

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

Important Dates:

March 7:
PRIDE Assembly

March 12:
Daylight Savings Time Begins

March 17:
St. Patrick's Day

March 9:
Student Lunch

March 14 & 15:
Graduation Photos

March 21:
Grade 8 Aztec Museum

March 10:
PD Day - No School

March 15 @ 7 p.m.:
Parent Council Meeting

March 24 - April 2:
Spring Break - No School

Students of the Month



Pictured from left to right:
Samantha Kissick, Logan Thomson, Baillie Burns, Ryan Sands.



Athletes of the Month



Pictured from left to right:
Breanna Westin, Devon Leblue, Kolton Marcinek, Amy Szymanek.



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.

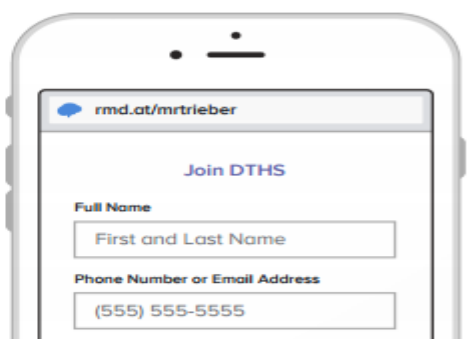
Pick a way to receive messages for DTHS:

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:

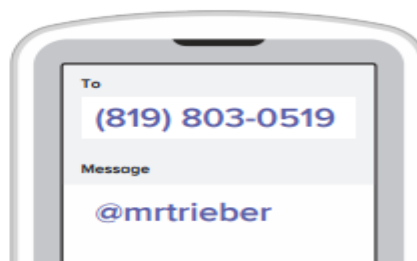
rmd.at/mtrieber

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

As I sit reflecting on how proud I am of our Grade 12 students who presented their Career Planning Portfolios, I am overwhelmed by how lucky I feel to be at David Thompson High School and the amazing community support we have. Although the day is about the future visions and stories of our Grade 12 students, it is the community and educational community that really caused me to sit in awe of this event. From all of the students who helped set up and take down the tables and chairs; the volunteers who helped set up the buffet meal and desserts; Grade 12 student Austin Thompson, Mrs. Brenda Thompson and Mrs. Shona Sawyer for preparing the meal; to Mrs. Norma Thompson's endless hours of helping students and organizing the day; as well as the staff members who were willing to jump in and help, I was amazed by how lucky we are. This school activity truly connects us with our spectacular community. This event draws about 20 community volunteers into our school to sit on the panels of these presentations. I would like to thank all of our community volunteers for taking the time to connect with our Grade 12 students. I would also like to thank the students, parents, and staff volunteers for making DTHS such an amazing place.

What a day! What a school!

Mr. Miles Trieber

MARCH 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 3:15-5 Jr. Boys 5-7 7-9 Sr. Boys DT Black @ St. Doms	2 6:00 Sr Boys Host Innisfail 8:00 Sr. Girls Host Innisfail Jr Girls @ St.Doms DT Blue @ St.Doms DT Black Host Caroline	3 Last Chance	4 Last Chance
5	6 3:15-5 Jr. Boys 5-7 Sr. Girls 7-9	7 Sr. Girls @ CACHS 8 pm Sr. Boys @ CACHS 6 pm Jr High Divisionals @ WCH Game vs CACHS	8 3:15-5 Jr. Boys 5-7 7-9	9 3:15-5:00 Jr. Girls 5-7 Sr. Boys 7-9 Sr. Girls	10 Wrestling Provs Teacher PD Sr. Boys Zones@East Sr. Girls Zones@West CWAJHAA Basketball	11 Wrestling Provs Sr. Boys Zones@East Sr. Girls Zones@West CWAJHAA Basketball
12	13 3:15-5 5-7 7-9	14 3:15-5 5-7 Sr. Girls 7-9 Sr. Boys	15 3:15-5 5-7 7-9	16 3:15-5 5-7 Sr. Boys 7-9	17 3:15-5 5-7 7-9	18 Crank Wrestling Tournament
19	20 3:15-5 5-7 7-9	21 3:15-5 5-7 7-9	22 3:15-5 5-7 7-9	23 3:15-5 5-7 7-9	24 No School	25
26 Spring Break	27	28	29	30	31	
		Notes:				



News From Parent Council



Next Parent Council meeting - March 15 @ 7 p.m.

Teacher Appreciation Lunch - March 16

Parent Council has given funds for the following:

- Cosmetology - mannequin heads and holders
 - Forensic science - forensic lab kits
 - Art supplies
- Track and field high jump mat, high jump bar, shot put, discus and javelin



The junior high students had a great time during their annual ski trip to Nakiska on January 30th. Thank you to all the parents who came out to help!

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



HELP, I NEED \$\$\$ FOR POST-SECONDARY!

