

May '23

Newsletter

Hugh Sutherland School

A huge hello to the entire Hugh Sutherland School community!

The warm weather is actually here! Hopefully spring is gearing up with the flowers blooming and the green stuff growing :-). I trust you all had a wonderful spring break and now our hard working students are getting ready to push through the final phase of the school year. As I reflect on this past month and look toward May, I certainly appreciate the amazing support from our parents for HSS!

April has been a very busy month here at HSS, home of the Kodiaks! We have lots of excellent activities that are continuing at the school throughout this past month. Badminton is now finishing up and Track and Field is getting going :-). We also featured a parent run grade 6 after school basketball league which was very successful. April had our grade 7 and 8 band students go off to band camp and our high school band is getting ready to go on their big trip to Banff. Our music department is also working hard to get ready for the year end concerts coming at the end of May. We have also had many of our classes and groups planning field trips to various events and locations. Our spring drama production is well underway with an amazing production coming in mid May. We also have several clubs and events running at lunch and after school

A big thanks to our Middle School and High School Leadership Groups as they have both been very active planning activities and events for students. Students have been involved in anything from fundraising, to Minute to Win It activities, to intramural leagues at lunch. As I write this I just came back from watching both our high school and middle school students participate in our Greaser Day activities. A big thanks to Mrs. Kemp, her foods classes, our band students and leadership crews for making this a wonderful and fun-filled day from the 50's!

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 have another series of presentations coming in on May 2nd for our high school students. It is from the Luna Centre in Calgary and the RCMP. Parents are invited and information will be coming out from the school regarding this event.

We appreciate you as parents. It has been wonderful to see the number of parents coming out to the School Council! The School Council has been working hard to set a vision and goals for the committee moving forward. Our next council meeting is scheduled for June 8th, at 7:00 pm. and will be in our Learning Hub. It would be great to see you there!

A reminder to everyone about attendance. We really feel that students' success in classes is directly related to their attendance in those classes. However, if your child is going to be absent from school, please remember to call in and excuse the absence.

Remember to please check PowerSchool regularly to keep track of your child's progress in their classes. Provincial Part A exams do start next month in English and we will be sending out an exam schedule for high school in the coming days.

Please let us know if you have any questions.

George Thomson on behalf of the HSS admin team

Upcoming Events

May 2 - Gr 9-12 Luna Presentation

May 4 - HS Skills Canada Edmonton Trip

May 5 - No School

May 10 - HS Old's College Field Trip

May 11/12 - HS Band Trip

May 12 - Bio 20 River Walk

May 15 - Gr 9 ELA PAT - A

May 17/18 - Spring Drama Production

May 17 - Gr 6 ELA PAT - A

May 19 - No School

May 22 - No School

May 24 - Gr 6 Immunization

May 26 - Indigenous Flag Ceremony

May 29 - No School

May 30/31 - Year End Band Concerts

Monday	Tuesday	Wednesday	Thursday	Friday
1 BASICS	2 Cheeseburger, Veggies & Chips	3 Chicken Fried Rice & Egg Rolls	4 Subway (Apr 28 Deadline)	5 CLOSED
8 BASICS	9 Chili & Cheese Bun	10 Sweet & Sour Meatballs & Rice	11 Grilled Cheese & Chips	12 PIZZA
15 BASICS	16 Penne & Meat Sauce	17 Pancakes & Sausage	18 Subway (May 12 Deadline)	19 CLOSED
22 CLOSED	23 Taco In A Bag	24 Chicken Bacon Ranch Wrap	25 Hot Dog, Veggies & Chips	26 PIZZA
29 CLOSED	30 Perogies & Sausage	31 Chicken Fried Rice & Egg Rolls	1 Cheeseburger, Veggies & Chips	2 PIZZA

Indigenous Flag Raising Ceremony

Thursday, May 26 at 10:00 in the North Gym. The ceremony will be approximately 30 minutes long. Parents are welcome to join.

We are raising the Metis Nation flag and the Blackfoot (Treaty 7) Nation flag.



