

Lester B. Pearson High School

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



Newsletter – week of October 11 – October 14

Latest news at LBP.....

IMPORTANT DATES

October 10, 2016

Thanksgiving Day!
No classes

October 19, 2016

Photo Retake Day

October 20, 2016

Student/Parent
Conferences
4:00pm to 8:00pm
(Will follow Friday
schedule for classes)

October 21, 2016

Student/Parent
Conferences
10:00am to 1:30pm
No classes

October 24, 2016

Parent Council Meeting
Room 1216
7:00 pm

October 24 – 28, 2016

Connections Camp

Athletics

October 12th

Football (*exhibition)
LBP v CH @ McMahon
4:00

October 15th

X Country
Prov Championships @ Concrane Ag
Society

Upcoming Events & Opportunities

Interested in discovering more about Indigenous cultures and history?

Come to the Indigenous youth club!

Meet new people, discover new ideas and explore ways of walking together.

First meeting:

Monday, October 17th, 2016 at 12:15 pm

Room: 2117

Or stop by and see Ms. Lloyd in room 2167 during periods 3 & 4

You're invited to SAIT's 2016 Open House!

This year's Open House (Friday, October 28 & Saturday October 29) will continue to offer in-depth lab tours, try-a-skill options, and the chance to learn valuable program information. It's the best way for students to learn everything they need to, in a small amount of time. It's going to be a fun one too, as it will tie in our centennial year and brand new logo!

Boys and Girls Clubs of Calgary – Indigenous Initiatives

Youth Programs Run Monday – Thursday 4:00 pm – 8:00 pm Sunridge Mall

Check their website <http://www.boysandgirlsclubsofcalgary.ca/programs/indigenous-services>
or call Whitney Ogle, Indigenous Services Program Coordinator at 403.235.5722 for information.



Grad 2017 seems far away, but as we all know time can fly by.

The CBE has a wonderful non-profit organization that helps ALL girls celebrate their graduation in perfect style.

The Cinderella Project helps teens in need realize their dreams for high school graduation. Our program is discreet, and celebrates the diversity and educational achievement of our youth.

To become a Cinderella contact your:

1. Guidance counsellor (Ms. Olsen or Mr. Colvin)
2. Ms. Dang
3. OR leave your name with Ms. Morris in the guidance.

As a side note, to all students and teachers that have fancy dresses that they no longer wear please consider donating them to the Cinderella Project, the MAIN Drop off site is at Sir Winston Churchill High School in the NW.

Regards,
Ms. Dang



SOIRÉE FRANCOPHONE AU STADE MCMAHON \$40.00

LE FORFAIT COMPREND:

- BILLET
 - HAMBURGER OU HOT DOG
 - POUTINE • BIÈRE OU BOISSON GAZEUSE
 - ACCÈS AU PARTY TAILGATE AVANT LA PARTIE
- LES PORTES OUVRONT À 3H00 À L'ENTRÉE DE LA PORTE NORD-OUEST

S'INSCRIRE A STAMPEDERS.COM/OCT15

CODE DE LA PROMOTION: **TAILGATE**

DATE LIMITE D'INSCRIPTION: **VENDREDI LE 14 OCT À 14H**

Pour plus de renseignements ou passer votre commande, contactez: Patrick O'Hagan au 403-284-6469 ou pohagan@stampeders.com

#WHATEVERITTAKES

*On the Menu
this week*

Every morning we have fresh hot coffee, cookies and muffins about 7:45 am.

Tuesday

Carrot & Cumin Soup
Club House Sandwich, French Fries
Grilled leg of lamb, korma sauce, basmati rice

Wednesday

Seafood Chowder soup
Turkey Cordon Blue, roast potatoes & gravy
Baked pasta primavera

Thursday

Cream of Spinach soup
Chicken burgers, lettuce, tomatoes, red onions with spicy wedges
Baked Salmon with herb crust & sundried tomato chimichurri sauce

Friday

Cream of vegetable soup
Pepperoni pizza
Sweet & sour pork, basmati rice



**YOUTH GROUP
FRIDAY NIGHTS**

FIRST AND THIRD FRIDAYS OF EACH MONTH

**ROBERT MCCLURE
UNITED CHURCH**
5510 26 AVE NE

7-9PM

A COMMUNITY WHERE YOU CAN BELONG!

