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March 3, 2008



WESTMOUNT  
CHARTER SCHOOL

WESTMOUNT CHARTER SCHOOL

MARCH 2008 NEWSLETTER

## From the Principal's Desk: "Why Westmount?"

*As a follow-up to last month's newsletter article on how to choose a school, I thought an appropriate topic would be "Why Westmount?" I am very proud of our school and the accomplishments of our school community. And who better to address the question of "Why Westmount?" than one of our very own students.*

**Monica** is a Grade 12 student who will be graduating in June as part of the Class of 2008, our third graduating class. She will be a Co-Valedictorian at our graduation ceremonies. She recently shared her thoughts about our school at the Elementary and Mid/High School Open Houses. She did so with such eloquence and passion that I encouraged her to share her message with all community members. I am certain her words will touch your hearts as it did ours.

- Regards, Martha Faulkner

Westmount Charter School may not seem like much on the outside. It's small, close-knit, and unassuming. But on the inside, it has a very big soul.

People who have never been a part of Westmount often ask if there is something that defines the school, something special that holds it together and, ultimately, that makes it worthwhile. Well, I can admit – as a Westmount student, and after years of careful and partially subjective observation – that yes, there is certainly something special here.

Some may describe it as experimental, or unorthodox. But ask any Westmount student, and they will simply smile fondly and utter that typical, notorious adage: "only at Westmount".

Strange, it might seem. But if you do choose to become a part of the school community, trust me when I say those three words will carry more weight than any other chant or school-assembly mantra that you will encounter anywhere else. You may even discover that after several semesters, that inconspicuous little phrase will likely introduce or conclude every re-telling of events in your recent memory: "only at Westmount."

Because, in reality, that "special something" that people often ask about is ambiguous and unique to every student that comes here.

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## Classroom Notes

**PLEASE NOTE: since this is the "public" version of the Westmount newsletter, Student/Parent full names are not listed, in order to respect their privacy. Student/Parent names are listed in the "in-house" version.**

**1Campbell** and **1Ramzy/Bence** are putting on a musical, "The Very Best Pet Show Ever!" on March 4<sup>th</sup> at 6:30 p.m. in the main Gym.

Fifty-five grade 9 students will be attending the **PARTY Program** on Thursday, March 7 from 8:00-3:00. This program is an excellent opportunity for students to learn more about the affects of alcohol related trauma in youths. Parents are welcome to volunteer for the day—for more information, please contact Ms. Cheung.

**Grade 3's "Geology Rocks"** Musical will be held Monday, March 17. 6:00pm in the Main Gym for 3Heron and 3Shanks; 7:00 in the Elementary Gym for 3Merryfield/Drummond.

The recent student-led "**Can Drive**" brought in 3000 cans of food for the Calgary Interfaith Food Bank, including 400 cans by Ms. Aguilera's winning class! THANK YOU !!!

An **Election Forum** was hosted by Westmount on February 20th, with five candidates from the Calgary-Elbow Constituency present. Thank you to **Justen** and **David** for excellent work as Moderators, to students for asking insightful questions, and to Mr. Paul Monaghan for a fine job organizing the event.

## Staff Transitions

"New" on staff are two familiar faces: **Krystal Abrahamowicz** has returned to the classroom as a Grade 5 teacher, and **Bree Graham** joins the staff as a Teaching/Learning Assistant.

Although not a "Staff" position, we also welcome **Muneerah** to the Westmount Charter Board!

We say farewell to **Kate Buehler** after 5 1/2 years of front-line service in the Business Office; to **Erin Couillard**, grade 5 teacher; and to **Chris Stoffels**, TLA. We wish them well in their future endeavours.

