



Lester B. Pearson High School

3020 – 52 Street NE, Calgary, AB T1Y 5P4t | 403-280-6565 f | 403-777-7158 | lesterbpeareson@cbe.ab.ca
http://schools.cbe.ab.ca/b865



IMPORTANT DATES

- October 9th, 2017**
Thanksgiving Day – no classes
 - October 11th, 2017**
Josten's Grad Rings Order Day at lunch break in the cafeteria
Cross Country City Championships
 - October 12th, 2017**
Josten's Grad Rings Order Day at lunch break in the cafeteria
 - October 14th, 2017**
Conference Manager opens at 8am for booking conferences
 - October 14th & 15th, 2017**
Maple Leaf Classic Sr. Boys & Girls VB Tourney
 - October 16th, 2017**
Non-Instruction Day – no classes
IB Grade 11 & 12 U of C Field Trip – full day
 - October 18th, 2017**
Volleyball Selects Game @ St. Mary's
Grade 11 & 12 IB Registration forms due
 - October 19th, 2017**
Parent/Teacher/Student Conferences 1:00pm – 8:00pm
(Conference Manager will open on the October 14th at 8am for parents/students to book)
- Team Sports Games and Practices are always subject to change. Players should regularly check the Phys. Ed. Bulletin Board for changes.**

October 10 to October 13, 2017
Important information from LBP.....

JOSTENS GRAD RINGS:

#graduation #friends #classof2018



Preview Day - Monday, October 2
Order Days - Wednesday, October 11 & Thursday, October 12
Time - 11:30 to 1:00

Prices Starting
@ \$99.00

Design Your Jewelry
@ jostens.com

PICK UP YOUR CATALOGUE IN THE OFFICE OR LIBRARY
DON'T FORGET YOUR \$60 DEPOSIT

Lifetouch Photo Retake Day:

October 23rd, 2017 – starting at 9am



Athletics:

October 11, 2017

XC City Championships
Cochrane Ag. Society



October 12, 2017

**Boys VB – SM @LBP

Jr: 5:00

Sr: 6:30

Girls VB – LBP @ BOW

Jr: 5:00

Sr: 6:30

Girls Soccer QF-TBD



October 13, 2017

**Sr. Boys and Sr. Girls Host Maple Leaf Classic
FB away vs JGD 5:00 @ Hellard

October 14, 2017

**Sr. Boys and Sr. Girls Host Maple Leaf Classic

October 16, 2017

Girls Soccer Semi Final - TBD



The Good Food Box

Late last school year, Lester B Pearson High School asked the city to be a North East Calgary distribution point (Hub) for the Calgary Good Food Box. This year we have been granted that privilege.

The Good Food Box is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at amazing costs.. The more people that join in the program the greater our buying power becomes. They offer ALL Calgarians access to nutritious food to ensure no one goes hungry. The Fruit and Vegetable boxes are put together and delivered to your closest location (Hub) once a month.

As the Pearson Hub continues to grow, we invite the community, your staff and students to participate and join us using program.

The order date for this month is October 17 with pick up of your good food box Friday afterschool October 27th. From Lester B Pearson High school. Payment needs to be received by October 24th. If you are interested or would like more information please email Hsdeschner@cbe.ab.ca

This is an example of a "Small Box" from last month, Included in the box Watermelon, honeydew, mushrooms, tomatoes, pears, apples, bananas, oranges, plums, kohlrabi, corn on the cob, onions, carrots, celery, green pepper, red pepper, grapefruits, lemons, lettuce, and a cauliflower. All of these fresh fruit and vegetables for only \$25.00



Attention Grade 12 Students – Here are some important dates to make note of:

- | | | | |
|---|-----------------|----------------------------------|--------------|
| ➤ | October 21 | Bow Valley College Open House | 10:00 – 3:00 |
| ➤ | October 21 | U of A Open House | 9:00 – 4:00 |
| ➤ | October 21 | St. Mary's University Open House | 10:00 – 2:00 |
| ➤ | October 21 | Olds College Fashion Institute | TBA |
| ➤ | October 24 | SAIT – school visit | 11:30 – 1:00 |
| ➤ | October 27 & 28 | SAIT Open House | 9:00 – 4:00 |
| ➤ | October 28 | Mount Royal University | 9:30 – 3:30 |
| ➤ | October 29 | McGill University Open House | 10:00 – 4:00 |

Project Pulse is a national organization which aims to familiarize high school students with the world of health sciences. At our conferences we have talks from knowledgeable individuals in the health sciences sector, discussion panels with professionals and university students and an opportunity fair where various organizations are present to discuss volunteer, work and research opportunities for students. I know that many students consider sciences as a possible path for postsecondary, so learning about the careers available in this sector is a beneficial experience for those in any grade of high school.

