

May/June News

With only 7 weeks until the end of the semester, we are quickly moving into PAT's, Diplomas, final exam preparation and planning for next year. In addition, we have a busy extra-curricular schedule. Balance is key for students in maintaining healthy learning minds. Students should begin their final review studying and make time for some sunshine activities to promote positive outlooks.

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**

Final Exams

[Final Exam Schedule June 2024 - Final Exam V1 \(1\).pdf](#)

As we move towards the end of the year for both junior and senior high school students, we have put together both a schedule for exams and some key pieces of information for parents.

During the exam week, there will not be any regular classes. These exams are important to student assessment and to students development as a learner. Exposure to larger assessments under exam conditions early in their jr/sr high academic career helps to prepare students for standardized assessment conditions. Familiarity with these settings can assist students in learning how to manage stress around assessments and studying. We will be working with students on study skills and test taking strategies over the coming months.

All exams start at 9 am for morning exams and 12:30 pm for afternoon exams. Students will be writing exams in the gym and will have between 1.5-3 hours depending on the exam. Bus students are required to remain at school unless being picked up by a parent and signed out of the school.

Due to the scheduling of the PAT exams, grade 9 students will write their last exam on Thursday June 20, 2024. They will have regular classes after their exam, as classes are not completed until Friday. On June 21, 2024 we will be holding a year end BBQ and some final classroom activities, but they will not attend after this date.

Grade 7 & 8 students are required to write exams and will be provided with supervised space to study after their exam. This time and space is the opportunity to catch up on work, study for exams and prepare for their final assessments. Students will be expected to behave appropriately and use the time effectively. Students will be given an extended lunch break but should be here for morning and afternoon exams.

Exams are to be written on the scheduled date and time. Please do not schedule appointments and other commitments during this week. If there are any questions please contact me to discuss individual concerns as soon as they arise.

Spring Break Trip March of 2026

Mrs. Lewis is going to be taking students on a trip to New York City over spring break of 2026! This trip will focus on New York's iconic history and the city's contributions to the arts! Students will get to go on numerous guided tours of New York's most iconic neighbourhoods and buildings. They will also get to tour historic theatres and attend 2 Broadway shows!

This trip will be open to any students currently enrolled in grades 7-10 at MHS, or 7-9 at Sangudo Community School. Parents and students will receive more information regarding the trip at an information session on May 29, 2024 at 6 pm. If you are unable to attend, please email katherine.lewis@ngps.ca to arrange an alternative time for you to receive the information.

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.

Sports

May continues to be an active month for our athletes. With badminton and handball winding up, track and field is getting started. Students will be participating in Sr Zones on May 22 and Jr GCAA May 28 in Mayerthorpe. (There are regular classes for non-participants)

Scholarships

The school website has links to a number of scholarships. Many of the scholarship deadlines are this month. 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 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.

Students' Union

There is a junior high dance on Wednesday May 15 from 7-9 pm. Students have been busy planning and getting ready - the tickets are sold, concession items are ready and music is picked!

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. Registration information is posted on the ngps.ca site.

May MHS Wellness Newsletter

May is Mental Health Awareness month.

Having open conversations and raising awareness around mental health, you can teach kids how to recognize the symptoms of anxiety and depression. Getting them to understand the importance of self-care and mental wellbeing can help to reduce the stigma associated with having mental health difficulties.

The theme for Mental Health Awareness Week, May 4-10, 2024, is "Movement: Moving more for mental health".

Interesting fact: Even a short burst of 10 minutes of brisk walking increases our mental alertness, energy and positive mood. Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety.

10 BENEFITS OF WALKING 30 MINUTES A DAY

- INCREASES YOUR ENERGY LEVELS
- IMPROVES BALANCE & COORDINATION
- REDUCES RISK OF HEART DISEASE
- CAN IMPROVE QUALITY OF SLEEP
- GIVES YOU TIME TO PRACTICE SELF CARE
- PREVENTS OBESITY
- REDUCES YOUR STRESS LEVELS
- GETS THE BLOOD PUMPING
- HELPS TO MAINTAIN WEIGHT
- LIVE BETTER
- INCREASES THE BODY'S ACCESS TO VITAMIN D

Beth Jager

Principal