

# Sturgeon Spirit

## *'Kindle the Spirit' at Sturgeon Comp*

APRIL, 2009



### **Congratulations Poster Contest Winners!**

The following art students won cash prizes for the 2009 Royal Canadian Legion Remembrance Day Poster Contest:

***Aimee LeBlanc***  
(Color Poster Category)  
Local (1<sup>st</sup> prize)  
Area (2<sup>nd</sup> prize)  
District (2<sup>nd</sup> prize)

***Sheldon Kauenhofen***  
(Black & White Poster Category)  
Local (1<sup>st</sup> prize)  
Area (2<sup>nd</sup> prize)

***Cheyenne Lanouette***  
(Color Poster Category)  
Local (2<sup>nd</sup> prize)

Thanks to Evelyn Hutchings, Poppy Chairman for the Gibbons Legion #226, for her distribution of the cash prizes to our students.

**Sturgeon Composite  
High School**

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**Principal:**

Brian Brigden

**Vice-Principals:**

Ron Pollmann

Ruth Kuik

fyi



Health Canada is committed to helping Canadians maintain and improve their health. As part of this work, the department promotes public awareness about sun safety and the harmful effects of ultraviolet (UV) radiation. The UV Index Sun Awareness Program is now a Health Canada initiative. For more information, please go to the following web address: [www.msc-smc.ec.gc.ca/education/uvindex](http://www.msc-smc.ec.gc.ca/education/uvindex)



# *News From The Office*

## *Exam Schedule*

June 2009

Monday, June 15	<u><b>9:00-11:30 a.m.</b></u> <i>English 30-1/-2, Part A</i>	
	In-class Exams (Visual) - English 10-1; 10-2; 20-1; 20-2	
Tuesday, June 16	<u><b>9:00-11:00 a.m.</b></u> <i>Social 30/33, Part A</i>	
	In-class Exams (Part A) - Social 10-1; 20-1	
Wednesday, June 17	In-class (Essay) - English 10-1; 10-2; 20-1; 20-2	
Thursday, June 18	<u><b>9:00-10:00 a.m.</b></u> <i>Pure/Applied Math 30, Part A</i>	<u><b>1:00-3:00 p.m.</b></u> <i>Pure/Applied Math 30, Part B</i>
	<u><b>9:00-11:30 a.m.</b></u> Social 20-1, Part B Social 20-2, Part A and B	<u><b>1:00-3:30 p.m.</b></u> Social 10-1, Part B; Social 10-2, Part A and B
Friday, June 19	<u><b>9:00-10:00 a.m.</b></u> <i>Biology 30, Part A</i>	<u><b>1:00-3:00 p.m.</b></u> <i>Biology 30, Part B</i>
	<u><b>9:00-11:30 a.m.</b></u> Science 20/24	<u><b>1:00-3:30 p.m.</b></u> Physics 20, Science 10/14
Monday, June 22	<u><b>9:00-10:00 a.m.</b></u> <i>Physics 30, Part A</i>	<u><b>1:00-3:00 p.m.</b></u> <i>Physics 30, Part B</i>
	<u><b>9:00-11:00 a.m.</b></u> Chem 20; English 10-1/10-2	<u><b>1:00-3:00 p.m.</b></u> English 20-1/20-2
Tuesday, June 23	<u><b>9:00-10:00 a.m.</b></u> <i>Chemistry 30, Part A</i>	<u><b>1:00-3:00 p.m.</b></u> <i>Chemistry 30, Part B</i>
	<u><b>9:00-11:30 a.m.</b></u> Bio 20; Pure/Applied Math 10	<u><b>1:00-3:30 p.m.</b></u> Pure/Applied Math 20
Wednesday, June 24	<u><b>9:00-10:00 a.m.</b></u> <i>Science 30, Part A</i>	<u><b>1:00-3:00 p.m.</b></u> <i>Science 30, Part B</i>
	<u><b>9:00-11:30 a.m.</b></u> Math 31	
Thursday, June 25	<u><b>9:00-11:30 a.m.</b></u> <i>English 30-1/30-2, Part B</i>	
Friday, June 26	<u><b>9:00-11:00 a.m.</b></u> <i>Social 30/33, Part B</i>	

**NOTE:** *Students are permitted an additional one-half hour to complete their **DIPLOMA EXAMS**. Buses will be doing their regular runs during exams and departing the school @ 3:35 p.m.*

