January
2023

Didsbury High School

CHINOOK'S EDGE SCHOOL DIVISION

Principal's Message

From the Principal's Desk…..

We hope that everyone had an enjoyable and relaxing break as they spent Christmas and New Years with family and friends. While the school year is still less than half-way done here at Didsbury High School, the post-Christmas months always seem to fly by.

We start right away with exams with Grade 12's writing their first set of Diploma Exams this week. The full exam schedule kicks in the following week with the last day of regular classes being January 20. See the exam schedule posted on the website or in this newsletter for exact dates and times of exams.

Grade 9 students and parents are reminded that there are no classes unning outside of exams during exam week and arrangements should be made for students to go home (or a friend's house) after they have finished their exam. Students who make prior arrangements with their teachers to stay and study or get extra help are invited to do so but will be assigned to a classroom and will not be allowed to gather in the common areas..

Second semester officially begins on January 31 and you can expect changes in options and core courses at that time. We encourage students to take these last few days of Semester 1 to make a big push and maximize their success on upcoming exams.

Scott MacDonald
Principal -- Didsbury High School

PS. On the following page are the Seven Effective Study Tips of
Dr. Robert Bjork, Professor of Psychology, University of California:

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DIDSBURY HIGH SCHOOL
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Principal—Scott MacDonald
Vice Principal—Curtis Dick
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The Seven Effective Study Tips

Dr. Robert Bjork, Professor of Psychology, University of California

1. Allocate your attention efficiently.
2. Interpret and elaborate on what you are trying to learn.
3. Make your studying variable (e.g. location, interpretations, examples).
4. Space your studying of a topic or area and repeat your study several times.
5. Organize and structure the information that you are trying to learn.
6. Visualize the information. Reinstate the context during the test.
7. GENERATE, GENERATE, GENERATE! RETRIEVE, RETRIEVE, RETRIEVE!

What do they mean?

1. You need to be attentive and concentrating while you study

a. or it just won't stick with you. We have all had the experience of reading a page and almost immediately realizing we don't remember a word we read because our minds we elsewhere while reading. THAT'S NO GOOD FOR STUDYING. When you divide your attention, everything suffers.

2. Put the learning into your own words!

a. Re-word the learning so that it makes sense to you and is in an easily digestible form for your brain.
b. This is called deep processing... where you truly have to understand it to learn it... so put in the time it requires to truly understand it.

3. Repetition just doesn't work and you can only concentrate for so long before your mind gets bored!.

a. So, vary your interpretation and examples so that your brain doesn't get bored! The best example is a sport... you have to take the shot from various locations, to truly learn how to make the shots.
b. Take regular breaks... know when you need a break so you use your time effectively

4. Cramming for the test doesn't work!

a. For true long term learning you must study a number of times and repeat the studying of information to make sure it sticks!
b. So, if you have two exams to study for, you are better to study for one for a while, and then switch and study for the other, and then switch again. (This links with point #3)

5. Again, structure the information so that it easily fits your learning style, memory style and recall style

a. This learning has to fit into the storage areas of your brain, and those storage areas are unique to you. So make sure to restructure the information so as to fit you.
b. Create an overview linking the ideas, structure it so the information has a flow for you... these all work for better understanding.

6. Draw it, create a picture, a mind map, a mnemonic.

a. then during the test, restate the question so that it fits the format you have created for understanding.

7. Generate means to try and attempt to answer the question, before looking at the correct solution. Retrieval practice means practicing getting information out of your brain a number of times before you actually need it.

a. ...even taking a wild guess and following through with it... before going and looking at the correct solution... for some reason creates better understanding.
b. Reviewing a past solution that you have developed will prepare you for any similar questions you might see in the future... but not just reviewing it... asking yourself to answer it again, and then checking if you got it.

Division News January 2023

… for parents and guardians

Our commitment to health and wellness

A Message from Superintendent Kurt Sacher

In Chinook's Edge, we know that ensuring a healthy environment in our schools will positively impact the achievement and well-being of both students and staff. Supporting a culture of emotional, intellectual, physical, social and spiritual well-being in our division helps our students and staff achieve success.

