



Lester B. Pearson High School

3020 – 52 Street NE, Calgary, AB T1Y 5P4 t | 403-280-6565 f | 403-777-7158 | lesterbpeareson@cbe.ab.ca
http://schools.cbe.ab.ca/b865



Latest news from LBP.....

Athletics:

Congratulations to Mr. Fraser: Head Football Coach of the Year!!



The Lester B. Pearson School Community would like to extend their congratulations to **Mr. Morgan Fraser**, our Athletic Director. Today he was recognized by the Calgary Senior High School Athletic Association (CSHSAA) with the “Gary Deman Award” as the “**Head Coach of the Year**” for our Senior Boys Football team. The team came bursting out into the playoffs scoring a number of upsets leading to a City Final appearance with the team finishing second in their division. Mr. Fraser’s leadership in bringing football back to LBP in 2015-16, after a long hiatus, resulted in a City Championship appearance in the team’s second season. Students and staff at Lester B. Pearson celebrate Mr. Fraser’s commitment to excellence in Patriot Athletics. Proud to be a Patriot!



IMPORTANT DATES

January 30, 2017

Exams

January 31, 2017

Appeals Day

February 1, 2017

First day of Semester Two
– 8:45 to 8:55am Meet with Success Connect for new timetables

Badminton Season starts

February 3, 2017

Non-Instruction Day
No classes

February 6, 2017

Parent Council Meeting
7:00pm in Room 1216

February 9, 2017

Grad Meeting in room 2119

February 16 & 17, 2017

Teachers' Convention
No classes

February 20, 2017

Family Day – no classes

February 21 – 24, 2017

Alberta International Band Festival

Team Sports Games and Practices are always subject to change.

Players should regularly check the Phys. Ed. Bulletin Board for changes.

Congratulations to Marcus Douglas!!



Marcus is a grade 12 student who has made the Alberta Rugby 7's team! Marcus will represent the province at a National Tournament in Vancouver this March. Marcus – represent Pearson and your Province with pride!

Graduation Video 2017

In 2015-16, Carman Lim (a member of the 2016 graduating class) spent countless hours generating a long term memory for her fellow grads. She posted the video to "You Tube" so you can share the memories with your family and friends: [2016 Lester B Pearson High School Graduation Video](#). Grad Committee members, led by Mohit Parmar, have begun collecting pictures for the 2017 video: <http://goo.gl/photos/QB7bzYDPq8Sse2xy5> or [2017 Grad Video Collection of Pictures](#). Enjoy a study break and send along some of your favorite photos with Patriot friends. The Committee will strive to include every member of the 2017 graduating class. They need your photos to make this a reality...



SAVE THE DATE!



Big Band Dinner & Dance

Thursday, April 27, 2017

6:00pm – 9:30pm in the Lester B. Pearson Crystal Ballroom (our vaulted, glass ceilinged cafeteria)

Three course plated dinner (catered by Pearson's Professional Foods students under the guidance of our Red Seal Chefs) Live Big Band music provided by Lester B. Pearson High School, Dr. Gordon Higgins Jr. High School and Annie Gale Jr. High School

Dancing, Dining, Music & Laughter

Tickets available beginning March 1, 2017

Only 125 will be sold!



Menu – Cafeteria

Monday

Cold Assorted Sandwiches

Tuesday

Cold Assorted Sandwiches

Wednesday

Cold tossed salad plate
Egg salad wrap
Chili

Thursday

Chef salad wrap
Salmon salad wrap
Sheperd's Pie



Oh no, I forgot my...

Pencil \$0.25-0.50

Pen \$0.25-0.50

Pencil Crayons \$3.00

Scissors \$1.25-2.00

Duo-tang \$0.50

Poster Paper \$1.00-1.50

Glue stick \$0.50-2.00

Calculator \$10.00-17.00

Marker \$1.00

Buy them from the Library or Snack Shack

Cash Only, (No large bills)

Please DO NOT go to the Art rooms for supplies that you "forgot"





2017
Darwin Day

St. Mary's University presents Darwin Day with keynote speakers,
Dr. Scott Lovell and Brian Keating

Sunday, February 12, 2017
Calgary Zoo, Enmax Conservatory Hall – 1300 Zoo Road NE Calgary, AB
12:00 – 4:00pm

Join St. Mary's "Inspiring Conversations" series as we present D. Scott Lovell, St. Mary's University Assistant Professor, Biology, and Brian Keating, head naturalist with Going Wild and a regular CBC contributor.

