



Lester B. Pearson High School

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http://schools.cbe.ab.ca/b865



October 2 to October 6, 2017

Important information from LBP.....

Attention Students/Parents – Demographics:

If you have any changes that need to be done on your students' demographics – please come into the main office or email Mrs. Fodor at mefodor@cbe.ab.ca

“It is important that changes be reported to the main office in a timely fashion”

Thank you

IMPORTANT DATES

October 2nd, 2017

Swim/Dive – First Practice
Josten's Preview Grad Ring Day
at lunch break in the cafeteria

October 3rd, 2017

Pep Rally – Fall Sports
Grade 11 & 12 IB Registration
Meeting for Parents & Students
7pm

October 4th, 2017

Cross Country Meet #3
PE 20 Hikes

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 & 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.

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 3, 2017

Girls VB – ND @ LBP
Sr. 5:00
Jr. 6:30



October 4th, 2017

Girls Soccer @ McNally – 4:15
XC Meet #3 – Stanley Park



October 5th, 2017

FB away vs LB 7:00pm @ Hellard
Boys VB – LBP @ LB
Jr. 5:00
Sr. 6:30



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

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: saitsummercamps.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.



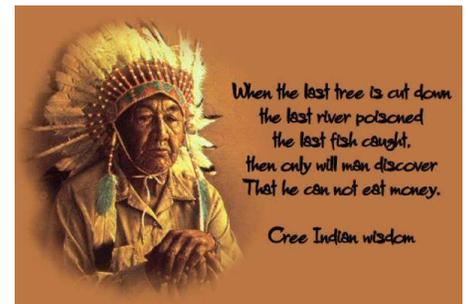
If you are interested and want an application form – please see Mrs. Reimer in the Main Office

Text 'DIMES' to 45678 to donate \$5

[Wonderful Happenings for our FNMI Students](#)

Chantal Chagnon – Cree8

Chantal is an artist with her own company, aptly named, Cree8. She will be coming in sometime this week (I hope Wednesday) during Success time to work with our FNMI students. She would like to teach them about the ritual of smudging. She also wants to work with them to better understand the Medicine Wheel. She may also be teaching them how to create art with rawhide. Feel free to pop down during this time to check out this opportunity. It will be in room 1221F at the back of the Library. When I have received confirmation, I will send out another email to staff.



Orange Shirt Day – September 29

This year our students will be making orange bracelets for students and staff. This will be a day that acknowledges a part of our Canadian history, residential schools. We will be asking staff and students to recognize the genocide that darkly touched FNMI lives. Many of the people who lost their lives died without names. Their story is simply gone. Our students have family members: parents and grandparents, who were directly impacted by residential schools. The trauma is very fresh. By wearing the orange bracelet, we will be acknowledging the named and nameless. Students will have a table in the cafeteria at lunch with a tri-fold and posters to sign. With our names, we will be remembering the named and nameless. Two of our FNMI students, Alex Flett (Grade 11) and Connor Croteau (Grade 12) will be speaking to our student body on the PA system for a few moments at the start of Connect time. We are also hoping to play some drumming before the students speak.



Student Representation

We have many students representing many Nations within our school. I am hoping to connect with our Grade 10 students this week. Our Grade 11 and 12 population represent the Cree, Blackfoot, Lakota, Nakoda, Metis, Dene, and Ojibway Nations. How amazing is that?

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 thinkgs like sex, drugs and alcohol. Take time to discuss the pros and cons together rather than simply telling them, “Don’t do that”.

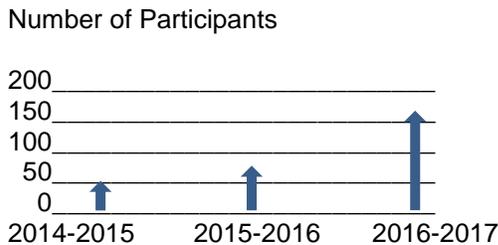


Nxt Gen Homework Club

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.



Expansion

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

Tutors

9 positive adult tutors
7 adult volunteer tutors

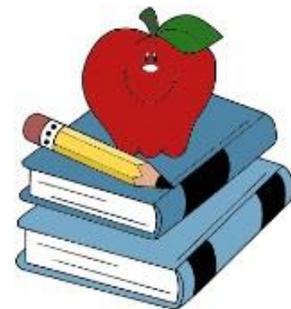
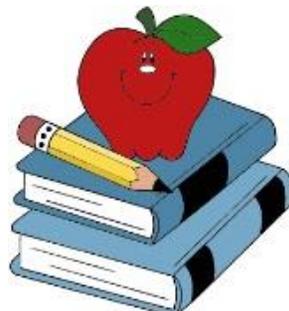
27 weeks of programing tutoring!

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 30, 2017 (Monday) and will be held in room 1216 at 7:00pm

DELFL (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 GIIIs	
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.