

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

Issue #3

December 2016

<http://davidthompson.wrsd.ca/>

www.facebook.com/davidthompsonhs

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

Important Dates:

December 1:
 Grade 9 Field Trip - Theatre
 Calgary - A Christmas Carol

December 6:
 PRIDE Assembly

December 9:
 Student Hot Lunch

December 23 - January 8:
 Christmas Break

January 13:
 Grade 12 Portfolio Presentations

January 23 - 27:
 High School Exam Week

January 30:
 Junior High Ski Trip

January 31:
 First Day of Semester 2

Students of the Month



Pictured from left to right: Stephen Smith, Samantha Ahlstrom, Cale Bates, Jana Neukom.

Athletes of the Month



Pictured from left to right: Alexis Hainsworth, Dawson Brown, Ava Beisal, William Bradford.

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.

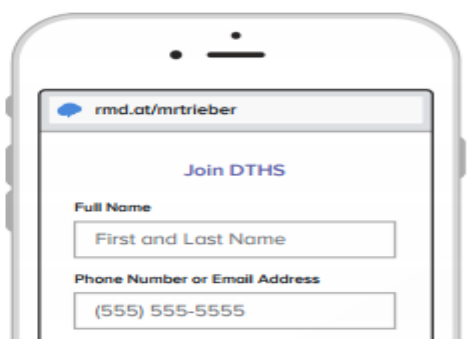
Pick a way to receive messages for DTHS:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

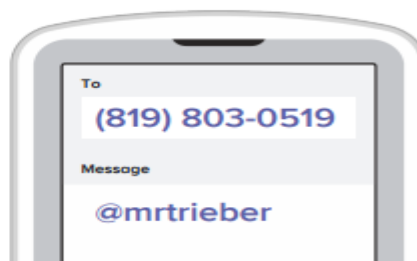
rmd.at/mtrieber

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message @mtrieber to the number (819) 803-0519.



Don't have a mobile phone? Go to rmd.at/mtrieber on a desktop computer to sign up for email notifications.

Has Your Contact Information Changed?

If your mailing address, telephone numbers or email address have changed, please contact Ashley in the office:

ashley.gaehring@wrsd.ca or 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.

Principal's Message

With our Christmas Break fast approaching us I would like to thank the staff, students, and parents for all their contributions in our first few months of school. The amazing learning experiences and opportunities that we offer to our students, with parental support, are incredible and the wonderful students make DTHS a great place to be!

Just a reminder to help with improving communication we do maintain our school webpage at <http://davidthompson.wrsd.ca> and our page on Facebook – <https://www.facebook.com/davidthompsonhs/>. As well I have set up a Remind Text or Email account to send out the school happenings dates on a weekly basis. The instructions to join Remind can be found on the school web page under School News, and on page 2 of this newsletter. If you still have questions, please feel free to contact the school office at (403) 729 -3930.




Our PowerSchool Parent Portal is an excellent way to keep track of your child's progress throughout the school year. If you have not set up your account, please contact Ashley in the school office at (403) 729-3930 or email ashley.gaehring@wrsd.ca.

School fees provide us some financial help in offering the programs we have at David Thompson High School. The fees help pay for textbooks, lockers and locks, library books, technology and photocopying. In order for your child to participate in the DTHS Graduation Ceremony you need to have your fees looked after. If you need assistance with these matters, please contact Mr. Trieber to make arrangements.

Have a MERRY CHRISTMAS and a HAPPY NEW YEAR!!