Our focus on student wellness has led to the development of a new made-in-Chinook's Edge course for all high school students. The Social Emotional Well-being (SEW 15) course empowers young people with the skills to grow as individuals, and allows all students to learn together and reach their full potential.

Among many supports for our staff is our Staff Health and Wellness initiative, which empowers staff to thrive as compassionate, healthy and well balanced individuals.

Chinook's Edge is pleased to be partners in creating solutions that support the health and wellness of our students, staff and families. Doing so ensures our students are ready to succeed in learning and in life.

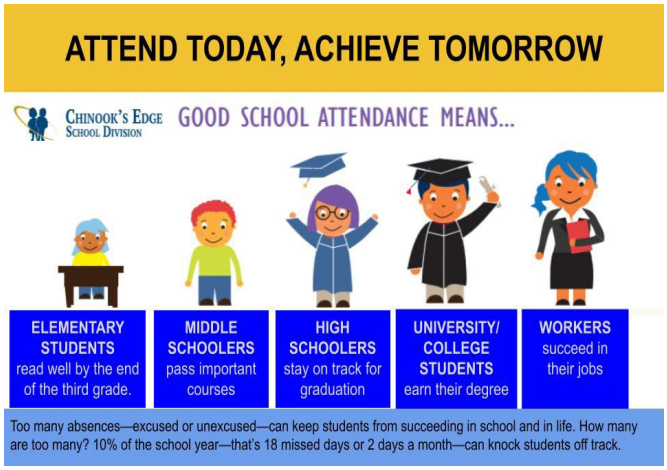
I wish everyone in our Chinook's Edge school communities a healthy and happy new year!

Kurt Sacher

Welcome to Kindergarten!

Beginning in January, Chinook's Edge will be accepting Kindergarten registrations for the 2023-2024 school year. Children must turn five years old by December 31, 2023 to begin attending Kindergarten in the fall of 2023. **Online registration will begin on January 9, 2023.** Please visit our website for Kindergarten information, including the Chinook's Edge schools that offer Pre-Kindergarten programming!

Attendance Matters



In Chinook's Edge, we share your priority to ensure the best learning experience each day for your child. Let's work together to help your child achieve success! Make attendance a priority in your home and help your child succeed. Read more here.

Weekdays 'til 6

Weekdays 'til 6 is a practice in Chinook's Edge which means all non-emergency emails and texts will be sent prior to 6:00 p.m. on weekdays.

This is meant to honour the individual personal time of our parents, families, students and staff. Our hope is that everyone in our Chinook's Edge community enjoys a healthy work/life balance! Please read more about Weekdays 'til 6 at this link, and thank you for honouring this approach. We are convinced Weekdays 'til 6 is in the best interest of the students we serve.

cesd73.ca

Band News

	SENIOR (Maritimes)	GRADE 9 (Moose Jaw)
January 27	**$500**	
March 3	**$500**	**$200**
March 31	**Balance Due**	
April 28		**Balance Due**

CONGRATULATIONS to Seraiah Dietz, Sierra Penner-Koestlmaier and Breonna Stewart, who were all accepted to be members of the Alberta Band Association Junior Honour Band!

CONGRATULATIONS to Kyle Holowenko, Evan Kohut, Kai Morrison and Dane Nielsen, who were all accepted into the Alberta Band Association Provincial Wind Symphony!

All of these students will be taking part in 3 days of intense rehearsals with a guest conductor, culminating in a performance at Red Deer Polytechnique on Sunday, March 5th.

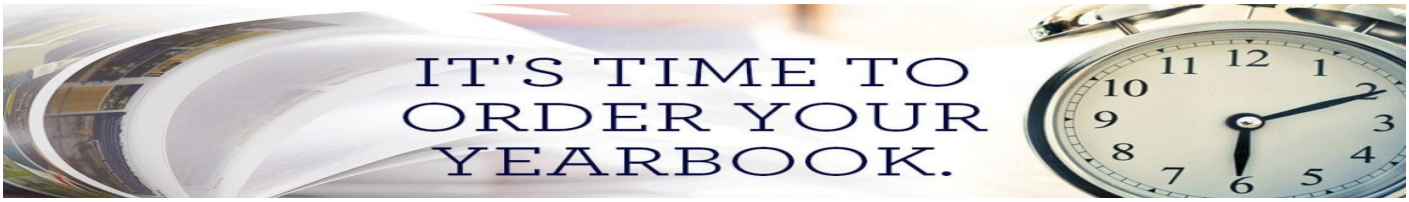
BAND SOCIETY MEETING
The next meeting of the DHS Band Society will be ***Wednesday, January 11th at 7 PM*** in the DHS Music Room.