***Starting June 18<sup>th</sup> only students who have exams are to be at school. If a student has a morning exam, and they take the bus, they may choose to have silent study in the library, or talk and study in the cafeteria. All students must carry picture ID (school or Driver's license) to access the exam room, the library, or their lockers. Textbooks may be returned the day of exams on the trollies that will be in the front foyer attended by a supervisor.***

## *School Council*

All parents are welcome to attend School Council meetings. The purpose of these meetings is for parents, students, community and staff members to share ideas, views, opinions, needs and concerns. These meetings will be held on the second Monday of each month from 7:00-9:00 p.m. in the staff room at SCHS. The next meeting will be held on Monday, May 11<sup>th</sup>, 2009.

## *Sturgeon School Division*

### BOARD MEETINGS

*The Board of Trustees meet the 4<sup>th</sup> Wednesday of each month starting at 4:30 at the Board Office in Morinville (9820 - 104 Street). Members of the public are invited to attend.*

# *Student Services*

## The truth about popular drugs

(Article from AADAC)

If you're like most people, you've heard a lot about drugs. If you're like most parents, you're concerned about the dangers they could present for your kids, but you're not completely sure what those dangers are. Here is a brief look at some drugs that you may know of or have heard of in the media. For more information on these and other drugs, read AADAC's ABCs on our website at [aadac.com](http://aadac.com)

### Legal drugs

The most commonly used and abused drugs are the legal drugs, which most people don't even think of as drugs. More deaths, illnesses and injuries are caused by alcohol and tobacco than by all of the other legal and illegal drugs combined.

- **Tobacco** - besides causing cancer, tobacco has been linked to causing lung disease, heart disease and many other health problems.
- **Alcohol** - drinking heavily over a long period of time can lead to serious health problems such as stomach ulcers, liver disease and many kinds of cancer.
- **Caffeine** - excessive coffee, cola and energy drink consumption can lead to insomnia, anxiety attacks, headaches and irregular heartbeat.

- **Over-the-counter drugs** (OTCs) and prescription medications can also cause problems, and can even be addictive, if they are not used for their intended purpose or if the person using them takes more than what is prescribed or recommended.

### Illegal drugs

These are the drugs you hear most about in the media. The good news is that use of these drugs is low; unfortunately, the consequences for the small percentage of people who do use them can be devastating.

- **Cannabis**, also known as marijuana and hash, is the most used illegal drug in Canada, among both adults and kids. Marijuana smoke causes many of the same problems as tobacco smoke.
- **Crack** is a form of cocaine that can be smoked or inhaled; in any form cocaine is highly addictive both physically and psychologically.
- **Ecstasy** can lead to death from dehydration, overdose or from a potent drug or toxin being sold as ecstasy.
- **Uppers**, stimulant drugs that were originally introduced for weight loss or to stay awake, deplete energy and can lead users to experience anxiety, hallucinations, paranoia or psychosis.
- **Methamphetamine** can be smoked or snorted (known as crystal meth) or swallowed (known as "speed") and is highly addictive and destructive.

Drugs do not affect everyone in the same way. How a drug affects someone depends on the person (body size, health factors, metabolism, etc.), the drug (dosage, purity, etc.), and the environment in which the person is using the drug. Drugs taken in combination can have a much greater effect than either drug could have on its own (for example, alcohol combined with some painkillers has caused brain damage).

The best thing you can do is arm yourself with knowledge about drugs, so that you can openly discuss them with your children and be prepared if they ask you questions or start showing signs of drug use.

For more information, contact your local AADAC office or call the AADAC Help Line at 1-866-33 AADAC. We are available to give you information and support.

## OFF-CAMPUS PROGRAMS

Registered Apprenticeship Program – students participating in RAP this summer need to meet with Ms. Ferri as soon as possible to plan placements and pre-requisite safety courses.

Summer Employment – students who are working during the summer may receive work experience credit if they set up the program with Ms. Ferri in the Student Services Office. She may also be reached at 780-222-5008 and is available throughout July and August to monitor off-campus programs.

The Paving Health Pathways Initiative begins in the Fall of 2009; Sturgeon Composite High School is one of a few selected jurisdictions in the province to offer these NEW Programs. This initiative provides opportunities for students to develop an interest in, and work toward, post-secondary certification in health occupations while they are still in high school.

