



AURORA ACADEMIC CHARTER HIGH SCHOOL

December & January Newsletter

2022-2023



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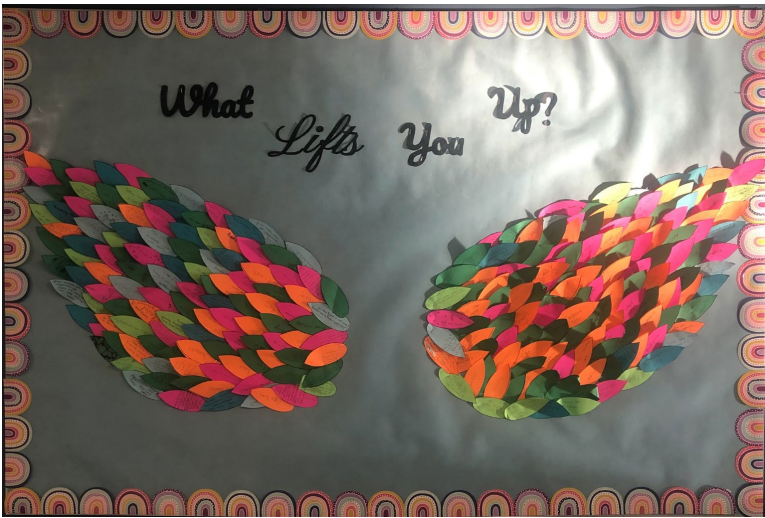


IMPORTANT DATES

| December | |
|----------|--|
| 5 | Forms due for Christmas Candy Grams |
| 5-8 | Christmas Tree Construction Challenge - During Lunch |
| 6 | Semester 2 Options Forms due (in student email) |
| 9 | Healthy Hunger - Love Pizza |
| 12 | Wednesday Schedule (week 2 options) |
| 13 | Friday Schedule |
| 13 | Honour Roll Assembly at 2:40 p.m. |
| 14 | Monday Schedule |
| 15 | Christmas Candy Grams are Delivered |
| 15 | December Fun Day (at Saville Centre in afternoon) |
| 16 | PD Day - No School for Students |
| 19 | Winter Break Begins - No School |
| January | |
| 9 | Welcome back! - Classes Resume |
| 18 | High School Information Night for current families |
| 20 | Healthy Hunger - KFC |
| 25 | Friday Schedule |
| 26 | Last Day of Semester 1 |
| 27 | PD Day - No School for Students |
| 30 | First Day of Semester 2 |

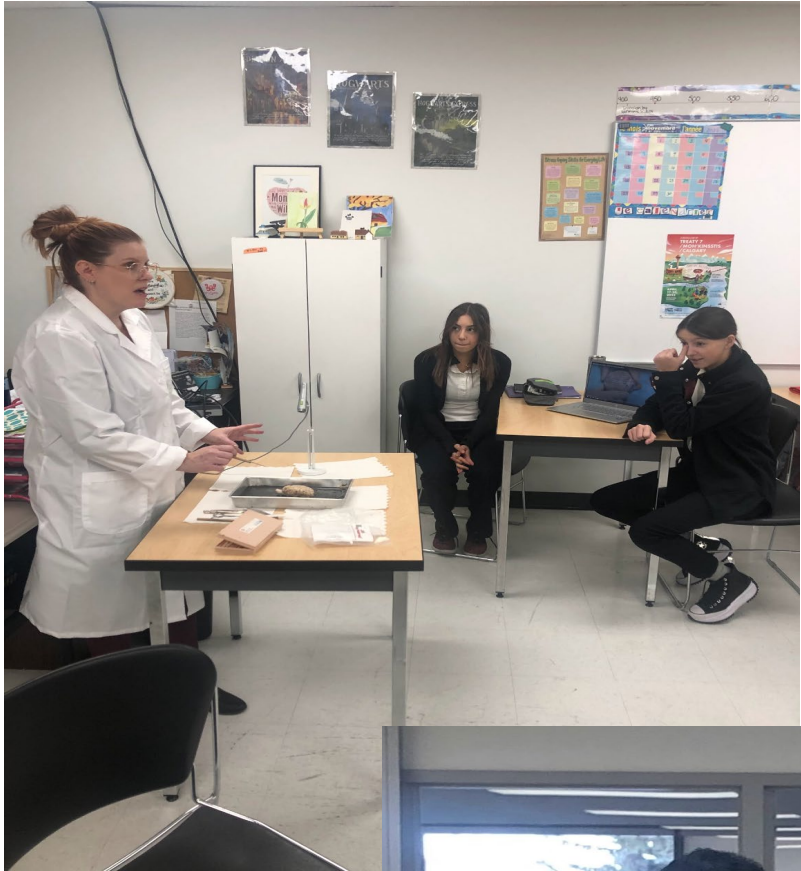
Did You Know?