## Student Accomplishments

A number of Westmount students had great success in hockey this year:

- **Shael's** team won their hockey tournament on Saturday February 2nd. The McKnight Mustangs Team 4 won the Bantam 6 division - with Shael assisting on the winning goal in the final game.
- **Ashley** and her Lake Bonavista ATOM Girls Hockey team won their division at the 29 Annual ESSO Minor Hockey Week. Ashley scored 2 goals to help the team win the championship game.
- **Wyatt** won gold with his GlenLake hockey team in the Esso Minor Hockey week for his division.

In December, **Trevor** received the City of Calgary Award for Outstanding Youth in both the categories of Leadership *and* Volunteerism. The youth directed group that Trevor chairs donated \$20,000 to projects in Asia and Africa in 2007.

**Ellen** competed in the Foothills Brass Solo competition "Brass Idols" and tied for first place in in her category. With the win, she was invited to play her trumpet along with the Foothills Brass in a Feb. 9th concert.

At the 2008 Calgary Kiwanis Music Festival - **Hailey** placed 2<sup>nd</sup>, red certificate/"Excellent" for Pedal or Lever Harps Solo - Harp Beginner -pre Grade 2; and as a member of the MRC Harp Ensemble (Beginners), was awarded Gold at the Calgary Kiwanis Festival!

After several years of hosting French students from Ombrosa (a private school in Lyon, France) four Westmount students will be participating in return visit. **Nevada , Meghan , Jenny** and **Christine** will be staying with their host families from 29 Feb - 20 March. These "Westmount Ambassadors" are part of a group of 12 Alberta students traveling to France. Laurie R. is the chaperone and her return trip has a layover in London...on the same day our **Westmount Debaters** are debating at Oxford University!

More on Debate: at the Family Day weekend tournament at Webber Academy, **Haris** and **Hamza** were 1st and **Neesha** and **Jasmine** 2nd in the Open Team Category; **Alex** and **Alif** were 2nd in the Junior Team Category; **Hamza** was 1st and **Haris** 3rd in the Individual Speaker Category (Open); and **Alex** was the top individual Speaker (Junior). Well done!

# MARCH 2008

## MARCH SCHEDULE OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 I/a	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- 3—School Council meeting, 7:00 PM, Board Room #137
- 7—Intake Assessment testing day; NO SCHOOL for Westmount students.** Later the same day is the *Spring Fling* silent auction and fun fair, 4:00-7:00 PM, gym
- 9—Daylight Savings Time begins
- 13—Report Cards, K-grade 8
- 14—first deadline to pay for AP exams, see website calendar
- 15—Provincial Debate Tournament hosted by Westmount
- 17—Charter Board meeting, 6:00 PM, Board Room #137
- 18—Elementary Assembly, 2:00 PM, hosted by grade 4 classes
- 19—K-grade 8 student-led conferences, 3:30-6:30 PM in classrooms
- 19—*Evening for Ahmed* fund-raising Talent Show, 6:30-9:30 PM, Main Gym. Tickets are \$5 at the door.
- 21—first day of Spring Break. **Classes resume April 7th.**

## Special Events in March!

School Council's major fund-raising event of the year happens on Friday, March 7th: the **SPRING FLING**, in the Main Gym from 4:00 -7:00 PM. Bidding on **silent auction** items begins at 4:00 and starts to shut down by 6:00 PM, with a **live auction** closing the festivities from 6:45 to 7:00 PM.

Over 150 items—Classroom baskets and donated items and services—will be auctioned by silent and live auction. This year's auction catalogue includes:

- Item #3: A Flames Jersey and signed stick
- Item #171: Sunday Brunch for Four at the Banff Park Lodge
- Item #205: 5A's "Hot Drinks to Warm your soul" basket
- Item #407: Ski Cellar T-shirt for the future skier/boarder in your family.

As well, there are always numerous items for children to bid on, including a wide array of Beanie Babies!

To go straight to the most recent version of the auction catalogue, follow this link:

[http://www.westmountcharter.com/news/catalogue\\_springfling\\_08.pdf](http://www.westmountcharter.com/news/catalogue_springfling_08.pdf)

If you've never been before, come and join in the fun... and if you *have* been before, we hope to see you again this year! Thanks in advance to all the donors, home room teachers, and to Spring Fling coordinator Cathy F. for the huge amount of work that goes into this fun event.

