

The David Thompson Compass



David Thompson High School RR# 1 Condor AB TOM OPO Ph. 403 729-3930 Fax 403 729-3001

Issue #8

June 2019

http://davidthompson.wrsd.ca/

www.facebook.com/davidthompsonhs

PRIDE: It's What We're Going For!

Important Dates:

June 7: PD Day - No School

June 10: Black & Blue Athletic Awards @ 6:00 p.m.

June 13-14: Gr. 8 Bike/Canoe Trip

> **June 18:** Gr. 7 Orientation PRIDE Assembly

June 18: Last Day of Classes

June 27: Last Day of School

June 28 @ 2 p.m.: **Graduation Ceremony**

Students of the Month



Pictured from left to right:

Katherine Goldstrom, Seth Bratland and Adelita Studer

Missing:

Jake Smith



Athletes of the Month



Pictured from left to right:

Annalisa Trieber,

Christine Schmidek,

Shae Todd,

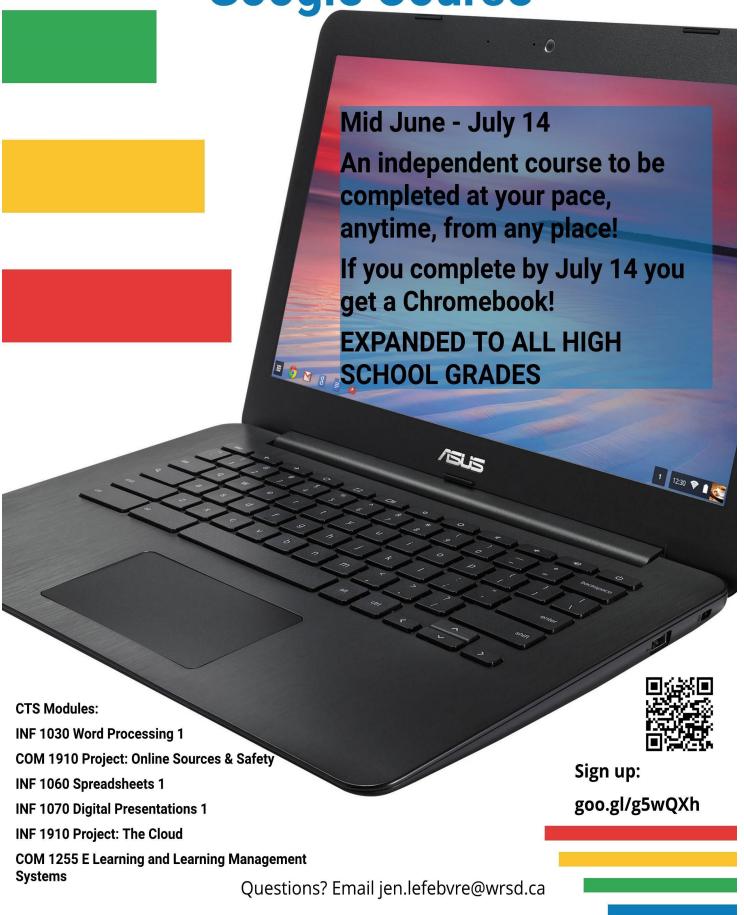
Joshua Lund, and

Jason Roberts

Missing: Aislyn Needham and Jake Smith

GRADE 9- 12 Summer
Google Course





In April the Grade 8's had an opportunity to go to Red Deer College to participate in the Red Hot Science Workshops. While at the college students completed various labs that were aligned with the Mechanical Systems Unit and Fresh and Saltwater Sys-



tems Unit.
This opportunity also exposed students to potential careers that are in the field of science.







On May 10, Students in Action organized the We Walk for Water Fundraiser. Students who participated in this fundraiser raised funds to help communities in Kenya gain access to clean water. Prior to our walk, students from our Students in Action group went to each class to explain how clean water can change lives. Thank you to everyone who participated and raised money for this global cause!