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



Anti-Bullying Board
Basketball Club
Volleyball Club
Festive Window Painting by Media & Design
Student Canteen





Dissecting a brain in
Leadership Class

Cornhole
Championship

Foosball Fun!

Science Lab
Experiments



IMPORTANT NEWS

REPORT CARDS

First term report cards will be available on PowerSchool on Friday, December 2 at 4:00 p.m.

By the end of the year, students must have 50% to progress to the next grade, and 65% is recommended for the high school 10 -1 and 20 -1 course stream.

Students in grade 10 are eligible for the \$300 Rutherford Scholarship if their final average is 75% (or \$400 if their average is 80%) or higher in their core subjects at the end of the year.

We still have time to ensure all students master the material by the end of the year. We have some ideas for ways to support students with homework, and want to know what you think as well!

SCHOOL COUNCIL

**NEXT SCHOOL COUNCIL MEETING:
THURSDAY, JANUARY 26
6:00 P.M.**

Mr. Bagga is our High School Council Chair for 2022/23. Our thanks to him for volunteering!

We will be looking at our bylaws at the November meeting. Please see the attachment to the calendar invitation at

<https://www.auroraschool.ca/highschool>

Parents gave important feedback at the November meeting:

- Mr. Gray shared our division's draft Annual Educational Results Report
- Parents and students want resources to help their children with non-academic issues (mental health, teen health and life) and information sessions.
- There was positive feedback for Math Fundamentals as an academic support
- Parents like the idea of a free online tutoring service to help students with homework
- Parents like the idea of teachers giving parent review sessions on the work in class (ie. teaching parents the way we do algebra or write essays so that they can help their children with homework)



REMINDERS

OPTIONS

Semester 2
Options forms
were sent out to
students on
Friday to their
school emails.
Forms must be
returned by Dec
6 at 4:00 p.m.

We have added
a number of
new choices
based on
student
feedback,
including
coding,
Computer
Science,
cosmetology,
psychology,
sports fitness 9,
drama 10, and
English help.

Only the most
popular options
will be offered.

We are
listening!

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/PoliceInformationCheck>

Boston Pizza Fundraiser Cash Back to Schools

Operation Education brings Boston Pizza and local schools together to earn cash back. Staff, students, and families can dine at any Northern Alberta Boston Pizza and help their school earn 5% cash back on the pre-tax total of the receipt.

1. Eat at a Boston Pizza between September 1, 2022 and December 31, 2022
2. Save your itemized receipt and submit it to Miss Tran in room 104 by January 9, 2023 (ask your server for more details)



REMINDERS

HEALTHY HUNGER HOT LUNCH

We have hot lunch every two weeks.

Orders are due a week in advance.

Our next lunch is Love Pizza. Orders were due December 2.

Our grade 9 leadership club is helping with handing out lunches. Thanks, Mrs. Tomko and Ms. Tran, for setting up the program!

2022-12-09



2023-01-20



2023-02-10



Place Orders at
<https://healthyhunger.ca/>

NEW STUDENT REGISTRATION

Do you know someone who would like to join our grade 10 or 11 classes next year?

Registration for the waitlist for new students is now open for 2023/2024.

Current Aurora students always have priority, just like every other grade at Aurora.

There is no need for current Aurora students to apply to the waitlist.

New students can apply here:

<https://www.auroraschool.ca/waitlist>

LEADERSHIP TRIP

Our grade 10 Leadership group volunteered at the food bank as part of their coursework. We are so proud of our leaders! Thank you, Ms. Wilson, for organizing the trip.





EXTRACURRICULARS

INTERNATIONAL TRIP 2024

Attention all students! There are spaces left on the Europe 2024 trip to Scotland, England, and Paris.

The trip will take place in March 2024, during Spring Break. Please see Miss Wilson or email m.wilson@auroraschool.ca for more information.

DEBATE CLUB

\$50

Debate Club is an excellent way for students to learn public speaking skills and how to think on their feet with rational arguments.

We are proud to have our very own debate club, who have been invited to 2 Edmonton tournaments against other schools! Our team is being coached by 2 professional debate coaches, including a judge from the National University Debates held annually in Ottawa.

Students can still sign up. Sessions are held at the high school on Tuesdays from 3:15-4:45 p.m.

Please email jharman@auroraschool.ca for more information.

