



Visit Us At:
www.southcentral.ca

105-3rd Ave. West
Box 299
Oyen, AB T0J 2J0

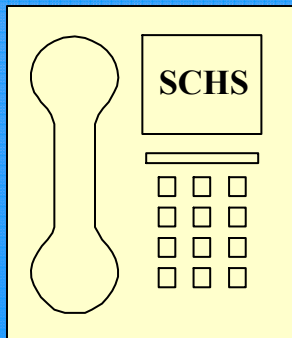
OCTOBER 27, 2011

**“Becoming the best
that we can be!”**



Telephone Extensions (403-664-3644)

- 8 Student Absences
- 0 or 2700 Office / Ruth Munroe
- 1 or 2701 Principal / Allan Stober
- 2703 Counseling/ Tricia Rolheiser
- 2704 Craig Polk
- 2705 Bruce Peers
- 2706 Carmen Hoffmann/Jill Armstrong
- 2708 Lois Bedwell / Library
- 2710 Dawn Peers
- 2711 Jean Kimber
- 2713 Gayle Vass
- 2714 Shannon Hauck
- 2715 Vaughn Olorenshaw
- 2722 Ched Simmons/Gym
- 2721 Larry Lane /Custodian



South Central High 'Lights'



Interested in being the most up to date on resources and upcoming events related to healthy eating, active living, positive well being, and tobacco-free living in a school setting? Then sign up for our Moving and Choosing Exchange. This newsletter contains tips, articles, and success stories that will motivate and inform you.

Past copies of the newsletter are located at

www.movingandchoosing.com/School-Community/Newsletters/ ?

Sign up to receive the newsletter by contacting rae.wahl@albertahealthservices.ca.

Sign up by Feb. 25, 2012 and you will be entered in a draw for Be Fit for Life's very popular Move and Play cards.

Oyen Community Health Centre 315– 3 Ave E
AHA Influenza Clinic Tuesday, Nov. 1 at 9 AM - 3 PM
 Monday, Nov. 7 at 12 noon - 6 PM
 Bring your Alberta Health Care Card



Teen Yoga (12-17)

SCHS Library Extension

Wednesdays, Nov. 2-30

6:15-6:45pm

\$30

Call Michelle Olorenshaw at 403-664-2939



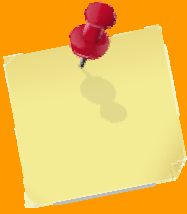
NOTICE Celebration 2012 May 18,

2012 Please help us make the 2012 year the best ever!

Survey Results: **Hypnotist**
Supper at the Legion

Important Dates to Remember

Biographies are to be done by Nov. 18th
 Sponsors and business cards by Nov. 18th
 Cap & Gown pictures December 7th



A Few Words From Mrs.
Rolheiser.....

OPEN HOUSES COMING UP...

Olds

Friday, November 4

Business, Office & Fashion
Preview Day

Tuesday, November 15th

Evening Session

Friday, November 25

Trades, Hort., Land & Agri
Preview Day

Augustana Preview Days

Nov. 25/11 & Mar. 9/12

Mark your calendar and give us a call at
1-800-661-8714 to reserve your spot.



Red Deer College

Open House

November 5, 2011

Remember that you can book your own appointment to meet with an Academic Counselor at your respective schools. They are the most qualified in answering any of your questions. You would not buy a car without seeing it first, or asking questions about it—so why would you not do the same for your child's education?



Websites to check out:

www.td.com/scholarshipTD

Scholarships for Community Leadership. Get up to \$70,000, application deadline is October 31, 2011.

www.studentawards.com

There is free money out there we'll help you find it!