PRIDE: It's What We're Going For!

DTHS FINAL EXAM SCHEDULE JUNE 2019

| Date | Exam | Time |
|-----------------|---------------------------|--------------|
| Wed., June 12 | Eng 30-1, 30-2 Part A | 9:00 – 12:00 |
| Wed., June 12 | 9A Math PAT Part A | 9:00 - 9:30 |
| Wed., June 12 | 9B Math PAT Part A | 9:00 - 9:30 |
| Thurs., June 13 | Social 30-1, 30-2 Part A | 9:00 - 12:00 |
| Wed., June 19 | <u>Social_20</u> -1 | 9:00 - 11:30 |
| Wed., June 19 | English 20-2 | 9:00 - 11:30 |
| Wed., June 19 | Math 10 | 9:00 - 11:30 |
| Wed., June 19 | 9A Language Arts Part B | 9:00 - 10:15 |
| Wed., June 19 | 9B Language Arts Part B | 9:00 - 10:15 |
| Wed., June 19 | Grade 8 Social Studies | 9:30 - 11:30 |
| Wed., June 19 | Grade 8 Language Arts | 1:05 - 3:05 |
| Thurs., June 20 | English 30-1, 30-2 Part B | 9:00 - 12:00 |
| Thurs., June 20 | Physics 20 | 9:00 - 11:30 |
| Thurs., June 20 | Science 20 | 9:00 - 11:30 |
| Thurs., June 20 | English 10-1 | 9:00 - 11:30 |
| Thurs., June 20 | Social 10-2 | 9:00 - 11:30 |
| Thurs., June 20 | 9A Math Part B | 9:00 - 10:20 |
| Thurs., June 20 | 9B Math Part B | 9:00 - 10:20 |
| Thurs., June 20 | Grade 8 Math | 9:30 - 11:30 |
| Fri., June 21 | National Indigenous Day | |
| Mon., June 24 | Grade 8 Science | 9:00 - 11:30 |
| Mon., June 24 | Social 30-1, 30-2, Part B | 9:00 - 11:30 |
| Mon., June 24 | Chem 20 | 9:00 - 11:30 |
| Mon., June 24 | Math 20-3, 30-3 | 9:00 - 11:30 |
| Mon., June 24 | Science 10 | 9:00 - 11:30 |
| Mon., June 24 | 9A Social Studies PAT | 9:00 - 10:20 |
| Mon., June 24 | 9B Social Studies PAT | 9:00 - 10:20 |
| Tues., June 25 | Biology 30 | 9:00 - 12:00 |
| Tues., June 25 | 9A Science PAT | 9:00 - 10:15 |
| Tues., June 25 | 9B Science PAT | 9:00 - 10:15 |
| Thurs., June 27 | Physics 30 | 9:00 - 12:00 |



Monday, June 10

Beef on a Bun will be served at 5:30 p.m. for \$5/person

Awards Ceremony begins at 6:00 p.m.

If you plan to attend the supper portion of our evening, please notify the school office by Thursday, June 6.



Our yearbook committee is still in need of more pictures. We especially need pictures of the following;

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- Jr High Boys Volleyball
- Sr High Boys Volleyball
- Sr High Badminton
- Any out of school activities our students are involved in

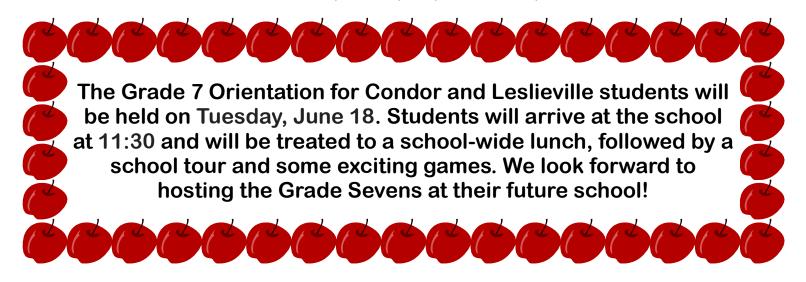
Please forward any pictures you have to kara.egeto@wrsd.ca



