

## April News 2024

Welcome Back from Spring Break! The year is moving quickly and we are fast approaching the end but there's a lot happening over the next few months. Our focus continues to be promoting student success and students have been given some tools and lessons on how to foster their learning.

- **Be Prepared and On Time**
- **Attendance Matters** - Attendance is a key factor to student success. During consistent attendance, students receive instruction and guided practice for lessons and are able to participate in valuable classroom activities and discussions to support learning. The classroom time can not be duplicated through notes and assignments. Encourage and support regular and consistent attendance to maximize the learning opportunities for your student.
- **Work Hard** - Study, study, study

On our website, [mayerthorpehigh.ca](http://mayerthorpehigh.ca), under the students and parents tab, you will find our student agenda in a pdf form. Students have also been given an agenda to help them keep track of assignments, due dates and has our rules and policies in it. We have reviewed these with our students over the first two weeks, but please feel free to review them as well. Students were also given a paper and a magnet that has our calendar dates listed for important days.

We look forward to working with you through this educational adventure.

## High School Information Meeting - Gr 9 Parents and Students

There will be a meeting on Wednesday May 1, 2024 at 7 pm for parents and students in grade 9 moving into high school. The meeting provides information on high school courses, course options, graduation requirements and programs. Parents of current high school students are also welcome to attend if they have questions around high school requirements. Please RSVP to Mrs. Lane through phone or email ([kimberly.lane@ngps.ca](mailto:kimberly.lane@ngps.ca)), by April 26 so we can plan for space and materials.

## PowerSchool Parent Portal

The parent portal access is the perfect way to keep up-to-date with student assessment and attendance. If you do not have access to the portal for your students please contact the office.

## Dinner Theatre

This year the dinner theatre team will be performing "Camelot and Camelittle". We will see the adventures of Ruth, a young girl who dreams of being a knight. When the knights of the round table laugh at her, she goes on a quest filled with magical creatures in order to start her own queendom. Dinner Theatre rehearsals are well underway! Rehearsals will be every Monday and Thursday from 3:30 to 5 pm. In addition, there will be 3 Saturday rehearsals - April 6, April 13, and April 20th each day from 10 am - 2 pm.

Performances will be held on Thursday April 25 and Friday April 26 at MHS. Catering provided by Terry's Catering. Tickets will be available for purchase April 5th for \$30 per seat. Seats are first come first serve, the night of performances. This year we will be adding a new option: a table of 8 can be reserved for an additional \$40 (tickets and table must be paid for in one payment - \$280).

## Scholarships

The school website has links to a number of scholarships. This is the time for students to begin gathering applications, reviewing requirements, writing essays and requesting reference letters as needed. We have reviewed a number of scholarships with the students and detailed the application package requirements. Go to [mayerthorpehigh.ca](http://mayerthorpehigh.ca) under students/parents to see the list.

## Breakfast Club

Each morning students have access to complimentary breakfast items. The menu varies daily and is always nutritious, delicious and served with a smile. We serve about 60 students daily. Thank you to Breakfast Club of Canada, Pembina Pipelines and Pembina West Co-op for their donations to our program. If you would like to help support the program, juice boxes and cereal are always appreciated.

## Sports

Badminton and Team Handball teams have been selected and are deep into practices.

**-Junior Badminton competes in GCAA Championship April 29, 2024 in Whitecourt.**

**-Junior Team Handball competes April 19 and 20, 2024 in Sherwood Park.**

**-Senior Badminton teams compete April 15 in GCAA's at MHS and April 24 in Zones in Edmonton.**

**-Senior Team Handball competes April 4-6 in Edmonton, April 11-13 in Spruce Grove (Boys only) and April 25 in Zone Playoff against Onoway (Boys Only). Provincials will be held in Diamond Valley on May 8 -11, 2024.**

**Track and Field will begin in the coming weeks when the field is dry.**

### **Students' Union**

**The students' union group will be meeting this week to finalize the details of the spring junior high dance. The dance will be held on Wednesday May 15, 2024. They are also planning a movie night on June 7, 2024.**

### **PARTY Program - Grade 9 Students**

**On Tuesday, April 23, 2024, Grade 9 students will be attending the PARTY program at the Mayerthorpe Arena and Mayerthorpe Jr/Sr High School. The PARTY Program is an injury prevention program aimed at children, youth, and adults to help educate them about**

**the consequences of poor decision-making in relation to risk-taking behaviours such as drinking and driving, lack of seat belt use, mental health, and self-harm. The goal of the PARTY program is to provide youth with the knowledge to recognize potential injury producing situations, make prevention oriented choices, and adapt behaviours that minimize unnecessary risks.**

### **Summer Career Exposure Boot Camps**

**NGPS will be running career exposure summer boot camps once again. This program is held in two separate week long sessions from July 1 - 5 and July 8 - 12. Students in grade 9 -12 can register to attend career and skill development**

focused learning weeks with the potential to earn high school credits. Last year our students engaged in learning about welding, automotives, baking, cooking, forensic sciences, cosmetology, fashion studies and industrial safety. Keep an eye out for session and registration information.

### **Did you know??? NEW SENIOR OPTION - Fantasy and Science Fiction Appreciation 15**

We are offering a new senior high option this semester. Mr. Moon is offering a course that will take students on a thrilling journey through the imaginative and captivating universes of fantasy and science fiction. Throughout this course, they will have the opportunity to explore a diverse range of works from different time periods and cultures, each one more fascinating than the last.

Students will be transported to unique and extraordinary worlds, such as Middle Earth and the Matrix, where they'll experience the magic, wonder, and excitement of these genres. They will encounter a variety of media, including novels, novellas, graphic novels, short stories, and screenplays, each one carefully selected to give you a comprehensive understanding of the themes and elements that make fantasy and science fiction so compelling.

By the end of this course, students will have a deep appreciation for the richness and complexity of these genres and a newfound admiration for the writers and creators who bring these incredible worlds to life.

### **April MHS Wellness Newsletter**

April is Stress Awareness month. With just three months until the end of June, stress management is an important topic to review.

There are several things parents can do to help teens manage their stress.

Ensure your teen is getting the following things: healthy diet, enough sleep and physical activity, the time and space to relax—these are the basic tools for coping with stress. Teens don't necessarily have the judgment, forethought or self-discipline to provide these things for themselves. That's part of why they still need parents!

# WAYS TO RECOVER FROM STRESS

 by WholeHearted School Counseling



EXERCISE  
(JUST MOVE!)



MINDFUL  
BREATHING



A GOOD CRY



CREATIVE  
EXPRESSION



BIG HUGS



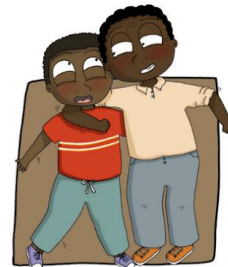
ENOUGH SLEEP



LAUGHTER



BE IN NATURE



CONNECTION

**Always Looking For...**

**The foods lab is always in search of plastic containers and metal cutlery.**

**The IA shop is always in search of old horseshoes for welding projects.**