GRAD 2023

IMPORTANT: **Grad 2023 Photos with Northern Lights Photography will take place the week of Winter Break February 18-24, 2023.**
Ms. Lerbekmo will start booking sitting times in January.

The next Planning meeting is on Wednesday January 25th, 7:30 pm

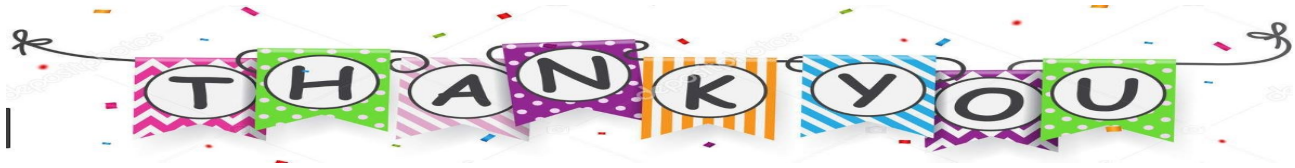
DHS Band News



2022/2023 DHS Yearbook

Make sure that you purchase your personalized 2023 Yearbook.
All orders can be placed through the online
school fees payment program.

Leadership News



Thank You to all DHS Students and Staff for participating in the
2022 Leadership Food Hamper Drive!
We successfully filled **8** food hampers for
families in the Didsbury Area!

Library Reminder

Reminder to all students that all library books are to be returned by *January 20, 2023*

Textbooks are to be returned after each exam.

Looking Ahead

February Dates to Remember

Semester 2 Begins	January 31
Collaborative Day - No Classes	February 10
Winter Break—No Classes	February 20—24
Family Day	February 20
Teacher's Convention	February 23 & 24

DHS EXAM SCHEDULE - JANUARY 2023

(Subject to Change)

DATE	EXAM	TIME
Thursday, January 12	English 30-1 / 30-2 Diploma Part A	**9:00 AM**
Friday, January 13	Social 30-1 / 30-2 Diploma Part A	**9:00 AM**
Friday, January 20	English 30-1 / 30-2 Diploma Part B	**9:00 AM**
Monday, January 23	Social 30-1 / 30-2 Diploma Part B	**9:00 AM**
	Social 9 PAT	**9:00 AM**
	Science 10	**9:00 AM**
	Math 20-1 / 20-2 / 20-3	**9:00 AM**
Tuesday, January 24	Biology 30 Diploma	**9:00 AM**
	English 10 Part B	**9:00 AM**
	English 20-1	**9:00 AM**
	Biology 20	**9:00 AM**
Wednesday, January 25	Science 9 PAT	**9:00 AM**
	Math 10C	**9:00 AM**
	Social 20-1	**9:00 AM**
	English 20-2	**9:00 AM**
Thursday, January 26	Physics 30 Diploma	**9:00 AM**
	Social 10	**9:00 AM**
	Chemistry 20	**9:00 AM**
	Math 9 PAT Part A	**9:00 AM**
	Math 9 PAT Part B	**10:00 AM**

January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 Classes Resume	10	11 Band Mtg 7 pm	12 English 30 Diploma Part A	13 Social 30 Diploma Part A	14
15	16	17	18	19	20 Last day of classes	21
22	23 Final Exam Week	24 Final Exam Week	25 Final Exam Week	26 Final Exam Week	27 Final Exam Week	28
29	30 Organization Day No Classes	31 First Day of Semester 2				

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Parent School Council Mtg 7 pm	8 Band Mtg 7 pm	9	10 Collaborative Day - No Classes	11
12	13	14	15	16	17	18
19	20 Family Day No Classes	21 Winter Break No Classes	22 Winter Break No Classes	23 Winter Break No Classes	24 Winter Break No Classes	25
26	27	28				