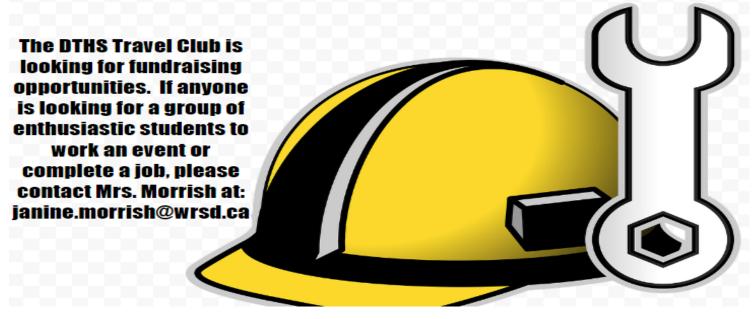
Order forms for the yearbook went home last month, there are also extra order forms for the 2018/19 Yearbook available at the office. Price is \$40.00

Orders can also be made online by visiting YBPay.lifetouch.com yearbook ID CODE is 11417919.

"Don't delay! Order your yearbook today!"









2019/20 School Registration Deadline is June 1/19

RETURNING STUDENTS must:

- Confirm the information on your child's Student Demographic Verification Report is accurate
- <u>Sign</u> the Student Demographic Verification Form



Make online payments with SchoolCashOnline

- ✓ Field trips
- ✓ Sports Events
- Activity Fees

Register at wildrose.schoolcashonline.com

School Cash Simplified

FROM THE CAREER CENTRE



CAREER EDUCATION NOTES

On June 4 at 9:50, Mr. Ron Fandrick from Keyera, will do a presentation for students in Grades 10, 11 and 12 interested in a possible career in the Sciences or Technologies. Keyera sponsors a program, called the Keyera Pathways Program Bursary, where selected students receive tuition for their post-secondary program as well as a summer job for at least one summer. Grade 10 students are particularly invited to the presentation but interested Grade 11 and 12 students are also welcomed. For more information, check out the website: Keyera Pathways Program Bursary.

Mr. Seim will be offering a First Aid course on June 24 and 25. The cost will be \$50. If you wish to take this important safety course, register as soon as possible at the office.

Grade 12 students who are attending post-secondary will be able to apply for **student loans** and the **Rutherford Scholarship** only after the 2019/2020 application forms are available. According to Student Aid Alberta, application forms will be posted sometime in June. Watch for them at <u>Student Aid Alberta</u>. Mrs. Thompson will provide information on student loans to interested students before the application forms are available – a time yet to be determined – stay tuned!

Post-secondary bound Grade 12 students are reminded to continue applying for as many scholarships as you qualify for. Check the Careers 30 Classroom for applications. Some of the scholarship applications require final transcripts and therefore have summer deadlines. Put a note on your fridge to remind yourself to apply for these. Many of these late scholarships end up with few or no applications because people get caught up in summer events and forget to apply.

IF YOU DON'T APPLY, YOU CAN'T WIN!

Rock the Diploma, Review for Diploma Exams

Over the past number of years, Lindsay Thurber in Red Deer has provided review sessions for students in Central Alberta who are preparing to write Diploma exams. These 15-hour weekend courses of intensive review assist students in preparing to write their diploma exams.

If you are having difficulty with any of your courses and/or want to take part in one or more of the sessions to get help with review, you should register asap. The cost is \$135/course. More information and the registration form may be found on your CAREERS 30 Classroom.

