

**ÉCOLE OKOTOKS JUNIOR HIGH SCHOOL
NEWSLETTER – February - 2017**



**Hey Families!
Did you know...?**

Dear parents and caregivers,

We look forward to taking our Grade 9 students to tour the Foothills Composite High School this Thursday, March 9th. Please mark March 23rd on your calendars to visit the Open House at FCHS. We will continue to support and guide your children through the transition process to Grade 10 with our wonderful partners and colleagues at the high school.

Charlie and the Chocolate Factory looks to be an amazing musical theatre performance! Please plan to attend from March 22nd-25th.

Student attendance is critical to student academic success. Please support us by ensuring that your child is at school on time and ready to learn. Thank you!

Thank you to our School Council for the wonderful potluck supper during parent/teacher interviews.

Please plan to attend our next meeting on March 28th and our spring AGM in May.

With Ocelot P.R.I.D.E.,

Leah, Bill & Rhonda

Important Dates

March 3 rd	P.D. Day – No School
March 6 th	Franco-Connexion-Highwood Memorial
March 6 th	Speech Semi-finals
March 9 th	Grade 9 tours to FCHS
March 16 th	Speech Finals
March 17 th	System Learning day-No School
March 20 th	Report cards printed
March 20 th	COSC at Westmount School
March 23 rd	Open House for Grade 9 families at FCHS
March 27 th	My Blueprint opens for Grade 9's at FCHS
March 27 th	Global Information night 7:00 p.m.
March 28 th	School Council 7:00 p.m.

Please Be Considerate of Our School Neighbors

With parking at a premium, please be considerate of our neighboring preschool, Children's Montessori Academy that is directly across the street from ÉOJHS. Their parking area is the driveway that is often blocked by ÉOJHS parents dropping off or picking up students. Your consideration of being mindful to keep their driveway open is appreciated.

ÉOJHS presents: Charlie and the Chocolate Factory!

A play by Roald Dahl, adapted by Richard George. Featuring musical selections by Leslie Bricusse and Anthony Newley.

Willy Wonka's famous chocolate factory is opening at last! But only five lucky children will be allowed inside. And the winners are: Augustus Gloop, an enormously hungry boy whose hobby is eating; Veruca Salt, a spoiled-rotten brat whose parents are wrapped around her little finger; Violet Beauregarde, a dim-witted gum-chewer with the fastest jaws around; Mike Teavee, a toy pistol-toting gangster-in-training who is obsessed with television; and Charlie Bucket, Our Hero, a boy who is honest and kind, brave and true, and good and ready for the wildest time of his life!

Show times:

Thursday March 23rd at 7 pm

Friday March 24th at 7 pm

Saturday March 25th at 2 pm and 6 pm

Tickets available at the School office. Adults: \$10, Students \$5, children under 5 are free. Saturday Matinee is "pay-what-you-will" at the door.

FSD Sport Academy/Global Sport Academy Group Information Nights

Global Sport Academy Group will be hosting their next Information Night on Monday March 27th at ÉOJHS from 7:00 to 9:00 pm for all interested male and female hockey players grades 7 - 12. Come by and meet our staff and learn more about having hockey as part of your school day!

ÉOJHS Triathlon Club

The ÉOJHS Tri-Club is looking for student athletes! If you are interested in swimming, biking and running with Mr. VanDerVeen and Mrs. Burgess, please pop by the PE Office for the information form. Over the next five months we'll train as a group in preparation for 1 – 3 triathlons beginning in June! Get ready to SPLASH, MASH and DASH! For more information on our program, please check out www.ocelottriathlonclub.weebly.com.

Ocelot CrossFit Kids

Ocelot CrossFit Kids is having its best year yet! With over 70 members and 35 kids per class we are one of the largest school CrossFit Kids programs in North America.

Our kids are now gearing up for CrossFit competition season as we are planning two contests of fitness against Heritage Heights and Highwood High School. Stay tuned for more information! In the meantime, check out www.ocelotcrossfitkids.com for more information.

Grade 8 Telus Spark field trip April 10

We are in need of two chaperones per class. Please contact your son/daughters science teacher if you are available. Forms are due by March 31, 2017

HASS

The students from the Healthy Active School committee has decided that it's time to cut down our abuse of plastic water bottles! Unless you recycle plastics it will NEVER go away. The school will begin selling ÉOJHS metal water bottles at the cost of 6\$ starting January 25, 2017. Help us boycott plastic water bottles.

FSD France Immersion Exchange Meeting

Attention all French Immersion Families. The Foothills School Division will be holding a Parent-Student France Exchange Information Meeting at Foothills Composite High School on Thursday, March 16th at 7 PM in order to provide information and answer questions regarding this upcoming exchange opportunity.

