



**AURORA
ACADEMIC CHARTER
HIGH SCHOOL**

**September
Newsletter**

2022-2023

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IMPORTANT DATES

September	
19	School Board Meeting 7 p.m. virtual (https://meet.google.com/tau-cxri-bpf/)
30	National Day for Truth and Reconciliation- School day with focus on reconciliation Orange Shirt Day
October	
3	PD Day- No School for students
10	Thanksgiving Holiday - No School
11	Picture Day
19	Friday Schedule
19 & 20	Parent-Teacher Conferences
21	PD Day - No School for students
November	
9	Remembrance Day Assembly 11 a.m.
10	Day in Lieu - No School
11	Remembrance Day - No School
14	PD Day - No School for students
14-18	National Bullying Awareness Week
25	Term 1 Report Card
28	Term 2 Begins

Did You Know?

School doors are **open from 7:45 a.m. - 4:00 p.m.**, so long as students wait quietly.



IMPORTANT NEWS

SCHOOL COUNCIL

73% of parents and 65% of students said that they would like to have their own School Council to provide advice to the Principal.

We will have our establishment meeting Thursday, September 29 at 7:00 p.m. virtually. All high school parents who attend can vote.

The meeting will decide on:

- The size of the Council and whether all parents are automatically members
- The governance model
- The term of office and size of the executive (e.g. president, secretary, etc.)
- Elect executive positions and members (for example, President, Secretary, etc.)

LUNCH SUPERVISORS URGENTLY NEEDED

Please join our team to help make the school a safer place to be.

Supervisors are paid \$20 to supervise students from 11:30-12:30 p.m.

You can sign up for once a week or every day!

Please call Sanjana Bali at (780)-454-1865 or email her at sbali@auroraschool.ca

All applicants must have a Vulnerable Sector Check and Police Record Check (current within the past 6 months of application). If you are hired, we will pay for the cost of the checks.

See this link for more info:
<https://www.edmontonpolice.ca/CommunityPolicing/OperationalServices/PoliceinfationCheck>



SPECIAL EVENTS

TRUTH & RECONCILIATION DAY SEPT. 30

To help mark Truth and Reconciliation Day, we have booked a Blanket exercise for all students during the week of September 30.

In 1996, Indigenous elders worked with Canada's Aboriginal Rights Coalition to write the original script for the blanket exercise. The exercise is an interactive way to learn more about Canadian history, particularly the First Nations, Metis and Inuit perspectives that have not been regularly taught or discussed. "Everyone is actively involved as they step onto blankets that represent the land, and into the role of First Nations, Inuit and later Métis peoples. By engaging on an emotional and intellectual level, the Blanket Exercise effectively educates and increases empathy."

(<https://www.kairosCanada.org/what-we-do/indigenous-rights/blanket-exercise>). At Aurora, we are committed to infusing Indigenous worldviews and content into the curriculum, as well as respecting the Truth and Reconciliation Commission calls to action.

Grade 9 Social Studies is the Federal Government of Canada which includes the role of Indigenous people; the embellishment is geography, which includes Indigenous models of seeing the world. Grade 10 Social Studies is Globalization which includes the roles and places of Indigenous peoples in the world.

This blanket exercise is put on by the Arts and Heritage Foundation of St Albert.

VISION

The best
choice for
highly
structured
and enhanced
academics



EXTRACURRICULARS

CITADEL THEATRE CLUB

Students Club is a program for junior and senior high school students to experience and learn about live theatre in an exciting and educational way. For \$205.74 (including GST) students can attend the Citadel's six Mainstage productions, and prior to each performance students can enjoy a preshow workshop by working members of the Edmonton theatre community. After the performance, students can stay for a talk-back with members of the cast and crew.

Families need to arrange transportation to and from the Citadel theatre, but a teacher will be there to supervise. Plays range from 2-2.5 hours. Thanks, Mme. Bachand, for volunteering to supervise!

Students Club takes place on the first Tuesday and Wednesday evenings of the run of a show):

- 6:30 p.m. — Pre-show presentation.
- 7:30 p.m. — Mainstage performance, followed by a 15 to 20-minute talk-back.

Watch your email to sign up!

LUNCH GAMES

Mr. Millard has started our lunch games program to help students stay active and have fun at lunch. Twice a week, students can drop into our fitness center for a variety of activities. Thanks, Mr. Millard!

