

Sturgeon Spirit



Kindle the Spirit

at Sturgeon Comp

ATTENTION PARENTS!!

ARE YOUR CHILDREN USING THE INTERNET SAFELY?

Warning Signs:

- your child spends large amounts of time online, especially at night
- you find pornography on your child's computer
- your child receives phone calls from men/women (sometimes long distance calls from numbers you don't recognize)
- your child receives mail, gifts, or packages from someone you don't know
- your child turns off the monitor or quickly changes what is on the screen when you enter the room
- your child is using an online account belonging to someone else
- your child is erasing history files

Tips for Parents:

- participate with your child online
- get to know the services and programs your child uses
- have your child help you create your own online blog or profile
- connect with your child online (it might improve communication between you and your child)
- you must learn more about the internet, social networking and online communities if you are going to be an informed parent
- don't ban the internet; teens can go online at a friend's house, the library, schools, and anywhere that has public internet access
- know where your teens are going online, who they are talking to and what they are talking about
- make a promise (and keep it) to your children that you won't get angry if they come to you with a problem about an online situation; stay calm and remember that your child trusted you to help when they came to you ... don't let them down!

fyi

Parental Websites: www.weron2u.ca, www.cyberangels.org,
www.getnetwise.org, www.safekids.com and www.wisekids.org

Sample Internet Filters: Cyber Patrol - www.cyberpatrol.com (a utility that allows parents to manage computer use in their household; Net Nanny - www.netnanny.com (a utility that allows parents to see and control access to websites and block sites they deem inappropriate); Cyber Sitter - www.cybersitter.com (gives parents the ability to limit their children's access to the internet), and Parents on Patrol - www.parentsonpatrol.org

The internet can be a very useful tool for students; the main point to remember is supervision!! A child should not have access to the internet in a private place such as their room. Computers should be in a family room where a parent can observe readily. Web cams also increase the likelihood of risky behavior that can lead to embarrassment or extortion. Remember children are at risk of being exploited by those in our society who prey on the innocent and as responsible guardians it is our job to mitigate the risks.



JANUARY, 2009

**Sturgeon Composite
High School**

Box 100, Namao, AB T0A 2N0

Ph: (780) 973-3301

Fax: (780) 973-3230

email: schs@sturgeon.ab.ca

web: www.sturgeoncomp.ca

Principal:

Brian Brigden

Vice-Principals:

Ron Pollmann

Ruth Kuik



News From The Office

Exam Schedule

January 2009

Wednesday, January 14 9:00-11:30 a.m.**English 30-1/30-2, Part A**
***Thursday, January 15** In ClassEnglish 10-1/10-2; 20-1/20-2, Visual Presentation
Thursday, January 15..... 9:00-11:00 a.m.**Social Studies 30/33, Part A**
Thursday, January 15 In ClassSocial Studies 10-1/20/1, Part A
Friday, January 16..... In-ClassEnglish 10-1/10-2; 20-1/20-2, Essay
Monday, January 19..... 9:00-10:00 a.m.**Pure/Applied Math 30, Part A**
Monday, January 19..... 9:00-11:30 a.m.Social 20-1 (Part B); Social 20-2 (Part A & B)
Monday, January 19..... 1:00-3:00 p.m.**Pure/Applied Math 30, Part B**
Monday, January 19..... 1:00-3:30 p.m.....Social 10-1 (Part B); Social 10-2 (Part A & B)
Tuesday, January 20..... 9:00-10:00 a.m.**Chemistry 30, Part A**
Tuesday, January 20..... 9:00-11:30 a.m.Biology 20; Pure/Applied Math 10
Tuesday, January 20..... 1:00-3:00 p.m.**Chemistry 30, Part B**
Tuesday, January 20..... 1:00-3:30 p.m.....Pure/Applied Math 20
Wednesday, January 21 9:00-10:00 a.m.**Biology 30, Part A**
Wednesday, January 21 9:00-11:30 a.m.Science 20/24
Wednesday, January 21 1:00-3:00 p.m.**Biology 30, Part B**
Wednesday, January 21 1:00-3:30 p.m.....Physics 20; Science 10/14
Thursday, January 22..... 9:00-10:00 a.m.**Physics 30, Part A**
Thursday, January 22 9:00-11:00 a.m.Chemistry 20; English 10-1/10-2
Thursday, January 22..... 1:00-3:00 p.m.**Physics 30, Part B**
Thursday, January 22 1:00-3:00 p.m.....English 20-1/20-2
Friday, January 23 9:00-10:00 a.m.**Science 30, Part A**
Friday, January 23 1:00-3:00 p.m.**Science 30, Part B**
Monday, January 26..... 9:00-11:30 a.m.**English 30-1/30-2 Part B**
Tuesday, January 27..... 9:00-11:00 a.m.**Social Studies 30/33, Part B**