If you have any questions or concerns regarding this Divisional opportunity for your student, please contact

Mme Lesley Doell
Facilitatrice et accompagnatrice pédagogique de l'immersion française
Divisional French Immersion Instructional Coach and Facilitator
lockhart-doell@fsd38.ab.ca
Cellulaire: 403-422-1015
Bureau: 403-652-6544 (poste: 26544)
Foothills School Division
120-5th Avenue
High River, Alberta
T1V 1M7

Young Authors' Conference

The 2017 Foothills Young Authors' Conference will take place on Saturday April 8th at École Secondaire Highwood High School. Students who are interested need to see Mrs. MacLeod or Mrs. Richardson for registration information. The cost of the conference is \$30.00. Due to a limited amount of spaces available, registration is first come first served. Please hand in forms and money by Monday March 6th.

Hot Lunch

ÉOJHS School Council is excited to offer hot lunch two days a week. The days are Monday and Wednesday beginning immediately.

Please go to www.healthyhunger.ca and register your child. See attachment for more information on how to register.

Please note: all lunches must be claimed at lunch hour. If a student is away for a field trip or absent due to illness, ordered lunches will not be held, nor reimbursed. Pizza will still be available at the school on Tuesdays without pre-ordering and the canteen will operate as usual. If you have any questions please email ejhsmomhotlunch@gmail.com.

We are also looking for two parent volunteers on each day, from 11:45 am until roughly 12:45 pm

Recycle, Reduce, Reuse.....

The Foods department is accepting any clean plastic containers with lids. Please drop them off at the front office or to Mrs. Schaan in the Foods Room. Thank you.

School Fees

Invoices for school fees for 2016/2017 school year have been mailed home and are now PAST DUE. Payment can be made online or we accept Cash, Cheque, and Debit Card at the school. If you wish to Pay online with Visa or Master Card please follow the link using your Maplewood User Name and Password. The link to login to our schools Maplewood is <https://hosting.maplewood.com/ab/fsd/OJHS/parents>

If you have any questions or concerns regarding your billing or wish to make arrangements for a payment plan, please contact Mrs. Tracy Thorbjornsen at thorbjornsen@fsd38.ab.ca or 403-938-4426 ext 19105.

Student Illnesses

At ÉOJHS, we endeavor to provide all students with a safe and caring environment. As such, we have students who have a high risk medical condition and we believe it is our responsibility to support them to the best of our ability. For this reason, we ask that you communicate to us any suspicions or occurrences of illnesses, particularly measles, chicken pox or flues.

Thank you for your support!

Absenteeism:

All students are expected to be in school on time and to attend all classes. It is the parents' responsibility to confirm with the front office at the school whether or not these absences are excusable or inexcusable. The attendance number is 403-938-4426, then press 1. Alternatively you may email us at ojattendance@fsd38.ab.ca and provide the student's name, homeroom and reason for and approximate length of absence/lateness. Any student absences not reported to the office will be recorded by the office as inexcusable.

Please note: When calling to leave a message on attendance line please be clear, we have been having a little trouble understanding student names.

School Council Meeting

The next School Council meeting will be as follows:

Date: Tuesday March 28th, 2017

Location: École Okotoks Junior High

Time: 7:00pm

We look forward to seeing you at the meeting.

Student Messages

Urgent student messages can be left by calling the school's main number 403-938-4426, ext 0. Student with messages will be called to the office at 12:30 pm (lunch time) and 3:05 pm (end of the day) only.

Criminal Record Check (CRC) for Volunteers

All volunteers for the school are required to have a criminal record check on file with ÉOJHS. If your family is new to ÉOJHS, and you need to obtain the required CRC please contact the office (938-4426, ext. 0) so we can prepare the letter you will need to take to the RCMP. The detachment is charging a \$5.00 fee- exact change, cash only.

Parent volunteer drivers are also required to have a CRC as well as completing the Volunteer Driver Form and providing a copy of their driver's license and insurance coverage of \$2 million.

Optional Athletic Wear –Sweat Shirts

We have available the optional Ocelot athletic wear available for sale in the front office.

The ÉOJHS Sweat Shirts - \$40.00 each

The ÉOJHS Sweat Pants -\$20.00 each The athletic lightweight wicking jersey – great as a warm up shirt or gym shirt in sized youth medium to adult XXL for \$30.00. Please see Mrs. Thorbjornsen any time to pick up these great items that will help keep you warm on those chilly outdoor PE Days.

Music Department Important Dates

Tuesday, March 14 - 12:30-6:30 Choralfest-Knox United Church, Calgary. Senior Concert Choir, Chamber Choir.

Tuesday, March 28 - 9:15-12:30 Highwood Lions Music Festival, High River. All Choirs

Tuesday, April 4 - 1:15-3:05 Highwood Lions Music Festival, High River. Vocal Trio.