### EVENING FOR AHMED:

Be amazed by the variety of talented mid/high performers at Westmount! Come to the Evening for Ahmed, our annual fund-raising talent show. The show is on **Wednesday, March 19<sup>th</sup>** from 6:30-9:30 pm in the Main Gym—if you are here for the K-8 Student-led conferences, stay for the show!

Cost is \$5.00/person (performers also pay) but this includes snacks, juice, tea, and coffee.

All proceeds sponsor Ahmed in Indonesia and Fawzia in Egypt through the *Plan* organization.

## School Council

### "50 Parents Ante-Up For Casino"

With \$75 - \$95,000 in the pot to be had, about 50 Westmount parents kindly volunteered their time to work a shift at the Stampede Casino last Wednesday and Thursday, Feb 20- 21. The Action for Bright Children Society (ABC Society) is the sole benefactor of their efforts, with all proceeds going to enhance learning opportunities for gifted children in the larger community and at Westmount Charter School. All of our bright children from kindergarten to grade 12 will benefit with new library books, lab equipment, computers, teachers' supplies, classroom enhancements, guest speakers, school field trips, sports equipment, team uniforms, and so much more.

Thanks to these great volunteers:

**[48 parents listed by name in the in-school edition of this Newsletter]**

The contribution of volunteers like these greatly enhances the learning opportunities and experiences your child has at Westmount. If we missed you on our list, please accept our apologies.

Sincere thanks to all from the ABC Society and the Westmount School Council!

### High School Honour Roll: First Term, Final

Students with an average of 80%+ are listed on the Honour Roll. For first term, here the numbers-by-grade:

Grade 9—80  
Grade 10—55  
Grade 11—28  
Grade 12—37

**[students are listed by name in the in-school version of the Newsletter. Since this edition is for general release to the public, student full names are not listed]**

NOTE: The **Mid-Grades** (Gr. 6-8) Honour Roll will be based on the March 12th Report Card, and will be reported in the April Newsletter.

## From Ms. Jarina...

### Elementary Phys Ed News

The Elementary Skating program was a huge success again this year, and the students really enjoyed themselves. A **BIG** thank you goes out to our parent volunteers for tying skates and helping out on the ice, as well as to our mid-school helpers who ran the activities on the ice. Our volunteers are invaluable to us, as we could not run this program without their help.

### News from Athletics

Basketball playoffs are coming up, March 3rd-10th. The boys and girls leagues have been very competitive this year—come out to the main gym and cheer on our teams in the playoffs!

Our Junior and Senior Badminton program will get underway March 18<sup>th</sup>. Any students from grades 6-12 are more than welcome to join the teams. Keep your eye on the Athletics bulletin board for more information.

Our Junior and Senior Rugby teams will start their training soon as well. Again, look to the Athletics bulletin board for information.

### SUMMER CAMPS !?!

Yes, It's early to announce summer camps, but these programs fill up quickly! From July 7-18, 2008, The Centre for Gifted Education at the University of Calgary will be offering several summer camps designed for gifted elementary and junior high students. Price is \$350, with subsidies available based on financial need.

#### Grade 1-3 camps:

*Mike's Munsch Movie-Making Mania* with Mike Craig  
*Creating Like [Eric] Carle* with Cheryl Zelmer

#### Grade 4-6 camps:

*Claymation: Twisted Tales* with Brenda Valerio  
*Café Francais!* With Adriana Wild  
*Math Mania* with Carson Cheng  
*Mission to Mars* with Brenna Toblan

#### Jr. High camps:

*Broadway Boot Camp* with Robb Sherman  
*The Art of Spilling Open* with Jennifer Aldred  
*Gladiators Unite!* With Scott Norris.