NOVEMBER BIRTHDAYS



Happy Birthday to:

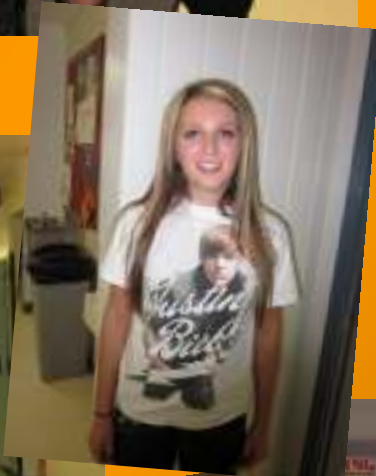
Justin Kehler, Codi Loran, Braedon Majestic,
Landon Purschke, Dan Argueta,
Brandon Hayworth, Kyler Salik,
Logan Weitowich





Spirit Week!

Monday, October 31 - Halloween!
Activities at noon each day



Foods & Fashion.....Mrs. Hauck

Swedish Cinnamon Twists

Ingredients

- 2 (.25 ounce) packages active dry yeast
- 1/2 cup warm water (110 degrees F to 115 degrees F)
- 2 cups warm buttermilk (110 to 115 degrees F)
- 1/2 cup butter or margarine, softened
- 6 tablespoons sugar
- 2 eggs
- 2 teaspoons salt
- 1/2 teaspoon baking soda
- 7 1/2 cups all-purpose flour
- **FILLING:**
- 1/4 cup butter or margarine, melted
- 1 cup packed brown sugar
- 1 teaspoon ground cinnamon
- **GLAZE:**
- 1 cup confectioners' sugar
- 1 tablespoon butter or margarine, melted
- 1 tablespoon hot water



In a mixing bowl, dissolve yeast in warm water. Add the buttermilk, butter, sugar, eggs, salt and baking soda; mix well. Stir in flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1-1/2 hours. Punch dough down. Turn onto a lightly floured surface; divide in half. Roll each into a 16-in. x 9-in. rectangle; brush with butter. Combine brown sugar and cinnamon; sprinkle over dough. Fold in half lengthwise, forming a 16-in. x 4-1/2-in. rectangles; pinch edges to seal. Cut into 4-1/2-in. x 1-in. strips; twist each strip two or three times. Place 2 in. apart on greased baking sheets. Cover and let rise until doubled, about 30 minutes. Bake at 375F for 12-14 min. or until golden brown. Remove from pans to racks to cool. Combine glaze ingredients, spoon over warm twists.....ENJOY!





HEALTHY SCHOOLS HEALTHY FUTURE

Addictions Awareness Week Nov. 13-19

Some tips for parents who want to prevent substance use by their children

- Have a conversation with your child about substances; avoid lecturing; stay relaxed and encourage your child to ask questions and to tell you what they think
- Learn about drugs and substance abuse so you can have an informed discussion
- Listen to them...and then listen some more
- Talk to your child about the things they are good at, and encourage them to say positive things about themselves and others
- Develop clear, reasonable and safe rules, and revise them as your child gets older

Tuesday, November 15 – Join us for a FREE Family Skate at Nicholas Sheran Arena, Lethbridge (6:30-7:30 p.m.) Information and give-aways will be available.

Hand Washing to Prevent Influenza

The flu (influenza) virus can live on your hands for five minutes and on doorknobs for days! Protect yourself and others by washing your hands often. Teach young children to wash their hands too.

When to clean your hands

- After you cough, sneeze or blow your nose
- Before you eat or serve food
- After you are near a person who is ill
- Before you brush your teeth

What to use

- Use regular soap and water **or** Hand cleanser or sanitizer with alcohol in it.

How to wash your hands

- Wet your hands with warm, running water
 - Rub on regular soap and lather well
 - Rub all parts of your hands and wrists for 15 seconds
 - Rinse well under warm, running water
 - Dry your hands with a clean towel
- Visit www.kidshealth.org Search “hand washing”

Tobacco: Talk About It!

- Parents are the biggest influences in kids' lives and have the power to shape kids' views. Research shows that children who talk to parents about smoking are less likely to start, so keep up the conversation. How to talk to your kids about tobacco:
- Tell them that most people do not smoke
 - Talk about how smoking causes bad breath, smelly clothes, stained fingers and teeth
 - Discuss immediate harms from smoking: shortness of breath and risk of colds and asthma
 - Be honest about the long term health consequences; about friends or family who have been negatively impacted.
 - Introduce the importance of individual differences and standing up to peer pressure
 - Talk about ways to say “no” and allow them to use you as a defense (“I’d be grounded if I smoked”)
- Visit www.albertahealthservices.ca/2544.asp

Osteoporosis

When we hear ‘osteoporosis’ we often think of it as a disease old people have. According to calcium researcher Dr. Robert Heaney, “Osteoporosis is a pediatric disease that waits until old age to express itself.”