## 1) Early Childhood Assistant Program

Employment Opportunities: Caregiver, Child Care Professional, Childcare Worker, Nanny, Day Care Worker, Family Day Home Provider, Play School Teacher...  
Employment Growth: 2.1 to 3.1% represents above average employment growth ([www.alis.gov.ab.ca](http://www.alis.gov.ab.ca))  
Credits: 10 (Earned over 1 year with possibility of additional credits through work experience)

## 2) Health Care Aid Program

Employment Opportunities: Caregiver, Client Care Attendant, Geriatric Health Aide, Health Care Assistant, Home Support Worker, Medical Assistant, Nursing Assistant, Personal Care Attendant, Residential Aid...  
Employment Growth: 2.2 to 3.2% represents above average employment growth ([www.alis.gov.ab.ca](http://www.alis.gov.ab.ca))  
Credits: 30 (Earned over 3 years with possibility of additional credits through work experience)

Come to Student Services and talk with the counselors for additional information about these exciting new programs. Please add your name to our pre-registration list by seeing our office administrator, Mrs. Kochan.

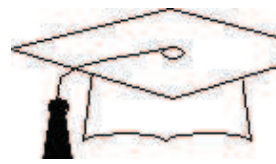
**INTERESTED IN A \$2500 CHILD CARE SCHOLARSHIP?**  
**CHECK OUT <http://bethedifference.alberta.ca>**

# Drama

The Drama 20/30 class will be competing at the One Act Festival in Ardrossan on April 22, 23, and 24, 2009. The actors and directors have been working very hard for this and are ready to impress! We are taking 3 plays: "Hardness of Heart", "Awesome Friends", and "Imperfect Proposal".

**Everyone is invited to our annual "Dessert Theatre" on Saturday, May 9, 2009; 6:00 pm in the south gym at SCHS. The three plays will be performed again for friends and family. Tickets are \$5.00 each; to purchase ask your favorite Drama student! or contact K. Denega, at 780-973-3301. See you there!**

K. Denega  
 Drama 20/30



The Parent Executive Committee for Grad 2009, would like to extend their gratitude to everyone who offered their support throughout the year; without the support from students, parents, SCHS staff and community members, the banquet & dance would not be possible. We look forward to a day that will provide wonderful memories for years to come.

## Important Dates & Information

- Grade 12's were mailed a letter with their ticket purchase details for the banquet & dance. Each person attending the banquet & dance (including the Graduand) will require a ticket. (each ticket = 1 meal)
- Banquet & Dance tickets will be on sale April 20, 21, 22, 23 at lunch break in front of the library; payable to SCHS Grad 2009. Tickets will be sold on April 23 from 5:30-8:00 in the front foyer of the school for people requiring additional tickets on a first come first served basis (CASH ONLY). Please bring the letter you were mailed with your purchase details on it.
- Students consuming alcohol must have valid identification in possession at all times – Northlands abides by a very strict policy in respect to alcohol consumption/possession and has a zero tolerance for under age possession/consumption anywhere on their property. Anyone found in possession of drugs will be dealt with by a member of the Edmonton City Police who will be on site.
- Limousines will not be allowed to linger due to limited parking space.
- Proper shoe attire must be worn at all times (bring comfortable shoes).
- Reminder not to leave your valuables unattended – the Committee will not be responsible for lost or stolen items.
- Parents are responsible for their children's safe departure and are asked not to leave Northlands before their children.

## Graduation Day Itinerary Saturday, May 16<sup>th</sup>, 2009

### CEREMONY

#### Wingspear Centre

11:00 a.m. Students arrive  
 1:00 p.m. Ceremony begins  
 (approx 2 ½ hours duration)

### BANQUET & DANCE

#### Northlands Agricom – Hall "B"

5:00 p.m. Doors at Agricom open  
 5:00 p.m. Grads arrive at Agricom  
 5:45 p.m. Grand March begins  
 6:30 p.m. Dinner (Buffet Meal)  
 8:00 p.m. Presentation  
 9:00 p.m. Dance

# Life Skills

The Life Skills class has had an excellent year and would like to hand out some bouquets.