For most of us, the financial commitment to post-secondary education is a major consideration when deciding where to attend and what program to enroll in. The tuition for post-secondary programs can range from a few hundred dollars (\$780 per year for apprenticeship training), to several thousand dollars (\$20,000 per year for Dentistry at the University of Alberta). Tuition for a four-year degree in Alberta is about \$5000 to \$6000 per year. You must also consider other fees as well as living expenses and transportation costs.

How to Pay for Post-Secondary Education

You may cover post-secondary costs in several ways and not all will break your bank:

- **Scholarships** are the best option for paying for some of your post-secondary costs. Some scholarships are based on academic achievement but the vast majority depend on your contribution to your school and community. Be sure to keep track of any volunteer activities you are involved in and if possible ask the organization supervisor for a reference letter. Every student is eligible for a Rutherford Scholarship if you are able to achieve at least a 75% average in Grades 10, 11 and/or 12. Rutherford Scholarship criteria includes courses such as CTS, Physical Education and many other non-core courses. If you want more information on local scholarships and deadline dates, be sure to get a handout from Mrs. Thompson. Apply for every scholarship for which you qualify.

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

- **Apprenticeships** are another way to pay for your post-secondary education. There are approximately 50 opportunities for apprenticeships in Alberta. Most include technical trades but there are others including baker, cook and hairstylist. An apprentice works for about 1500 hours a year earning a salary and then spends 8 weeks at school. There are several scholarships available for apprentices including a RAP scholarship, which can be earned while a student is still in high school.
- **Part Time Jobs** can add to your pot of money especially when earned during breaks and summer holidays. You must ensure the time you need for school work is not taken up by a part time job while you are in school, so it is necessary to strike a positive balance with the two activities.
- **Student Loans** are a source of money for post-secondary expenses. Ideally, you will borrow only as much as you need to cover what you cannot earn another way. Student loans are less expensive than bank loans and do not have to be paid back until you are finished your post-secondary program. If you want information on student loans visit the website [Student Aid Alberta](#). See Mrs. Thompson about applying for student loans later in the spring.



Distance Education News



David Thompson being a small school, uses distance education courses to offer a wider range of classes. That being said, no school in Alberta, no matter the size, can offer all the courses available through ADLC.

A new semester brings new courses. Students who are taking distance education courses need to set reasonable deadlines to ensure that they are completing their work in a timely manner. Students who are taking a number of 1-credit courses should complete each course in approximately 6 weeks.

Students who are successful with Distance Education are ones who are self-motivated to work on the course daily, the same as an in-class course. Students who wish to take Distance Education classes in semester two need to discuss it with Mr. Trieber and Mrs. Thompson. A one hundred dollar completion deposit is also required.

Career Corner - March 2017

Green Certificate: Students taking the Green Certificate through Olds College must also complete an Agricultural Safety course: AGR 3000 which is an extension of the safety course, HCS 3000, that is taught through shop. AGR 3000 can be taken through a workbook and test, available at the Career Center or by attending the Young Farm Worker Safety Training workshop at Olds College which is free to all students enrolled in the Green Certificate. This year the workshop will be taking place on Monday, April 10.

Green Certificate students can sign up for Olds College's Large Animal Anatomy workshop on March 31.

It is possible to sign up for the Green Certificate program at any time. Forms are available through the Career Centre. A two hundred dollar completion deposit is needed before students are registered.

There are ten different agricultural based streams: Cow/Calf, Dairy, Field Crop, Sheep, Swine, Beekeeper, Equine, Feedlot and Greenhouse Production. Each stream is divided into three sections. Students work with a trainer, learning all aspects of the industry. When they feel they have mastered a section they sign up for an oral exam at Olds College. If students have an interest and do not have a trainer, we can help to match them with an experienced trainer.

The next testing dates are May 23 and 24 at Olds College, with Dairy taking place in Lacombe on May 25. This is the last chance to test this school year with the exception of a few slots that might open at the end of June.

Work Experience: Work Experience is designed to introduce students to the workforce where they will gain basic employability skills. Students can work for a family member, employer or volunteer. Before the hours can be counted toward credits, the student, employer and parents must sign an employment contract. Every 25 hours worked is worth one credit. A minimum of 125 hours need to be completed before being submitted for credits.

It is a student's responsibility to keep track of hours either through pay stubs or a sheet signed by the employer. Hours must be submitted to the Career Center at school.

Forms and more information on Work Experience and the Green Certificate are available at the Career Center, or contact Linda Tomlinson by phone: 403-729-3930 or email: linda.tomlinson@wrsd.ca.

SPCA National Cupcake Day at DTHS



The Grade 9 class held a very successful fundraising event on February 14. They baked, decorated and sold cupcakes with the funds to be donated to the Red Deer SPCA. They raised a total of \$330.00, which is amazing for a one-day event.

Congratulations to the Grade 9 class for showing such dedication and volunteerism for a worthy event. Thank you to everyone who purchased a cupcake!