For more information, call 220-7749 or visit <http://www.ucalgarykids.ca>

## Counsellor's Corner with Mrs. Perratt

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Hello there, students and parents! Well, I am so glad to be back after my brief hiatus, and I look forward to working with the wickedly wonderful and whimsical Westmount students and staff once again. I especially look forward to preparing our Grade 12 students for graduation when I meet with them individually in March and April. The following information items were sent out to the high school students over the past few weeks, and I also wanted to share them with the parents. If you have any questions, please feel free to contact me at michelle.perratt@westmountcharter.com. Have a great day!

### **SCHOLARSHIPS, SPECIAL PROGRAMS, CAREERS**

**Heritage Youth Researcher Summer Program (HYRS):** For current Grade 11 students

- Who: Grade 11 students who have a minimum of 85% in each of Pure Math 20, Biology 20, and one other Grade 11 science. You should be interested in an area of health research.
- How to apply: (I) You may either visit me in Student Services for an application form OR print one directly at [www.ahfmr.ab.ca](http://www.ahfmr.ab.ca), (II) write an essay as described on the application form, (III) arrange for TWO references - from science and math teachers, (IV) arrange for a non-school character referee, (V) have the Principal or an Assistant Principal sign your application, and (VI) your application must be mailed and postmarked Friday, April 4th, 2008.
- For more information: Visit [www.ahfmr.ab.ca](http://www.ahfmr.ab.ca)

**Alexander Rutherford Scholarship: Grade 12's only**

- You can start applying NOW if you are planning on pursuing post-secondary education in September! The deadline is May 1st, 2008
- Application forms are found at either (i) the Scholarship Bulletin Board outside the gym, or online at <http://www.alis.gov.ab.ca/scholarships/info.asp?EK=11>

**University of Lethbridge's Grade 11 Merit Scholarship:** Grade 11's only

- If you are planning on applying to the University of Lethbridge in the fall of 2009 AND have an average of 80% and above, you may apply for this scholarship
- Award amount: \$800, deadline June 30, 2008
- Applications are either available on the Scholarship Bulletin Board outside the gym, or you can go to [http://www.uleth.ca/ross/student\\_finance/scholarships/awards.html/](http://www.uleth.ca/ross/student_finance/scholarships/awards.html/)

### **Grade 12 Scholarships**

- Go to [www.alis.gov.ab.ca](http://www.alis.gov.ab.ca)
- Click on "Scholarships and Bursaries" on the column on the left side
- Next, click on "Alberta Scholarship Programs" in the peach coloured box on the left side
- Next, you may either search alphabetically or write in a search keyword to help you with a search, or click on "Scholarship Connections" to help you search for a scholarship
- Remember to look into post-secondary institutions' Awards/Scholarships/Bursaries; you may also be eligible for one held at the post-secondary institution of your choice
- Finally, do not forget to look on the Scholarship Bulletin Board outside the gym to check for any scholarship opportunities - and frequently check your school emails as I send you any scholarship information as soon as I receive it in Student Services.

### **Grade 11 Scholarships**

- (I) Alexander Rutherford Scholarship (you can qualify in grades 10, 11 & 12, but apply in grade 12 only): <http://www.alis.gov.ab.ca/scholarships/info.asp?EK=11>
- (II) Grant MacEwan United World College Scholarships: <http://www.alis.gov.ab.ca/scholarships/info.asp?EK=24>

*(Continued on page 10)*



# Mardi Gras May 3rd

Mature youth and adult volunteers needed for our spring celebration and fundraiser!

Volunteer hours will be given to all high school volunteers.

Help needed at dessert buffet and at the door.

Funds raised support ALL mid and high school music programs

SEE PAGE 9 for more MUSIC NEWS!



## Co-op and Sobey's Gift Cards

Easy to purchase. Easy to use!

