

January
2021



CHINOOK'S EDGE SCHOOL DIVISION NO 73

Didsbury High School

Principal's Message

Happy New Year!

There seems to be a theme to my last few newsletter messages - uncertainty! As I write this, we are expecting and looking forward to having high school students return to classes on Monday January 11th. I will tell you we are very pleased with how diligent the students have been for logging into their classroom on time and staying involved. The attendance has been excellent and when I last spoke with the staff they were covering the curriculum according to their long range plans. Still, the school is empty and having students back in the building and interacting within a class is much preferred. If there are any changes due to AHS updates, I will send information out as soon as we have direction from our Central Office.

We do have another change that will affect students as we wind down the semester. To make up for some of the changes to online classes, the division is asking schools to restructure our "final exam" week. This year, we will not have a formal exam week; students will continue with their classes and final exams will be written during class time. We have a tentative plan to have students write their final exams on the days they have their "double" class. The reasoning for this is so students will not have to write more than one final exam per day. Each teacher will be discussing the final exam with their students in the upcoming weeks. I do not have specific details for the complementary courses in the last few days of classes; some may need the time to finish up their classes and some may allow students a "study" block to prepare for their core class final exam. There will be no classes on January 28th and 29th as those will be organizational days to get semester 1 marks submitted to Alberta Learning and get prepared for semester two.

Garth Dagg
Principal



Inside this issue:

Message from the Superintendent	2
Wellness News	3
Talking to Kids about Social Media	4 & 5
Band News	6
Grad 2021 News	6
Yearbook News	6

DIDSBURY HIGH SCHOOL
1515-15 AVENUE
DIDSBURY, AB T0M 0W0
P 403-335-3356 F 403-335-8036

Principal—Garth Dagg
Vice Principal—Curtis Dick
www.didsburyhigh.ca

Superintendent's Message

Our commitment to health and wellness

In Chinook's Edge, we know that supporting a healthy environment in our schools will positively impact the achievement and social emotional well-being of our students and staff. The global situation shows us that now, more than ever, our division's focus on wellness will ensure our students remain engaged and ready to learn, even as our circumstances change and evolve.

Our division has a long-held priority of caring relationships at every level. Relationships Matter in Chinook's Edge, and we can draw on that foundation in the coming months to support a sharp focus on our divisional goals that will continue to set our students up for success: Literacy, Academic Excellence, Career Connections, and Social Emotional Well-being.

On behalf of the Board of Trustees and our Central Office Leadership Team, I wish everyone in our Chinook's Edge school communities a happy and healthy new year.

**Kurt Sacher,
Superintendent**



For Trustee updates and to read the latest Board eNews, please visit [our website](#).

Ready, Set, Go! Welcome to Online Kindergarten Registration!

Chinook's Edge will be accepting Online Kindergarten Registrations on January 11, 2021 for the 2021-2022 school year. Please visit our website at www.cesd73.ca for Kindergarten information!



**Parenting
is my
superpower**

Parent Support Series!

We are in this together!! Take a look at these webinars that are geared towards parents on helping your children at home during these unprecedented times.

All webinars are \$10 each and run from 4:00 pm - 4:45 pm

January 2021

7th: Parent Support Series #1 - Supporting the Emotional Needs of At-Home Learners

<https://www.carcpd.ab.ca/programs/details.php?id=8777>

14th: Parent Support Series #2-Using Positive Reinforcements to Support Children with Diverse Needs

<https://www.carcpd.ab.ca/programs/details.php?id=8782>

21st: Parent Support Series #3 - Attention and Memory Supports

<https://www.carcpd.ab.ca/programs/details.php?id=8781>

28th: Parent Support Series #4 - Handling Meltdowns and Stages of Escalation

<https://www.carcpd.ab.ca/programs/details.php?id=8783>

February 2021

16th: Parent Support Series #5 - Making Math Fun

<https://www.carcpd.ab.ca/programs/details.php?id=8784>

23rd: Parent Support Series #6--Importance of Language to a Child's Success

<https://www.carcpd.ab.ca/programs/details.php?id=8785>

25th: Parent Support Series #7 - How to Read with Your Child (4-6 year olds)

<https://www.carcpd.ab.ca/programs/details.php?id=8778>

April 2021

29th: Parent Support Series #8 - Using Schedules to Support Children with Diverse Needs

<https://www.carcpd.ab.ca/programs/details.php?id=8779>

May 2021

6th: Parent Support Series #9--Supporting Positive Behaviours at Home

<https://www.carcpd.ab.ca/programs/details.php?id=8780>

10th: Parent Support Series #10-Questions and Answers

<https://www.carcpd.ab.ca/programs/details.php?id=8787>





WE HAVE MORE DETAILED INFORMATION AND REFERENCES ONLINE

<http://edtechframework.com/support/talking-to-kids/>

Talking to Kids About Social Media



Talking to kids about their online life and social media usage is not always easy. We offer these 12 tips to try to help break the ice and have rich conversations with your children that keep both parties safe.