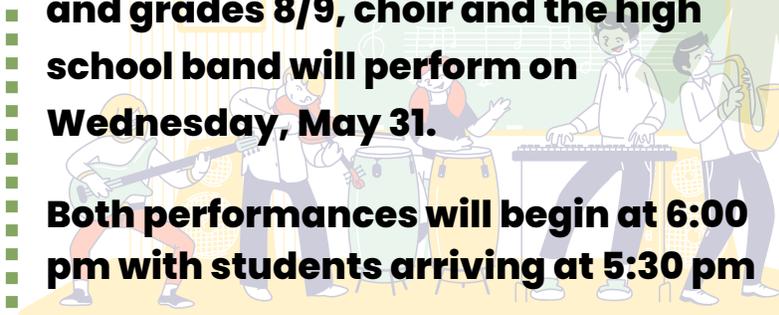
GRADS

The Town of Carstairs and Richard Dias applications are due by Monday, May 1 to Mrs. Pike.

Year End Band Concerts

The grades 5-7 band will perform in the north gym on Tuesday, May 30 and grades 8/9, choir and the high school band will perform on Wednesday, May 31.

Both performances will begin at 6:00 pm with students arriving at 5:30 pm



May 2 - Luna Centre Presentation

Luna Centre will be presenting to the grade 9-12 students on May 2. Parents are welcome to sit in on the presentations. The presentation covers consent, body safety, social media safety and what constitutes a sexual assault. The presentation is information the students should know in order to keep them safe and educated, especially in times we live in now where social media has taken over what they are learning. They need to know the correct information so they can make the correct decision as they move into the next phase of their young lives.

<https://www.lunacentre.ca/>



FINAL DEADLINE: MAY 16th

PRICE: \$37.00

SCAN HERE TO ORDER NOW →



FROM THE DESK OF MRS. REAMAN

HIGH SCHOOL COURSE SELECTION FORMS



High School Course Selection Forms have been sent out to all Grade 8-Grade 11 students. You can find these in your Grad Google Classroom.

Please fill out these forms and return them to Mrs. Reaman ASAP!

Please reach out if you have any questions regarding which courses you should be choosing.

UPCOMING 'BOOTS ON THE GROUND' LEARNING OPPORTUNITIES:

MAY 4, 2023

Trades & Technology Learning
Expo & University of Alberta
Campus Tour

MAY 10, 2023

Young Women in Trades &
Technology Event

MAY 10, 2023

Discovery Day
Olds College Open House

GRADE 9 & GRADE 10 REGISTRATION/ ORIENTATION NIGHT INFORMATION

[LINKED HERE](#)

GRADE 12s!
KEEP CHECKING FOR MORE
SCHOLARSHIP
OPPORTUNITIES IN YOUR
GRAD G. CLASSROOM.



**PRELIMINARY GRAD LIST
COMING SOON!**

Track & Field News

Hugh Sutherland School is excited to be hosting both the Jr High and Sr High Divisionals Track and Field Meets.

Sr High Divisionals Track & Field Meet
Wednesday, May 17

Jr High Divisionals Track & Field Meet
Tuesday, May 23



School Fees

Families of grade 12 students are reminded that if fees are not paid by May 15 an arrangement needs to be made in order to participate in the Cap & Gown Ceremony.

Please contact the office or an admin to make arrangements.

Thank you for your attention to this matter.



Canadian Mental Health Week

Canadian Mental Health Week is May 1-7. Grade 5-7 students from HSS will be out in the community as part of the Let's Chalk About It campaign. Watch for art and messages throughout Carstairs next week.

<https://cmha.ca/mental-health-week/>

HS Leadership Lowdown

Welcome back to the Hugh Sutherland school newsletter! We are your Hugh Sutherland School high school leadership class back with another update! This month we have had many fun activities including an Easter egg find you partner hunt! We also had an amazing talent show, with many talented individuals who came out to perform! Once again we congratulate our podium winners Ana, Taylor and Violet. Also, thank our lovely staff who volunteered their time towards setting up and judging: Mrs. Howery, Mr. Evans, Mr. Gardner, Mrs Majak, Ms. Janet and Mr. Gouge. On Friday the 28th we had a school wide greaser day. We had an amazing turnout of poodle skirts, leather jackets and 1950's attire. Check out our board to see the results of our last Battle of the CAs competition which included a hula hoop contest, the limbo and bubble gum blowing. This month our staff appreciation board was devoted to our amazing custodians. Please say thanks if you see Rick, Russ, Lynda or Kathy working around the building.

