

# SEPTEMBER 2022



## Upcoming Events

Sept 1 - First Day of Classes

Sept 5 - No School  
Labour Day

Sept 8 - Gr 5-8 Picture Day

Sept 9 - Gr 9-12  
Picture Day

Sept 12 - First Day of  
Breakfast Program &  
Concession

Sept 12 - [Alison Springer Presentation](#)

Sept 15 - Welcome  
Back BBQ 5:00 PM

Sept 16 - Last day to  
Add/Drop HS Options

Sept 22 - [Terry Fox Run](#)

Sept 23 - No School

Sept 28 - [ELAA Event](#)

Sept 28 - HS  
Academic Awards

Sept 29 - [Orange Shirt Day](#)

Sept 29 - Last day to  
Add/Drop HS Cores

Sept 30 - No School  
[National Day for Truth and Reconciliation](#)



The staff of Hugh Sutherland School is excited to welcome all of our new and returning students for another year of school. A special welcome to our Grade 5's transitioning back from CES. We have missed you and can't wait to get the year started.

September is always an exciting month as staff and students settle into their routines. Remember that there is a Meet the Teacher and Welcome Back BBQ on Thursday, September 15 at 5:00 pm.

Grade 12's, if you can believe it this is your last first day of high school. How quickly the times goes by!

As always, we would like to remind parents and students that we are always here and available for any questions you may have.

### **Concession & Breakfast Program**

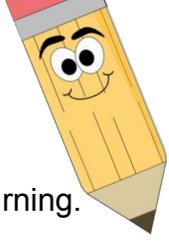
The Kodiak Snack Shack will be open Mon-Fri this year starting on Monday, September 12.

We are excited to be offering our Breakfast Program once again starting Monday, September 12 as well.

Neither of these programs would be successful without our dedicated volunteers. If you are interested in helping out, please fill out the following form <https://forms.gle/mp9YzSeRwbk9HT4K9>

# New & Familiar Faces

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We are excited to welcome some new faces to our building as well a few familiar faces that are returning.

**Sarah Reaman** - Hi! You probably already know me, I have been a member of the Hugh Sutherland Staff since 2014, but I am back at Hugh Sutherland in a new role! I am working as the Academic Counsellor. You can book in with me for all things courses, credits, work experience, RAP, dual credit, post-secondary planning, scholarships, etc. I can't wait to talk to you about your future plans! :)

**Alexyn Nycholat** - Hello, my name is Alexyn. I am excited to join the learning community here at Hugh Sutherland School. I have the privilege of teaching my two favorite subjects, English and Social Studies, to students in Grades 9-12. I look forward to sharing my passion for books, travel, and history with them.

**Jasmine Meyer** - Hi, I'm Ms. Meyer and I teach high school Social Studies and English. I have a BA from the University of Alberta and a BEd from King's University. I'm a bit of a nerd and I love chatting about books/movies/tv shows. Reading and writing are passions of mine, and I'm excited to help students develop those crucial skills!

**Michael Gouge** - Hello Students! My name is Mr. Gouge and I am the Music Teacher at Hugh Sutherland School. I currently teach Grade 5 Music, Grade 6 Music, Grade 7-9 Music Options, and High School Band. When I'm not in the classroom you can catch me playing guitar, practicing my Brazilian Jiu-Jitsu, rocking some video games, or playing with my two fluffy cats I love all the things music and I'm always up for a good chat about what you listen to or new styles you are trying to play!

**Libby Clark** - Hi! I'm Ms. Libby Clark, and I'm happy to be back at Hugh Sutherland School teaching high school math in the classroom and the hub this year. When not at school, I am busy singing with my band, Machine Gun Rabbit, performing the national anthem for the University of Calgary Dinos, acting in a play or musical, or you may just happen to find me at a curling rink or on a golf course, depending on the season.

**Colby Evans** - I will be teaching High school PE. I grew up on my family's farm near Carstairs, and participated in various sports in town, like Hockey, Football, Baseball, Curling, Golf, and Badminton. I also participated in 4-H in Carstairs, before I headed south to the University of Lethbridge for Degrees in Kinesiology and Education. When I'm not teaching, I am helping out on the farm, still playing any sport I can, and spending far too much time fishing!