Our upcoming conference is called Zenith 2017 and will be on **Sunday, November 19th.**

Tickets: Early Bird - \$10 / Regular - \$15

[/projectpulsecalgary \(Facebook\)](#)
[\(Instagram\) @projectpulse_calgary](#)



Registration is now open!

Our new evening youth programs are now open for registration. These two programs for youths in grades 7 – 12 offer them the chance to explore new interests and expand on their learning throughout the year.

Fall 2017 Evening Youth Programs

Exploring Trades

Are you curious about careers in construction trades? Learn safe use of hand and power tools, while making and personalizing your own projects using a range of materials, including wood and pipe. Gain an understanding of construction trades and take home the final results to wow your family and friends.

Weld-a-Saurus, Introduction

The age of the dinosaur is back and you can be part of the re-creation! You'll start by learning how to use a MIG welder and basic welding techniques such as beading, padding and the gas metal arc welding process. You will practice your skills by welding a variety of projects. Then, you'll transform a steel plate into the skeleton of a dinosaur! Take home your welding creations at the end of the program.

Registration Details

For registration information and details visit [Evening Youth Programs](#)

We hope to see you this fall!

Connect with us

MB026, Stan Grad Centre (lower level)

Phone: 403.210.5650 Email: summer.camps@sait.ca Website: saisummercamps.ca

Mount Royal University

A recruiter from Mount Royal University will be doing a brief presentation on Monday, September 18th from 10:07 – 10:52 (Success Connect time) in the Theatre.

If you are considering MRU for Post-Secondary this is a wonderful opportunity to hear the when, where & why's!!

March of Dimes Canada's LIFE Program is launching in Calgary! Our first session will be **October 16 - 27**.

[The L.I.F.E. Program](#) helps young adults age 18+ with disabilities make the transition to greater independence by providing new skills and hands-on opportunities for growth and personal development including: Goal setting, LIFE skills workshops, transit training, financial literacy, health and wellness, and much more.



If you are interested and want an application form – please see Mrs. Reimer in the Main Office

Text 'DIMES' to 45678 to donate \$5

Healthy Teens

October 2017 Parent Newsletter

Planning Healthy Eating for Tournaments, Out-of-Town Games or Events

Your active teen needs healthy foods and drinks to do well both mentally and physically when they are at tournaments, out-of-town games or events.

Benefits of Healthy Foods and Drinks

Good nutrition and hydration is important to make sure your active teen:

- Gets enough energy, fluid and nutrients to recover from one event/game and is fuelled for their next one.
- Has enough energy for mental focus and physical performance.
- Doesn't have physical discomfort caused by hunger, upset stomach or dehydration.

Getting Enough to Drink

Water is the best drink choice for most activity. Your young athlete may need a sports drink if they sweat a lot during intense activity that lasts for more than an hour.

Tips for Out-of Town Events

Before leaving for a tournament or out-of-town event, it can be helpful to find out what foods and drinks will be offered at restaurants, event or sporting centers and hotels. Talk to the coach and ask if the team is planning to visit restaurants. Menus may be posted online where you can view the nutritional information and pick a few healthy options in advance. Your teen should plan to bring healthy foods and drinks to support good nutrition and hydration while away from home. Pack extra snacks in case there is a change in schedule or delays on the road. Consider food safety when packing foods and drinks. Cold foods must be kept cold and hot foods kept hot to prevent foodborne illness. Use an insulated lunch bag and ice packs to keep the foods cold at games or events.

For more information on sports nutrition for youth visit:

<https://vimeo.com/channels/rohkschoolnutrition/116923404>

Reminder:

Routine immunization consent forms were sent home last month with Grade 5 & 9 students.

Also, as the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit:

<http://www.albertahealthservices.ca/influenza.asp>

Family Communication

Healthy communication sets a positive tone for family interactions. When you talk with your children openly and with respect, leaving room for listening too, you are saying that you care and they are important to you. Knowing how to talk to one another and solve problems together lowers stress and will help your family cope with conflict.

Here are some things to think about when communicating with your family:

- Be clear – Fill family members in on important information and on what they can expect. This promotes healing, closeness, trust and security.
- Be open – Talk with each other regularly about what's happening in your lives. Express your feelings and concerns and invite others to do the same.
- Care for one another – Practice listening without judging. Even when you may be struggling with your emotions or are disappointed in someone's behaviour, speak calmly, avoid abusive language and blame, and focus on the positive rather than criticizing.
- Problem solve – Conflict and stressors are inevitable. When they happen, talk as a group, brainstorm solutions together and make decisions as a team.
- Share appropriately – While it's important to be open and direct, young children should never feel burdened by secretive or highly personal information. With teenagers, it's important to be open and direct about things like sex, drugs and alcohol. Take time to discuss the pros and cons together rather than simply telling them, "Don't do that".