1. Complete order form
2. Make cheque payable to **Westmount Music Association**
3. Return cheque and form to Mr. Green (band room)
4. Please allow 3 working days for us to process your order
5. For security, card pick up is from band room only
6. Gift cards may be ordered online [www.westmountmusic.com](http://www.westmountmusic.com)

Purchaser's name (please print): \_\_\_\_\_

Student's name & band (if applicable): \_\_\_\_\_

Ph #: \_\_\_\_\_ Date: \_\_\_\_\_

**Co-op or Sobey's** (please circle) one

Number of gift cards: \_\_\_\_\_ @ \$50.00 = \$ \_\_\_\_\_

\_\_\_\_\_ @ \$100.00 = \$ \_\_\_\_\_

\_\_\_\_\_ @ \$200.00 = \$ \_\_\_\_\_

TOTAL = \$ \_\_\_\_\_

Thank you for supporting the music program. These cards are used like all other gift cards. There is no added cost to you!!!

## “Why Westmount?” - continued from Front Page

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(The best part is that you don't have to go looking for it, because sometime in between learning integration theory with Ms. Martens and natural selection with Ms. Hunter, it'll probably hit you.) Underneath all the necessary and mechanical rituals of writing exams, paying attention in class, and finishing your homework, there is something undeniably profound here. You will find that more often than not, the minuscule fragments of knowledge that you gather day after day will have a tendency to stick longer than expected. Try forgetting the military strategies of World War I after building a trench in Ms. Mac's classroom, or Wealth of Nations by Adam Smith after Mr. Doyle introduces economics with an impromptu game of *Pictionary*.

What most other educational institutions don't realize is that there IS life beyond the course outline... beyond the uninspiring tediousness of studying day-after-day... beyond the glossy finish of textbook pages and any format of standardized examination. At Westmount, you will immediately discover that these so-called "life lessons" take centre stage, right next to linear algebra and diatomic elements.

Even upon entering the building for your first day, you'll be hard-pressed not to find a friendly face in the crowd, especially with Ms. Lai doling out cheerful "good mornings" and Mr. Green standing outside the doors to the band room with an everlasting air of friendly sarcasm. If you're early, you might even catch a brief "hello" from the English teacher, before she disappears into her classroom with a bag of disposable cutlery that she plans to sue for a multicultural potluck that afternoon. While you may be surprised at first by the outward show of friendliness, sooner rather than later you'll learn to chirp "good morning" right back. Even on Mondays. (Believe it or not, the all-important social ritual of the morning greeting is a life lesson, in it's own small way.)

Simply look closer, and you will find that

- being a part of Westmount means learning teamwork on a fishing boat off the west coast;
- being a part of Westmount means learning the value of accomplishment after reaching the summit of Nahahi Ridge, with a compass group that – a month ago - you couldn't even get along with;
- being a part of Westmount means learning art by painting storybook characters on the walls of a daycare, or creative problem-solving by designing a 15<sup>th</sup> century trebuchet;
- if you can believe it, being a part of Westmount means learning to appreciate life, after risking it to wake up your classmates at the crack of dawn, during spring break, just so that you can watch *Forrest Gump* with Spanish subtitles together from your hotel room in South America.

If you do ever become a Westmount student, exposed to the new macrocosm of opportunity that the school has to offer, take my advice: don't waste it. Even if you're scared, or unsure about yourself, just TRY. Take on a challenge that you're determined to overcome. Because the simple truth is that – *only at Westmount* – you won't be left floundering by yourself. All the support you need will forever be within reach.

Beside that, I simply advise you to *walk, not run* during a fire drill. Return your library books at the end of the year for a free gumball and – if you're fortunate enough to have Mr. Dziuba for a teacher – hang on to every word he says. He probably has more street smarts than anyone you've ever met. And, perhaps most importantly, step outside for a breath of fresh air at least once a week. It really clears the mind, even when you're worried about studying for that Calculus test next period.

