

Kodiak Review

Dec 6 - Dec 10, 2021

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Upcoming Dates and Deadlines

Dec 6 - 6A/6B Swimming
Dec 7 - 6C/6D Swimming
Dec 9 - Christmas Movie Dress Up
Dec 10 - No School
Dec 18-Jan 2 - Christmas Break



Nurse's Notes -

Information provided by
our Public Health School Nurse,
Jasmine Buchanan



High School News

- Interested in online Dual Credit courses for the Winter Term? Please contact [Mrs. Falzetta](#) and/or [Mrs. Sheila Johnson](#) for more information and be sure to check out the Grade Google Classroom for more details.

There are a limited number of 2020/2021 yearbooks available. Please call the office 403-337-3326.

Basketball

All practice schedules are posted on the [website](#) and [parent calendar](#).

There has been a delay between us processing and Division Office posting the basketball fees. We hope that they are posted by the beginning of next week. Thank you for your patience. Please watch your email for the permission forms.



Making Holidays the Best Time of the Year

Holidays are meant to be the best time of the year. They are often one of the most stressful times of year. We tend to overbook, overextend, spend too much money and let our routines slide. With almost two years of COVID, there is a lot of stress and loneliness happening around the world. Stress is contagious, and our children are also easily overwhelmed from our own stress. Behaviours may explode when structure and routine disappear. We may go into survival mode and do what we can to get through the holidays.

So avoid being overwhelmed by:



Routine & Structure
Be Proactive
Be Active
Slow Down & Be
Simplify, Simplify, Simplify



Please watch the video from Renaissance. The students and teachers worked very hard to put this together. The video is dark due to the nature of the lighting for the event. ENJOY!



Kodiak apparel is now available through your [Student QuickPay](#) account