Visit stmu.ca/darwin-day/ to purchase tickets \$10.00 for students, \$20.00 for regular admission

Tickets include:
Event admission
Zoo admission (guests are invited to tour the zoo before and after the event)
Private zoo tour
Reception (light snacks and beverages)
Parking

Celebrating 30 Years
1986-2016

St. Mary's University



To: All High School Science and Math Teachers and School Counsellors/Career Advisors**Re: WISEST Summer Research Program (July 5 to August 16, 2017) for grade 11 students. PLEASE SHARE.**

The WISEST Summer Research Program is more than a summer job! Students finishing grade 11 work for six weeks as paid research assistants under the guidance and mentorship of University of Alberta faculty members and graduate students. The program experience gives students the skills and knowledge they need to succeed in university and in science, engineering and technology fields. Students build their confidence to succeed in fields where their gender is underrepresented.

WISEST accepts applications for young women interested in science, engineering and technology and young men interested in nursing, nutrition and human ecology.

More information about the WISEST Summer Research Program is available in the attached documents and on the website www.wisest.ualberta.ca. The application process will open on February 1, 2017 with a deadline of **April 7, 2017**.

Please share this information with your students **and encourage them to apply** to this rewarding learning opportunity. Information for students, including how to apply, is enclosed and also on our website at www.wisest.ualberta.ca.

This is a 6-week paid research experience supervised by members of a research team. It is an exceptional opportunity for students to learn about potential careers before they start post-secondary. The WISEST Summer Research Program aims to:

- Provide first-hand experiences learning opportunities in research being conducted in different fields of study.
- Broaden awareness about less-traditional fields of study and diverse career options.
- Provide an introduction to academic and university life at the University of Alberta.
- Provide opportunities to be inspired by successful professionals and to meet other youth with similar interests.
- Assist in the development of key professional skills.

What does it take to succeed as a student in the WISEST program?

- Students are expected to commit to their summer experience with enthusiasm, have both the desire to learn and the drive to make the most of this unique opportunity.
- Students will demonstrate initiative and good communication skills, be able to adapt quickly to new situations and experiences, have the confidence to learn independently and the ability to work well in a team.
- Have at least an 85% overall average in their Grade 11 math and sciences courses, however, grades are not considered once this minimum requirement is met.
- Students understand that research is interdisciplinary in nature. It can take place behind a research bench, in an office space or in the field. Computer work plays an integral role in most research environments.
- Students will prepare and present a research poster about their research projects and commit to presenting their WISEST research experience to teachers, peers and younger science classes.
- WISEST strives to have representation from high schools across Alberta so there are limits on the number of students selected per school.

Please note:

- Applicants need the support of two teacher references. Reference forms are enclosed or at www.wisest.ualberta.ca.



- **Students begin their application online at www.wisest.ualberta.ca**, but supporting documentation (personal essay, 2 teacher references, transcripts) must be received by postal mail (no faxes) to the WISEST Office by **4pm April 7**.
- Applicants will be informed of the selection committee’s decision by the end of May.
- WISEST does not participate in the “Off-Campus Education Program”.
- For more information, see our website at: www.wisest.ualberta.ca or contact us: wisest@ualberta.ca

Save the Date for the WISEST Teacher Appreciation - on Wednesday, August 16th, 2017

You are invited to join us at our program finale to view the amazing work conducted by your students, to tour research labs and to hear from inspiring speakers. Your visit will include lunch, parking and is free of charge.

IMPACT on STUDENTS

“Most grade 11 students have a very limited sense of what it means to pursue education in the STEM fields, and even less understanding of what it means to do research. In fact, I found that all the undergrads working in my lab had no experience making posters or working on their own research - both things we got to do. This just goes to show how unique and remarkable this once-in-a-lifetime opportunity truly is. Not only were we getting first-hand experience in cutting-edge research, but we were also able to develop professional and critical interpersonal skills. I got to spend 6 weeks learning and growing alongside brilliant young minds interested in the world just like me, and being mentored. It was truly an experience I will cherish forever.”

93% of students reported “**extremely high**” to the following questions:

1. What is your level of enthusiasm for exploring a STEM Career?
2. Did participation in the WISEST Summer Research Program increase your:
 - a. INTEREST in STEM fields?
 - b. Desire to STUDY STEM fields
 - c. Desire to pursue a CAREER in STEM fields

As well, **86%** of the summer researchers indicated that they **were confident** in pursuing studies and a career in an area where their gender was under-represented.



