



## TA Bulletin #17 | January 9, 2018

### Important Dates

#### 2018

##### January 15 –

AHS Workshop: Motivating Unmotivated Teens (Parent-Focused Approach) @ Hall of Fame - [See Page 3 & 6](#)

##### January 19 – 2<sup>nd</sup> & Last Clothing Order Deadline

##### February 7

Grad meeting room 121 at lunch

##### February 21 –

Women in Engineering 2018

### Important Meetings

Leadership Meeting at  
Lunchtime in Rm 118

### Peer Tutoring

For those students who would like to help fellow NSS students with subjects or those who would like a little assistance with classes, please feel free to work together in Room 118 on Wednesday's period 1. If there is more interest we can expand the peer tutoring program.

### NSS Debate Club

NSS is proud to announce that we will be starting our first ever debate club in Mrs. McGregor's classroom on Wednesdays at lunch. We encourage everyone to come and join the fun, where we will be discussing and debating national and foreign issues.

### Women in Engineering Day 2018

You are invited to attend Women in Engineering Day 2018 on **February 21<sup>st</sup>, 2018**. This event is designed to introduce **Grade 10 and 11 girls** to engineering. **This fun-filled interactive day includes:**

- information on engineering
- an engineering design competition
- department demonstrations
- lunch
- life as an engineering student presentation
- a panel discussion led by successful female engineers

For more information see Ms. Howell or Ms. Boughton.

### Graduation 2018

Graduation Closing Ceremonies this year will be **Friday, June 29<sup>th</sup> at 11am** at the Markin McPhail Centre here at COP. First grad meeting for students for information will be **Wednesday, February 7<sup>th</sup>** at lunch in Ms. Biegler's room.

### School Clothing Order

We will be placing a second and last clothing order for NSS hoodies and sweatpants. Please have payment and order form (attached) to main office by **January 19<sup>th</sup>**.

Hoodies	\$45
Sweatpants	\$40

### Leadership Meeting

Today at lunchtime in Room 118

## Yearbook

Please remind students/parents to send in pictures to Mr. Weipert at [klweipert@cbe.ab.ca](mailto:klweipert@cbe.ab.ca), including sport pictures so as many of the students are represented in the yearbook as possible.



## NSS Bandu's (Buffs)/Shorts/Toques/Mugs for Sale

Please see Mr. Jewan and/or the office if you wish to purchase any of the above-mentioned NSS items.

Bandu \$10

Short \$10

Toque \$15

Insulated Mugs \$20

Cash/Cheques will be accepted. Thank you.

## Foothills Academy

Foothills Academy provides information sessions to the public.

**Tuesday, January 16th**



### Mindfulness for Families

Mindful Schools states that mindfulness means 'maintaining a moment-by-moment awareness of our thoughts, emotions, bodily sensations, and surrounding environment'. During this workshop, Foothills Academy teacher Ayra Kelly will share specific techniques to help children with Learning Disorders and/or Attention-Deficit/Hyperactivity Disorder (ADHD) manage stress and develop mindful ways of thinking in order to help them regulate their emotions both at home and at school. Parents will leave with simple and easy ways to integrate these methods into their home.

Click <http://www.foothillsacademy.org/parent-workshop/> to register.

## Parent Information Sessions around the City of Calgary

Community Education Services provides numerous education sessions throughout the year free to parents, guardians, educators, and families. These are the sessions for the month of January. Please visit their website to find details information, times and locations of the sessions.

<http://community.hmhc.ca/sessions/>

January 8 – Grief and Loss

January 9 – How to support my child when they are in crisis or supporting others that are in crisis?

January 15 – Motivating Unmotivated Teens: A parent-focused approach

7:00 PM - 8:30 PM

[Canada's Sport Hall of Fame Ridell Family T](#)

Parents become concerned with their children's lack of motivation for school achievement when their achievement falls short of their potential. When parents attempt to enhance motivation, they find motivating young children challenging, motivating teens daunting. The task is formidable, particularly when there is a history of academic underachievement. Simply put: habits are difficult to change. Habits or patterns of behavior do not apply solely to teens, but also to parents. The idea of changing parental behaviour in such cases is not new. What makes my approach somewhat different is that I have made parental behavior the underlying principle permeating my thinking on this topic. The result is a parent - focused approach to the problem. I share the key elements of my perspective in this session. While by no means a quick solution, parent counselling, in my experience, has proven more effective than teen-focused intervention.

