



- Dates to Remember**
- November 17: Academic Awards Night
 - November 21: Athletic Society Meeting 5pm
 - November 22: Career Day
 - November 24: No School, PD Day
 - November 30: School Council Meeting 7pm
 - December 6: Parent Teacher Interviews (Phone/Google)

Dear Lakers and Laker families,

It has been another wonderful week at HJC. Our Lakers have been highly engaged in their semester 1 courses, new quarter 2 courses, and extracurricular pursuits. Our volleyball seasons are wrapping up with our basketball season being right around the corner. A big thank you to all of our staff and volunteer coaches who dedicated their time and shared their passion with our students to make for a fun and successful fall sports season.

A reminder that teachers are posting a weekly agenda for their courses on Google Classroom streams. Parents can log into their child's Google Classroom to view this stream to stay informed about upcoming lessons and assessments.

This Friday, November 17th is our 2022-2023 Academic Awards Night. In order to accommodate all of our award recipients and their families, this event is by invite only. Students who are award recipients have already received an invitation. A big thank you to Ms. Donaghy and all of our local sponsors. This event would not be possible without the support of local businesses and organizations.

Yesterday in Connect, your child signed up to view two Career presenters that will be coming to our school for our Career Day on November 22nd. Thank you to our Career Practitioner, Mrs. Bell and the 60+ local professionals who are making this day possible. Please note the alternative bell schedule below for November 22nd.

Block 1: 8:35-9:39

Career Presentation A: 9:46 - 10:16

Career Presentation B: 10:23 - 10:53

Block 2: 11:00 - 12:04

Lunch: 12:04 - 12:54

Block 3: 1:01 - 2:05

Block 4: 2:12 - 3:15

Thank you for your ongoing support of our school community.

Kind regards,
Alex Lambert, Principal



Connect Class



This year at HJ Cody Grade 12 Connect Classes are working through the Financial Literacy course created by the district, in partnership with teachers across the division. The lessons focus on Financial Literacy beyond high school. It introduces many of the necessary concepts, such as lending, borrowing, budgeting and financial planning for school and life beyond. The needed skills have been identified and now we are working to help these students develop the knowledge and skills to move into the world of adulting with a little confidence in finances.

In addition, Grade 12's have been presented with a Financial Aid presentation in Connect that works to inform them of the upcoming needs and presents funding possibilities and opportunities to them. This presentation is available on the Grad 2024 Google Classroom. If you have not yet signed up for the Google Classroom, the code is 6rjomg7.

***Athletic Society Meeting is
November 21st at 5:00 pm in the LSC!
Anyone is welcome to join us!***

Find us on 

HJ Cody High School



and



*The Music Program
has an
online shop!*



SCAN ME

COINS
FOR
KIDS



Your Donations to your Connect Class
ensure gifts arrive for
Sylvan Lake families in need.



Female Lacrosse Come Try it Nights **FREE**



All Female Players
between ages of 10-16 across Central Alberta
This is a FREE event to take place over three Mondays in
January at the Collicut Center in Red Deer
Ages U11-U13 January 15,22,29 700-800pm
Ages U15-U17 January 15,22,29 800-900pm
Register using the link on the website
(under camps and clinics tab)

centralalbertalacrosse.com

Are you needing help this Christmas?

REGISTRATION DAY

Sunday, November 19th

Registration forms available [here](#)

Are you able to help this Christmas?

DONATIONS CAN BE MADE THREE WAYS:

Adopt a Family

Cash Donation

DQ Angels Anonymous Tree

For more information visit

www.sylvanlakechristmasbureau.com

Or call (403)348-9993

Sylvan Lake
CHRISTMAS BUREAU
Helping Families in Need   

Why is it important to talk with your children about drugs and alcohol?

- can protect them from participating in high risk behaviours as they get older.
- Demonstrates that you are open to having tough conversations and finding answers to their questions.
- Can influence their decision to experiment.

Direct and honest communication about tough topics will promote continued communication with your child.

Helping your children practice refusal skills

Practice refusal skills with your children so that they feel comfortable and confident in setting boundaries with peers. Examples of boundary-setting statements they could use:

- No thanks, I'm not interested
- I'm not drinking or using drugs tonight
- Sorry, I need to leave
- They could ask questions in response:
 - Why are you asking me to do this?
- Deflect and redirect:
 - Suggest other activities to participate in

Talking to your children about substance use

- Approach the conversation with curiosity and interest vs judgment and fear
- Model healthy behaviour
- Ask your child about their concerns and experiences and encourage questions
- Be honest about what you know, and don't know. Look up information together
- Promote trust by showing support and care
- Be clear on your expectations around substance use
- Connect them with a support worker if needed

Safety planning for when youth experiment

Experimentation and pushing boundaries is a part of growing up, especially in the teen years. Youth want to assert their independence, which promotes learning from mistakes.

When you have conversations with your children about alcohol or other drug use, you can encourage your child to do some safety planning - what would they do if they were uncomfortable? Who would they call in a time of need?

Have your child outline who they would call, and how you will talk about the incident in a safe and productive manner.

MORE RESOURCES

[Centre for Addiction & Mental Health](#)

[Parent Information Series - AHS](#)

Information on mental health, community supports, programs and services in your area:

