

Kodiak Review

Feb 13-17

Hugh Sutherland School, RR1 Carstairs, AB T0M 0N0 403-337-3326
hugh.sutherland@cesd73.ca www.hughsutherlandschool.ca



Upcoming Dates and Deadlines

Feb 13 - **Pink Shirt Day**
Feb 13 - HSS Science Fair
Feb 13 - ASCA Zoom Conference Pt 2 - 6PM
Feb 14 - HS Nakiska Ski Trip
Feb 15 - Gr 5 Winsport Ski Trip
Feb 15 - Safer Schools Together Presentations
Feb 16 - Gr 6 Winsport Ski Trip
Feb 17 - Gr 7/8 Nakiska Ski Trip
Feb 28 - ASCA Zoom Conference Pt 3 - 7PM

High School News

ATTENTION GRADS- Please check your school email for instructions on how to book Grad Photos if you were unable to get them done in December. Because of the cold weather, we needed to add two more dates of February 16 & February 17, 2023 for Grad Sitings. Please let Mrs. Reaman know if you have any questions.

The last day to Add/Drop both Core/Option Courses is February 17, 2023.

Safer Schools Together

Safer Schools Together will be at Hugh Sutherland School on February 15th. There will be two student presentations during the day and a parent presentation at 7:00 PM.

Please see the attached one-pagers for more information on the presentations.



SAFER
SCHOOLS
TOGETHER

Nurse's Notes

Information provided by our Public Health School Nurse, Jasmine Buchanan



HS Nakiska Ski Trip

The high school Nakiska Ski Trip is February 14th, please be at the school no later than 6:20 AM.

HS Nakiska Ski Trip

The Grade 7/8 Nakiska Ski Trip is February 17th, please be at the school no later than 6:15 AM.

HS Leadership Lowdown

Hello Kodiaks! Thank you all for participating in our Groundhog Day activity, we can't wait for an early spring! Monday, February 13th is Pink Shirt Day for Hugh Sutherland School, please wear your pink shirts and show your support for anti-bullying. Valentine's Day is just around the corner so be sure to stay tuned and you may get a sweet treat! Have an awesome week! Finally, The Big Box of Cards are back- contact any leadership student if you are interested in purchasing. Have an awesome week!

Winsport Ski Trips

Grade 5 Winsport ski trip is Feb 15 and the Grade 6 Winsport ski trip is Feb 16.

Winter Break February 20-24

ESTABLISHING SAFE, CARING AND RESPECTFUL DIGITAL COMMUNITIES

STUDENT SESSION*

1-hour educational session



This student session covers all things digital, from being a good digital citizen to the criminal consequences of cyberbullying. Some of the most prominent concerns surrounding students' use of social media platforms and smartphones will be discussed.

YOU WILL LEARN:

- Digital media habits, oversharing, and digital addiction
- The permanence of online posts/activity
- The significance of your digital tattoo in how others perceive you (e.g., sports teams, college admissions, and potential employers)
- The importance of caring for peers both online and offline
- Geo-locational settings and the dangers of social media and cell phone misuse
- The social and legal consequences of cyberbullying behavior as well as possession and distribution of intimate images (sexting and sextortion)

**Please note that these presentations are tailored towards age groups with no more than a 2-grade gap per session.*

SOCIAL MEDIA AWARENESS, DIGITAL CITIZENSHIP, AND CYBERBULLYING

PARENT/CAREGIVER SESSION

2-hour training session with Q&A



This parent session focuses on all things digital. Your child in Middle/High School has now entered the peak of their digital media lives where cell phone ownership doubles, video game use explodes, and social media use becomes problematic. This session will cover recommendations for family rules, parental controls, family tech plans, as well as suggestions for monitoring your tween/teen's digital life.

At this age, children encounter situations that will challenge their independence. Parents have an important role to play in providing support and guidance during critical periods. A snapshot of current trends and concerning apps and platforms will be provided to equip you in your digital parenting strategy.