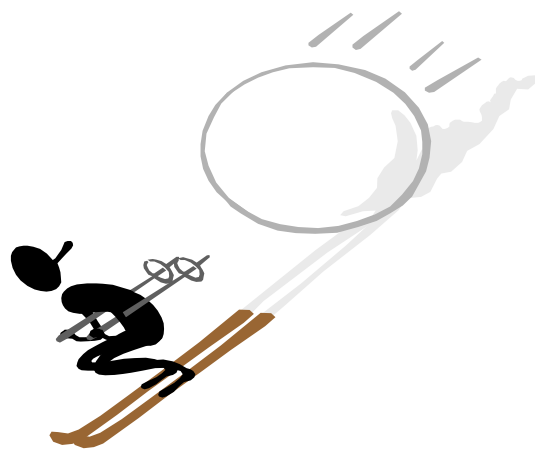
- About ski area boundaries and the difference between controlled and uncontrolled avalanche terrain.
- The risks you take if you enter uncontrolled avalanche terrain
- That you should take a professionally developed avalanche safety course before you consider skiing/riding out of bounds.
- That you understand the importance of carrying rescue equipment in the event that someone gets caught and buried in an avalanche.

### RESCUE EQUIPMENT IS ESSENTIAL!

- The serious consequences of being caught in an avalanche.
- What an avalanche is and when you can expect them to happen.
- The utmost importance of a fast, efficient companion rescue.

### This Course does not intend to

- Replace or duplicate any professionally provided avalanche safety course.
- Take students off school property
- Teach the use of avalanche beacons, shovel or probes (although their use may be demonstrated)
- Provide any kind of certification



**Be Safe, Be Prepared!**

Contact: Julie Timmons Banff National Park Julie.timmins@pc.gc.ca

## Moodle in Plain English

From time to time you will hear your son/daughter or their teacher say the information is on the Moodle. What does that mean exactly? Hopefully this brief description will explain what the Moodle is and how to access it.

Moodle is web based software which is often referred to as a Learning Management System, or a Course Management system. Essentially, Moodle allows teachers to create online courses with a focus on content delivery, collaboration and interaction. This is a place where our students and their parents can go to obtain course information and marks in the course. Every student at Canmore Collegiate is given a unique id and password which will allow them to access all of their courses online. The amount of course material available in each course will vary depending on the subject the student is taking. Some courses lend themselves more to Moodle than others.



However, all courses will have the course outline and the student's marks posted. This provides you the parent and your son/daughter with a single access point to all their courses and current grades. Moodle is more than a place to post assignments and see a student's current mark but also a powerful communication tool where your son/daughter can participate in ongoing dialogue with the teacher regarding their learning. So powerful in fact that CCHS will be moving away from progress reports and mid-term report cards in the future and will be asking parents and their students to seek out Moodle for all their assessment needs. More information on this will be presented throughout the year.

Because the Moodle is web based and password secure it can be accessed from anywhere there is an access point to the internet. This provides the student with anywhere anytime access to their course. Students can also communicate with their teacher directly through Moodle. This is a powerful learning tool for students who may be away from school due to extra curricular activities or illness.

We encourage you to sit down with your son/daughter and have them log onto their Moodle account with you and share what they are doing in their courses at Canmore Collegiate. Please contact the office to obtain your student's 2011/12 username & password.

The next time someone says check the Moodle. You now know what they mean.

## S.A.L.T.S.

### Canmore Collegiate SALTS 2012

A crew of 26 students and two teachers from CCHS took sail for the second time this past October. Students were taken out of their normal school routine to learn how to sail a large sailing vessel. We sailed on the 111' Square Top-Sail Schooner, the "Pacific Swift," through the Gulf Islands. For five days, we took full advantage of winds and tides.



Students participated in every facet of shipboard life, from boson's chores, to helmsmanship, and responsibilities on the "watch." The S.A.L.T.S.' crew also provided specific instruction on navigation, and pilotage, and small boat handling. All students and teachers had the opportunity to qualify for their "Junior Sailing Certificate" if they passed the written and practical tests. By the end of the trip, they really learned what it was like to be held accountable and work as a team.

We are planning for the school's third SALTS Tall Ship experience during October 2012 and are now recruiting students for our voyage. To hold our dates, SALTS requires an initial payment from the school, thus we are collecting individual deposits of \$400.00 from interested students. Deposits will go directly against the cost of the student's trip. Deposits need to be received by November 28, 2011. We anticipate that total trip costs will be between \$1300 and \$1500. For past trips, the total cost was \$1345 and \$1322.

Trip placement will be based on the following criteria:

1. Meeting all deadlines, including applications and deposits.
2. Commitment to the trip as demonstrated by attendance at meetings and a student's verbal or written explanation as to why it is important for that student to participate.
3. Grade, number of students, and gender.
4. Approval by school administration.



We will have a parent information night on Tuesday November 22 at 7:00 pm in Room 1215 at the Canmore Collegiate to provide more information about the trip.

For more information on the SALTS organization itself, visit the following website:

<http://www.salts.ca>

If you have any questions, please do not hesitate to contact Hans Holthuis, Krystal Batycki at (403) 678-6192 or by email at any time at [hholthuis@crps.ab.ca](mailto:hholthuis@crps.ab.ca) and [kbatycki@crps.ab.ca](mailto:kbatycki@crps.ab.ca).

## Canmore Collegiate High School

1800 8th Avenue  
Canmore, AB  
T1W 1Y2  
Phone: 403-678-6192

Principal: Glenn Nelson



## Post Secondary Views

Grade 12 students should have narrowed their choices down to three post secondary options. Some students will base their decisions on

1. Program match to their interests
2. Size of school-class sizes-small or big city or school?
3. Location-do you want to be near or far from family? On the ocean?
4. Reputation of the school

Check out the following web sites to help:

- Alis.gov.ab.ca Career and scholarship information
- Career Cruising.com User name: canmore Password: careers
- Oncampus.ca –Macleans magazine student ratings of schools
- Globecampus.ca Globe and Mail student ratings of schools

### Reminders

To apply to schools and check out their scholarships as some have a deadline of December 1 or December 15 for scholarships based on marks, volunteerism or sport achievements.

Check the post secondary schools' web sites for details

If a student is applying to a **Fine Arts** programs:

**Art** : it is imperative to be developing a portfolio of 10-15 different works.  
Never send original pieces! Take pictures or send a flash drive of the works.

**Music**: 3 different pieces check the school's requirements on their web sites...Most will accept and video –taped auditions. Usually 30 minutes of music

**Drama**: preparing an audition of dramatic works and prepare for a possible read of an unknown script.

Congratulations to those already conditionally accepted to SAIT and Acadia!

Come in if you have further questions!

## Upcoming Post Secondary Events

Nov.14 UBC 11-12:30

Nov.18 Queens 11-12

Nov.30 Welding open house at SAIT