STUDENT CANTEEN

Our Leadership 10 and Business 10 classes are getting ready to launch the student canteen. Our freezer should arrive later this month, and Mr. Millard and Ms. Wilson are starting to prepare. Thanks, Mr. Millard and Ms. Wilson!

HEALTHY HUNGER HOT LUNCH

Our hot lunch program is almost ready to launch! Parents have the option of buying hot lunch twice a month using our regular Healthy Hunger system from last year. Mrs. Tomko and Ms. Tran are finalizing restaurants for the year so that students can see the whole program. Our grade 9 leadership club will be running the program. Thanks, Mrs. Tomko and Ms. Tran!



REMINDERS

Structured
Orderly
Academic

UNIFORM

- a. All students and staff will be able to wear jeans on Fridays (no rips). Clothing must cover the same body parts as the regular uniform, with no inappropriate words or symbols.
 - i. Jeans can be any colour
 - ii. Students can wear uniform bottoms
 - iii. Please, no sweatpants, yoga pants, shorts or skirts (other than uniform shorts and skirts)
 - iv. Please, no hoods (regular sweatshirts are fine)
- b. Grade 9 students will be in their normal Middle School uniform Monday through Thursday
- c. Grade 10 students will have a dress code until their uniform is available from TopMarks in January. They may choose to wear their grade 9 uniform from last year if you would like.
 - i. Navy dress slacks (any supplier). No leggings or joggers.
 - ii. Dress Mondays: White dress shirt with a white undershirt. Please ensure it is not see-through.
 - iii. Tuesday - Thursdays: White dress shirt or white polo shirt
 - iv. Navy sweater if desired (Middle School sweater is fine or any supplier.)



REMINDERS

CELL PHONES

We will try allowing students to use their phones at lunch and before/after school.

Wireless earbuds (airPod style) are not allowed to be used in the building because of security concerns.

Students may be allowed to use wired headphones to listen to music on their class chromebook, depending on the work in classrooms. Our surveys were evenly split between allowing and not allowing cell phones, so we will try it (students were strongly in favour, of course!)

1. Cell phones are not allowed to be used or seen in class and will be confiscated until the end of the day.
2. If this is disruptive, we may limit the privilege individually or change the rules. Our focus is on student learning.
3. Students will need to abide by the technology guidelines for responsible use in the student handbook.
4. As a reminder, cyber-bullying and sending pictures of students without their permission is an extremely serious issue. Students will be suspended, even if the behaviour happens outside school hours. Police may also lay criminal charges against youth or fine parents. We would **never** want that to happen or for someone to be harmed!
 - a. Please speak to your child about the importance of being kind online and not sending pictures of others or intimate images of themselves.
 - b. We will be having many conversations with them as well to help to keep them safe.

VALUES

Innovation

Hard Work

Empowerment


Respect & Integrity

Empathy & Compassion




SIGN UP FOR FIELD TRIPS


Login to PowerSchool using Parent login credentials

Select  SmartSchoolK12 from the menu options on the right of the screen

Add payment source by going to the last gear icon > funding source

Select  from the top center of the screen

Assigned ID	Description	Date Assigned	Amount	
12345	2022-23 Transportation Deposit	02/01/2022	\$50.00	 
12345	2022-23 Gr 1-9 Enrollment Deposit	02/01/2022	\$100.00	 

Once the  has been selected you will be prompted with the following.

Form ✕

To complete this purchase, additional information is required. Would you like to proceed?

MS. HARMAN'S MUSINGS

For five years, I was honoured to write a "Back to School" message in the Elementary newsletter. This year, my Back to School was actually "Start a School"!

It's hard to believe that it has been only 2 weeks. We're settling into a routine and have even had our first quizzes! Students seem confident and happy, and teachers are working hard to provide the best possible learning program.

We've started organizing our extracurriculars and all the extra fun things that make a school a happier place to be.

So many things could have gone wrong, but we had a remarkably smooth start. So much of that is thanks to your patience and the hard work of our staff. I hope you enjoyed the Orientation Nights and our Meet the Teacher BBQ - both were new ideas to help parents and students feel more at home.

