



DIDSBURY HIGH SCHOOL

FEBRUARY 2012

Principal—Mr. Garth Dagg

Vice Principal—Mr. Curtis Dick

www.didsburyhigh.ca



Principal's Message

We have had a smooth start up to semester 2, and by the look of our calendar, there are going to be many busy students and teachers over the next 5 months. As a staff we have talked about accommodating students who are out of class for various reasons, and some strategies for ensuring they do not fall too far behind. Each coach or club leader will be stressing that the amazing opportunities students have to take part in activities comes with a huge responsibility; that is, to catch up with missing work on their own time. Whether it be Ski trips, Theatre Calgary, Band, Drama, or a family vacation, the memorable activity must be done with the knowledge that the students that were in school continued on with their course work. It is the student's responsibility to catch up on work that they miss. Our teachers will help fill in voids that students are having difficulty with, but they will not have the time to re-teach the class in its entirety when the student returns. For students that will be missing classes, they should approach the teacher with as much notice as possible. Depending on the content, the teacher may have them pre-read and try the work before they leave, or if prerequisite material is needed, the student may have to catch up with missed material when they get back. A good practice is that the missing student arrange for a friend to get detailed notes, assignments, handouts, etc. for them while they are gone. Whatever the case, parents can help your son or daughter by ensuring they take time in the evening and weekends to get caught up with missed work as soon as possible.

The Rick Hansen "Man In Motion" Tour will be travelling through Didsbury and stopping at DHS on Feb 29th at approximately 1:30pm. This event is intended for the entire community and will be held on the West side of the school in the bus loop. We are fortunate that one of our students will be taking part in the run and will be recognized at the gathering. Rick Hansen will not be attending the Didsbury gathering as he has other stops that day.

Please come out and join us for a hot chocolate!

Surrounded by Chinook's Edge Values

A Message from the Superintendent

Teachers and staff in our schools work very hard to ensure quality learning and to provide opportunities for our students to develop new skills. As importantly, we work to build meaningful relationships and nurture a safe and caring culture where each student feels a sense of belonging. We recognize the uniqueness of every single child in our care and we know we don't just help students learn. We have the ability to help them change their lives for the better forever.

From their first day of Kindergarten to the time they graduate from high school, our students are surrounded by values that guide our every effort in Chinook's Edge. Our division's new Mission and Vision statements bring to life the values that we can all be proud of.

Mission

Chinook's Edge School Division will engage every student in meaningful learning by challenging, encouraging and believing in them.

Vision

Chinook's Edge School Division will be universally recognized as a collaborative learning community where learning is personalized for all students to achieve success as compassionate and innovative global citizens.

Kurt Sacher
Superintendent of Schools

Kindergarten Registration for 2012-2013

Chinook's Edge is now accepting registrations for next Kindergarten year, and we look forward to welcoming Kindergarten students into our safe and caring school communities!

To attend Kindergarten in August 2012, children must turn five years old by December 31, 2012 and a birth certificate will be required for registration. Accommodation may be made for four year-olds with special needs. There are no school fees for Kindergarten students in Chinook's Edge School Division.

February 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 First Day of Semester 2	2	3	4
5	6	7	8	9	10 Non-Instructional Day—No Classes	11
		PHYS ED 20/30 FERNIE FIELD TRIP		DHS Presents a Dinner Theatre Presentation of "A Family Reunion to Die For"		
12	13 Smoking & Chewing Awareness 11:00-1:00	14	15	16	17 Rotary Club Short Term Student Exchange Meeting-Noon	18
19	20 Family Day No Classes	21	22	23	24	25
				PD Days—No Classes Teachers Convention		
					SR GIRLS BASKETBALL TOURNAMENT	
26	27	28	29 Rick Hansen Run Gathering @ DHS 1:30pm National Pink Day Wear PINK to Support Anti-Bullying Campaign			

March 2012

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 Phys Ed 9 Ski Trip Nakiska	2 Phys Ed 10 Ski Trip Nakiska	3
4	5 School Council Meeting 7pm	6 Telehealth at the Community Engagement Site (DHS) presents The Power of Re- lationship with Your Adolescent:	7	8	9 Focused PD No Classes	10
11	12	13	14	15 Interim Report Card Marks Sent Home with Students	16	17
18	19	20	21 Parent/ Teacher Interviews 5:00-8:00 No Appt Necessary	22	23 Non- Instructional Day No Classes	24
25	26	27	28	29	30	31 Spring Break Begins

Tainted Ecstasy Alert

Alberta Health Services Addiction Clinic Red Deer is issuing an information bulletin following the recent ecstasy related deaths in the Alberta. Since April 2011, Calgary Emergency and Urgent Care Departments have treated over 100 people for ecstasy related health concerns.¹

Toxicology results in five recent overdose deaths confirmed the presence of a lethal chemical, Paramethoxymethamphetamine (PMMA) – not previously associated with the drug ecstasy (Methylenedioxyamphetamine / MDMA).²