***DATE CHANGE**

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. Grade 10 and 11 in-class exams will be held during the week of January 12-16; exams being written in the gymnasium will be scheduled the week of January 19-23.*

IMPORTANT INFORMATION FOR STUDENTS REWRITING A DIPLOMA EXAM AND/OR RETAKING THE COURSE. Students will be able to write their first diploma exam in any subject free of charge, but all subsequent attempts (including retaking the course) will be considered rewrites and students will be charged rewrite fees. The fee to rewrite is \$25.00 plus G.S.T. or \$26.25, for each diploma examination.

NOTE: If a student rewrites a diploma exam, without paying the fee, the new exam mark and final mark in that course will not appear on the student's results statement or on their official transcript. If a student cannot rewrite a diploma exam due to illness or compassionate reasons, the student is eligible to rewrite at the next diploma examination administration, or the student can have the fee refunded. If a student requires a refund for any other reason, a \$10.00 processing fee will be charged.

Starting January 19th 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 Emergencies During Diploma Examinations

A student who is not able to write or complete a diploma examination because of a school emergency may apply to the Special Cases Committee to have his/her needs addressed, subsequent to the recommendation of the school principal or chief presiding examiner (see Administration & Directives section).

Annotations

The Results Statements and official transcripts are not annotated with respect to the use of any accommodations granted for students who have special diploma examination writing needs. Annotations will only appear on official transcripts for those students who were granted an exemption from writing a diploma examination by the Special Cases Committee.

School Emergencies During Diploma Examination Administration Policy

Background - The diploma examinations play an important role in the certification of Grade 12 students. Alberta Education has the responsibility to ensure that diploma examinations are administered fairly and equitably with the same rules and conditions for all students. This policy provides a consistent framework for responding to unpredictable events such as inclement weather, fires, bomb threats, floods, and hazardous chemical leaks during the administration of diploma examinations.

Policy - Schools must always act in the best interests of the health and safety of their students in emergency situations. If a student is not able to write or to complete a diploma examination because of a school emergency, the needs of the student will be addressed by Special Cases and Accommodations subsequent to the recommendation of the school principal or chief presiding examiner.

Definitions

In this policy,

1. “School emergencies” are situations that result from unpredictable events such as inclement weather, fires, bomb threats, floods, hazardous chemical leaks, etc. that in some way interfere with school operation. Other examples are buses not running, necessary school closures, and unexpected dismissal of students from the school or examination writing area.
2. “Chief Presiding Examiner” means a person appointed by Alberta Education who is responsible for the secure distribution, administration, and collection of diploma examinations scheduled at designated writing centres of the August sitting.

Procedures

School Principal or Chief Presiding Examiner

1. If a school or jurisdiction is required to enact emergency measures, the school principal or chief presiding examiner shall:
 - 1.1 Make all decisions from the perspective of students’ health and safety.
 - 1.2 Under certain circumstances, and only upon the approval of the Director of Examination Administration of Learner Assessment, allow an examination to be administered to individual students during the scheduled day at times other than the regularly scheduled time.
 - 1.3 Ensure that if the school or designated writing centre

remains open during inclement weather or other emergency conditions, students who arrive (late or on time) to write their diploma examinations are permitted to do so. Students in these situations must be allowed the full time allotted for the examination.