JOIN US FOR FUN, FOOD, AND FAITH

FALL 2016 DATES: SEPT. 16, SEPT. 30,
OCT. 7, OCT. 21, NOV. 4, NOV. 18,
DEC. 2, DEC 16

Scholarship Information

Horatio Alger Canadian Scholarship: Grade 12 students who have financial need and exhibited integrity and perseverance in overcoming personal adversity should apply at www.horatioalger.ca/en/scholarships



Grade 12 Success Connect Information

University of Calgary

- October 18, 2016 After school presentation and Q & A at Lester B. Pearson in the Media Centre @3:30
- October 20, 2016 Cafeteria Booth during Parent Teacher Conferences 4:00 – 8:00 PM

Mount Royal University

- October 20, 2016 Cafeteria Booth during Parent Teacher Conferences 4:00 – 8:00 PM
- October 24, 2016 After school presentation and Q & A at Lester B. Pearson in the Media Centre @3:30
- October 29, 2016 Open House

SAIT

- October 19, 2016 Applications for fall 2017 Open
- October 28 &29, 2016 Open House
- TBA After school presentation and Q & A at Lester B. Pearson in the Media Centre @3:30

Bow Valley College

- October 15, 2016 Open House
- October 21, 2016 Cafeteria Booth during Parent Teacher Conferences 10:30 – 1:00
- Ongoing Registration depending on Programs

Chinook Learning Services

- October 20 & 21, 2016 Cafeteria Booth during Parent Teacher Conferences

ELAA- Province Wide Post-Secondary Institutions

- November 15, 2016 9:00 – 11:00 Main Gym Lester B. Pearson High School



First Nations, Metis, and Inuit High School Graduation Success Coach - Shannon Lloyd

Okī (Blackfoot) Dānit'ada (Sarcee T'suu Tina) Tānisi (Cree) Tawnshi (Métis) Umbā-wathtich (Stoney Nakoda)

Welcome! My name is Shannon Lloyd and one of my roles here is as the First Nations, Metis, and Inuit Student High School Graduation Success Coach, part of the CBE's initiative begun last November.

The aim of this initiative is to increase the graduation rates for Aboriginal students.

How can we do this? One of the proven ways that Canadian school boards have seen graduation rates for aboriginal students INCREASE is through **parental involvement**.

This is why I would love to get your ideas and input! I have spoken to some families already; if I have not contacted you personally yet please feel free to call the school (403-280-6565 ext. 2408) and have a chat, send me an email (sllloyd@cbe.ab.ca) or come in to the school for tea.

Let's connect and make success happen!

Student Learning Plans

My priority now is to meet with all our aboriginal students, one on one, to start a learning plan. These learning plans will help us to get to know each student and their learning needs better. The important information about these learning needs are shared with students' classroom teachers, as we are all working on the same team. If you have anything to add to your child's learning plan, please let me know. You are encouraged and welcome to attend the "Meet the Connect Teacher" Night on October 5th from 6:30 - 7:30 pm and meet your child's Connect Teacher. I will also be available to meet with you on that evening, and will be in room 2117.

Classroom 2167

In the afternoons, I have a special place in our school – room 2167. This is a place where students can come:

- to access a quiet place to study,
- to get help with what they are working on for their classes.
- to find out about activities in the community (like cultural opportunities), academic supports, scholarships and awards etc.

Aboriginal Meeting Group

I would like to begin offering a weekly lunch meeting for the aboriginal students at Lester B Pearson where students can come and gather for a meal, can meet with others and can become involved in the school community. Please encourage your child(ren) to join. ***The Indigenous Youth Club will begin Monday, October 17th at 12:15 pm in room 2117.***

Request for Feedback

Again, I would like to invite your feedback on how I can assist you and your children to be successful and to graduate from high school. Please feel free to get in touch and arrange a time to come into the school to meet with me. If you like, we can also include our school's administration and counselling team in such a meeting – we like to use a team approach.

Grade 10 – Ms. Hornby (AP)

Grades 11 and 12:

A – Kh – Mr. Papp (AP), Mr. Colvin (counsellor)

Ki – Z – Mr. Tuff (AP), Ms. Olsen (counsellor)

Phone: 403-280-6565, ext. 2408

Email: sllloyd@cbe.ab.ca

Fentanyl: Information for Teachers and Parents What you need to know

You may have heard recently about a dangerous drug called fentanyl that is causing a lot of harm in Alberta and across Canada.

Fentanyl is an opioid (painkiller) that can be used safely when it is prescribed by a health professional and taken as directed. But it is also being made and sold illegally.

Fentanyl is very toxic. Just a small amount of fentanyl, the size of two grains of salt, can be deadly. Fentanyl is made and sold in many different forms and can be hiding in other drugs.

Talk to the kids in your life

Kids and young adults are especially vulnerable to substances since their brains are still developing. It is not always easy, but talking to your kids about fentanyl and other dangerous drugs is one of the best things you can do to keep them safe.

