December 6, 2011

MHS Newsletter

Mark your Calendars!

- Thursday, Dec 8, noon Jostens Grad Ring Display
- Thursday, Dec 8, 5 – 7 pm Lifetouch Graduation Portrait Order Evening.
- Monday, Dec 19, 7:30 pm Band and Choir Christmas Concert in the Tom Karren Gym
- Thursday, Dec 22 Last Day of Classes before the Christmas Break
- Monday, Jan 9 First Day back after Christmas Break
- Wednesday, Jan 11 Part A ELA Diploma Exam
- Thursday, Jan 12 Part A Social Diploma Exam
- Thursday, Jan 19 Start of Part B Diploma Exams, Math and Science
- Monday, Jan 23 Last Day of High School Classes for the First Semester
- Jan 24 – Jan 27 First Semester Exams, High School
- Jan 24, Junior High Ski Trip
- Jan 31 First Day Second Semester.

Graduation

Thank you to the parents who came to our graduation organizational meeting this year. Barb Broadhead is overseeing the graduation committees that are directly associated with the school portion of graduation (Banquet, Convocation, and Dance). It is always great to see the support that we receive from the parents.

December 8th is an important date for parents of this year's grads. During the lunch hour representatives from Jostens Grad Rings will be at the school to meet with anyone interested in a ring. That evening from 5 – 7 PM parents who ordered Grad Photos can come to the school to meet with representatives from Lifetouch to help them through the order process.

Counseling Department

I wanted to make sure that our parents understand the counseling that is available at Magrath High School. Ross Blackmer and Paige Stock each provide counseling. Paige is our Family School Liaison Counselor. Paige helped in leading out much of the crisis counseling that has been taking place at MHS. Paige will works as a liaison with students, parents and outside agencies. If your students are struggling with non-academic issues Paige is a great resource.

Ross does some personal counseling, but his main focus is academic counseling. As parents if you are looking for help in transitioning your students to life after high school Ross is a great resource. Currently Ross is meeting individually with all grade 12 students to ensure that they are meeting graduation requirements and to offer assistance as students make plans for next year. Every grade 12 students should have met with Ross before the Christmas break. The meeting process started with the students selecting a time to go in and meet with Ross and now Ross is meeting with the students who did not sign up on their own. If you have any questions or are looking for help with your students please contact Ross and he will try to help out as much as possible.

Basketball

There are more students participating in Junior high basketball this year than in any of the five years I have been at Magrath High School. I would like to thank and recognize this year's coaches.

Grade 7 Girls – Ryan Blackmore
Grade 7 Boys – Mark Tollestrup and Phil Tollestrup
Grade 8 Girls – Leisha and Ron Cook
Grade 8 Boys – Brent Bourne and Jay Mackenzie
Grade 9 Boys – Jamie McMahon
Grade 9 Girls – Ross Blackmer and Shawna Strong
JV Pandas – Janene Ward and Deana Dypolt
Pandas – Deana Dypolt and Janene Ward
JV Zeniths – John Cook
Zeniths – Ron Strate and Allan Gallup

The basketball season is under way and we have already hosted tournaments the past two weekends.

First, the Grade 9 teams hosted a tournament which saw the Grade 9 Girls win the championship over Raymond and the Grade 9 Boys coming up short in the championship game against LCI.

This past weekend kicked off the High School Season with the Zeniths hosting their opening tournament. This year the Zeniths are a younger team so we look to see some great growth over the season. We wish all of our teams well as they play in this season. A reminder to all who come out to watch the games--please follow the Westwind School Division Code of Conduct by treating opponents and officials with respect. Let's make sure the adults watching the games set a good example of appropriate behavior.

Music Program

Those that have not had the opportunity to hear the school bands and choirs yet this year will have another opportunity on December 19 at 7:30 pm in the Tom Karren Gym. The Bands and Choirs will be performing their Christmas Concert that evening. We invite everyone to come and enjoy the season and be treated to this concert.

The High School Choir just returned from a trip to Edmonton this past weekend. The students performed at the Alberta Legislature as well as at West Edmonton Mall. The group had a great time on the trip.

Information From our School Health Nurse

Distracted Driving
On September 1, 2011, the Distracted Driving Law came into effect making it illegal for drivers to use hand-held cell phones to text or email, or use electronic devices while driving. Distracted driving is potentially as dangerous as impaired driving and is much more common.

Before you start driving:

- Adjust dashboard and electronic controls
- Turn off your cell phone and tell everyone for safety reasons, you will no longer answer calls or text messages or emails while driving.
- Deal with distractions such as putting on make-up, reading and grooming.

Stay focused while driving:

- If you have to make a phone call, do so at a rest area, when you stop for gas or a bathroom break. Vehicles are not permitted to park on the shoulder of a provincial highway except in an emergency.

Visit: www.saferoads.ca for more information.

Tis the Season to be Healthy
In the holiday season, treats seem to be everywhere. Here are some quick tips to promote a healthy holiday season for your family:
Store treats until snack or meal time. Your child is more likely to nibble throughout the day if treats are left out in the open. Keep them away in a cupboard, refrigerator or out of sight.
Offer regular meals and snacks. Offer healthy food choices at regular times throughout the day. This will help to satisfy your child's appetite so they do not eat too many holiday treats.
Slow down and taste the food. Encourage your child to fill his/her plate and sit down to enjoy the food. Teach your child to enjoy small amounts of special holiday foods along with regular healthy choices.

For more information check out these nutrition pages: http://www.albertahealthservices.ca/2925.asp

Winter Helmet Safety
Skiing and snowboarding are popular Canadian winter sports, but they do carry a level of risk. Head and brain injuries are the most common cause of death among skiers and snowboarders.

Wearing a ski helmet can effectively reduce the risk of head injuries by nearly 50 percent.

It is important to ensure everyone engaging in these activities wears a new, properly fitted and appropriate helmet.

Helmets should be either CSA, ASTM, or Snell approved. If the helmet has been involved in a fall it

may need to be replaced, even if there is no visible damage. Check the manufacturer's instructions on when to discard. Do not use helmets designed for other purposes such as bicycle helmets as they are designed to absorb different types of impacts.

For more information on helmet safety access www.thinkfirst.ca or www.safekidscanada.ca.