“This program helped me to step out of my comfort zone. A huge thing that I gained from the SRP is that I was able to learn more about fields in engineering, and the setup of getting a degree at the university. But also I was told what courses I need in high school to apply. This program was an eye opener for what needs to be done and when to get into the program of your dreams, and I will forever be thankful that I was accepted.”

Parent Council News

We still have a few small projects and are looking for some interested parents. You do not need to attend Council meetings to provide support. Would you like to write the School Council post? Are you interested in providing some assistance with our school web page? Our bylaws and operating procedures need to be updated, perhaps you'd like to prepare them? Please call Noelle at 403-280-7525 if you would like more information, or would like to take on one these small but important tasks.

We have had our last meeting of 2016. There was some great discussion about Success Connect and Support. We even had a report from Student Council. They did a great job! We hope you have a peaceful Holiday Season and wish you all the best in the New Year! Our next meeting is Monday February 6th, 2017.

Community Education Service



Motivating Unmotivated Teens: A parent - focused approach
Sal Mendaglio, PhD, Professor, University of Calgary and Registered Psychologist
February 7, 2017
7 - 8:30 pm
Sign in: 6:45pm
Western Canada High School
Theatre - enter by the SW parking lot
641 17 Ave SW, Calgary

Register: <http://fcrc.ahs.ca/ces/>

For more information: email ces@ahs.ca or call (403) 955- 4747

Parents become concerned with their children's lack of motivation for school achievement when their achievement falls short of their potential. When parents attempt to enhance motivation, they find motivating young children challenging, motivating teens daunting. The task is formidable, particularly when there is a history of academic underachievement. Simply put: habits are difficult to change. Habits or patterns of behavior do not apply solely to teens, but also to parents. The idea of changing parental behaviour in such cases is not new. What makes my approach somewhat different is that I have made parental behavior the underlying principle permeating my thinking on this topic. The result is a parent - focused approach to the problem. I share the key elements of my perspective in this session. While by no means a quick solution, parent counselling, in my experience, has proven more effective than teen-focused intervention.

This session is FREE and open to all - parents, professionals and students.

Level I: This session presents an overview of motivation in teens, and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addictions and Mental Health Portfolio and Psychiatry (CAAMHPP) of Alberta Health Services.





Youcubed At Stanford University

Advice for Parents, from Professor Jo Boaler

Do you remember how excited your children were about maths* when they were young? How they were excited by patterns in nature? How they rearranged a set of objects and found, with delight, that they had the same number? Before children start school they often talk about maths with curiosity and wonder, but soon after they start school many children decide that maths is confusing and scary and they are not a “math person”. This is because maths in many schools is all about procedures, memorization and deciding which children can and which cannot. Maths has become a performance subject and students of all ages are more likely to tell you that maths is all about answering questions correctly than tell you about the beauty of the subject or the way it piques their interest.

Given the performance and test-driven culture of our schools, with over-packed curriculum and stressed out students, what can parents do to transform maths for their children? Here are some steps to take:

1. Encourage children to play maths puzzles and games. Award winning mathematician, Sarah Flannery reported that her maths achievement and enthusiasm came not from school but from the puzzles she was given to solve at home. Puzzles and games – anything with a dice really - will help kids enjoy maths, and develop number sense, which is critically important.
2. Always be encouraging and never tell kids they are wrong when they are working on maths problems. Instead find the logic in their thinking – there is always some logic to what they say. For example if your child multiplies 3 by 4 and gets 7, say – Oh I see what you are thinking, you are using what you know about addition to add 3 and 4, when we multiply we have 4 groups of 3.....
3. Never associate maths with speed. It is not important to work quickly, and we now know that forcing kids to work quickly on maths is the best way to start maths anxiety for children, especially girls. Don't use flashcards or other speed drills. Instead use visual activities such as <https://bhi61nm2cr3mkdgk1dtaov18-wpengine.netd-na-ssl.com/wp-content/uploads/2015/03/FluencyWithoutFear-2015.pdf>
4. Never share with your children the idea that you were bad at maths at school or you dislike it – especially if you are a mother. Researchers found that as soon as mothers shared that idea with their daughters, their daughter's achievement went down.
5. Encourage number sense. What separates high and low achievers is number sense – having an idea of the size of numbers and being able to separate and combine numbers flexibly. For example, when working out $29 + 56$, if you take one from the 56 and make it $30 + 55$, it is much easier to work out. The flexibility to work with numbers in this way is what is called number sense and it is very important.
6. Perhaps most important of all – encourage a “growth mindset” let students know that they have unlimited maths potential and that being good at maths is all about working hard. When children have a growth mindset, they do well with challenges and do better in school overall. When children have a fixed mindset and they encounter difficult work, they often conclude that they are not “a math person”. One way in which parents encourage a fixed mindset is by telling their children they are “smart” when they do something well. That seems like a nice thing to do, but it sets children up for difficulties later, as when kids fail at something they will inevitably conclude that they aren't smart after all. Instead use growth praise such as “it is great that you have learned that”, “I really like your thinking about that”. When they tell you something is hard for them, or they have made a mistake, tell them: “That's wonderful, your brain is growing!”