- You can start a conversation by telling your kids you care about them and you want them to be safe.
- Ask them what they know about fentanyl and encourage open and honest communication.
- Tell them what you know about fentanyl:
 - ◆ It's a very dangerous drug that is being seen more and more in Alberta;
 - ◆ 272 Albertans died from fentanyl in 2015;
 - ◆ If you take fentanyl, it can stop your breathing;
 - ◆ It can be hiding in any street drug and may even look like prescription medication;
 - ◆ Drug dealers may not know if the product they are selling contains fentanyl.
- Ask your kids to tell you if they are ever around drugs and let them know it is ok to say no if they are ever offered drugs.

What parents and caregivers can do?

As parents, you are an important influence in your kids' lives. Although there is no guaranteed way to prevent drug use, there are some things you can do that we know are helpful:

- Spend quality time with your kids, be involved in their lives.
- Encourage and support your kids to help them do well in school. Support and help your kids be involved in activities that build on their interest, hobbies (sports, learning, community activities, and leadership development).
- Help kids and youth understand the risks and consequences of drug use and have clear expectations.
- Support your kids to make healthy decisions and what to do if someone is pressuring them or their friends to use drugs.

If you think your child might be using fentanyl or other drugs, there is help. Call Health Link at 811 and their trained staff will help you with what to do next. **Alberta Health Fentanyl Information Sheet © 2016 Government of Alberta 2**

What teachers can do?

As teachers, you contribute to healthy and supportive school environments and help students make positive choices. Talk to your students about drugs, and promote drug-use prevention initiatives in your school. Prevention initiatives that have been shown to be helpful in the school setting include:

- student led programs;
- programs that connect students with positive role models (mentoring);
- encouraging meaningful participation (student council, peer tutoring);
- programs that focus on life skills (social skills, managing conflict, etc.).

Research shows that the most effective drug prevention programs focus on positive social and behavioural development and put the students at the centre of the design, taking their needs and realities into account.

Signs of an overdose

If you are using drugs, or are with someone who has used drugs, and you or they have any of these symptoms call 911:

- breathing is slow or not breathing at all
- nails and/or lips are blue
- choking or throwing up
- making gurgling sounds
- skin is cold and clammy
- can't wake them up

Learn more about overdose prevention and what you can do to keep yourself and others safe at drugsfool.ca.

When someone overdoses on fentanyl, they may stop breathing. If you come across someone who you think may be overdosing and is not breathing:

1. Call 911 immediately.
2. Follow the SAVE ME steps:
 - a. **S**timulate (to see if a person is responsive)
 - b. **A**irway (check and clear)
 - c. **V**entilate (1 breath every 5 seconds)
 - d. **E**valuate
 - e. **M**uscular Injection (1ml of naloxone if available)
 - f. **E**valuate (consider second dose of naloxone if needed)
3. Stay with the person until help arrives.

Rescue breathing is best performed with a barrier mask to prevent the potential transfer of disease. Naloxone is a drug that may help someone start breathing again after an opioid overdose if given right away. However, its effect is only temporary.

More information and resources

Fentanyl and Naloxone

- www.drugsfool.ca

SAVE ME

- Overdose Awareness: http://towardtheheart.com/assets/naloxone/od-awareness---opioids_178.pdf
- Rescue Breathing: http://www.redcross.ca/crc/documents/What-We-Do/First-Aid-and-CPR/Workplace/Online-Tools/fa_onlinetools_skills_summaries_rescue_breathing_and_suctioning.pdf
- Training: <http://www.sja.ca/English/courses-and-training/Pages/default.aspx>
- SAVE ME Poster: http://towardtheheart.com/assets/naloxone/save-me-poster-centered-20120829_121.pdf

Resources for parents and caregivers

- <http://www.albertahealthservices.ca/amh/Page2716.aspx>
- Parent Information series: <http://www.albertahealthservices.ca/amh/Page2434.aspx>
- Alcohol and Drug Use in Young People:
<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwld=tp17749#tp17750>
- How do I know if my teen is using drugs:
<http://www.albertahealthservices.ca/assets/healthinfo/AddictionsSubstanceAbuse/if-par-parent-info-series-3-4.pdf>
- Help Prevent Drug Use in Kids –
♦ Blog Post: <http://www.albertahealthservices.ca/Blogs/PFH/Posting358.aspx#.VyOqKeIrJaR>
- ♦ Parent's Guide to Prevention: <http://www.rcmp-grc.gc.ca/docas-ssdco/guide-kid-enf/kids-enfants-enf-kid-eng.pdf>
- How can I teach my young child to deal with peer pressure:
<http://www.albertahealthservices.ca/assets/healthinfo/AddictionsSubstanceAbuse/if-par-parent-info-series-2-1.pdf>
- How to talk to my teen about drug use –
♦ <http://www.albertahealthservices.ca/assets/healthinfo/AddictionsSubstanceAbuse/if-par-parent-info-series-3-5.pdf>
♦ <http://www.albertahealthservices.ca/Blogs/PFH/Posting305.aspx#.VyOqkOlrJaR>
- Understanding Addiction and Brain Development –
♦ <http://www.albertafamilywellness.org/families-individuals>