PMMA and ecstasy are both amphetamine-derived manufactured designer drugs produced for the illicit drug market. While PMMA does have similar and milder hallucinogenic effects than ecstasy, it is considerably more toxic, dangerous, and potentially lethal. Ecstasy use results in an intense high relatively quickly. The effects of PMMA are milder and take a much longer time to develop. When users do not obtain their usual quick and intense high, they assume they have taken “weak” ecstasy and ingest more pills, resulting in an overdose of PMMA. Often within a matter of hours, PMMA earns its nickname of “death”. The drug user’s body temperature rises rapidly to as high as 115°F (46°C), via a process that is quickly irreversible, even when the individual is hospitalized. Brain seizures, convulsions, breakdown of internal organs, coma, and death can occur. Taking PMMA in combination with other drugs, such as alcohol or caffeine may promote this process.³

PMMA is less expensive to obtain than ecstasy, and manufacturers may “cut” ecstasy pills with PMMA, or replace the MDMA in ecstasy entirely. PMMA can easily be passed off as ecstasy on the drug market due to its similar stimulant and hallucinogenic effects, and its identical appearance to ecstasy pills in size, color, and logos.³

Provincial Health Officer, Dr. Perry Kendall informed that “Paramethoxymethamphetamine (PMAA) is approximately five times more toxic than MDMA (the active ingredient in ecstasy)”. Kendall explained that PMMA causes a significant increase of the neurotransmitter, Serotonin. He revealed that the onset of PMMA is slow to initiate in comparison to MDMA. This delay in achieving immediate effects of the drug is concerning, as this may lead additional consumption of the drug.⁴

Sgt. Mike Bossley of the Calgary Police Service Drug Unit relayed “you never know what is in your drug: yesterday it was MDMA, today it’s PMMA, and tomorrow it could be something else”. “There is no safe dose of a street drug”.⁵

References

- ¹ AHS issues public health alert in Calgary over ecstasy concerns. (2011, December 29). Global Calgary, Shaw Media Inc. Retrieved January 24, 2012.
- ² Calgary health authorities confirm Ecstasy batch tainted by lethal chemical. (2012, January 11). Postmedia News. Retrieved January 24, 2012.
- ³ PMA and PMMA: Therapeutic use, treatment. PMA and PMMA rehab. (2009, June 20). Illegal Drugs & Information, Drug Facts. Retrieved January 24, 2012.
- ⁴ At least one of the recent ecstasy-related deaths in Lower Mainland has been linked to the same potent neurotoxin found in five overdoses in Calgary, health officials say. (2012, January 12). Postmedia News. Retrieved January 24, 2012.
- ⁵ Calgary police warning the public about street drugs. (2012, January 12). CTV Calgary. Retrieved January 24, 2012.

South Africa 2013

REGISTRATION




Penguins at Boulders Beach

Lion's Park

University of Johannesburg



A quick guide to registration online.

Go to:
www.explorica.ca

hover over the student or parent link at the top of the page, then select the sign up option in the centre column.

If you are unable to register online you can:

- Request print materials from Mr. Leggette or Mrs. Jacobson.
- Attend the Tuesday, December 13, 2011 meeting for registration.

- You may also be able to request help in signing up online at any time.

sizes. Students will be put on a waiting list if the enrollment exceeds our travel numbers.

Benefits of Signing up now:

- Prices are not guaranteed past December 31, 2011.
- Free Travel insurance until December 31, 2011.
- Payments can be spread out over a longer period of time.
- The trip will have a limited enrollment depending on bus

Quick Guide	
Read Information Guide online.	1
Gather information and sign up online.	2
Decide on type of payment.	3
Plan for a great trip.	4

Check your e-mails or the blog for current information.

April 2013

Contact Mr. Leggette or Mrs. Jacobson at the school for questions.
403-335-3356

SouthAfrica2013.blogspot.com

explorica.ca

tour I.D. #: Leggette-5126

Prices will increase after March 31, 2012

**DIDSBURY HIGH
2012 YEARBOOK COMMITTEE**

**Yearbook Committee Meetings
Tuesdays 3:30–5:00pm**

**Looking for Editors, Artists,
Photographers, Writers
and Students to do Graphics**

Everyone Welcome!!



RCMP-GRC



ROYAL CANADIAN MOUNTED POLICE • GENDARMERIE ROYALE DU CANADA

RCMP YOUTH CAMP

Have you ever wondered what it would be like to be a police officer? Northwest Region Recruitment Unit of the Royal Canadian Mounted Police in partnership with the RCMP Depot Training Academy in Regina is hosting our second annual youth camp for students in grade eleven and twelve. Thirty-two student's from all over the prairie provinces and the territories will be selected to attend the youth camp held at Regina's Training Academy(Depot) for one week, August 12 to 18, 2012. The selection will be based on student's academic achievement, Canadian citizenship and interest in a career in policing. You will learn what it's like to be a police officer in training through activities and observation of activities including , drill, driver simulator training, firearms, police officer scenarios, a tour of the training facility (Depot) and RCMP museum, and much more! This is also a wonderful opportunity to interact with Police Officer's from many different units within the RCMP, which will allow you to obtain a better understanding of what life would be like as a Police Officer with the Royal Canadian Mounted Police!

