

Hugh Sutherland School

A huge hello to the entire Hugh Sutherland School community!

I hope all of you both students and parents enjoyed the recent week off from school! Staff also had a few days off, with teachers engaged in some valuable professional development as a part of this past week. However, it is wonderful to see our students and staff back at the school. We also certainly appreciate the understanding and support from our parents for HSS!

February has been a short month, but it has also been a busy month here at the school! We have lots of excellent activities that are continuing at the school throughout February. Basketball is winding down with many teams successfully representing HSS, home of the Kodiaks! We are also excited to offer a grade 6 after school basketball league which will be starting shortly. Many students from grades 5-12 had an opportunity to participate in various ski trips running throughout the month. Our spring drama production is underway with auditions and practices getting started. We also have several clubs and events running with several students participating in our local Science Fair. The choir and bands are still making great music and are gearing up for the HS Band Trip as well as several upcoming festivals.

We continue to deeply appreciate the volunteers that make our breakfast and lunch programs possible. It is truly amazing to see the number of students who regularly start their day with a cup of cereal, fruit, bagel or a tasty waffle. Thanks parents for all you do!

We keep working on building within Hugh Sutherland School the safest and most positive learning environment for all of our students. To support this we had Safer Schools Together come in from BC to work with our students, parents and staff around social media, digital awareness and cyber safety. All the presentations were well received from the various groups and students, parents and staff all felt much more informed. Our next presentation is planned for March as Live Different is coming on March 13th to speak to our grades 7-12 students about altruism and supporting each other within our school community.

We appreciate you as parents. It has been wonderful to see the number of parents who have come out to our school council meetings and provide real feedback on how we continue to improve HSS. We have just recently been engaged with several parents from the School Council around a visioning process and how parents can best provide support and feedback to the school. Our next council meeting is scheduled for April 5th, at 7:00 pm. and will be in our Learning Hub. It would be great to see you there!

Keep in mind that our next round of Parent Teacher Interviews is coming on March 29th and 30th. Please check PowerSchool regularly to keep track of your child's progress in their classes. Information on booking an appointment with your teacher will be coming out in the coming days.

Please let us know if you have any questions.

George Thomson on behalf of the HSS admin team

March '23 Newsletter

Upcoming Events

Mar 2 - Gr 9 Vaccine
Presentation

Mar 10 - No School

Mar 13 - Gr 7-12 Live
Different Presentation

Mar 17 - Leadership to
Mustard Seed

Mar 17 - Grade 7 & 10
AEA survey deadline

Mar 23 - Marks
Updated in
PowerSchool

Mar 24 - No School

Mar 29 - Gr 9 Vaccines

Mar 29 - PT Interviews

Mar 30 - PT Interviews

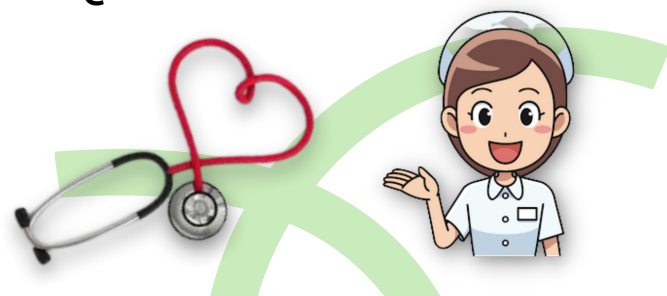


Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Bacon Ranch Wrap	2 Perogies & Sausage	3 PIZZA
6 BASICS	7 Spaghetti & Meatballs	8 Chicken Fried Rice & Egg Rolls	9 Cheeseburger, Veggies & Chips	10 Closed
13 BASICS	14 Grilled Cheese & Chips	15 Pancakes & Sausage	16 Subway (Mar 9th Order Deadline)	17 PIZZA
20 BASICS	21 Penne & Meat Sauce	22 Hot Dog, Veggies & Chips	23 Chili & Cheese Bun	24 Closed
27 BASICS	28 Sweet & Sour Meatballs & Rice	29 Quesadillas & Salad	30 Taco In A Bag	31 PIZZA



Gr 9 Vaccine Presentation

Our nurse liaison, Jasmine Buchanan will be in on March 2 to present to the grade 9's before their vaccine date of March 29th. For more information please contact the Didsbury Public Health @ 403-335-7292.