LUNCH INTRAMURALS

Students have been enjoying the cornhole intramural league being hosted by Mr. Millard and Mr. Chambers twice a week in the Sports Fitness room. Our thanks to the Aurora Fundraising Society for purchasing the equipment. Thanks, Mr. Millard and Mr. Chambers, for volunteering!

STUDENT CANTEEN

Our Leadership 10 class has launched the Student Canteen!

Snacks are available for purchase every Monday. All proceeds go to fund volunteering projects in the community and Student Council projects that are fun for our students.

Items available for purchase include:

- Granola bar \$1.50
- Fruit snacks \$1.00
- Rice Krispie Squares \$1.00
- Cookies \$1.50
- Chips \$1.50
- Veggie Straws \$2.00
- Juice \$1.50
- Veggie Cup O'Noodles \$2.00



EXTRACURRICULARS

VOLLEYBALL CLUB

Our Thursday night volleyball club has been an amazing success! Saad Islam, a grade 10 student, has been leading the coaching and the students have already improved in their skills, as well as having a fun filled time.

Our thanks to the Elementary and Middle School for hosting us and to Mrs. Weidel for organizing the transfer bus. Our thanks also to Mrs. Leong for showing us how to set up the nets!

BASKETBALL CLUB

Our Friday night basketball club has been growing. Mr. Gray has been joining us to help referee and the students enjoyed organizing themselves into teams and playing pick -up games.

If you missed the original form, you can sign up here:

<https://forms.gle/R54sUoKcSaNPty2h6>

Our thanks to the Middle School for hosting us and to Mrs. Weidel for organizing the transfer bus.

STUDENT COUNCIL

The School Council has been meeting regularly to help make the school a better place to be.

The School Spirit committee, led by Hildana and Christina, have been very busy organizing school decorations and the anti -bullying bulletin board. They are also leading the Spirit Week activities to take place during lunch from December 12 -15.

Student Council members also volunteered for committees to plan the bulletin board themes for the year, as well as to sit on the uniform committee to help plan the grade 10 uniform.

Yabssra attended the November School Council meeting with parents and gave the student viewpoint on issues. She had asked other students in the school ahead of time so that she could come prepared to represent a wide variety of views. Parents appreciated hearing directly from a student about what they thought about issues.

Aeden has been doing an excellent job as Director of Records, keeping us all organized!



REMINDERS

CELL PHONES & DEVICES

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. Internet -enabled devices, such as watches, are not allowed in the classroom either.

Students may be allowed to use wired headphones to listen to music on their class chromebook, depending on the work in classrooms.

1. Cell phones/devices 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



STUDENT LEARNING SERVICES

The Student Learning Services (SLS) Team has been hard at work during the first term of the school year working to serve and support the students of AACs. This team of professionals helps support students in a variety of ways including:

Speech Language Pathologist (SLP): Helping students with speech and language difficulties including missing speech sounds, stuttering, lisps, and communication challenges

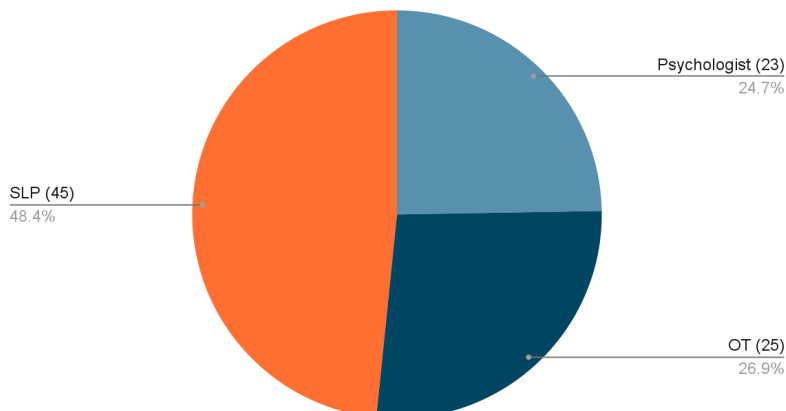
Occupational Therapist (OT): Helping students with motor skills (ie. printing), organization, time management, planning, and transitioning between tasks

Registered Psychologist: Providing students with in-school counseling and educational testing when indicated

The following chart displays the number of students referred to the SLS Team for support so far this school year across the district.

The SLS professionals process referrals based on student need and wait times for services will vary accordingly. Please do not hesitate to reach out to the SLS Coordinator, Jaymie Curilla (jcurilla@auroraschool.ca), if you would like further information about the SLS team and how they may be able to support your child.