This session is FREE and open to all - parents, professionals and students.

[See Poster on Page 6.](#)

January 18 – Helping your child find school success

January 23 – ADHD & Executive Functioning

January 23 – Anxiety and Its Associated Consequences during Childhood and Adolescence Part 1

January 25 – Internet Safety

January 25 – Little Warriors: Prevent It! Taking Action to Stop Child Sexual Abuse

January 29 – The Implications of ADHD for Kids, Parents and Teachers

January 31 – Healthy Brain Development: Protective & Risk Factors

## Accomplishments 2017-2018

Name	Sport	Competition	Accomplishment
<b>Camille Alford</b>	Figure Skating	AB Winter Games – Wood Buffalo	<b>Qualifier</b>
<b>Grace Lew</b>	Wrestling	Bishop Ryan Tournament Burlington, Ontario Matmen Classic Burlington, Ontario Forest Lawn Tournament	<b>5<sup>th</sup> Place</b> (51kg) <b>4<sup>th</sup> Place</b> (52kg) <b>1<sup>st</sup> Place</b> (50kg)
<b>Shawn Fair</b>	Half Pipe (Snowboard Freestyle)	Toyota US Grand Prix FIS World Cup Copper Mountain, Colorado  Toyota Rev Tour-FIS NorAm Cup Day 1 Toyota Rev Tour-FIS NorAm Cup Day 2  <b>FIRST ALTERNATE FOR THE OLYMPIC TEAM</b> Peongchang, South Korea	<b>29<sup>th</sup> Place</b> – A top 30 World Cup finish to be eligible for Olympics!  <b>9<sup>th</sup> Place</b>  <b>9<sup>th</sup> Place</b>
<b>Connor Howe</b>	Long track speed skating	Canada Cup #2   2018 Olympic Trials	<b>2<sup>nd</sup> Place-500m #1</b> <b>3<sup>rd</sup> Place-500m #2</b> <b>2<sup>nd</sup> Place-1000m</b>  <b>11<sup>th</sup> Place-1500m</b> <b>15<sup>th</sup> Place-1000m</b>

Please submit your accomplishments to: [sgmacdonell@cbe.ab.ca](mailto:sgmacdonell@cbe.ab.ca)/[dsahfat@cbe.ab.ca](mailto:dsahfat@cbe.ab.ca) or to your Teacher Advisor – ***Pictures of NSS Students in action (in their sport/competition) would be much appreciated.***





## Happy New Year

Welcome back! I hope that winter break was a relaxing time filled with family and friends.

We are looking forward to all that 2018 will bring to our schools and system. Your school's website and the CBE website ([cbe.ab.ca](http://cbe.ab.ca)) are great sources of information for news about our system, information about how you can get involved in engagement projects and great stories from our schools and students.

Many students are writing final and Diploma examinations this month, and I wish you all the best of luck. Have a great semester!

David Stevenson  
Chief Superintendent of Schools

## Kindergarten Registration starts Jan. 22

Kindergarten is the start of an exciting adventure for your child. CBE schools are open to all children and are committed to embracing every student in a safe and welcoming environment.

Most of our kindergarten programs are half-day, offered either in the morning or afternoon, with hours of operation varying from school to school.

If you are looking to register your child in a CBE school, you'll find everything you need to know to get started on our website.

Registration for the 2018-19 school year begins on Monday, Jan. 22, 2018. If you are interested in registering your child in a program that is anticipating a lottery, the registration deadline is noon on Feb. 13, 2018.

## School Registration Lotteries

The demand for student learning spaces continues to exceed the available space in a small percentage of CBE schools, even with the opening of many new schools. The lottery process was established to ensure fair and equitable access to schools experiencing a student population that is either at or over capacity.

All lottery draws for the 2018-19 school year will take place on Wednesday, Feb. 14, 2018. To be considered for the lottery, registrations must be in place by noon of the day before the lottery, Feb. 13, 2018.

If you have questions, please call your school office.

## Report Cards

Starting in January, your child will be bringing home their first report card of the year. Report cards are one of the ways the school informs parents about their child's progress and achievement. We know it's important for parents to understand how their children are doing in school. A student's report card corresponds to ongoing assessment done by teachers. Assessing a student's progress is one of the most important ways teachers support the continued learning of their students.

You may have questions about your child's report card, how your child is being assessed in school, and how to read and interpret the report card. Speak to your child's teacher or visit the reporting and assessment section of our website to learn more.