**Leah Knudsen** - Hello! My name is Leah Knudsen and I am excited to be returning to the Hugh Sutherland team this year. I will be teaching Grade 5 for the 2022-2023 school year. This past year I spent with my daughter, Sadie, who is just over a year old now I am passionate about encouraging the development of the whole student--- the reader, the artist, the athlete, the critical thinker, the citizen. I am excited to see what this year brings and I look forward to getting to know this community better.

**Yvonne Tempany** - My name is Yvonne Tempany and I am taking over the Concession this year. I have lived all over Alberta and just moved to Carstairs last year. I have 2 girls who go to Hugh Sutherland School so I am very happy to be working at the school this year meeting all the students and staff.



Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED	2 CLOSED
5 CLOSED	6 CLOSED	7 CLOSED	8 CLOSED	9 CLOSED
12 Basics	13 Taco In A Bag	14 Sweet & Sour Meatballs	15 Penne With Meat Sauce	16 Pizza
19 Basics	20 Chicken Fried Rice & Spring Rolls	21 Pancakes & Sausage	22 Subway (Online Order Only)	23 CLOSED
26 Basics	27 Perogies & Sausage	28 Hot Dog, Chips & Veggies	29 Chicken Bacon Ranch Wrap	30 CLOSED



## Athletics

Welcome to a new school year where we encourage all students to attempt a school sport and have fun. The first sports of the year are cross country, golf, and volleyball, meetings for golf and volleyball will be held next week, so if you are interested, look for those!

## Cross Country

Junior and senior cross country will begin on Thursday, September 8th. Practices will be on Mondays and Thursdays from 3:20 - 4:30 PM. Meet outside the East gym.



SEPTEMBER  
2022



FROM THE DESK  
OF THE  
ACADEMIC  
COUNSELLOR

# FYI.

## GRADE 12 INTERVIEWS

All Grade 12 students are required to have an interview with Mrs. Reaman in September or October. Interviews are designed to ensure students are on track for graduation and to address any post-secondary needs. A schedule to book interviews can be found on Mrs. Reaman's office door or by following the link below. Additionally, all high school students are welcome to book an appointment to explore post-high school plans.

## SEMESTER ONE ADD/DROP DATE

September 16 is the last day for grade 9-12 students to add or drop semester one option classes. Students need parent/guardian permission to change core classes. September 29 is the last day for grade 9-12 students to add or drop core classes.

## ELAA EVENT

On September 28, 2022, Hugh Sutherland will host the annual ELAA event. This event is to provide exposure to Post-Secondary opportunities for rural Alberta students.

## POST-SECONDARY OPEN HOUSES

Many post-secondary institutions host open houses in the fall. See Mrs. Reaman or the HSS website for dates and times. Also, many institutions visit HSS throughout the school year. Listen for announcements for upcoming visits.

## STUDENT SERVICES WEBSITE

Did you know that HSS has a Student Services section on our school website where students and parents can check out information on the following:

- Career Planning
- Exam Schedules
- Graduation
- Off Campus
- High School Focused Learning Time
- Opportunities
- Scholarships
- Post-Secondary

## MY BLUE PRINT

All HSS Students have access to use [www.myblueprint.ca](http://www.myblueprint.ca) to help with education planning. This tool helps students and parents with career planning as well as college and university research. It is an easy to use format which HSS is utilising with student starting in Grade 9.



**PLEASE FEEL FREE TO CONTACT ME  
AT ANY TIME.**

SARAH REAMAN  
ACADEMIC COUNSELLOR  
SREAMAN@CESD73.CA

NEED TO SEE MRS. REAMAN?  
SCAN THE CODE OR CLICK THE LINK.

[HTTPS://SARAH-REAMAN.YOUCANBOOK.ME/](https://sarah-reaman.youcanbook.me/)



## Preparing Your Child For Back To School



Sleep plays an essential role in your child's mental health.

So how do you combat sleep disturbances and set your child up for success?

Here are some ideas:

**Create a routine** - children need routines as they influence emotional, mental and social development

**Reduce screen time** - it is important for your child to unplug before bed

Set up a good sleep environment - a relaxing environment is conducive to falling and staying asleep.