Students Referred for SLS Supports 2022-2023 (November)



VALUES

Innovation

Hard Work

Empowerment

Respect & Integrity

Empathy & Compassion



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. 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.)









SIGN UP FOR FIELD TRIPS

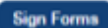
Login to PowerSchool using Parent login credentials

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

|  <u>Other School Fees</u> | | | | |
|--|-----------------------------------|---------------|----------|---|
| 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?

Yes

No



SUPERINTENDENT'S MESSAGE

December 2022 Annual General Meeting

The Aurora Annual General Meeting (AGM) took place virtually during the evening of Thursday, November 24th, 2022. During the meeting, the Board of Directors shared information related to events and activities, as well as our school's financial statements that occurred during the past year.



We would like to give thanks to outgoing Board members Brandon Plaizier and Tejinder Bansal, who have served our Board faithfully and dutifully. Their hard work and expertise have been appreciated, and their shoes will be difficult to fill. Also leaving the Board is Arlene Huhn, who served for six years, four of which were as Board Chair. Her leadership will be sorely missed.

Thankfully, we have three new Board members, Sudeep Manandhar, Ajoke Oimage, and Tirtha Upadhyay, who were acclaimed at the AGM.

Our current Board members are:

Constance Amenaghawon
Saran

Keira Hanrahan

Zahida Hirani -

Sudeep Manandhar
Tirtha Upadhyay

Ajoke Oimage

Fauziat Raji

We are excited to move forward with our new Board and will work hard to listen to the voices of our parents and students.

Finally, on behalf of the central office team, I would like to extend holiday greetings to you and your family. We wish you the very best and hope you experience love and joy this season.

Happy holidays,

Ian Gray

Superintendent

Principal's Update to School Council

1. Opening still going well - settled in
 - a. G 10 CALM booked UAlberta, NAIT, Grant Mac, Concordia to come talk to kids about university applications and choices in Edmonton .Usually just grade 12 students who get this info at other schools
 - b. Dr. Wozny is connecting our Health and Science Communications students with nursing and medical students who will speak about research practices and careers in medical research
 - c. As School Counsellor I attended 2 UofA info sessions: Scholarships and Applications
 - d. Qualified as a Level II (highest) Advanced Placement School - can administer AP exams and SATs as well as offer AP Courses
 - i. 3 teachers working on AP courses right now: AP Computer Principles & AP Capstone
 - ii. Will be offering AP classes next year to give grade 11 students 2 years to prepare instead of just 1 year
 - e. Setting up Options courses for 2nd semester
 - i. Grade 9's get 4 options instead of 2: adding coding as a new choice
 - ii. Grade 10s get 5 options instead of regular 3-4
 - f. G 10 leadership school improvement ideas beginning
 - i. Collecting used books for tiny library for community
 - ii. Clothing drives
 - iii. Tutoring service with money donated to fund school fun activities
 - iv. School Canteen started Monday!
 - g. Extracurricular Sports and clubs started
 - i. Intramural cornhole at lunch - thanks to fundraising society for purchasing cornhole equipment
 - ii. Volleyball club Thurs after school
 - iii. Basketball club Fri after school
 - iv. 1st Citadel theatre club play is Dec 8: A Christmas Carol
 - v. Debate club Tuesday after school - first city-wide tournament Jan 13
 - vi. Held Pumpkin painting competition on Oct 31 - thanks to Mme Bachand!
 - vii. Cardboard Tree construction challenge at lunch Dec 5-9
 - h. Student Council elections held
 - i. 4 Departments, each with 2 directors (a grade 9 and a grade 10), plus committee members
 - ii. Set up Anti-Bullying Day bulletin board and working on winter fun events
 - i. Student Learning Supports: SLP, OT, psychologist
 - i. Looking at using high school funds to help with academic supports as well, such as free tutoring after school
 - ii. Asking parents what they would like to use as academic supports
2. Professional Development
 - a. November: Report Card Planning & reviewing 1st quarter of year
3. Recruitment started for next year! Need Elementary and Middle School parent support
4. Major Events
 - a. Remembrance Day ceremony was online - went well
 - b. Metis Week Bulletin Board to celebrate Metis culture in Alberta
 - c. Anti-Bullying week
 - i. School Council created a bulletin board called "What Lifts You Up" - each student and teacher in the school is writing on feathers that will be used to create wings. The students can stand in front of it for selfies for Instagram, etc. Each feather is something that people in our lives do that make us feel good about ourselves or our lives: could be parents, friends, etc.
 - ii. Teachers shared videos and talking about Bullying in class
 - iii. Virtual Book Fair with focus on anti-bullying books; proceeds to fund classroom libraries
 - d. Honour Roll will be December 13 at 2:40 p.m.