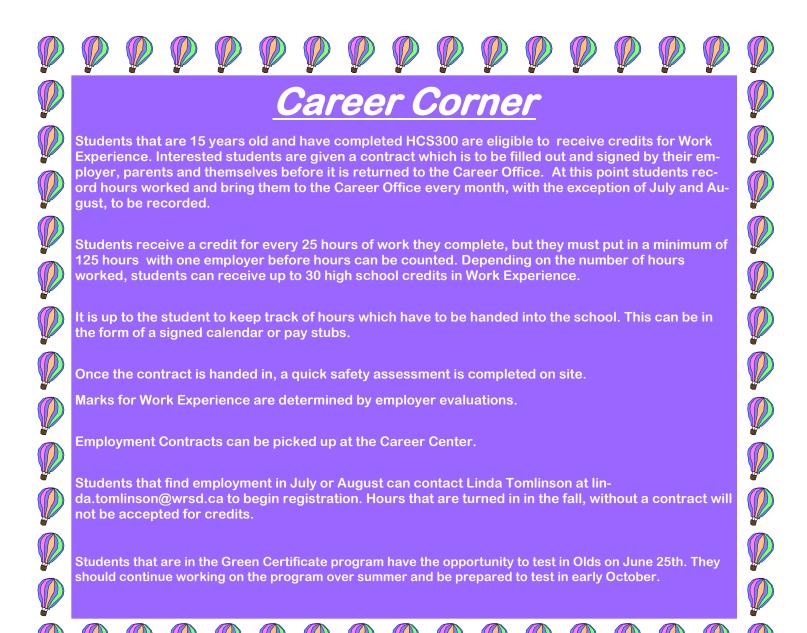
June 7, 8, and 9 - Social 30-1, English 30-1, Math 30-1

June 14, 15, 16 - Biology 30 (Option A), Chemistry 30 (Option A), Physics 30 (Option A), Math 30-1 (Option B), Math 30-2

June 21, 22, 23 - Biology 30 (Option B), Chemistry 30 (Option B), Physics 30 (Option B)

Friday: 5:30 – 9:30

Saturday: 10:00 – 4:00 (Math 30-1 9:45) Sunday: 10:00 – 4:00 (Math 30-1 9:45)





Distance Education News



Congratulations to all of the students who have successfully completed their Distance Education courses. It takes self discipline to complete a course even with lots of prompting. Students who have not completed their courses by the time classes end will be required to come to school daily until they are completed. Courses will not be continued over July and August as traditionally the success and completion rates are very poor.

Questions? Please contact Miles Trieber or Norma Thompson at (403) 729-3930

Please Note:

The DTHS office will no longer automatically print receipts for fee payments. If you require a receipt, please contact the school office and we will be happy to send one home with your child.

Congratulations to our Badminton Players on another successful season at the Divisional Tournament!!



Lexa Peterson & Bobbi-Jo Lipka Grade 9 Girls Doubles 3rd Place



Annalisa Trieber –Girls Singles 1st Place Ava Beisal –Girls Singles 2nd



Bradin Frid & Dorian
Hemsworth
Boys Doubles 3rd Place



Christine Schmidek & Shaelynn Todd Grade 9 Girls Doubles 2nd Place



Aidyn Thomas & Dakota Dickson Grade 8 Girls Doubles 1st Place



Ava Dickson and Payton Knopp Mixed Doubles 1st Place



Kassie McCurrach and Korbin Koester
Mixed Doubles 2nd Place



News From Parent Council

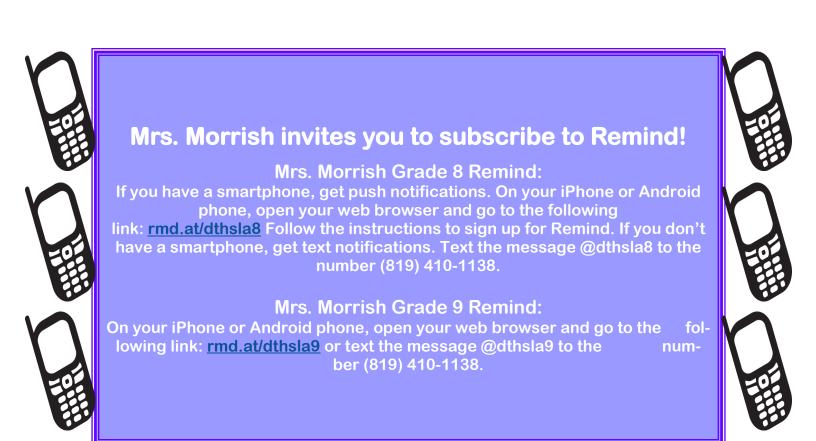


There is no June Parent Council meeting.