Surely, after years of careful and partially subjective observation, I have to say, put in that extra effort on your next essay if the topic moves you. Spend an extra hour on that art project. Play an extra set of scales on that instrument before band rehearsal. Push to spring that extra lap around the gym before the buzzer rings.

Have you heard that intimidating and disgustingly over-used catchphrase "change the world"? Well - after several years at Westmount – you probably can. At Westmount, anyone can dare to be brilliant.

And it means something. That simple freedom is something I think you'll be thankful for, for the rest of your life.

**- Monica , February 2008**

## “Unshelved” with Ms. Leong-Man

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### Loan period

Just a reminder that library resources have a loan period of two weeks. Students with overdue books will not be permitted to sign out additional materials. Please remind your children that if they are not finished with the resources before the due date that they should be renewed.

### Spring Break

It is hard to believe that spring break is right around the corner. Spring break not only means a well-deserved holiday for many of you but also spring cleaning. If you happen to come across any Westmount library books (even from long ago), we would appreciate if you would send them back to the school with your child. On another note, we also request that all library books are returned before the commencement of the break.

### Graphic Novel Club

The Mid school Graphic Novel Club will be up and running after numerous delays. Our first meeting was on Tuesday, February 26<sup>th</sup>. There is a small but growing selection of graphic novels to choose from. Ms. Dunseith and Ms. Leong will oversee and facilitate the weekly meetings.

### New Titles

The library is pleased to add hundreds of new titles to our current collection. We have purchased several award-winning as well as high-interest books that are well suited for our gifted population. The following are some examples:

- Picture Books - *Martina the Beautiful Cockroach* by Carmen Agra Deedy; *My First...* by Eva Montanari; *The Shy Creatures* by David Mack
- Children's - *Magnifico* by Victoria Miles; *Barry, Boyhound* by Andy Spearman
- Young Adult - *The Bartimaeus Trilogy* by Jonathan Stroud; *The Warriors Series* by Erin Hunter; *Jakeman* by Deborah Ellis
- Non-Fiction - *Sneeze* by Alexandra Siy; *Science Detectives* by Kids Can Press; *1776* by David McCullough.

### Book Review

*The Invention of Hugo Cabret* by Brian Selznick

2007 Winner of the Ralph Caldecott Literary Award (Ages 9-12)

“Over a sequence of twenty-one double-page wordless, illustrated spreads, a story begins. Here is a true masterpiece—an artful blending of narrative, illustration and cinematic technique, for a story as tantalizing as it is touching. Twelve-year-old orphan Hugo lives in the walls of a Paris train station at the turn of the 20th century, where he tends to the clocks and filches what he needs to survive. Hugo's recently deceased father, a clockmaker, worked in a museum where he discovered an automaton: a human-like figure seated at a desk, pen in hand, as if ready to deliver a message. After his father showed Hugo the robot, the boy became just as obsessed with getting the automaton to function as his father had been, and the man gave his son one of the notebooks he used to record the automaton's inner workings. The plot grows as intricate as the robot's gears and mechanisms: Hugo's father dies in a fire at the museum; Hugo winds up living in the train station, which brings him together with a mysterious toymaker who runs a booth there, and the boy reclaims the automaton, to which the toymaker also has a connection.”

### Freedom to read week (February 24 – March 1)

“Freedom to read can never be taken for granted. Even in Canada, a free country by world standards, books and magazines are banned at the border. Books are removed from the shelves in Canadian libraries, schools and bookstores every day. Free speech on the Internet is under attack. Few of these stories make headlines, but they affect the right of Canadians to decide for themselves what they choose to read.” For further information and a list of banned and challenged books, visit the following website: <http://www.freedomtoread.ca/default.asp>

## Vivacious Volunteer Club: Humanity in Practice

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The **Further Education Society** (FES) was pleased with the donations when they promoted reading, during "Read a Book Day," by distributing the books to young children. These young children do not have the opportunity to read books as they do not have access to acquiring books. In addition to all the book donations, the volunteers created book-marks that promoted reading. The volunteers hope that the bookmarks will help promote Canadian Literacy!