Nxt Gen Homework Club

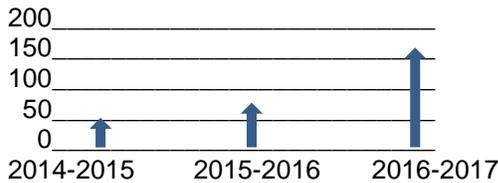
Fall 2016 - Winter 2017



NxtGen Homework Club empowers immigrant and refugee youth in grades 10 to 12 as they work towards graduation by providing academic support and connecting them to post-secondary and career opportunities.

100% increase in participants from 2015/2016 school year.

Number of Participants



Expansion

NxtGen Homework Club expanded their program! We are now in 5 school locations.

Tutors

9 positive adult tutors
7 adult volunteer tutors

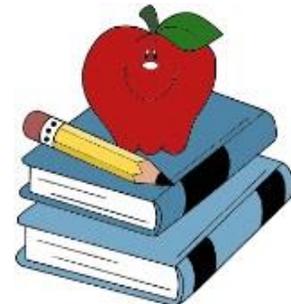
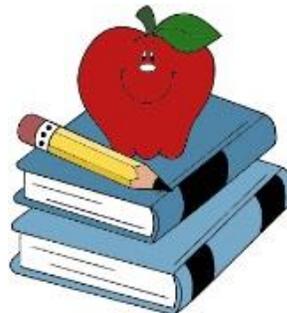
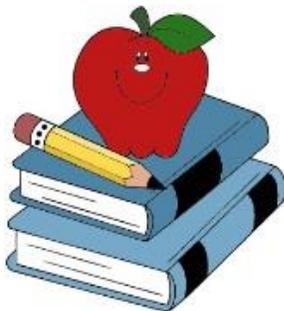
27 weeks of programming tutoring!

338 hours of FREE academic

100% of our students met or exceeded their personal academic goals set at the beginning of the year!

7 workshops - topics included: How to read a textbook effectively, exam prep, time management, dreams vs. goals, how to make a good first impression, find your personal study style, and how to study effectively.

3 CBFY Scholarship Winners 7 Youth employed as CBFY Summer Program Facilitators-in-training
35 high school graduates in 2017



ATTENTION STUDENTS

Students who have **their 18th birthday** coming up please see Mrs. Reimer in the main office.

ATTENDANCE

If your student is going to be absent from school, please call the school attendance line at 403-280-6565. Press 1 to listen to the instructions and then leave your message. This line is available 24 hours a day.

CONTACT INFORMATION

Do you have changes to your contact information (home phone, cell, work, fax, pager, email? Do you have new emergency contact info? Please call the school 403-280-6565, ext. 0 with any changes or email changes to lesterbpearson@cbe.ab.ca.)

EXTENDED ABSENCE (i.e.: Family Vacations)

If you plan on going on a vacation, please have the student come to the office for an extended absence form at **least a week in advance** of your leaving on vacation.

MEDICAL INFORMATION

Does your son or daughter have any medications / epipen that should be stored in the office or any medical information we should know about??? Please let us know ASAP and the appropriate form will be sent home for you to complete and return.

ALEX HEALTH BUS

The Alex Health Bus - for more details please see Student Services.

STUDENT PARKING

Parking in our Student Parking lot (NW corner of the school) is \$40 for the whole year. Forms are available in the business office.

Parent Council

Next Parent Council meeting will be on October 23, 2017 (Monday) and will be held in room 1216 at 7:00pm

DEL F (Diplome d'etudes en lanque francaise)

Level B2

CBE is offering a credential exam to students, francophones and Immersion who would like to be recognised internationally for their french speaking skills and receive a lifelong diploma upon successful completion of an exam.

Registration is approaching

Deadline: October 16, 2017

Written exam: B2 Level – November 13, 2017

Please come to room 1211 during Success Support for more information October 2nd to October 5th

Ms. Charrouf



Medical school applications now open

Are your students interested in studying medicine in the UK?

Our innovative new **MBChB course** is now open for applications for the 2018 intake. We are interested in receiving applications from talented Canadian students who are looking to study at a unique and ground-breaking institution.

Upcoming deadlines

Students interested in applying must submit their completed UCAS applications by 15 October 2017.

International applicants

A key feature to our MBChB course is that the majority of our places are reserved for high achieving international fee paying students. The remainder of places will be allocated to a small number of talented local UK students.

We know that that applying to medical school can be daunting. So in order to help you guide your students, we have created an Advice Zone, featuring help on deciding where to study, information about our course and careers in medicine, and most importantly - advice on the application process, including the UKCAT test. The Advice Zone features short videos, text and useful links and is easily shared.