The time for building bone is in the preteen and teen years. Maximum bone mass in the hip and spine is achieved by age 20. The best way to have the strongest bones possible is to have adequate calcium in the diet.

Exercise also helps build bone provided there is enough calcium in your diet. Teenage girls, especially those who are underweight or dieting, may not get enough calcium. Foods rich in calcium include milk, yogurt, cheese, salmon, tofu, sardines, rhubarb, broccoli, peas, sesame seeds and almonds to name a few. If your child is not a milk drinker, various cereals and juices are fortified with calcium. By learning to read food labels, you may be able to find other foods fortified with calcium. Visit www.osteoporosis.ca.



Altario Bootcamp

Hi Everyone, Fall Bootcamp is starting up on Nov 2st. It is for Men and Women of all ages and will run every Monday and Wednesday evening from 7:30- 8:30 PM, at the Altario school gym. To register and get more details please go to www.krfitness.net or call Kendra Richardson at, 403 575 0291. Looking forward to seeing you all there!

Here is a link to the Altario Bootcamp

Registration Page: <http://krfitness.net/bootcamps/altario-bootcamp.html>

Kendra Richardson | *Fitness Motivator*

www.krfitness.net

403.575.0291

MELANIE HAYDEN-SPARKS will be in Oyen to speak to parents, community members and students.

NOVEMBER 3

Assumption School

6:30-7:30 pm

Nov. 4th

SCHS

1:15-2:15 pm

*H-Trio Founder, Melanie Hayden-Sparks is a passionate leader with business experience who lives the Pay it Forward philosophy. Her belief is that our greatest hope and best investment in the future is to raise a generation of **possibility thinkers** –children who become empowered, caring, compassionate and confident adults. We invite you to make H-Trio your vehicle to discovering your influence in your life, family and community.*

Special Invitation!

All parents and community members interested in raising confident children are invited to hear Melanie Hayden-Sparks share a refreshing look at bringing out the best in our children.

Topic:

As parents and teachers, raising confident children, who know they truly matter and can make a positive difference in the world, is OUR most important achievement.

It's *We 3 Synergy!*

When: November 3, 2011 6:30-7:30pm

Where: The Assumption School

This is a great opportunity for our children's two most important influences to come together.

(Home & School)

We look forward to seeing you!

If you would like more information please contact Mrs. Gerein at Assumption School, 403-664-3643.

Childcare will be provided



Big Country Adult Learning is offering the following Videoconference courses in November

Tuesday, November 1, 2011

“Wills, Personal Directives, & Power of Attorney”

Registration date: October 28

Presenter:

This session will help you decide if, how, and when to plan for your future personal and financial needs. This session is to provide interested parties with general information. It is not formatted as a DIY (Do It Yourself) guide, nor to be used as legal advice.

Cost: \$10

7:00-8:30pm

Thursday, November 3, 2011

Pathways of Children who have ODD or Disruptive Behaviour Problems

Registration date: October 28

Presenter: Stephen Maunula

Registered Psychologist, Renfrew Educational Services

This presentation will consider a four-factor model of the development of child behaviour problems, and specifically Opposition Defiant Disorder (ODD). The factors of child temperament, attachment, family stressors, and parenting styles will be explored with special consideration of the impact of ADHD as a risk factor in some children's developmental pathways. Psycho-social treatment models and interventions with families who have children with ODD or other disruptive behaviour disorders will be promoted, along with supporting evidence of their effectiveness. Level II