Caregiver Education Team Newsletter

December 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.

Lunch & Learn Sessions

Mindfulness

Benefits for the Whole Family

For adults, and parents and caregivers of children and youth in grades K-12

Part 1:

Tuesday, December 6
12:00 – 1:00 pm

Part 2:

Tuesday, December 13
12:00 – 1:00 pm

Evening Education Sessions

Understanding Autism

For parents and caregivers supporting youth in grades K-12

Wednesday,
December 14
6:00 – 7:30 pm

Participant Feedback

"Love the ease of online sessions! Thank you."

"These sessions are so helpful. I'm grateful that they are put together and available...the time your team has put into these sessions has resulted in excellent, useful content. Thank you."

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Sessions

December 2022



These free sessions are intended to provide parents, caregivers, and community members with information 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.

Mindfulness

Benefits for the Whole Family

In these sessions, we will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in our families.

Part 1: Tuesday, December 6, 2022

Time: 12:00 – 1:00 pm

For adults, and parents and caregivers of children and youth grades K-12; for adults only.

Part 2: Tuesday, December 13, 2022

Time: 12:00 – 1:00 pm

For adults, and parents and caregivers of children and youth grades K-12; 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:

“Great session. Lots of info and helpful tips.”

“I have attended many of these sessions so far! I have been able to use what I have learned at home.... Also, as a health care professional in my career, helping and using the strategies that I have learned to support the families and children that I work with.”

“Lunch hour worked well for me.”

Evening Education Sessions

December 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.

Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD), participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Date: Wednesday, December 14, 2022

Time: 6:00 – 7:30 pm

For parents and caregivers of children and youth grades K-9; 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:

"This was a great session. It helped my family talk and understand each other's point of view."

"Thank you for putting this session on."

"All good and helpful, we truly appreciate this."



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Team Newsletter

January 2023



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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

Sleep and Your Family's Mental Health

For adults, and parents and caregivers of children and youth in grades K-12

Part 1:

The Importance of Good Sleep Hygiene

Wednesday, January 18
12:00 – 1:00 pm

Part 2:

Setting the Stage for Good Sleep

Tuesday, January 25
12:00 – 1:00 pm

Body Image and Eating Disorders

For parents and caregivers supporting adults or teens (Grades 7-12)

Wednesday, January 25
6:00 – 7:30 pm

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and youth.

Part 1:

An Introduction

Tuesday, January 17
12:00 – 1:00 pm

Part 2:

Calming Our Bodies

Tuesday, January 24
12:00 – 1:00 pm

Part 3:

Settling Our Minds

Tuesday, January 31
12:00 – 1:00 pm

Participant Feedback:

"The speakers were easy to listen to and understand, the content was relevant, helpful and immediately applicable."

"You are providing important information. Thank you!"

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

January 2023



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.

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

Sleep and Your Family's Mental Health

These sessions will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

Part 1: The Importance of Good Sleep Hygiene

Date: Wednesday, January 18, 2023

Time: 12:00 – 1:00 pm

For caregivers of children and youth grades K-12; for adults only.

Part 2: Setting the Stage for Good Sleep

Date: Wednesday, January 25, 2023

Time: 12:00 – 1:00 pm

For caregivers of children and youth grades K-12; for adults only.

Body Image and Eating Disorders

Struggles with self-esteem, body image and weight control are a common concern for both girls and boys. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

Date: Wednesday, January 25, 2023

Time: 6:00 – 7:30 pm

For caregivers of youth grades 7-12; for adults only

Participant Feedback:

"Thank you, this learning journey is so helpful for my growing family."

"I really appreciated that we could participate within the session. All helpful information!"

"This was such informative content supported with charts, videos, concrete & helpful ideas to support parents & caregivers".

Adult Education Sessions

January 2023



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.

Understanding Anxiety Series

Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their child/youth may be experiencing anxiety.

Date: Tuesday, January 17, 2023

Time: 12:00 – 1:00 pm

Note: For adults only.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

Date: Tuesday, January 24, 2023

Time: 12:00 – 1:00 pm

Note: For adults only.

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Tuesday, January 31, 2023

Time: 12:00 – 1:00 pm

Note: 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:

"The virtual format is very convenient and makes it much easier to attend these sessions."

"I liked the session format, especially the interactive part as it keeps you focused."

"Length and time of presentation as well as content is great. The session was educative, interactive, and easy to practice at home. Keep up the good work."