### Hugh Sutherland School Photo Day September 8 & 9, 2022

Welcome back to another year of school portraits. The Icon Experience Photography by Lifetouch school photography program is friendly, affordable, flexible and most importantly fun!

Each student will have (3) individual portraits taken, and an online order form will be sent home the same day.

Don't forget! All school portraits are available to order online!

If you have any questions regarding our School Portrait Program please call us @ 780.449.3558



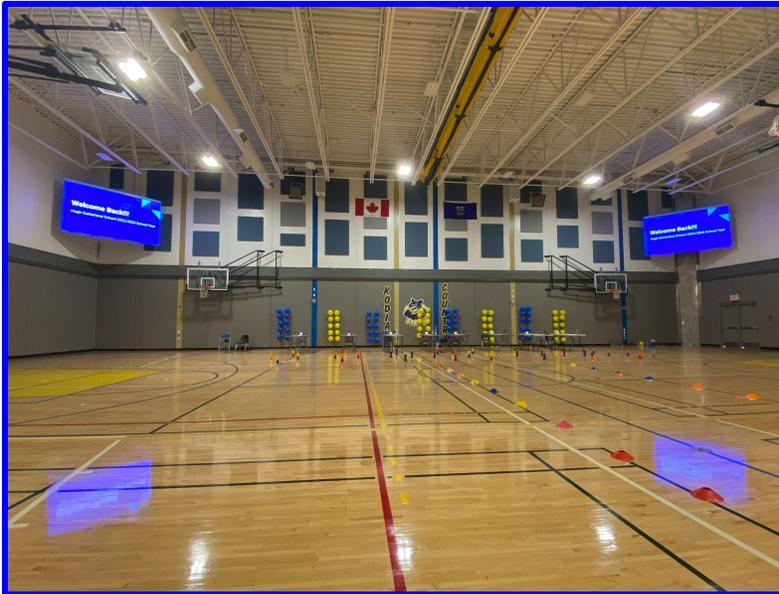
Grade 5-8 will be on  
September 8th.

Grade 9-12 will be on  
September 9th.

Please stay tuned for  
information about possible  
sibling photos.

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# DAY 1 ASSEMBLY

# SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 First Day Of Classes	2	3
4	5 Labour Day No School	6	7	8 Gr 5-8 Picture Day	9 Gr 9-12 Picture Day	10
11	12 Concession & Breakfast Program Start Alison Springer Presentation	13	14	15 5:00-7:00 PM Meet the Teacher Welcome Back BBQ	16	17
18	19	20	21	22 Terry Fox Run	23 No School	24
25	26	27	28 ELAA Event HS Academic Awards	29 Orange Shirt Day	30 National Day for Truth and Reconciliation No School	1

## Believing in every student - A message from the Superintendent

Students, staff and families across Chinook's Edge are coming together with a sense of optimism for the year that awaits us, and I extend a warm welcome on behalf our Board of Education and Central Office Leadership Team.

We are so excited to welcome our students and staff back to school! Our schools share a focus on key [divisional goals](#): Academic Excellence, Social Emotional Well-being and Career Connections. We believe this strong foundation will allow our students to achieve higher levels of success throughout their lifetime. Our schools are filled with enthusiasm as this year gets underway.

Our staff have worked hard to ensure a clear path ahead for our students, including a focused collaboration to support the new K-3 curriculum (more information below). We work to build welcoming school cultures and believe each day is filled with learning opportunities for every student in our care, which is why we are launching our [Attendance Matters](#) initiative.

We are excited to welcome our students and staff back to school and wish everyone a tremendous year ahead!

  
Superintendent Kurt Sacher

Welcome letter from The Honourable Adriana LaGrange, Minister of Education: [click here](#)

## Ready to go with new provincial curriculum



Twenty-five Kindergarten to Grade 3 teachers from schools across the division worked in grade teams to collaboratively create resources to support implementation of the [K-3 curriculum](#). They found that, while there are some new or refreshed initiatives, the curriculum has clear connections to the three division goals in Chinook's Edge:

**Academic Excellence**  
**Social Emotional Well-being**  
**Career Connections**