A big thank you goes to Fountain Park Pool, St. Albert, for providing great swimming lessons. Thank you to the Bodnar family for the donation of the Wii Fit ... it is used daily! And a thank you to all involved in financing and putting together the relaxation/sensory room; The Fort Saskatchewan Rotary Club, Riviere Qui Barre Ag Society, the Ference family, the Schaeffer family and Sturgeon School Division Operations & Maintenance personnel.

We look forward to presenting the first Aimee Ference Scholarship in November 2009 to a student who is involved in furthering their education in the field of special education (see Student Services for details).

## Library

**Welcome back! Hope everyone had a fabulous spring break!**

Congratulations to Tayler White who won 1<sup>st</sup> prize in the Library Logic Puzzle Contest!

We are well on our way to summer holidays. For many that means summer jobs. Along with that come job applications and job interviews. Here are a few tips about the interview process which can be daunting and even downright frightening.

Here are some popular interview questions and tips to make your responses more savvy.

- *Tell us about yourself.*  
Tip: Sell yourself. If you don't promote your strengths, nobody else will. Prepare 4 or 5 responses. Be "confidently humble."
- *Why are you interested in working here?*  
Keep your answer simple and to the point. They are asking how dedicated are you? The response, "My friends have worked here" isn't very impressive.
- *Do you have any questions for us?*  
What they're really asking is how interested are you this position? Prepare 5 or 6 questions. Ask at least one, even if all your prepared questions have been answered. Never say, "No, you've answered all my questions."

Be natural and thoughtful when replying to questions. Make the interviewer feel as though you've given serious thought to their

question but don't sound too rehearsed. ("Interview Questions Decoded" Smart. Fall 2008)

### Research and General Interest Links

Job Searching: <http://jobsearch.about.com/od/resumes/p/resumetypes.htm>

This is a good site to help you with your job search. It includes information about resumes, cover letters, job fairs, how to interview, references etc.

And just for fun check out the parking game at Peugeot. <http://www.peugeot.co.uk/showrooms/107/parking-game/>

Selection of new material in the library:

#### **Fiction:**

- The Flying Troutmans by Miriam Toews  
Hattie returns home to Canada after receiving an emergency phone call from her niece. Turns out, Hattie's sister, Min, is back in the psych ward, and her kids, 11-year-old Thebes and 15-year-old Logan, are fending for themselves. Thus the quirky trio-purple-haired, wise-beyond-her-years Thebes, recently expelled brother Logan and overwhelmed Hattie-embark on a road trip to the States to find the kids' long-missing father..
- The Girl with the Botticelli Face by W.D. Valgardson  
The story of a man's search for a young woman, a waitress at his favourite cafe, who suddenly goes missing. Tormented by the dissolution of his marriage and by his childhood, Bob's own breakdown and therapy parallel his detective mission as he is driven to find the girl with the Botticelli face - or to learn of her fate. His search is not an easy one, and it takes him into situations and encounters with people who show him a side of life and love from which he had shut himself off.

#### **Non-Fiction:**

- Blogging [Book] 006.7 HUD  
The Weblog, or "blog" can range from a personal diary to a daily compilation of up-to-the-minute news. The increased popularity of blogging has prompted many questions. This book tackles these issues by examining this hot-button topic from different angles.
- How to do everything with YouTube [Book] 006.7 FAH  
Contents: Getting started with YouTube -- Shooting your videos -- Editing your videos -- Uploading and sharing your videos -- Joining the YouTube community -- Customizing your YouTube channel and using special tools -- Promoting your videos on YouTube.

D. Sharrun-Clark (Teacher-Librarian), S. Kinjerski (Media Tech)

# Music



Our Hawaii Tour was a great success! We had an amazing week of sight-seeing, public performances and workshops at the University of Honolulu. The students were great ambassadors for our school and performed very well. Thank you to those parents who were chaperones – you were amazing! Thank you to our administration and staff for your continued support of this amazing group of students!

Here are some of our upcoming dates:

Choralfest North: the choir received a silver rating at this festival. Great work!

Alberta International Band Festival: the jazz band and concert band received “Excellent” ratings. Congratulations!

Rotary Music Festival, St. Albert. Concert band and jazz band received Gold awards. Great performances!

The choir performs Friday, April 17 in the afternoon at North Point Church.

April 30: Sturgeon Night of Music, 7 PM. This is mandatory for choir and band students.

May 1: Jazz band and vocal jazz will be performing at the Sturgeon Unity Singers’ Concert in Gibbons at 7 PM.