Free

11:00-12:30

Tuesday, November 8, 2011

Early Onset – the Real Impacts of Schizophrenia on Children and Youth

Registration date: November 4

Presenter: Fiona Hayes & Suzan Desserud

This presentation will help participants understand the lived human experience of schizophrenia, its true impact on children, adolescents and their families. Participants will also have the opportunity to hear from a person in recovery from the disorder about what is critical to the continuing health and wellbeing of a person affected by a serious mental illness, and of what they can really be capable. Level I

Free

11:00-12:30

Thursday, November 10, 2011

Social Skills Development

Registration date: November 7

Presenter: Eryn Murray

Many children with Learning Disabilities and ADHD struggle with social skills and, unlike academic difficulties, social skills affect every aspect of a child's life. Learn about social skills games, activities and other simple tips you can use to increase and reinforce children's social skills and help build confidence in this important area of their lives. Level I

Free

9:00-10:30 am

Please register for these courses or make inquiries for any other upcoming courses by call Sherri or Darlene at Big Country Adult Learning (403-664-2060), or email bccalc@telusplanet.net.

Big Country Adult Learning is offering the following Videoconference courses in November

Tuesday, November 15, 2011

How to Talk to Teens about Sexual Decision-Making

Registration date: November 10

Presenter: Christine Sturgeon

Talking with teens about sexual decision-making can be challenging but teens need us to start the conversations and provide support. Find out about typical sexual development, expected behaviours, and current trends related to sexuality, such as the use of social media and substance abuse. This session will provide strategies for talking with teens about developing skills for healthy relationships and will identify community resources. Level I

Free

11:00am-12:30pm

Thursday, November 17, 2011

Collaborating with Peter to Care for Paul: Partnerships that Create Innovative Health Care Services for Street Involved Youth.

Registration date: November 14

Presenter: April Elliot

This session will review current literature with regard to the mental health and physical risks of adolescents who are street-involved, provide an increased understanding of the barriers to care for street-involved youth, and discuss how networking, partnership and advocacy create a 'medical home' specific and appropriate for Calgary's street-involved youth. Level I

Free

11:00 am -12:30 pm

Thursday, November 24, 2011

Comorbid Disorders in Autism and Other Developmental Disorders

Registration date: November 21

Presenter: Dr. Jennifer Fisher

Participants will become aware of the common comorbid conditions found with Autism and other developmental disorders, and develop an understanding that the presence of untreated comorbid disorders typically interferes with developmental progress. "Evidence-Based/Informed Treatments" for the various disorders will also be discussed. Level II

Free

11:00am-12:30pm

Tuesday, November 29, 2011

The Joy of Sleeping: Creating Optimal Conditions for w Well-Rested Family

Registration date: November 25

Presenter: Shelley Mahon & Erin Pougnet

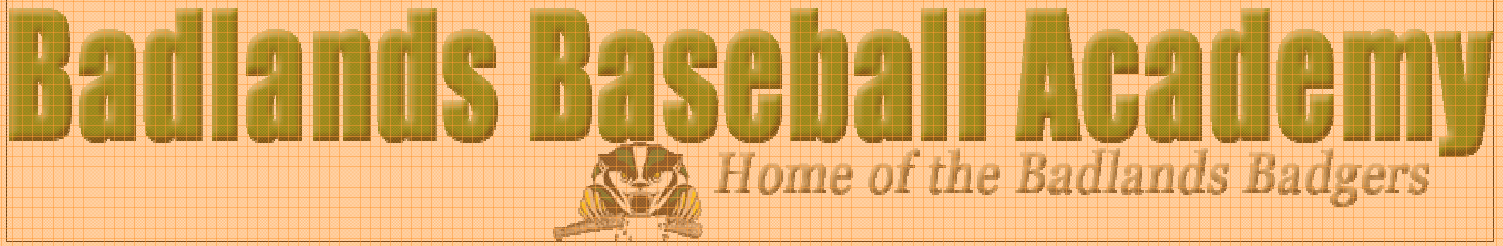
This presentation will review the importance of sleep. Provide sleep requirements for 1-6 year olds, identify how to initiate and maintain healthy sleep habits, summarize common sleep difficulties with their solutions, and address self-care of parents.