ARE YOU INTERESTED?

To apply and for further details, please contact your School Guidance Counsellor

4-6

MAY
2012



WHAT IS YOUR 2012 CHALLENGE?

MAY 4-7, 2012
SPOKANE, WASHINGTON

12 KM RUN
36TH ANNUAL
BLOOMSDAY RUN

MEETING:
FEBRUARY 16, 2012, NOON
COMPUTER LAB

Drama students will be running a fundraiser in conjunction with Urban Thrift, the independent thrift store out of Calgary that is sponsoring our show. The idea is that people take a bag with a sticker attached and fill it with clothes, shoes, electronics, jewelry, books etc. that are no longer used in your home. Drama will earn \$5 for every bag we take in to Urban Thrift, and each person who donates a bag of items can suggest a charity to whom they'd like the proceeds of their items to be donated by writing the name of the charity on the sticker.


Urban Thrift has been very good to us so far, and this is a fundraiser that will benefit both Drama and an independent store that supports several community efforts. If you would like to Clean Out Your Closet, I have the bags and stickers available now for pickup - just let me know you'd like one and I can bring it to you. If you'd like to send some home with students, let me know as well. If you think you have some items but won't fill a full bag, we will combine items as necessary.

Urban Thrift's website is at <http://urbanthrift.ca/>

Thanks for your support!

Kelsey

URBAN THRIFT



urban
THRIFT

GET WAY MORE WOW!
& WAY MORE FASHION!

MEN'S, WOMEN'S &
CHILDREN'S WEAR

20-3434 34 Ave NE Calgary ----- (403) 769-1934

Technical Theatre Class

Seeking The Loan or Donation of Items

Didsbury High School's Technical Theatre class is seeking the loan or donation of the following items for the set of our dinner theatre production of A Family Reunion to Die For, which will be presented from February 9-11. If loaned, the items would be required for about the first two weeks of February. Pick-up can be arranged if necessary. Please contact Ms. Lawson at the school or by email at klawson@chinooksedge.ab.ca. Tickets for the production will be available in December - watch the school website for more information!

Loan preferred:

1 loveseat and 1 armchair (not necessarily matching) that would work with Western-themed decor

1 western-themed floor lamp

For loan or donation:

Tablecloths sized for rectangular banquet tables- red and white gingham, or solid reds, whites, yellows or browns

The following items would ideally be donated, as we would like to alter the colour or finish as necessary:

2 - wall sconces

1 - hollow interior door, hardware not absolutely required

Horseshoes

Barn board - the more aged the better

3 - sheets of wood paneling or wainscoting

We would also appreciate the donation of leftover usable paint, paint brushes and paint rollers.

Creative **Studio**

New to Didsbury! Creative Studio is pleased to be offering Art and Drama classes for children and teens!

Fall Classes begin September 13th, 2011 and run through to May 31, 2012

ARTISTIC ADVENTURERS

Tuesday or Thursday 4 - 5 PM

Let your mind take you on an adventure to discover art! This class will work on basic art skills through a variety of hands-on projects and crafts. (Ages 6-10)

ARTIST'S STUDIO

Tuesday or Thursday 6:30 - 7:30 PM

Learn, Practice, Create!! This is a project based class in which students will be taught the skills and techniques necessary to create various works of art in a variety of mediums. (Ages 10 +)

ACTOR'S STUDIO

Tuesday or Thursday 5:15 - 6:15 PM

This is a production based class. Take part in learning theatre techniques and developing acting skills. Students will be given the opportunity to perform in our Christmas and Spring productions! (Ages 6 +)

PLEASE CALL TO REGISTER (403)518-4954

or email calicreativestudio@gmail.com

CLC Fitness Centre

Something for the whole family!

Fitness Classes, Clinics, Personal Training,
and **MORE!**

Membership Rates:

Chinook's Edge Staff: \$250 / year
Chinook's Edge Student: \$100 / school
year *runs 09/1/11- 08/31/12*



CLC FITNESS CENTRE

Fitness Class Fees – 8 classes

Non-member: \$60

Member special: \$40

There are many classes to choose from such as

Spin

Kettlebell/TRX

Grotto Grooves

Tai Chi Clinic

Boxing Circuit

Senior Social & Circuit

For more information call 403-507-7782

www.gobroncos.ca



February: Love your Body!

Body image is the mental picture we have of our bodies. It is affected by how one feels and values themselves. Those who feel really good about themselves, usually have a healthy body image.

As children's bodies grow and change it is important to promote a positive body image. Eating healthy, being physically active and getting enough sleep are some ways to help them learn to love their body!

Promote a positive body image:

Enjoy a variety of healthy foods at regular meal times

Be physically active

Encourage your child's unique interests

Be a positive role model (don't criticize yourself or others for size or shape)

Get enough sleep

Discuss unrealistic media images

For more information for ages 6-12, please visit: http://www.healthyalberta.ca/Documents/HEAL_6_to_12_2008.pdf

For more information for ages 13-18, please visit: http://www.healthyalberta.ca/Documents/HEAL_Brochure_13to18.pdf