We were so proud to host the Deputy Mayor, Ms. Hamilton, for our School Opening with our Board Chair, Ms. Huhn, and our Superintendent, Mr. Gray. The school could not have opened without the unwavering support of the Board and Superintendent.

We will keep launching new activities and new ideas to build our sense of community. Our clubs are just getting started, as are our hot lunch programs and businesses. Our sports teams are being set up by Mr. Millard and Mr. Chambers, so information about those is coming too.

I cannot thank you enough for your trust and help. What we have done together is truly remarkable, and the school will continue to grow and improve as we work together. I'm excited to see where we go.

MISSION

Empower learning excellence through sequenced instruction in a student-centered environment, supported by families.

Instruction is informed by research and delivered in a whole group setting with a focus on academic rigour and mastery



Jacqueline Harman
Aurora Academic Charter High School
Principal

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"We acknowledge that we are on traditional territories in Alberta of the many First Nations, Métis, and Inuit whose footsteps have marked these lands for centuries."

SCHOOL CALENDAR 2022-2023

August

S	M	T	W	R	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September

S	M	T	W	R	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October

S	M	T	W	R	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

LEGEND

- Public Holiday (12)
- Professional Development Day (9)
- Day in Lieu (no classes)
- First/Last Day of Classes
- Operational Day (2)
- Teachers' Convention (2)
- Summer/Winter/Spring Break
- Instructional Days (178)

November

S	M	T	W	R	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December

S	M	T	W	R	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January

S	M	T	W	R	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

S	M	T	W	R	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March

S	M	T	W	R	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

S	M	T	W	R	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May

S	M	T	W	R	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June

S	M	T	W	R	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July

S	M	T	W	R	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

APPROVED HOLIDAYS

Labour Day	SEP 5
Thanksgiving	OCT 10
Remembrance Day	NOV 11
Winter Break	DEC 19 - JAN 6
Christmas Day	DEC 25
Boxing Day	DEC 26
New Year's Day	JAN 1
Family Day	FEB 20
Teachers' Convention	MAR 2 - 3
Spring Break	MAR 20 - 31
Good Friday	APR 7
Easter Monday	APR 10
Victoria Day	MAY 22
First Operational Day	AUG 22
First Day of Classes	AUG 24
Last Day of Classes	JUN 28
Last Operational Day	JUN 29

Technology, Youth and Mental Health

Youth and Technology

The internet, and related technologies, have become essential tools for families, enhancing our lives. Technology can provide ease of communication, access to information, learning assistance, as well as entertainment. Today's youth have grown up using smart phones, tablets and computers, and have been called 'digital natives,' having never known a world without digital media.

Problems and Warning Signs

Studies indicate that youth are spending a significant and growing amount of their day in front of a screen, often at the expense of other healthy activities. This can impact sleep, physical and mental health, and relationships. Some youth are exposed to risk through online bullying (cyberbullying), the sending/receiving/forwarding sexually explicit messages (sexting), and exposure to violent images.

Some youth have trouble limiting their use of technology, which can interfere with their quality of life. Look for warning signs of problematic media use such as:



- sleep difficulties
- poor eating habits
- neglected hygiene
- decreased physical activity
- changes in weight
- increased conflict
- decreased social activities
- decreased interest or performance in school

Strategies for Caregivers

There are actions you can take as a caregiver to support your child if you feel problems are arising. The goal is to promote a healthy balance, to maximize the benefits of technology while reducing the negative impacts and potential risks. The Canadian Pediatric Society has placed recommendations around screen use in four categories: the 4 M's—**Minimize, Mitigate, be Mindful, and Model.**

Minimize

- Encourage daily “**screen-free**” times, especially for family meals and socializing.
- Encourage activities that develop **social skills** and promote **physical activity and health.**
- **Avoid screens at least 1 to 2 hours before bed.** Remove devices from your child's bedroom as the blue light emitted from screens can alter their natural sleep cycle, and notifications can interrupt sleep.
- Involve your whole family in setting consistent parameters around screen time. The American Academy of Pediatrics has developed a tool for building a **family media plan** to create a balance of healthy activities throughout the day. <https://www.healthychildren.org/English/media/Pages/default.aspx>