Free

11:00am-12:30pm

Please register for these courses or make inquiries for any other upcoming courses by call Sherri or Darlene at Big Country Adult Learning (403-664-2060), or email bccalc@telusplanet.net .

Interested in owning some Badland Badgers apparel? Just fill out the order form below and hand it into Mrs. Munroe at the SCHS office along with your payment method. Go Badgers go!!!!



MERCHANDISE ORDER FORM

Name: _____

Address: _____

Phone: _____

Payment: **Cash:** _____

Cheque: _____

Credit Card: _____

Expires: _____

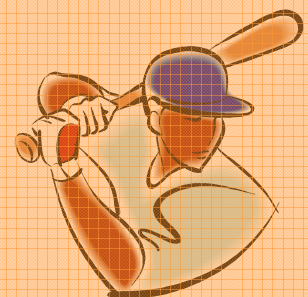
Hoodie: \$45.00 S ___ M ___ L ___ XL ___ 2XL ___

Sweat Pants: \$35.00 S ___ M ___ L ___ XL ___ 2XL ___

T-Shirts: \$20.00 S ___ M ___ L ___ XL ___ 2XL ___

Hats: \$30.00 S ___ M ___ L ___ XL ___ 2XL ___

TOTAL: \$ _____



SCHS November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Parent/teacher interviews 4-6:30pm	2 Parent/teacher interviews 4-6:30pm	3	4 Sr. Boys V-ball Tourney in Strathmore	5 Sr. Boys V-ball Tourney in Strathmore
6 Set your clock back 1 hour! 	7	8	9	10	11 Remembrance Day 	12 Sr. Girls Re- gional V-ball in Brooks Sr. Boys in Three Hills
13	14 World diabetes Day www.diabetes.ca SID No school for students	15 Sr. Girls VB Practice 3:30-5:00 Sr. Boys VB 5:00-6:30pm	16 Sr. Girls VB Practice 3:30-5:00 Sr. Boys VB 5:00-6:30pm	17 Sr. Boys VB Practice 3:30-5:00 Sr. Girls VB 5:00-6:30pm	18 Sr. Girls V-ball Zones in Black Dia- mond	19 Sr. Girls V-ball Zones in Black Dia- mond
20	21	22 Sr. Girls VB Practice 3:30-5:00 Sr. Boys VB 5:00-6:30pm	23 Gr. 12 English Field trip to Vertigo Thea- tre in Calgary	24 Sr. Boys VB Practice 3:30-5:00 Sr. Girls VB 5:00-6:30pm	25 Sr. Girls Prov. V-ball in Spirit River Sr. Boys Prov. In La Crete	26 Sr. Girls Prov. V-ball in Spirit River Sr. Boys Prov. In La Crete
27	28	29	30			

Upcoming Events 2011-2012

October 2011

- International Walk to School Month* saferoutestoschool.ca
- 2-8 Mental Illness Awareness Week– miaw.ca
 - 5 World Teacher's Day/ Gr. 12 MHC Parent Council 7:30
 - 6 SC Photo school pictures orders are due
 - 3-7 International Walk to School Week– shapeab.com
 - 8 Badlands Baseball Academy Tournament in Lethbridge
 - 10 Thanksgiving Day Holiday– NO SCHOOL
 - 11 World Mental Health Day– wfmh.org
 - 13 SC Photo school picture retakes in a.m.
 - 14/15 Sr. Girls/Boys Volleyball Tournament, Crescent Heights Medicine Hat
 - 15 Provincial Cross country at Eagle Butte
 - 16 World Food Day–
fao.org/getinvolved/worldfoodday/en/
 - National Boss Day
 - 17 International Day for the Eradication of Poverty
 - 18 20 CTS Module #2 is due
 - 21/22 Sr. Girls/Boys Volleyball Tournament at Morinville
 - 24 United Nations Day
School Improvement Day– **NO SCHOOL**
 - 27 Healthy Active School Symposium–
everactive.org/healthy-active-school-symposia
Mid-Term Report cards mailed
 - 28/29 Sr. Girls/Boys Volleyball Tournament at Medicine Hat High School
 - 31 Halloween