Greaser Day



THE HSS DRAMA CLUB
PRESENTS

SNOW WHITE

BY TIM KELLY



WEDNESDAY, MAY 17 - \$5/TICKET
THURSDAY, MAY 18 - DESSERT THEATRE, \$10/TICKET

6:30 PM IN THE EAST GYM

TICKETS ON SALE FROM MAY 1-12
ON HSS WEBSITE (STUDENT QUICKPAY)

DOORS OPEN
6:00PM

TICKETS ON SALE - MAY 1

MAY 2023

SUN MON TUE WED THU FRI SAT

	1		2 Gr 9-12 Luna Presentation	3	4 Skills Canada - Edmonton	5 No School	6
7	8	9	10 Olds College Field Trip	11 HS Banff Band Trip	12 HS Banff Band Trip BIO 20 River Watch	13	
14	15 Gr 9ELA PAT - A	16	17 Gr 6 ELA PAT - A Drama Production	18 Drama Dessert Theatre	19 No School	20	
21	22 No School	23	24 Gr 6 Immunizations	25	26 Indigenous Flag Ceremony	27	
28	29 No School	30 Gr 5-7 Band Concert	31 Gr 8/9, Choir & HS Band Concert				

Family School Wellness program - support for students

A message from Superintendent Kurt Sacher



CESD Family School Wellness team

During the 2022/23 school year there have been more than 11,000 individual sessions with students and a Chinook's Edge Family School Wellness (FSW) Worker. That's about 10% more than last year, and this year is not yet complete.

Coming out of the pandemic, school divisions all over the country are seeing an impact on students who are experiencing challenges with social and emotional wellness, including difficulty adjusting to the pace of learning, and difficulty with social connection.

Chinook's Edge is serious about responding to this challenge. One layer of the [many supports we offer](#) is the Family School Wellness program.

What is a family school wellness worker?

- Chinook's Edge employs 25 Family School Wellness (FSW) workers.
- FSW workers have expertise and qualifications in youth wellness
- While all of our Chinook's Edge staff are charged with helping students holistically - FSW workers have a unique opportunity to support your child one-on-one focused on their social and emotional needs.

What students see FSW workers?

- The top 3 reasons Chinook's Edge students were referred to FSW last year:
 - Emotional regulation - experiencing anxiety, sadness, and /or anger
 - Relationship challenges with peers at school / school conflict
 - Family relationship challenges
- The criteria for a student to see FSW is that their challenge is impacting them at school

How does a student get referred to FSW?

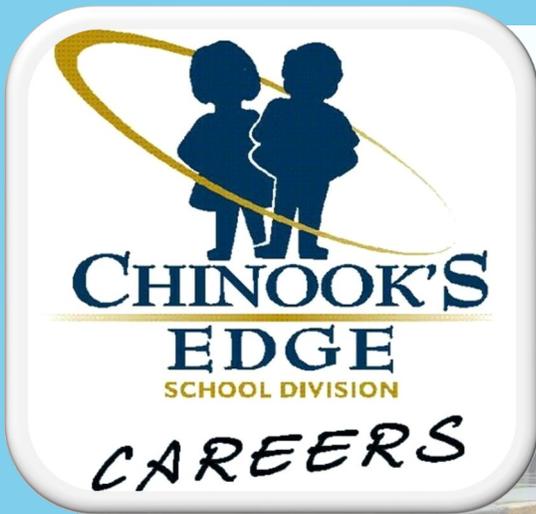
- Students are referred to FSW through a teacher, a principal, or their parents. Students can self refer.
- Every student can access one single session and a follow up session without parental consent. After the single and follow up session, FSW requires parental consent.
- With parental consent, the FSW provides short term support where students have access to about 6 to 8 sessions as needed.

What happens in a session with FSW?

- The FSW works one-on-one with a student to resolve mild to moderate social / emotional needs impacting them at school. (Students with severe needs are referred to other professionals).
- If there is more than one session required, FSW workers reach out to families not only for consent, but in order to work together with the family to support the needs of their students.

In surveys after sessions, participants tell us the program is making a significant difference for them. School based administrators and other staff also see the positive impact. I would like to express my gratitude to our Family School Wellness Workers for the dedicated work they are doing, and the difference they make for so many students. As a parent, if you'd like your child to access the FSW program, please contact your child's school.

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



We are currently looking for School bus drivers in all areas. If you are interested in becoming a school bus driver please apply online at www.cesd73.ca under Careers/Casual Support Staff, by email at transportation@cesd73.ca or by calling our office at 403-227-7072.

Chinook's Edge is one of the largest school divisions in the province, serving over 11,000 students in 43 Central Alberta schools between Calgary and Red Deer. Our schools are located in 13 small communities that sprawl east and west from the Highway 2 corridor, conveniently providing Chinook's Edge staff and families with the best of both worlds