## CBE Night with the Hitmen

Join us on Friday, Jan. 19 for the 7th annual CBE Night with the Hitmen! \$2 from each ticket sold goes towards providing students a nutritious breakfast through CBE's Fuel for School breakfast program. Last year's game raised thousands of dollars towards the 100,000 breakfasts served each year to CBE students, who may otherwise start their school day on an empty stomach.

CBE students, parents, faculty and members of the public are welcome to take in this once-a-year event at a special rate of only \$12/ticket. Bring your whole family and help us reach our goal of fueling learning through our ever-growing breakfast program. Tickets are now available online. Check the CBE website for more information and to find the ticket purchase link.

January 2018



# Community Education Service



## Motivating Unmotivated Teens: A parent - focused approach

Sal Mendaglio, PhD, Professor, University of Calgary and Registered Psychologist

**January 15, 2018**

**7 - 8:30 pm**

Sign in: 6:45pm

**Canada's Sport Hall of Fame**

**Ridell Family Theatre**

169 Canada Olympic Road SW, Calgary

Register: <http://community.hmhc.ca/>

For more information: email [ces@ahs.ca](mailto:ces@ahs.ca) or call (403) 955-4747

Parents become concerned with their children's lack of motivation for school achievement when their achievement falls short of their potential. When parents attempt to enhance motivation, they find motivating young children challenging, motivating teens daunting. The task is formidable, particularly when there is a history of academic underachievement. Simply put: habits are difficult to change. Habits or patterns of behavior do not apply solely to teens, but also to parents. The idea of changing parental behaviour in such cases is not new. What makes my approach somewhat different is that I have made parental behavior the underlying principle permeating my thinking on this topic. The result is a parent - focused approach to the problem. I share the key elements of my perspective in this session. While by no means a quick solution, parent counselling, in my experience, has proven more effective than teen-focused intervention.

**This session is FREE and open to all - parents, professionals and students.**

**Level I:** This session presents an overview of motivation in teens, and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child & Adolescent Addictions & Mental Health Portfolio & Psychiatry (CAAMHPP) of Alberta Health Services and the National Sport School at Canada's Sport Hall of Fame Theatre



# THE UNIVERSITY OF BRITISH COLUMBIA

## Undergraduate Programs and Admissions



Happy new year, and welcome back to our monthly UBC updates! We'd like to remind you that the **final application deadline** for the 2018/2019 academic year is **January 15, 2018**. You and your students can review the [application process online](#). If you have any questions about applying, be sure to check out the latest post on the [UBC admissions blog](#).

### Aboriginal self-identification

We welcome a diversity of perspectives on our campuses, and Aboriginal students in particular are valued for their unique contribution to our institution. Students who wish to discuss self-identification on their UBC application with an advisor for Aboriginal students can connect with us at [aboriginal.recruitment@ubc.ca](mailto:aboriginal.recruitment@ubc.ca).

### Physics/Chemistry 12 waiver for the Bachelor of Applied Science (Vancouver)

Outstanding students who are interested in applying to the Bachelor of Applied Science (Engineering) on the Vancouver campus but who are missing Physics 12 or Chemistry 12 (or their equivalents) are encouraged to apply without this requirement. You will be reviewed on a case-by-case basis.

### Program spotlight: Bachelor of Management (Okanagan)

In a world of complex challenges, students don't only need answers – they also need to ask the right questions. [The Bachelor of Management](#) prepares students with critical thinking skills to explore the rapidly changing world around them.

Management considers what is sustainable for organizations, wherever they are located, be it in regions that are facing global challenges, or in major metropolitan centres. Over four years, the Bachelor of Management integrates courses in management with others in arts and sciences, like economics, psychology, and sociology. Students take foundation courses in accounting, technology, finance, HR, marketing, organizational behavior and sustainability, and then broaden their horizons with rigorous learning in upper-level electives.

Applied experiences such as the Live Case Challenge, Capstone Service Learning & Consulting course, and community-based projects connect students to the Okanagan region and beyond - where rapid growth poses unique opportunities for entrepreneurs, non-profits, and organizations of all sizes.

That's all for now. Stay tuned for more information about the **2019 admissions process** - we will be posting updated content on our student website by the end of February. We look forward to connecting with you again next month.

Sincerely,  
UBC Enrolment Services  
The University of British Columbia



THE UNIVERSITY OF BRITISH COLUMBIA  
Undergraduate Programs and Admissions

[Contact us](#)   [Virtual Tours](#)

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