The Vivacious Volunteers have just completed angelic centre pieces for the **Renfrew Education Services**, annual gala. Renfrew is an organization that provides educational programs for students with special needs. The centre's gala was quite a success after receiving our beautiful angels! Thank you volunteers for working hard on these challenging projects.

Coming up, the volunteers will be helping out the residents of the **Calgary Dream Centre**. This organization houses individuals who are homeless or are disadvantaged. They provide programs and training to help individuals realize their potential so that they can integrate back into society. They are looking for donations of coffee mugs with lids, toothbrushes, and toothpaste. If you have any of these items to donate please drop them off at Ms. Venugopal's room 115.

In April, the Vivacious Volunteers will be helping with adoption packages for the **Meow Foundation**. They are going to be creating fun postcards bearing advice for the new pet owners. In addition, the students will be collecting donations of canned cat food, catnip, or cat toys. As well, some volunteers might want to make a blanket to complete the adoption kits.  
- Ms. Venugopal & Ms. H. Lai

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## Band News

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It's Festival Season! Numerous Westmount students are participating in individual and group categories and the school's Bands, String Orchestra and Choir are participating in the Alberta International Band Festival, Kiwanis Festival and ChoralFest. Next up are the **Junior 6 Band**, participating in the Kiwanis Festival on Tuesday, March 4, 11:00am – 3:00pm at the Jubilee Auditorium; and the **Mid-School Choir**, participating in ChoralFest on Tuesday, March 18th, from 8:15 am. - 12:00 pm at Knox United Church, 506—4 St SW.



## COMING SOON

The **Charter Board** is in the midst of a thorough policy review. In the near future, batches of policies will be circulated to parents via e-mail for comments and suggestions—please watch for the e-mail. In the meantime, if you are interesting in seeing the school/board's existing policies, check the website under "Board & Reports."

The **web login area** for parents and students is nearly ready to go! In order to register for access to this secure area of the website, which will be essential for student registration or re-registration, parents will need to know their son/daughter's Westmount student number. This number begins with "6002" and is found on all student timetables and report cards. Again, watch for the e-mail!

**Student Council** has launched an ambitious program of mid/high student awards. The hope is that students will take the lead in applying for these awards, rather than having staff or parents lead the way, so you can expect to receive information about these awards directly from your gr 6-12 son/daughter in the next few weeks!

THANK YOU to the 600 respondents to the online **Communications & Transportation surveys** which closed yesterday. Your input is invaluable in our planning process!

## GRADE 5 SCIENCE FAIR

Thank you to all judges, participants and organizers of the grade 5 Science Fair. A special thank-you goes to the parents and high school students who volunteered to judge on short notice. Due to the two-day water main delay, a whole new cadre of judges needed to be found!

The following students will go forward to the Calgary City Science Fair: **[students listed by name]**

## Counsellor's Corner, continued...

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(Continued from page 5)

### UNIVERSITIES AND COLLEGES

**University of Calgary's Student for a Day:** For all interested high school students

- What: This is hosted by the Faculty of Communication and Culture and is for students interested in this area of study.
- When: Thursday, March 5 (Communication Studies or Development Studies) Friday, March 7 (Film Studies).
- For more information: Visit [www.comcul.ucalgary.ca/studentforaday](http://www.comcul.ucalgary.ca/studentforaday)

**University of New Brunswick's "Admissions on the Spot":** For current Grade 12 students

- When: March 8, 2008, at 2:00pm.
- Where: Inn on Macleod Trail, 4206 Macleod Trail.
- What to bring: Your certified school transcript.