Mr. Miles Trieber

DECEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3:15-5 7-9 Sr. Girls	2 Sr. Boys @ Daysland	3 Sr. Boys @ Daysland
4	5 3:15-5 Jr. Boys 6:00 Sr Boys Host Rimbey	6 3:15-5:00 Jr. Girls 5-7 Sr. Girls 7-9 Sr. Boys	7 3:15-5 Jr. Boys 5-7 Sr. Girls 7-9 Sr. Boys	8 3:15-5:00 Jr. Girls 5-7 6:00 Sr Boys@ Innisfail 8:00 Sr. Girls @ Innisfail	9 3:15-5 5-7 Sr. Girls @ West Island	10 Sr. Girls @ West Island
11	12 3:15-5 Jr. Boys 6:00 Sr Boys Host CACHS 8:00 Sr. Girls Host CACHS	13 3:15-5:00 Jr. Girls 5-7 Sr. Girls 7-9 Sr. Boys	14 3:15-5 Jr. Boys 5-7 7-9 Sr. Boys	15 3:15-5:00 Jr. Girls 5-7 7-9 Sr. Girls	16 3:15-5 5-7 7-9	17
18	19 3:15-5 Jr. Boys 5-7 6:00 Sr Boys@ St. As 8:00 Sr. Girls @ St. As	20 3:15-5:00 Jr. Girls 5-7 Sr. Girls 7-9 Sr. Boys	21 3:15-5 Jr. Boys 6:00 Sr. Girls Host Rimbey	22 3:15-5:00 Jr. Girls 5-7 7-9 Sr. Girls	23 Christmas Break 	24
25 	26	27	28	29	30	31 
		Notes:				
		© 2013 Vertex42 LLC. Free to Print. Academic Calendar Template by Vertex42.com				

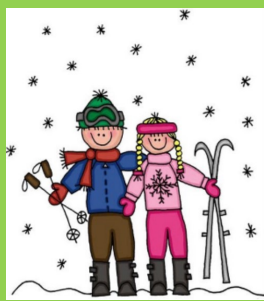
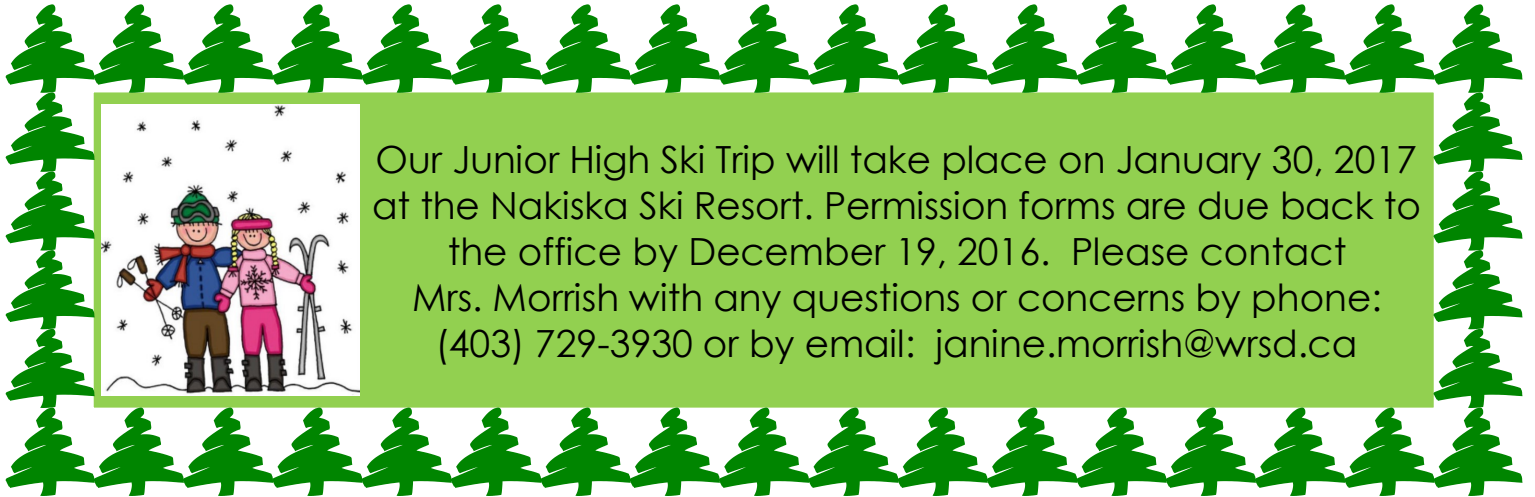
PRIDE: It's What We're Going For!



News From Parent Council

Next Parent Council meeting - Wednesday, January 25 @ 7 p.m.

Merry Christmas and Happy New Year!



Our Junior High Ski Trip will take place on January 30, 2017 at the Nakiska Ski Resort. Permission forms are due back to the office by December 19, 2016. Please contact Mrs. Morrish with any questions or concerns by phone: (403) 729-3930 or by email: janine.morrish@wrsd.ca

Mrs. Glass invites you to subscribe to Remind!