Saturday April 22 - Tuesday April 25 - Yellowhead Regional Arts Festival. Hinton, Jasper and Edmonton.

Wednesday April 26 - Whole Day. RBSS/ÉOJHS Choir Day. Morning rehearsals and performance at ÉOJHS. Afternoon gig at Calgary Festival. Evening gig at Okotoks EFree Church.
Thursday April 27 - 9:30-2:00 Calgary Performing Arts Festival Partner Band.
Late May Overnight – Alberta Provincial Music Festival-Edmonton. All qualifying choirs.

ÉOJHS 2015-2016 Year Books

The yearbooks for last year have arrived and have been distributed to students whose parents have purchased one. The office does have extra for sale and they are available for \$20.00 each.

Canadian Tire Money Donations

Ms. King is once again collecting Canadian Tire money on behalf of the Okotoks Pound Rescue. Donations are collected all year and then given to the organization to help them purchase supplies. If you can donate, please bring \$ to Room 001. Thank you.

School Twitter Information

ÉOJHS is now using Twitter on our home web page to get you information about what is and will be happening in our school. Check it out! Visit <http://okotoksjr.fsd38.ab.ca> Contact holmesb@fsd38.ab.ca for more information.

Tuesdays Are Pizza Day at ÉOJHS

Pizza is for sale at the school every Tuesday at lunch time. Pizza selection includes Pepperoni, Hawaiian and Cheese. \$3.00 for 1 slice and \$5.00 for 2 slices.

Sobeys/Safeway Gift Cards

Gift cards are available again this school year and are a dollar to dollar program where anyone can purchase pre-loaded gift cards in variable denominations from \$25.00 to \$500.00. Cards can be purchased from the office and the forms are located on our website. Up to 8% of you purchases will be credited to your students account and can be directed to the program of your choice, School Fees, Athletics, Field Trip, Band Camps. If you need any further information please contact Tracy Thorbjornsen at 403-938-4426 ext 19105.

Attachments:

Screenagers

Drug Awareness presentation at FCHS March 13th

Mumps

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

SCREENAGERS: Growing Up in The Digital Age

Foothills School Division, in partnership with the Council of School Councils (COSC) is pleased to present the award-winning SCREENAGERS: Growing Up in the Digital Age, a documentary about the biggest parenting issue of our time.

Date: Monday April 3, 2017

Time: 7:00 – 8:30 pm

Location: Ecole Okotoks Jr. High School, #1 Pacific Ave., Okotoks Alberta

Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker Delaney Ruston saw that happening with her own kids and began a quest to uncover how it might impact their development. As with her other two award-winning documentaries on mental health, Ruston takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics and internet addiction. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, SCREENAGERS reveals how tech time impacts kids' development and also offers solutions on how adults can empower their kids to best navigate the digital world to find balance.

The movie is appropriate for parents of children grade 3 and up. We are encouraging our parents to bring their children with them if they are grade 5 and up so that they will have some common language as they discuss this topic in their home. There is one scene, only a few seconds long, from a video game that depicts graphic violence.

SCREENAGERS: Growing Up in The Digital Age is the first feature documentary to explore the impact of screen technology on kids, and to offer parents and educators proven solutions that work. The film is selling out audiences around North America. Foothills School Division welcomes teens and adults in our community to join us as we delve into this important and far-reaching issue.

For more information and to reserve your FREE tickets please visit: [Screenagers Tickets](http://ScreenagersTickets.com) (ow.ly/6MRy308JE5H)

This is a ticketed event which is expected to sell out, so please get your ticket early.

u can search Youtube to see the movie's trailer

Drug Awareness Presentation at FCHS

Foothills Composite High School/ Alberta High School of Fine Arts will be hosting a Fentanyl and other illicit drug awareness night on **March 13th at 7:00 pm** and we are opening the doors to the community. Please share this information with ALL of your families and open your phone lines to encourage people to RSVP. I will be contacting all the schools the Monday March 13th to get a rough estimate of our numbers for that evening-so please keep track. Thank you so much for spreading the word, I think that this will be very informative and helpful to our families. Please use the following message:

“NOPE TO DOPE.”

NO POSITIVE END TO DOPE

If you have a son or daughter in Junior High or High School they could be exposed to legal or illicit drugs such as Fentanyl. Fentanyl is a deadly opiate drug that is in our community, province and country. A panel of guest speakers are speaking out about the deadly drug to bring an evening of awareness and prevention to all Okotoks and Foothills residents.

This evening will provide families with professional advice in what to look for in your child if you suspect they are using Marijuana, or experiencing with other drugs.

This evening should not be missed, to stop the drug intruder and to give our youth a future!

Please RSVP to your son or daughters school so that we know how many people to anticipate.

Please direct any further question to Gina Kilbreath kilbreathg@fsd38.ab.ca