### Ottawa's Carleton University Information

- From March 10-14, 2008, they are holding campus tours, residence tours and program information sessions. For more information, go to [www.carleton.ca/marchbreak](http://www.carleton.ca/marchbreak)
- Carleton recognizes AP credits: a minimum grade of 4 will be given the appropriate advanced standing credit (at the discretion of the faculty) to a max of 3 university credits
- Carleton offers many scholarships, that range from \$2000 to \$30,000
- For more information about Carleton, go to [www.admissions.carleton.ca](http://www.admissions.carleton.ca)

### University of Calgary's "Spring Into U of C" Event

- What: 3 evenings for different faculties of study, providing information sessions for potential students
- When: March 11 = Faculties of Humanities, Communication and Culture, Fine Arts and Social Science; March 12 - Faculties of Science, Nursing, Kinesiology and the Bachelor of Health Science program; March 13 - Haskayne School of Business and Schulich School of Engineering; all sessions run from 5:30pm to 8:30pm.
- How: You must pre-register online at [http://www.ucalgary.ca/futurestudents/spring\\_into\\_uofc](http://www.ucalgary.ca/futurestudents/spring_into_uofc)

### Mount Royal College - Exciting News!!

MRC now has 3 NEW and EXCITING full degree programs - all ready to go for September, 2008:

- Bachelor of Arts
- Bachelor of Arts - Criminal Justice
- Bachelor of Science
- For more information or to apply, go to <http://www.mtroyal.ab.ca/>

### And finally, a reminder for Grade 12s: Individual Meetings with Mrs. Perratt

- Grade 12 students are reminded to show up for your assigned meeting time, as determined in November. The general time frame is from mid-March (before Spring Break) until the end of April (after Spring Break), so please check your papers from our last meeting to be reminded of your time slot
- We will be discussing your Gifted Education Diploma eligibility, grade 12 course averages, graduation readiness, and I am available to address any questions you may have regarding post-secondary/career options.

Thank you and have a great day! - Mrs. Perratt



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PLEASE refrain from sending  
nuts or nut products to school—  
a number of students have life-  
threatening allergies to these  
foods!

## Volunteer Corner with Mrs. M

The **Community Kitchen** program is seeking volunteers to pack "good food boxes". Corporate/Youth groups & individuals are welcome. If interested, please contact Pam at 583-7379.

The **City of Calgary** needs volunteer planners to help with Canada Day events at Prince's Island Park & Olympic Plaza. For details, please go to [www.calgary.ca/recreation](http://www.calgary.ca/recreation).

The **Calgary International Children's Festival** is looking for volunteers for the week of May 20-24, 2008. For more information, please visit [www.calgarychildfest.org](http://www.calgarychildfest.org).

Are you between the ages of 15-24? The **City of Calgary Youth Employment Center** is looking for Youth Advisory Committee volunteers. If you are interested, please call Natasha at 268-8184.

## Health and Wellness Column: Peer Pressure

### **Anyone Can Deal With Peer Pressure (Once He or She Knows How)**

A column for parents

Adolescents experience pressure from family, friends, the media and school. Friends their own age exert the strongest influence. As a parent, our instinct is to "fix it" when our teen has a problem. It is important to "listen" to our teen and have her express her concerns and make her own decision.

It is important for teens to feel part of a group – but they may be pressured by the group to try things they would not choose to do (e.g. drugs, alcohol, cigarettes, skipping school). In order to make their own decisions, they need to feel good about themselves and confident enough to withstand the pressure. "That's not right for me!"

Peer pressure can be good if your teen is encouraged by the group to study harder, try out for sports and activities, join the band, etc. How parents can help:

- Praise your teen often;
- Encourage her to express her opinions;
- Let him know your house rules and that you trust him to work within those rules;
- Be willing to negotiate and be flexible;
- Let her know what she is responsible for (e.g. bedroom, schoolwork) and what you are responsible for (e.g. food, clothing, love and understand, shelter, basic family rules).

If your teen learns to like and respect himself, he will learn to make responsible decisions regardless of what his peers do.

*Source: Calgary Health Region "Health Lines"*

*For more health-related articles, see*

*<http://www.calgaryhealthregion.ca/yourhealth/index.html>*