1. It doesn't always feel natural to give a child **positive reinforcement** when they drop a piece of random information, we acknowledge this. But, if you give positive reinforcement when they open up to you about a topic, even if it is a small or minor topic, that sends a quiet message that you are approachable. Simply make eye contact and say something like "Hey, thanks for telling me about that. I like talking to you about this stuff." Saying this when the topic is not heated or personal sets the stage for your child to approach you when things are tougher.
2. **Be proactive** about conversations.. Don't wait until there is a problem to start talking about online engagement with kids. Setting the stage to talk openly about online choices is important.
3. Have conversations about online safety from a **young age**. Watch YouTube with the younger children. Ask them questions about what you viewed. Talk about if it's real or not. Talk about opinions. Just talk. Listen when they talk, but teach them that it's positive to watch and discuss.
4. ASK them their opinion about online **activities that don't involve them**. If you've heard of a cyberbullying situation in the media, strike up a conversation with your child(ren). Ask their opinions about what happened. Talk about how both the children and the adults handled the situation. When they are not involved, they can think rationally and logically (for the most part) about a situation.
5. Talk about things you've seen or experienced online. **Personal anecdotes** are so powerful with children. You don't have to be a perfect online citizen, just be an honest one. This is new ground for adults too. It's okay that you are still learning also. There's nothing wrong with letting children know that adults are trying to figure out how to live with constant connectivity. It's a great opportunity to model lifelong learning and growth mindset. None of us are experts!
6. Ask your child about **the apps and websites they use** - or better - set up family sharing (iOS) so that they must ask permission each time they are downloading a new app. As a family decide at what age, or by what criteria, this can be removed.
7. **Reassure** them that they can always talk to you. We sound like a broken record, but in order to have communication, both parties need to feel safe.
8. **Listen and ask questions**. If they are talking, it's your job to listen. It may be tempting to give information or teach a lesson. Try to hold back. You can teach the lesson tomorrow. If they are talking, don't cut them off! If you listen today, they will talk again tomorrow.
9. Set **boundaries** - but be realistic; if you make screens "precious" they become desirable. You know your child better than anyone. Watch for the signs of sneaking, and if you find this happening, talk to your child and brainstorm ways to resolve the impulsivity.
10. **Act on warning signs**. If you feel that something is happening, lean on the relationship you've built with the previous nine steps, and ask directly. You will never regret the strength of the relationship you built starting from that young age.
11. When they have earned the right to privacy, **respect their privacy**, with the constant reminder that nothing done online is ever private. The right to privacy goes hand-in-hand with trust. If trust is broken, the right to privacy can be revoked.
12. **Meet them where they are at** sometimes. Let your teen teach you. Snapchat may not be of any interest at all to you, but if you engage in snapping with your teen, that simple act will open up many conversations you never expected to be allowed to have, and you will gain an understanding as to how kids use this application. It's okay to be goofy sometimes.

DHS Band News

BAND SOCIETY MEETING

The next meeting of the DHS Band Society will be Wednesday January 13th at 7 PM . Please email Mr. Wassmer kwassmer@cesd73.ca for a Zoom Meeting link.



GRAD 2021



Grad 2021 Photos with Northern Lights Photography will be over two weekends

January 30-31, 2021
February 6-7, 2021

Mrs. Morgan will start booking sitting times in January.

Yearbook



2020/2021 DHS Yearbook

Make sure that you purchase your optional personalized 2021 Yearbook. All orders can be placed through the online school fees payment program.

Library Reminder

Reminder to all students that all library books are to be returned by **January 18, 2021**

Textbooks are to be returned after the end of each class.




Looking Ahead

February Dates to Remember

Semester 2 Begins	February 1
Winter Break—No Classes	February 13–21
Family Day	February 15
Teacher's Convention	February 18 & 19



January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2
3	4 Online Classes Resume	5 Online Classes	6 Online Classes	7 Online Classes	8 Online Classes	9
10	11 Students Return to In Person Classes	12	13 Virtual Band Mtg 7pm	14	15	16
17	18	19	20	21	22	23
24 31 Grad 2021 Photos	25	26	27 Last Day of Semester 1	28 Organization Day No Classes	29 Organization Day No Classes	30 Grad 2021 Photo Session

February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 First Day of Semester 2	2	3	4	5	6 Grad 2021 Photo Session
7 Grad 2021 Photo Session	8	9	10 Virtual Band Mtg 7 pm	11	12	13
14	15 Family Day No Classes	16 Winter Break No Classes	17 Winter Break No Classes	18 Winter Break No Classes	19 Winter Break No Classes	20
21 28	22	23	24	25	26	27