May 26: SCAMPA Annual General Meeting, 7 PM in the library. All parents who have students in band, choir, jazz band and vocal jazz must attend this meeting.

June: Final concert and music awards, date either June 2 or 3.

# Community Events

## CLASS OF 1989 20 YEAR REUNION

**OCTOBER 3, 2009**  
**Executive Royal Inn**  
**10010-178 Street, Edmonton**  
**Time: 6:00 p.m.**

**For more information contact:**  
Trish Comeau @ 780-686-8583 or  
email: trish\_comeau@hotmail.com

## A Petal of Sunshine

### Looking for Community Events?

Call or visit our **NEW** website to learn about events and activities in your community!

### Want to advertise a Community Event?

Visit our **NEW** website to advertise events and activities in your community!

### Sunflower Community Resource Program

[www.sunflowerinfoline.ab.ca](http://www.sunflowerinfoline.ab.ca)

780.923.2374, toll free 413.9153 then 923.2374

Serving Bon Accord, Gibbons, Legal, Morierville, Redwater, Fort Saskatchewan, Sturgeon County and surrounding areas.

All services are free & confidential!

**Earth Day  
Wednesday, April 22**



**Earth Day Every Day**

This year, on Earth Day, pledge to become a Green Hero, join the Save Trees Not Paper program and share your eco-friendly actions to win big prizes.

Take part in events all across the province. Ardrossan hosts and Owl Prowl, there are festivals in Calgary and Edmonton, and more to come as we approach the big day. Get ideas for your project and check the website often for event updates. <http://www.earth-day.ca/hometown/eligibility.php>

**Who's a Hometown Hero?**

Is there someone in your community you'd like to nominate for a Hometown Hero award for their service to the environment? Find out here if they meet the qualifications, link through to the nomination package and entry form, mail it or e-mail it in, and cross your fingers. Don't let community efforts go unheralded.

<http://www.earthday.ca/hometown/eligibility.php>

**Eco Kids: a project of Earth Day**

Canada's environmental destination for kids; read what other kids are doing, learn about the Top 10 challenges, and get the eco-fact of the day. Say, did you know ...? Project headings include wildlife, The North, Water, Climate Change, Land Use, Waste, Energy, First Nations and Inuit. <http://www.ecokids.ca/pub/index.cfm>

**Edmonton River Valley  
Clean-up Spring 2009  
Sunday, May 4, 10 a.m. - 2 p.m.**

Tires, shopping carts, automobile parts, empty containers of every size and description--and just plain garbage. It's in the river valley, ravines, wooded areas and parks. It's been lost, left, and blown there. Now that the snow is melting, it's blocking the view. This is your chance to become a collector.

Join other community minded citizens and spend a day getting Edmonton all spruced up and ready for summer. In Edmonton, Sunday, May 4th from 10 a.m. until 2 p.m. at Louise McKinney Park (Shumka Stage) for a one-day clean up of litter in the river valley or a local green space. <http://www.edmonton.ca/environmental/river-valley-clean-up.aspx>

Is there a spring clean-up in your town? Call your municipal government office to find out. Join in, or get once going. It's good clean fun.

# Calendar of Events

April 15 .....	Staff Meeting - Early Dismissal (2:05 p.m.)
<b>April 16 .....</b>	<b>School Day (SCHS Only) - 9:43 a.m. - 3:20 p.m.</b>
May 13 .....	Staff Meeting - Early Dismissal (2:05 p.m.)
May 15 .....	Professional Development - No Classes
May 16 .....	SCHS Graduation 2009
May 18 .....	Victoria Day - No Classes
<b>May 21 .....</b>	<b>School Day (SCHS Only) - 9:43 a.m. - 3:20 p.m.</b>
June 10 .....	Staff Meeting - Early Dismissal (2:05 p.m.)
<b>June 11 .....</b>	<b>School Day (SCHS Only) - 9:43 a.m. - 3:20 p.m.</b>
June 17 .....	Last Day of Regular Classes
June 27 .....	Summer Vacation Begins

**Check Out Our School Website**

 [www.sturgeoncomp.ca](http://www.sturgeoncomp.ca)

**Need to know the exam schedule? Curious about events happening at the school? Looking for information on our school policies? Check us out at [www.sturgeoncomp.ca](http://www.sturgeoncomp.ca)!**