Math 8 - Text the message @9g73g8 to the number (780) 666-7355.

Math 9 - Text the message @ab6gc to the number (780) 666-7355.

Mrs. Morrish invites you to subscribe to Remind!

Mrs. Morrish Grade 8 Remind:

If you have a smartphone, get push notifications. On your iPhone or Android phone, open your web browser and go to the following link: rmd.at/dthsla8 Follow the instructions to sign up for Remind. If you don't have a smartphone, get text notifications. Text the message @dthsla8 to the number (819) 410-1138.

Mrs. Morrish Grade 9 Remind:

On your iPhone or Android phone, open your web browser and go to the following link: rmd.at/dthsla9 or text the message @dthsla9 to the number (819) 410-1138.

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

FROM THE CAREER CENTRE



Why We Need to Reflect

Now, more than ever, we must learn how to reflect effectively on our experiences so that growth from these experiences can contribute to a realization of the most satisfying life possible. With the explosion of knowledge available to us through all kinds of sources including media and networking, what we need to focus on is not knowledge itself, but the ability to learn. A great way to learn is to develop the skills of reflection. To be reflective means that we meander around in our minds trying to make sense of the experiences we have from day to day.

Let us say that we are on our way home from a community hockey game where we lost miserably to our biggest rival team. Do we sit in the back seat and pout and complain that this experience was a waste of time? Or do we reflect on some of the positive things that may have come from that loss? Was there a mistake I made during that game that more practice might improve? Was there someone on the other team who had a move that I might use for the next game? Do I have new ideas about how we can be successful the next game? Did I enhance my teamwork and communication skills? Maybe this whole experience wasn't so bad after all!

This thought process is an example of self-reflection. Self-reflection may be achieved in various ways by writing freely about your thoughts in a journal or by answering specific questions about your experiences. Reflection may also be shared with others who have had the same experience. You can self-talk about the hockey game and you can share reflective talk with your teammates and your coach. Did my teammates see the same areas for improvement as I did? Did the coach give us some new ideas about how to be successful the next game? Did we have a great conversation about how the team can improve its passing strategies? Are there lessons we can learn about communication?

While we can reflect on the challenges imposed by an experience, positive reflection can result in solving some of the problems we might see as unsurmountable at the time. We learn from our past and our present to create a successful future. Try reflection out the next time you are wondering about whether or not an experience you are having can contribute positively to your future happiness.

REMINDERS

Checking Out Post-Secondaries: High School Students

If you have an opportunity to either visit a post-secondary institution or to hear a presentation at school by a representative of a post-secondary institution, you should take advantage of this opportunity. You will learn about the programs they have to offer as well as all of the other qualities of the school. Our next presentation will be by the University of Calgary on December 5.

Applying for Post-secondary: Grade 12

If you have just decided on a post-secondary program and the post-secondary institution you wish to attend, you should apply for that program as soon as possible so you have a good chance of being accepted, especially by some of the more popular programs.

Entrance Scholarships: Grade 12

If you are on your way to post-secondary, now is the time to start looking for entrance scholarships at the post-secondary you are planning to attend. Many of the post-secondary schools have a common application they use for most of their scholarships.

Other Scholarships: Grade 12

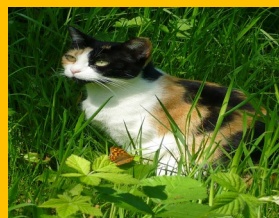
Many scholarships require you to accompany your application with an essay discussing your career plans or your involvement in the community. If you have any questions on applying for scholarships, see Mrs. Thompson at the Career Centre.

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

Students In Action 12 Days of Christmas December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7 <i>PJ & Slippers Day</i>	8 <i>Lights Out Day</i>	9 <i>Christmas Music @ lunch</i>
12 <i>Candy Gram Sale Day</i>	13 <i>Scavenger Hunt</i>	14 <i>Santa/Elf Hat Day</i>	15 <i>Cookie & Hot Chocolate Day</i>	16 <i>Mitts & Toque Day</i>
19 <i>Red & Green Day</i>	20 <i>Gingerbread House Building @ lunch</i>	21 <i>Ugly Christmas Sweater Day</i>	22 <i>Santa's Breakfast/ PJ Day</i>	23 <i>No School Christmas Holidays begin</i>
26	27	28	29	30

~Thoughts from Mr. Arkell~



I was driving to David Thompson High School the other day. On the way I saw a bald eagle, a fox, and a calico cat.

