

**Dates to Remember**

- October 6: No School, Non Instructional Day
- October 9: No School, Thanksgiving
- October 18: Parent Teacher Interviews
- October 20: No School, PD Day
- November 3: Last Day of Quarter 1
- November 6: Quarter 2 Begins

Dear Lakers and Laker families,

This past week our Lakers worked hard as students and Laker ambassadors in their extracurricular pursuits. Yesterday, our school held our annual Terry Fox Run where collectively \$2500 was fundraised. Thank you to Scott McDermott who was a guest presenter as well as Ms. Routhier, Mr. Klassen, Interact students, and Physical Education 20/30 students who organized the event.

Parent Teacher Interviews will be held in our gymnasium from 5-8 pm on October 18th. Parents can sign up by clicking on the following link: <https://schoolinterviews.ca/code/pugzy>. Interview registrations will close on October 17th at 4 pm. We recommend that you allow time between your interview time slots. If you are unable to attend parent teacher interviews or if a teacher is fully booked, please reach out to the teacher via email to arrange for an alternative appointment.

Regular school attendance has a large impact on your child's success in school. Thank you for your support in prioritizing daily attendance. Please reach out to me or your child's teacher(s) if you have any questions or need support. We want to help!

Our school is fortunate enough to have two Family School Wellness (FSW) workers to support the social-emotional wellbeing of our students; Cheri Morrison (cmorrison@cesd73.ca) and Haley Dowler (hdowler@cesd73.ca). Please do not hesitate to reach out to Cheri and/or Haley to learn more about the FSW program and how they can support your child.

I wish all our Lakers and families a wonderful Thanksgiving. I am incredibly grateful for our students, staff, and the support from our parental community. Happy Thanksgiving!

Kind regards,
Alex Lambert, Principal



Athletic Society

The Athletic Society still needs two volunteers for our October 15 (Sunday) casino night, from 7:30-1AM. This is a fundraiser that contributes to all of our sports teams at HJC so if you have a child that is a part of a team, it is a great way to give back and help raise some money for our school jerseys and to send our athletes to provincials. Please contact Chrystal Morse or Spencer Klassen if you are interested. cmorse@cesd73.ca
sklassen@cesd73.ca



Ment-to-Matter

Sylvan Lake

Sign up to be a Mentor!

Find the forms in the office!

Please apply by the end of the day

October 5, 2023





STARTS NOV 26!

2024 SLVC WAVE TRY-OUTS
GIRLS - AGE 12U TO 18U

November 26th, 28th & 30th, 2023
Times to be emailed to registered athletes

Find more info about Club Volleyball
plus the link to our try-out form at
slvcwave.ca Register soon!



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**