- 1.4 Ensure that students who are unable to write or to complete a diploma examination because of an emergency have the opportunity to review their options with school administration.
- 1.5 On review of a students’ options, recommend in writing to Special Cases and Accommodations, Alberta Education, one of the following options:
 - a. an exemption from writing the diploma examination or the missed part of a diploma examination.
 - b. for Humanities subjects only, an incomplete diploma examination mark now, and a request that the student write the missed portion of the examination during the next scheduled administration.
 - c. for Mathematics and Sciences subjects, an incomplete diploma examination mark now, and a request that the student write the complete examination during the next scheduled administration.
 - d. a recommendation based on individual student circumstances.
- 1.6 Include in the Principal’s Statement or Chief Presiding Examiner’s Statement a description of the emergency situation and how the measures taken resulted in departure from normal administration procedures.
- 1.7 Inform students of their access to the appeal and rescore provisions and how they apply in school emergencies.
2. On receipt of recommendations from the principal or chief presiding examiner, Special Cases and Accommodations may approve:
 - 2.1 An exemption for the missed component of any examination. The student’s school-awarded mark will be substituted in appropriately weighted form, for the missing component. The student’s transcript will be annotated **Partial Exemption Granted**. If this student should choose to write the examination at a future administration (must be both Part A and Part B), then a rewrite fee will be required.
 - 2.2 An exemption from writing the complete diploma examination, both Parts A and B. In this case, the student’s transcript will show a school mark and a final course mark. The student’s transcript will be annotated **Exemption Granted**. If this student should choose to write the examination at a future administration, then a rewrite fee will not be required.
 - 2.3 For Humanities subjects, an incomplete diploma examination mark now, because one component of the examination is missing. The student can write the missing component of the examination during the next scheduled administration. The student will not be required to pay the rewrite fee.
 - 2.4 For Mathematics and Sciences, an incomplete diploma examination mark now, because both Parts A and B are missing. The student can write the complete examination during the next scheduled administration. The student will not be required to pay the rewrite fee.
 - 2.5 An appropriate course of action based on individual student circumstances.

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, January 12th, 2009.

SRC

(Students' Representative Council)

Welcome to 2009!

In December SRC got into the Christmas spirit selling candy grams and photos with Santa. SRC also hosted a Christmas breakfast for the staff on December 18 to thank them for their ongoing support. To wrap-up the year we had a talent show on the 19th. Thank you to all who participated and watched. Congratulations to the prize winners; first prize went to the rock band "Throttle" starring Danny Bliss on drums, Paul Graham on base guitar, and Ben vanOuwkerk on rhythm guitar and vocals.

To kick-off exam season there will be a PJ day on January 8th where everyone is welcome to wear pajamas to school.

Keep an eye open for a fun February with a dance on February 19th, sweetheart grams, matchmaker, and a sleigh ride.

SRC is looking forward to an awesome year in 2009 and wish everyone good luck on their final exams.

If any parent is interested in chaperoning our dance on Thursday, February 19, please call Hannah Turner or Tamara Zembal at (780) 973-3301.

Hannah Turner
SRC Publicity Director

Sturgeon School Division News

BOARD MEETINGS

The Board of Trustees meet the 4th 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.

Library

Welcome back! Hope everyone had a healthy happy holiday.

EXAM ANXIETY

Everyone feels nervous before an exam. That is only natural and normal. Everyone wonders if they have prepared enough and if they will remember what they have studied. A certain amount of nervous tension probably helps us perform to the best of our ability and gives us what we need to stay alert and focused. But too much anxiety can BLOCK thoughts, create a negative frame of mind and lead to panic and potentially poor exam performance.

BEFORE THE EXAM

1. RELAX Try to establish a routine that give you time to relax.
2. PREPARE Do your best to give yourself enough time to review the material.
3. THINK POSITIVELY Replace negative, anxious thoughts with more positive ones.
4. DON'T work to the last minute on the night or morning before the exam. Last minute cramming often leaves a person feeling muddled and anxious.