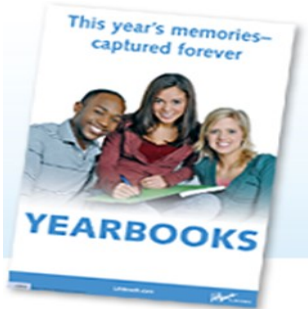


DTHS YEARBOOK NEWS!!

YEARBOOK ORDER FORMS for the 2016/2017 edition are now available at the office. Price is \$40.00. You can also order online at YBPay.lifetouch.com with Yearbook ID Code 11417917 Please note, ALL Yearbooks MUST be pre-ordered,

ATTENTION 2017 GRAD PARENTS:

We will be including the grad's baby pictures in the yearbook. Please help your son or daughter to find their cutest baby picture! They will be scanned and returned to you. Alternatively, you can scan them yourself and email them to clare.cole@wrsd.ca



NOURISHMENT
+ EDUCATION
BRIGHTER FUTURE



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.

School Memo re: Mumps

*To: Students, Parents and Staff of Alberta Schools
From the Alberta Medical Officers of Health*

Date: 2017-Feb-21

Outbreaks of mumps in Manitoba and the United States in the past several months are a reminder that vaccine-preventable infections, including mumps, are still a risk to health, including here in Alberta. To reduce the risk to your child, and our communities, we need to ensure as many Albertans as possible are up to date with their mumps immunization. This includes yourself, and your children.

Mumps is a contagious viral infection that can often cause swelling and pain in the jaw (one or both cheeks may look swollen). Some people with mumps won't have gland swelling, and some may feel like they have a bad cold or influenza instead.

Mumps is spread when an infected person coughs or sneezes near you or shares food or drinks with you. A person with mumps can spread the virus seven days before and for nine days after symptoms start, though it is most likely to spread the virus one to two days before and five days after symptoms start showing.

Although mumps usually goes away on its own in about 10 days, in some cases, it can cause serious complications that affect the brain (meningitis), the testicles (orchitis), the ovaries (oophoritis), or the pancreas (pancreatitis). These complications can have life-long effects.

Mumps can be prevented through immunization (vaccine).

The MMR (measles, mumps, and rubella) vaccine, and the MMRV (measles, mumps, rubella, and varicella [chickenpox]) vaccine, both protect against mumps. Most children get these vaccines as part of their routine childhood shots. The first dose is given at age one, and a second dose at age four.

The vaccine is safe, and is also effective. Before the mumps vaccine existed, mumps was a common childhood disease in Canada and the United States.

Protect yourself, and your children:

1. Check your own and your children's immunization records to be sure that you and your children are up to date on your vaccines. Call Health Link (811) if you are unsure how to find or check your immunization records, and/or to learn how to make an appointment for immunization. Mumps-specific recommendations include:
 - Children should receive one dose of vaccine at 12 months of age, and a second dose between four years and six years of age. By the age of six, all Albertan children should have received two doses of mumps-containing vaccine.
 - Adults (18 years of age and older) and born in 1970 or later should have at least one dose of mumps-containing vaccine. (Note: two doses are recommended for post-secondary students of this age and for all healthcare workers)
 - Those born before 1970 are assumed to be immune due to the fact that mumps was extremely common prior to vaccine being available. (Note: one dose is recommended for post-secondary students of this age; two doses are recommended for all healthcare workers).
2. Anyone with symptoms of pain on chewing or swallowing and/or swelling of the cheek or jaw should call Health Link (811) or a doctor to book an assessment and consideration of testing. If you think that you or your child has mumps, be sure to call ahead and explain the symptoms before you go to a doctor's office.
3. Anyone with symptoms as above should stay home from school/work for 5 days from the start of swelling.
4. To prevent spreading infections, always:
 - Practice good hand hygiene – wash hands often with soap and water, or use alcohol hand rub.
 - Avoid sharing items that could be contaminated with saliva, such as water bottles, drinking glasses, utensils, etc.
 - Clean and disinfect surfaces that are touched often (e.g. door handles).
 - Cover coughs or sneezes with a tissue or a forearm, not your hand.

For more information on routine childhood immunization, and the diseases that these immunization prevent, visit www.immunizealberta.ca.

We thank you for your collaboration in keeping Alberta's children, and our communities, healthy.

Sincerely –

Dr. Albert de Villiers, North Zone Lead Medical Officer of Health Dr. Chris Sikora, Edmonton Zone Lead Medical Officer of Health Dr. Deena Hinshaw, Central Zone Lead Medical Officer of Health Dr. David Strong, Calgary Zone Lead Medical Officer of Health Dr. Vivien Suttorp, South Zone Lead Medical Officer of Health Dr. Wadieh Yacoub, First Nations and Inuit Health Branch Medical Officer of Health