- ◆ <http://www.ccsa.ca/Resource%20Library/CCSA-Evaluating-Drug-Prevention-Programs-Neuroscience-Summary-2016-en.pdf>

- Parenting:
 - ◆ <http://www.humanservices.alberta.ca/family-community/14873.html>

 - ◆ <http://www.uvic.ca/research/centres/carbc/assets/docs/hs-parents-list.pdf>

 - ◆ Parent toolkit: <http://www.drugfree.org/the-parent-toolkit/>

 - <http://www.albertahealthservices.ca/amh/Page2674.aspx>

 - http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/Pages/resources_for_teachers_and_schools.aspx

- Community action on drug abuse prevention
 - ◆ <http://www.albertahealthservices.ca/assets/healthinfo/AddictionsSubstanceAbuse/if-com-community-action-manual.pdf>

 - ◆ <http://www.albertahealthservices.ca/info/page13663.aspx>

Alberta Health Fentanyl Information Sheet © 2016 Government of Alberta 4 Resources for teachers, schools and community members

Administrative Regulations Update

New |

AR 6005 **Student Code of Conduct**

This AR has been developed to provide clarity and guidance pertaining to the expectations for student behaviour in all CBE schools. This AR identifies acceptable and unacceptable behaviour and the consequences for unacceptable behaviour. Clarity pertaining to discrimination and bullying including both those who engage in, perpetuate or are subject to such behaviour is also included in this Code of Conduct.

The new AR can be found at the following link:

<http://www.cbe.ab.ca/GovernancePolicies/AR6005-Student-Code-of-Conduct.pdf>

Revisions

AR 6006 **Progressive Student Discipline**

This AR has been revised to reflect a whole school approach to discipline that utilizes a continuum of intervention, supports and consequences while building on strategies that promote positive student behaviour.

The revised AR can be found at the following link:

<http://www.cbe.ab.ca/GovernancePolicies/AR6006-Progressive-Student-Discipline.pdf>

AR 6007 **Suspension and Expulsion**

This AR has been developed to reflect the expectation and guidelines pertaining to suspensions and expulsions. At this point in time, the current information regarding suspensions and expulsions has been removed from the now deleted Discipline policy and placed in a separate AR. The processes and expectations for suspensions and expulsions within CBE will be reviewed commencing in the fall of 2016.

The revised AR can be found at the following link:

<http://www.cbe.ab.ca/GovernancePolicies/AR6007-Suspension-and-Expulsion.pdf>

Deletion

AR 6001 **Student Discipline**

This AR has been deleted and replaced with the three ARs highlighted above.



Media Centre

Students (Grades 10, 11 & 12) although you are always welcome in the Media Centre to use technology or tables during non-class time, Ms. Duncan does ask that you stop at the desk to sign the attendance book and then stop and sign out again when you leave?

Why do we do this?

- Ms. Duncan doesn't always have space and/or the space you need to use is generally limited.
- Stopping at the desk forces everyone to slow down and take a deep breath which helps to keep the room a bit more controlled.
- Ms. Duncan can spend time with individuals who may have specific questions.
- It also helps keep the space cleared for those students who are actually there to work and not just hang around; disturbing others (including Ms. Duncan).
- If we need to evacuate, it is Ms. Duncan's attendance sheet for those students not with a teacher that will help let the office know where those students are.

****As always, students who would just like to browse the books, are welcome to come in without signing the book because the assumption is they will not be in the space for any long period of time.****



Photo Orders (LifeTouch)

Photo Orders have been delayed in being delivered to our school; so we will be extending the deadline for Photo Orders to be due in the main office by October 21, 2016. Thank you for your patience and understanding.

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 (ie: Family Vacations)

If you plan on going on a vacation, please have the student come to the office for an extended absence form.

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.



STUDENT PARKING

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

Volunteers/Police Security Clearance

If you are interested in volunteering at Lester B. Pearson; then you are required to have a police security clearance check done. **The process is:** You are to bring in a Government ID (example: driver's license)to Mrs. Reimer in the Main Office. Mrs. Reimer will then enter your information into the computer and then print off a letter which you must present to the police along with a fee of \$15. If you wish to be reimbursed for the \$15 fee; then you must receipt to our Business Office and we will refund the fee. Any further questions please contact Mrs. Reimer at 403-280-6565 ext. 2412



bring in the