

HJC LAKERS

Believe, Encourage, Challenge.



**CODY
CORNER**



- Dates to Remember**
- September 30: National Truth and Reconciliation Day
 - October 3: Grad Meeting 7pm
 - October 6: No School, Non Instructional Day
 - October 9: No School, Thanksgiving
 - October 18: Parent Teacher Interviews
 - October 20: No School, PD Day

Dear Lakers and Laker families,

It has been another positive and learning focused week at HJ Cody. This week many of our students participated in a tipi teaching with knowledge keeper and fellow Laker, Clare Butterfly and recognized National Day for Truth and Reconciliation by reflecting on the Calls to Action during Connect. In the classroom, students began digging deeper into their courses, and participated in enriched opportunities such as dual credit programming with Olds College. Our Laker ambassadors participated in a cross country Spartan race, volleyball games, football game, student council, Interact, the workout club, Dungeons & Dragons among many other welcoming clubs.

Parents are encouraged to log onto the Powerschool Parent Portal to check their child's progress in their courses and to reach out to teachers if you have any questions. A reminder that teachers update Google Classrooms with a weekly agenda to communicate the learning schedule and upcoming assessment dates. Save the date for October 18th for Parent Teacher Interviews. Sign-up information will be communicated in upcoming Cody Corners. We encourage you to reach out to your child's teachers if you have any concerns prior to our PTI on the 18th.

Students will participate in the Terry Fox Run on Wednesday, October 4th during Connect. Students can participate in this event by running or walking. Lakers are encouraged to continue to bring in change to their Connect teacher to fundraise for this great cause. If you would like to donate online please see your child's Connect Google Classroom or reach out to their teacher. Please note the alternative bell schedule for the Terry Fox Run:

- Block 1: 8:35-9:41
- Connect: 9:48-10:48
- Block 2: 10:55-12:01
- Lunch: 12:01-12:51
- Block 3: 12:58-2:03
- Block 4: 2:10-3:15

The Athletic Society is looking for parent volunteers for their large Casino fundraiser. The opportunity to work a Casino only occurs approximately every three years. This fundraiser funds 50% of new athletic jerseys, covers a substantial portion of athletic fees for Provincial tournaments among other wonderful things. If you are interested and able to help, please reach out to hjcatleticsociety@gmail.com for more information.

October 5th is World Teachers' Day. If you can find the time, I encourage you to reach out to a teacher and/or educational assistant who has positively impacted your child.

A thank you to our parent volunteers who are supporting the school with the canteen, parent drivers, coaching, school council, the Athletic Society, and other supportive roles. Our school community is enriched with parental involvement and support. Please reach out to me if you are interested in getting involved with our school community.

Kind regards,
Alex Lambert, Principal



Follow the HJC Instagram for
upcoming Student Council and
Spirit Day events!

Don't forget to

Follow

OUR INSTAGRAM

@hjcody.lakers
or scan the QR
code ->
.....



Grad 2024 Meeting

When: October 3rd at 7:00 PM

Where: Fine Arts Centre

**We ask all parents of grads to
attend!**

2024



Agenda: Grad, Prom, Grad Photos
and Jostens Grad Rings, fundraising
possibilities, and the Wake A Thon.

**CHECK
IT
OUT**



**Teens are exhausted by phone notifications but don't
know how to quit, report finds**

Teens get hundreds of smartphone notifications per day and have
trouble limiting their phone use, a new report has found.

 CNN / Sep 26

Plastic Container Donations

The Foods Room is looking for clean 125 ml, 250 ml and 500 ml plastic containers from cottage cheese, sour cream or dips.



HJC



BOTTLE DRIVE

BRING EMPTY BOTTLES

OCT 27TH

ALL PROCEEDS GO TO

Canadian Cancer Society

SUPPORT THE CAUSE

Creative gems has been busy this year creating handcrafted fall pumpkin porch decor. The proceeds of our fall project go straight back to our creative gems program. If interested, in purchasing a set is \$45 each. Sizing 2 feet wide 3 feet tall.

For information please contact: Holly Schultz
hschultz@cesd73.ca.



CREATIVE GEMS
BY COOL KIDS

Terry Fox Run

October 4th 2023



Orange Shirt Day

National Day for Truth and Reconciliation

September 30

Listen, Learn and Celebrate Indigenous Culture

- 9:30 AM - Gather at Lions Park
- 10:00 AM - MARCH to Centennial Park
- 10:30 AM - Ceremony at the "Let Them Play" mural




Sylvan Lake

Lifetouch Photo Retakes!

When: October 5, 2023

Where: Common Area



Tides Center for Counselling and Health presents Youth Anxiety Group



25.1% OF YOUTH STRUGGLE WITH ANXIETY

- what is the purpose of anxiety?
- identify triggers
- develop coping strategies
- gain skills to manage anxiety
- connect with other youth
- learn relaxation techniques

**WHEN: 5PM -
630PM
October 3, 10, 17,
24
November 7, 14**

**Cost is \$180 for all
6 sessions.**

WHERE

**#103 37 BEJU IND.
DRIVE
SYLVAN LAKE**



**REGISTER
ONLINE AT
TIDES
CENTER FOR
COUNSELLING
AND HEALTH**

**Confidence is created
by believing in who
you are**



YOUTH SELF-CONFIDENCE GROUP

Topics

- self-compassion
- identifying strengths
- imperfection tolerance
- goal setting
- your relationship with yourself

When

**3:30 PM-5 PM Tuesdays
October 3,10,17,24
November 7, 14**

\$180 for all 6 sessions

Where
#103 37 Beju Ind. Drive
Sylvan Lake

Register online at
Tides Center for
Counselling and
Health