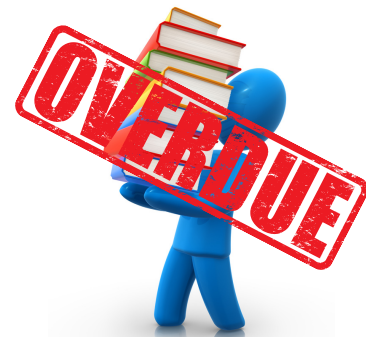
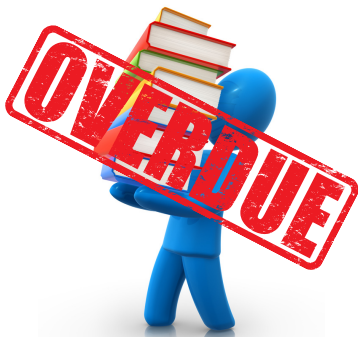
Our grades 7-12 students will be in a presentation by Live Different on Monday, March 13th. We are going to start around 9:45 AM and parents are welcome to join. Please check in at the office when you come in. Check out the Live Different website for more information on the presentation.

<https://livedifferent.com/>



Semester 1 Textbooks ARE OVERDUE

Please return all Semester 1 textbooks to Ms Jen in the library.



High School Leadership


As a Leadership class, we festively promoted interaction between students with our Valentines Activities. Students had to find the second half to their paper heart they were assigned.

The competition within our school of naming our CA groups has finished- with Mr. Gardner first! Mrs. Pike and Mr. Taylor following close behind!

Our leadership class is organizing a fundraiser for our program. You can purchase 33 Birthday Cards for 33\$ by contacting any Leadership student or emailing Shauna Rodbourne @ srodbourne@cesd73.ca .



MARCH 2023

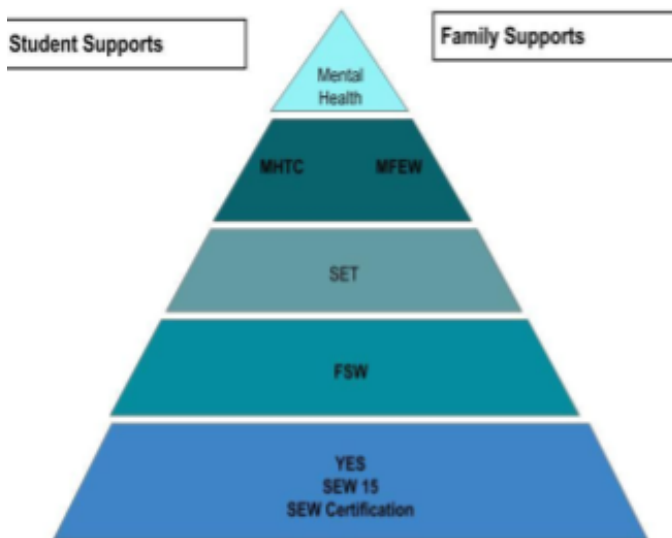
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Gr 9 Vaccine Presentation	3	4
5	6	7	8	9	10 No School	11
12	13 Gr 7-12 Live Different Presentation	14	15	16	17 Leadership - Mustard Seed 	18
19	20	21	22	23 4 PM - Marks Available	24 No School	25
26	27	28	29 PT Interviews Gr 9 Vaccines	30 PT Interviews	31	

Building Social Emotional Wellness

- A message from Superintendent Kurt Sacher

Various [studies](#) and [multiple observations](#) tell us it is a challenging time for young people and their social-emotional well being. We take this seriously in Chinook's Edge, and we are focused on making a difference in this key area. Why? We know when students are well emotionally, it sets them up for success in every other area of their lives, including learning at school.

The Chinook's Edge approach to this work can be visualized in a pyramid. It is a multi-layered and proactive approach. Our work begins at the bottom of the pyramid with programming that reaches all students. Moving up the pyramid, our work becomes more tailored to individual students who need additional support. A key element of this plan is the inclusion of families.



In summary, starting at the bottom of the pyramid, here is how Chinook's Edge is supporting students:

- YES = **Youth Empowerment & Support** program. Proactive - building social emotional wellness in all K-8 classrooms. Also - targeted groups at lunch, after school and in the summer.
- SEW 15 - **Social Emotional Wellness 15** is a high school course created to build social emotional wellness for students.
- FSW = **Family School Wellness**. FSW workers help students individually and in small groups to support mild to moderate needs. Families are connected to the conversation and strategies to support student's social emotional well-being.
- SET = **Social Emotional Teams** are based in each school. They work with individual students, and potentially their families, to support moderate to severe mental health challenges.
- MHTC / MFEW = **Mental Health Transition Consultant / McMan Enrichment Workers**. MHTC coordinates with SET specialists to provide support to students experiencing severe mental health or emotional challenges. MFEW provides in-home family support.

Of note, Chinook's Edge and its partners received a [\\$1.4 million provincial grant](#) for a two-year mental health pilot. The grant allows us to hire the MHTC and MFEW workers. Also, the Chinook's Edge Board financially supports the YES, FSW and SET teams with close to \$3 million in funding annually. And, at a more granular level, we have amazing staff who are very committed to helping our students. This is very important work.

If you'd like to know more about these programs - and how they work at your child's school, I would encourage you to reach out to your school's principal.

To read the latest version of the Board e-News, please [click here](#).