Thank you to all the people who volunteered their time this year.

Annual General Meeting with Parent Council Meeting to follow is Sept. 18/19.





Volunteers and Parent Drivers

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As part of our commitement to keeping our students safe we require the following from our volunteers and parent drivers:

1. A Criminal Record Check

- 2. An Intervention Record Check
- 3. Driver Abstract a form can be filled out at the office -driving record must be satisfactory for a minimum of 5 yrs. -drivers must have an unrestricted license
 - -drivers must not have more than 6 demerits
- 4. Proof of a minimum of \$ 1,000,000 third party liability insurance

Please contact the office if you have any questions or concerns at 403.729.3930

There are many ways to keep up with the happenings at DTHS!

Check out our website: http://davidthompson.wrsd.ca/

Like us on Facebook: www.facebook.com/davidthompsonhs

Phone us at (403) 729-3930. We're happy to hear from you!

Sign up for REMIND:

Sign up for important updates from Mr. Trieber.

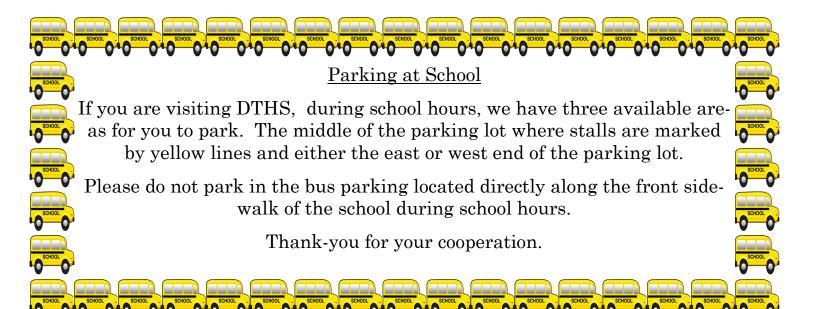
Get information for DTHS right on your phone—not on handouts.

Pick a way to receive messages for DTHS: (A) If you have a smartphone, get push notifications. On your iPhone or Android phone, rmd.at/mrtrieber open your web browser and go to the following link: Join DTHS rmd.at/mrtrieber First and Last Name Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app. (555) 555-5555 (B) If you don't have a smartphone, get text notifications. Text the message @mrtrieber to the number (819) 803-0519. (819) 803-0519 @mrtrieber



DRESS CODE REMINDER – Students are expected to:

- dress in a clean, neat manner
- not wear headgear in the school during school hours
- wear shoes at all times
- when appropriate, wear shorts and skirts of a reasonable length (Plus or minus one inch of arms straight down at student's side)
- no halter, backless, spaghetti, strapless, or short tops to school
- always wear a shirt (pinnies provided in P. Ed.)
- never wear shirts with unbecoming pictures, profane words or obscene slogans
- never wear fashion accessories that may be deemed to be dangerous
- keep pants pulled up





Breakfast for Learning

Our school's nutrition program is proudly funded by Breakfast for Learning. Thanks to their support, we are able to offer our students a healthy meal or snack during the school day.

Breakfast for Learning is a national charity that is committed to ensuring students attend school well nourished and ready to learn, giving them the best chance of success in life.

In the 2013/14 school year, Breakfast for Learning funded 2,402 breakfast, lunch and snack programs, served 251,531 children and youth and provided over 40 million nourishing meals and snacks.