November 2011

- Diabetes Month*– www.diabetes.ca
- 1/2 **Parent/Teacher Interviews 4-6:30**
 - 1 All Saints Day
 - 4&5 Sr. Boys Volleyball Tournament in Strathmore
 - 6 Back to Standard Time
 - 11 **Remembrance Day– NO SCHOOL**
 - 11/12 Sr. Girls Volleyball Regionals in Brooks
Sr. Boys Zone Volleyball in Three Hills
 - 14 World Diabetes Day– diabetes.ca
School Improvement Day– NO SCHOOL
 - 16 International Day for Tolerance
 - 17 CTS Module #3 is due
 - 18/19 Sr. Girls Volleyball Zones in Black Diamond
 - 20 National Child Day–
phac-aspc.gc.ca/ncd-jne/index-eng.php
 - 23 Grade 12 English Field trip to Vertigo Theatre in Calgary
 - 25/26 Sr. Girls Volleyball Provincials in Spirit River
Sr. Boys Volleyball Provincial in La Crete



December 2011

- 5 School Improvement Day– NO SCHOOL
- 6 Cap and Gown pictures starting at 11:00 AM
- 10 Human Rights Day–
- 22 Winter Begins
- 22-Jan. 4 **Christmas Holidays– NO SCHOOL**
- 25 Christmas Day
- 26 Boxing Day



January 2012

- TBA National Non-Smoking Week–
- TBA Weedless Wednesday– cctc.ca
- 1 New Year's Day
- 5 School starts after Christmas Holidays
- 6 Epiphany
- 11 **English 30-1/30-2 Part A Diploma Exam 9:00-11:30**
- 12 **Social 30-1/30-2 Part A Diploma Exam 9:00-11:30**
- 18 **Last day of regular classes**
- 19 **CTS Module #5 is due**
- 19 **English 30-1/30-2 Part B Diploma Exam 9:00-11:30**
- 20 **Social 30-1/30-2 Part B Diploma Exam 9:00 –11:00**
- 23 Chinese New Year
School Improvement Day– NO SCHOOL
- 24 **Biology 30 Diploma Exam 9:00-11:00**
- 25 **Pure & Applied Math 30 Diploma Exam 9:00-11:0**
- 26 **Chemistry 30 Diploma Exam 9:00-11:00**
- 27 **Physics 30 Diploma Exam 9:00-11:00**

February 2012

- Heart Month* - heartandstroke.ab.ca
- TBA Eating Disorders Awareness Week– nedic.ca
 - TBA Winter Walk Day– shapeab.com
 - 14 St. Valentine's Day
 - 20 **Family Day Holiday– NO SCHOOL**
 - 21/22 Days in Lieu of Parent Teacher Interview Evenings– **NO SCHOOL**
 - 22 Ash Wednesday
 - 23/24 Teacher's Convention–seatca.ca–
NO SCHOOL



March 2012

- National Nutrition Month*– dietitians.ca
- National Social Work Month*– casw-acts.ca
- TBA Healthy Habits Challenge–
movingandchoosing.ca
 - TBA The Great Big Crunch 12:30PM–
foodshare.net/school-crunch.htm
 - 2 & 3 Provincial Curling-Location TBA
 - 11 Daylight Saving Time
 - 17 St. Patrick's Day
 - 18-20 World Day of Water– worldwaterday.org
 - 20 Spring Begins
 - 22/23 School Improvement Days– **NO SCHOOL**
 - 28 Grade 12 English Field Trip to Vertigo Theatre in Calgary



April 2012

- 1 Palm Sunday
- 2 Mid-Term Marks are due to the Office at 9:00am
- 3 & 4 Parent/Teacher Interviews from 4:00-6:30pm
- 5 Mid-Term Report Cards mailed
- 6–15 Easter Holidays—**NO SCHOOL**
- 6 Good Friday
- 7 World Health Day
- 8 Easter Sunday
- 9 Easter Monday
- 22 Earth Day
- 25 Administrative Professionals Day