Mitigate

- **Educate yourself** about the technologies, games and social media platforms your child is using and potential risks.
- Keep devices in **common areas** when possible.
- **Speak proactively with your child** about acceptable and unacceptable online behaviours. Help them understand the serious consequences of online bullying, making threats, or engaging in sexualized behavior through social media.
- Help your child to choose **age-appropriate content.**
- **Warn youth about scams** and educate them about personal security and **privacy settings.**

Be Mindful

- Become **conscious consumers of media** through active participation and communication. Go online with your child; talk with them to better understand their media choices.
- Turn off screens when they're not being used. Avoid using them as “background” noise. Discourage multi-media multitasking.
- Help your child become **a critical thinker** and to ask questions about what they see and hear.
- Help your child be aware of their habits / triggers; **help them see how media use affects them.**

Model

- Monitor your own media use habits. Children are influenced through the choices they see parents make. **Model positive habits.**
- Help your child to use media in active ways such as through music, writing, or art; teach them to become **creative producers**, not just passive consumers.

Remember . . .

Technology use is not a simple issue. Computers, smart phones and our access to instant communication and information have normalized our use of these technologies. Through **open communication** and **consistent support**, we can guide youth to make healthy choices around media and technology.

Resources

- Common Sense Media:
<http://www.commonsensemedia.org/>
- Child Mind Institute:
<https://childmind.org/article/how-using-social-media-affects-youthagers/>
- Media Smarts: <http://mediasmarts.ca/>
- Youth Mental health:
www.youthmentalhealth.org
- Center on Media and Child Health:
<http://cmch.tv/>
- Get Cyber Safe: www.getcybersafe.gc.ca
- Canadian Pediatric Society:
<https://www.cps.ca/en/documents/position/screen-time-and-young-children>
- Healthy Children:
<https://www.healthychildren.org/English/media/Pages/default.aspx>

Caregiver Education Team Newsletter

September 2022



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Sessions

Parenting Strategies for Positive Mental Health

For parents and caregivers of children in grades K-6.

Part 1: Increasing Wellness Deposits

Tuesday, September 20
12:00 – 1:00 pm

Part 2: Reducing Wellness Withdrawals

Tuesday, September 27
12:00 – 1:00 pm

Adult Education Sessions

Resiliency *Through Caring, Connecting, and Coping*

Wednesday, September 21
6:00 – 7:30 pm

More than Just a Bad Day *Understanding Depression*

Wednesday, September 28
12:00 – 1:00 pm

Participant Feedback:

“I really enjoyed the session!”

“The length of this was perfect and had some great key takeaways for me to use moving forward.”

“Awesome information and the extra resources that were sent are a great addition thank you.”

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

September 2022



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Increasing Wellness Deposits

In this **one-hour Lunch & Learn webinar**, we will look at what mental health and wellness is and discuss strategies for increasing your child's mental health 'deposits' – the protective factors that provide a buffer to life's challenges and promote wellness.

Tuesday, September 20, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6; for adults only.

Part 2: Reducing Wellness Withdrawals

In this **one-hour Lunch & Learn webinar**, we will discuss strategies for reducing mental health 'withdrawals' – the risk factors that increase stress and drain your child's inner resources. We will also look at the key perspectives that help children feel more resilient and able to take on their world.

Tuesday, September 27, 2022

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6; for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"I thought the session was great. Loved the variety: videos, interspersed with comments from the group and polls. Really interactive and engaging!"

"Thank you so much! This was a very easy to understand session with valuable information. I look forward to the other sessions."



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions

September 2022



These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

Resiliency

Through Caring, Connecting, and Coping

Resiliency is something we want but often do not know how we can help it grow in our own lives. Join us for this **90-minute evening webinar** where we will learn about stress and burnout, the power of resilience in getting through the 'tough stuff', and how self-compassion and self-care are essential to our well-being. We will discuss strategies for building our own personal supportive networks and inner coping skills to strengthen our ability to 'bounce back'.

Date: Wednesday, September 21, 2022

Time: 6:00 – 7:30 pm

This session is for adults only.

More than Just a Bad Day:

Understanding Depression

In this **one-hour Lunch & Learn session**, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

Date: Wednesday, September 28, 2022

Time: 12:00 – 1:00 pm

This session is for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"Really enjoyed the session today. The speakers are very engaging and knowledgeable and allowed us to provide feedback and stay connected within the discussion."

"A great format for adult learners. Thanks so much!"

"Great you guys do this. Beneficial topics. Well presented."