I use maths, rather than math, partly because I am from the UK and we say maths there and partly because maths is short for mathematicS, it is a plural noun. Mathematics was chosen to be plural to reflect all the many parts of mathematics – drawing, modeling, asking questions, communicating, etc.



Math sounds more singular and narrow (Do the math, usually means do a calculation!), and I prefer to keep the idea that maths is a multidimensional and varied set of mathematical forms and ideas.

For more resources see <https://www.youcubed.org>





**Youcubed
At Stanford University**

Resources for Parents

www.youcubed.org

Online Courses for Students, Teachers and Parents

<https://www.youcubed.org/category/mooc/>

Student Page

<https://www.youcubed.org/students/>

Parent Page

<https://www.youcubed.org/parents/>

Recommended Apps and Games

<https://www.youcubed.org/category/teaching-ideas/math-apps/>

More Information about Brain Science

<https://www.youcubed.org/think-it-up/>

Jo's Mindset Book

<http://tinyurl.com/qxhnqsh>

Maths Tasks to Do At Home

<https://www.youcubed.org/tasks/>

Summer Camp Video

<https://www.youcubed.org/youcubed-summer-math-camp-2015>

Week of Inspirational Maths Curriculum

<https://www.youcubed.org/week-of-inspirational-math/>

cbe.ab.ca



Calgary Board of Education



Leadership Link



Message from the Board of Trustees

Trustees are elected by you, the citizens of Calgary. A locally accountable Board of Trustees is important. This connection to our community allows us to focus on advocating for what our students and our system needs most.

We've heard from you about the importance of learning space for schools close to where our students live, funding for modernizing our existing schools, about transportation service and about the need for resources to support students in our diverse and complex system. These discussions help us focus our efforts so we are advocating for what matters most to you.

Please visit the Trustees section of our website, cbe.ab.ca, under the "About Us" tab to learn more about our advocacy priorities and activities.

Message from David Stevenson, Chief Superintendent

When the provincial government announced several years ago that they would be building more than 20 new CBE schools in Calgary, we were very pleased. Many of our existing schools were operating at or beyond capacity, and we simply needed more learning space for students.

With 15 of those new schools opening in the 2016-17 school year, we knew thousands of students would be able to attend school in their own communities, and that many of our existing schools would be impacted.

A year ago, we started planning how we could make the best use of student learning space across our system. We connected with employees, parents and community members to gather feedback on possibilities for use of available school space. Feedback was gathered through meetings, open houses and an online survey. What we heard helped us develop possible scenarios for impacted schools in several areas of our city.

Students, parents and community members came out to numerous meetings in the fall to provide input on the scenarios. Many more responded to a second online survey. That input, along with our planning principles and student accommodation regulations, shaped the proposed plans that were made available to communities last month.

While we have always strived to involve students, staff, parents and community members in decisions that affect them, this past year has seen an unprecedented level of involvement with our communities. The plans presented at open houses and on our website in January reflect what was most important to our students, staff, parents and communities overall, and demonstrate what we can achieve when we work together in the best interests of students.

I would like to thank everyone who contributed time and effort over the past year to help us plan how to best use our schools for the benefit of our students. Your voices matter, and contribute significantly to the choices we make.

We've heard positive feedback about the process and know that we have difficult choices to make. Please visit cbe.ab.ca/dialogue to keep up to date on current community engagement projects and learn more about how you can share your perspectives with us.

Kindergarten Registration

Registration for Kindergarten opened January 9. Registration is not determined on a first come, first served basis, so it is not necessary to register on the first day. However, registering your child as soon as possible helps our principals plan and prepare accordingly for the new school year. Visit cbe.ab.ca/kindergarten for more information.



Calgary Board
of Education