Since 1992, Breakfast for Learning has helped serve over 510 million meals to children and youth across Canada.

For more information, please visit breakfastforlearning.ca.

TALKING WITH YOUR TEEN ABOUT VAPING

A TIP SHEET FOR PARENTS



BEFORE THE TALK: GET THE FACTS

Vaping is not harmless

- Vaping can increase your exposure to harmful chemicals.
- > Vaping can lead to nicotine addiction.
- The long-term consequences of vaping are unknown.
- It's rare, but defective batteries in vaping products have caused fires and explosions.

Risks of nicotine

Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it is known to alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Not all vaping products contain nicotine, but for those that do, the level of nicotine can vary widely. Some mixtures have very low levels, while others can contain more nicotine than in a typical cigarette. Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.

Vaping nicotine can alter teen brain development.

Vaping versus smoking

For smokers, vaping is less harmful than smoking. However, it is not safe for youth to use any nicotine products, including cigarettes and vaping products. If you suspect your child is addicted to nicotine, talk to your healthcare provider.

Set a positive example

If you use tobacco or vaping products, be honest with your child about the risks, and any regrets, difficulties and health effects resulting from your experience. Talk to your child about when and why you started to smoke/vape and explain how you thought it would make you feel, and how it is affecting your health.

It is never too late to quit smoking. If you are vaping to help you quit smoking, talk to your teen about it. Talk to them about addiction and how hard it can be to quit smoking. And remember, quitting smoking is possible. For free help, visit **gosmokefree.gc.ca/quit** or call 1-866-366-3667.

Vaping is not intended for youth and non-smokers.

START THE CONVERSATION

Find the right moment

Take advantage of situations where you can talk about vaping. It doesn't have to be formal. For example, when passing a group of teenagers who are vaping, take the opportunity to have a conversation with your teen about it. Discuss the facts and correct any misconceptions.

Be patient and ready to listen

- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a meaningful conversation, not to give a lecture.

Vaping liquids

The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine. The long-term safety of inhaling these substances in vaping products is unknown and continues to be assessed.

There is no burning during vaping, instead, the liquid is heated. This process can cause reactions and create new chemicals, such as formaldehyde. Some contaminants, such as metals, might also get into the vaping products and then into the vapour.

Ouick facts

- Vaping is intended to help smokers quit tobacco. Vaping is not for youth and non-smokers.
- Vaping is not harmless, yet Canadian teens are trying vaping products. Data from a recent Health Canada survey showed that 23% of students in grades 7–12 have tried an electronic cigarette.
- There are characteristics that can make vaping products more difficult for you to recognize or detect: devices come in a variety of shapes and sizes, some resembling a USB flash drive; liquids can have high levels of nicotine and come in a variety of flavours; and vaping may not leave a lingering identifiable smell.
- > Vaping products have many names, such as: e-cigarettes, vape pens, vapes, mods, tanks, and e-hookahs. They may also be known by various brand names.

Get support

- Not sure where to begin? Ask your healthcare provider to talk to your teen about the risks of vaping.
- You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counsellors whom you know are aware of the risks of vaping. These supportive adults can help reinforce your message as a parent.

KEEP THE CONVERSATION GOING

Don't expect to have just one conversation with your child. Odds are you will probably need to talk about the subject many times and in many different places. Whenever you have some time together, you can strike up the conversation again. You will also find that as your child grows, your conversations about vaping will change and reflect their growing maturity, intellectual abilities and the pressures they face. Keep in mind that talking about it can also set the stage for important discussions about tobacco, alcohol, drugs and other risky behaviours.

WORK WITH YOUR CHILD'S SCHOOL

- Confirm that there is no tobacco or vaping product use at school events.
- Ask the principal if the school has a program to educate students about the effects of tobacco and vaping product use.
- > Lobby for tobacco and vaping prevention and cessation training for teachers.
- Encourage other parents to get involved in schoolbased tobacco and vaping prevention programs.