Visit the Advice Zone now

Go to – **www.aston.ac.uk/aston-medical-school**

Discover more about our innovative curriculum, fantastic campus, highly respected staff and the other reasons to choose Aston Medical School

Find out about the application process and what Aston Medical School are looking for

Learn more about Birmingham, the thriving city in which Aston University is located

Lester B Pearson Math Department List of Approved Calculators 2017 - 2018

Alberta Education has approved the use of the following calculators for the courses listed below:

Math 10C, Math 20-1, Math 20-2, Math 30-1 and Math 30-2

Texas Instruments	Sharp	Casio	Hewlett Packard
TI-83 Plus	EL-9900 (no longer manufactured)	Fx9750 G Plus (no longer manufactured)	HP Prime
TI-84 Plus	EL-9600 (no longer manufactured)	Fx9750 GII	
TI-84 Plus Silver	EL-9600C (no longer manufactured)	Fx9860 GIIs	
TI-84 Plus Pocket SE	❖ Although the Sharp, Casio and Hewlett Packard calculators are approved by Alberta Education the Lester B Pearson Math department is familiar with the TI-83/84 calculators and may not be able to help students with other brands.		
TI-84 Plus C Silver (no longer manufactured)			
TI-83 (no longer manufactured)			
TI-83 Plus Silver (no longer manufactured)			
TI-nspire CX Handheld			
TI-nspire (with touchpad or clickpad) (no longer manufactured)			

The following calculator properties and materials are **not permitted** on any scientific or graphing calculator used in examination rooms:

- programmed memory content
- symbolic manipulation capabilities
- ability to provide trigonometric calculation exact values
 - ability to simplify radicals and rationalize denominators
- wireless communication capabilities
- built-in notes, libraries, or formulae e.g. definitions or explanations in alpha notation
- downloaded programs

Calculators for Math 10-3, Math 20-3 and Math 30-3

Students enrolling in the dash 3 classes do **not** require a graphing calculator. A scientific calculator with a fraction key (abc key) and the trigonometric functions, sin, cos, and tan is needed on a daily basis and it is expected that each student will have his/her own.

Calculators for Math 10-4 and Math 20-4

Students enrolling in the dash 3 classes do **not** require a graphing calculator. A scientific calculator with a fraction key (abc key), a percent key % and the trigonometric functions, sin, cos, and tan is needed on a daily basis and it is expected that each student will have his/her own.



Message from the Chief Superintendent

We have had a very busy and successful start to this school year, and I would like to share some of the highlights. We opened Manmeet Singh Bhullar and Marshall Springs Schools in August and September, and Ron Southern and Griffith Woods Schools are set to open later this year. These four schools will create 3,000 exciting new learning spaces for students. Our communities keep expanding, and we expect to report another record year of student enrolment. To support our more than 120,000 students, we hired an additional 240 teachers this year. I hope that many of you were able to attend a welcome back or meet the teacher event at your schools. We encourage families to be a part of their school communities and I look forward to working together for student success.

David Stevenson
Chief Superintendent of Schools

Election Day is October 16

Calgary's civic election is October 16. Remember to get out and vote for your school trustee, mayor and city councillor.

This is a system-wide non instructional day and many of our schools will be used as polling stations.

Non-instructional days

ever wondered what happens during a non-instructional day at your school? Students are not in attendance, but staff are working. Non-instructional days may be used for parent/teacher/student conferences, professional learning for staff, appeals or organizational work. They provide opportunities for school and system staff to work together as well as provide cost-saving measures for transportation. Individual schools may have the ability to include additional non-instructional days, depending on the circumstances.

Speak to your school's principal for more information on the professional learning opportunities happening at your school!

Classroom Improvement Fund

The CBE has been allocated \$13 million through the Classroom Improvement Fund grant. Through a grant application approval process, each school may be eligible for the following (for example): hiring of an additional part-time teacher or non-teaching staff, cost of new or augmented professional development initiatives to address student specific needs, or material or equipment for the classroom.

Principals and staff are collaborating on grant proposals to improve the student experience in the classroom.

2017-18 School fees

CBE fees for the 2017-18 school year have been finalized and approved. Fees are loaded into parents' [My CBE Account](#) during September and October. A confirmation email will be sent in October to all parents/guardians who pre-registered for yellow school bus service. The email will include transportation fee information and payment options. You can cancel your transportation pre-registration with no financial penalty using My CBE Account or replying to the confirmation email before Oct. 31, 2017.

No child is ever denied access to an education in the CBE because of an inability to pay. The CBE has a waiver process for families who can't afford to pay the fees. Visit our [Waivers](#) page for more information and the documents required as proof of income.