For additional information on exam anxiety and how to alleviate stress check out the following URL <http://www.rrc.mb.ca/index.php?pid=3100>

Research and General Interest Links

Alberta Education website: Preparing for Diploma Exams

<http://education.alberta.ca/students/exams.aspx>

This site has diploma exam guides for students, previous diploma examinations and keys, Diploma Exams—rewrite fees, Diploma Exams—general information for students and Diploma Exams—Schedule.

Good luck to everyone in their exams.

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

Community Events

Rotary Club

Below is an outline of some upcoming events sponsored by the Rotary Club; students are invited to check out the websites below. Students interested in attending any of the events must contact Mrs. Pearce in the office ASAP, to ensure their chance of an interview by representatives of the Rotary Selections Committee. **Note: Students interested in the Northern Experience must see Mrs. Pearce prior to January 12, 2009.**

- Leadership Experience: Trip to Ottawa (www.rotaryottawa.com/adventure.htm)
- Adventures in Firefighting: Vermilion College (www.clubrunner.ca/Cprg/DxProgramHome/programhome.aspx?cid=485&pid=2250)
- Adventures in Technologies: Trip to Regina; one visit will include a tour of a diamond mine. (www.meewasinrotary.org/ait/AIT_past/ait.html)
- Northern Experience: Trip to Yellowknife (www.clubrunner.ca/Cprg/DxProgramHome/progamhome.aspx?cid=490&pid=409)
- Two additional trips in Alberta • Leadership Training Programs held in May (www.clubrunner.ca/dprg/dxprogramhome/_programhome.aspx?did=5370&pageid=1948 and www.clubrunner.ca/dprog/dxhome/dxeventstab/_eventitem.aspx?did=5370&LinkCat=5&index=3497&dif=f)



**Facing one of life's challenges?
Let us be your petal of sunshine.**

Get connected to community supports or resources addressing mental health concerns, addictions, family issues, bereavement, financial support, employment support, legal aid and many other life concerns.

Call, email or drop-in weekdays from 9:00 a.m. to 5:00 p.m. Our services are confidential.

Sunflower Community Resource Program

780.923.2374 (toll free, dial 780.413.9153 first)
office@sunflowerinfo.ab.ca
5015 50th Street, Gibbons

Serving residents and organizations in Bon Accord, Gibbons, Legal, Morinville, Redwater, Fort Saskatchewan, Sturgeon County and surrounding areas.

SOCCER MEETING

Bon Accord & District Community League
Spring Soccer Parent Meeting

Wednesday, January 21, 2009

7:00 p.m.

B.A.D.C.L. Hall

Need to form a soccer committee.

NO HELP - NO SOCCER!

Calendar of Events

January 14	Staff Meeting - Early Dismissal (2:05 p.m.)
January 29	Professional Development - No Classes
January 30	Semester 2 Begins
February 5	Teachers' Convention - No Classes
February 6	Teachers' Convention - No Classes
February 11	Staff Meeting - Early Dismissal (2:05 p.m.)
February 16	Family Day - No School
February 19	School Day (SCHS Only) - 9:43 a.m. - 3:20 p.m.
March 10	Open House - 5:00-8:00 p.m.
March 11	Grade 9 Tours - No Regular Classes
March 11	Staff Meeting - Early Dismissal (2:05 p.m.)
March 19	School Day (SCHS Only) - 9:43 a.m. - 3:20 p.m.
March 20	PD for Division; - Full Day Classes for SCHS
March 27	Non-instructional Day in Lieu of Parent-Teacher Interviews
March 28	Spring Break Begins
April 6	Classes Resume
April 8	Parent-Teacher Interviews (5:00-8:00 p.m.)
April 9	Parent-Teacher Interviews (5:00-8:00 p.m.)
April 10	Good Friday - No School
April 13	Easter Monday - No School
April 15	Staff Meeting - Early Dismissal (2:05 p.m.)
April 16	School Day (SCHS Only) - 9:43 a.m. - 3:20 p.m.
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
May 21	School Day (SCHS Only) - 9:43 a.m. - 3:20 p.m.
June 10	Staff Meeting - Early Dismissal (2:05 p.m.)
June 11	School Day (SCHS Only) - 9:43 a.m. - 3:20 p.m.
June 27	Summer Vacation Begins