I noticed the bald eagle because for many years they just seem to "command" my attention. The sight reminded me of yesteryear on a father/son canoe trip down the Missouri River. On the bank of one narrow pass, were several dead trees with limbs supporting the weight of scads of the majestic carnivorous scavengers. Whether they are soaring overhead, clutching a chinook salmon in its talons, or scouring the landscape watching for its next meal, I am arrested in a moment of time on each occasion that I observe one.

I noticed the fox because he was running very quickly, to something or away from something. Running to something could have been a cat and mouse game. Running away from something to save his hide. He can probably run faster scared than hungry. Funny how sometimes the hunter becomes the hunted. Recently, a few of our good cats have gone missing. Maybe that little critter was hungry again!

I noticed the calico cat because it was very close to becoming the next item on the menu at the Road Kill Cafe, a casualty you might say. I really struggle with dead critters, casualties on the journey of life. One way that I find to refocus is the practice of living for the moment. Life picks its casualties soon enough.

So what do I take from all of this? Well ... life is a journey. We all walk it just a little differently. It is good to be "arrested" by the beauty and majesty that evokes our imagination along the way. I have to practice walking a little more. Some think that if I go any slower I'll be going backwards. So, maybe my mind races too much. Whatever the case, whether I am running away from something, or sprinting to something, I need to slow down and smell the coffee, or roses...whichever you prefer. Stress filled lives create too many casualties. When I become a little more casual, I can know that God has a lot more planned for me, that He doesn't want me to miss.

Thanks for listening!



Distance Education News



Students who have completed their Distance Education courses have one less class to worry about finishing over the holidays or in January. Good job! Students who are required to do a number of 1-credit courses must have two of these courses completed by the first part of December. We expect all distance education courses to be completed by the middle of January. I will be checking my e-mail periodically throughout the holidays to answer questions and to mark assignments that come in.

Questions? Please contact Linda Tomlinson at (403) 729-3930 or linda.tomlinson@wrsd.ca

Career Corner - December 2016

Green Certificate: We have a large number of students enrolled in the Green Certificate this year. Testing dates in the new year are February 21 and 22 in Olds, and Dairy on February 23 in Lacombe. I need to know 3 to 4 weeks in advance to be able to book a testing time. For others that wish to sign up for Green Certificate, come and talk to Linda Tomlinson or Norma Thompson. It is a great program especially if you are already working around the farm. The Green Certificate is recognized in many countries throughout the world.

Work Experience: Students who are working for an employer, or around home and are over 15 are eligible to take Work Experience. Contracts are available at the Career Office. Once a contract is signed, students can start counting the hours they work towards credits. A minimum of 125 hours must be worked per contract to receive 5 credits. The maximum that can be received during the course of high school is 30 credits. Marks are based on the employer's evaluation of the student.

Students who are presently in Work Experience need to bring in their hours in the form of pay stubs or signed documents into me, Linda Tomlinson, or drop them off at the Career Center ASAP. I am still looking for many students summer hours.

Questions? Please contact Linda Tomlinson at (403) 729-3930 or linda.tomlinson@wrsd.ca

A huge Thank-You goes out to our 8B Health and Leadership students for their incredible work planning and hosting the Remembrance Day ceremony!



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

Greetings!

Mental health services will once again be available at David Thompson High School to support students and their families.

My name is Sherri OpdenDries and I am a child and adolescent mental health therapist. I will be at the high school on the first and last Tuesday of each month. The services offered are focused on assessment, treatment and support of an individual's mental health and are free and confidential. Unless a child is in crisis, my involvement does require parental consent.

If you have any concerns regarding your child's mental health, please feel free to give our clinic a call at 403-844-5235 for further information.

Looking forward to hearing from you.

Sincerely,

Sherri OpdenDries, RSW
Child and Adolescent Therapist



BREAKFAST FOR
LEARNING
Feeding hungry minds throughout the day™



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.