

# THE CHINOOK DAILY



Tuesday, October 20, 2020

## COSPLAY & FANDOM CLUB

AS WE CAN'T MEET IN PERSON...

JOIN IN ON TEAMS FOR FUN & CONVERSATION!!

FLEX FRIDAYS AT 10:30

TEAM JOIN CODE: OCRLEGT

QUESTIONS? SEE JACQUE (LEARNING COMMONS)



THIS WEEK IS  
FRIDAY

B

Photo Retakes this  
Friday, Oct 23

## 9 POSITIVE MENTAL HEALTH HABITS TO TRY AND MAINTAIN EACH WEEK

@BELIEVEPHQ

CONNECTEDNESS

Try and find some time during your week to connect with someone you care about. It could be a friend, family member, or even a pet.

SELF CARE

Find activities that you enjoy and do them regularly. This could be anything from reading to exercise.

STARTING PRESENT

Use your strengths and skills to tackle the challenges you are facing. Focus on what you can control.

RELAXATION

Schedule time into your week where you can relax and do nothing. This could be watching a movie or listening to music.

VALUES

Identify your values and live by them. This could be honesty, kindness, or respect.

TALK

Talk openly to those around you about your mental health. This could be a friend, family member, or even a professional.

COPING SKILLS

Learn and practice coping skills that work for you. This could be deep breathing, journaling, or exercise.

PHYSICAL ACTIVITY

Exercise regularly to improve your mental health. This could be walking, running, or yoga.

ACHIEVEMENT

Set and achieve goals to boost your self-esteem. This could be completing a project or learning a new skill.

Gratitude

Take time to appreciate the good things in your life. This could be writing in a journal or saying thank you.

Helping others

Helping others can improve your own mental health. This could be volunteering or simply being kind.

Limit screen time

Limit your screen time to reduce stress and improve your sleep. This could be turning off your phone at night.

Get enough sleep

Get enough sleep to keep your mind and body healthy. This could be aiming for 7-9 hours of sleep.

Healthy diet

Eat a healthy diet to support your mental health. This could be eating fruits, vegetables, and whole grains.

Limit caffeine

Limit your caffeine intake to avoid anxiety and sleep problems. This could be switching to decaf or herbal tea.

Limit alcohol

Limit your alcohol intake to avoid mental health issues. This could be drinking in moderation.

Limit sugar

Limit your sugar intake to avoid mood swings and energy crashes. This could be eating more protein and fiber.

Limit processed foods

Limit your intake of processed foods to improve your overall health. This could be eating more whole, unprocessed foods.

Limit fast food

Limit your fast food intake to improve your diet. This could be cooking at home more often.

Limit junk food

Limit your junk food intake to improve your health. This could be eating more nutritious options.

## HAPPENING AT CHINOOK!



We are looking for some willing and able cadets to participate in our Remembrance Day assembly (Tuesday, November 10th). If you would be interested in participating in the Remembrance Day assembly this year, please let Duane in Room 205 (Amanda's room) know!

Photo retakes happening this Friday, October 23<sup>rd</sup>. Please bring your proof package (envelope, proof sheet & order form) to the camera; however, if you don't have it you won't be turned away. The photographer can then discuss with the student how to improve the photo. (The envelope & order form both have the student specific barcode that we can scan at the camera for the retake - which helps avoid issues in portal.)

Lifetouch proofs for our at-home learners have arrived! Please call the office for your online order access code.

## CAREER SERVICES

**VIRTUAL POST-SECONDARY FAIR** Join local and out of province institutions for this fair. For more info visit <https://www.careersteps.ca/post-secondary-fair/>.

**SCHOLARSHIP & FINANCIAL AID PRESENTATION** Learn how to finance your post-secondary education. University of Lethbridge and Lethbridge College will be on hand to answer specific questions. Pre-registration is required.

### Out of Province Post Secondary Fair - Virtual

October 20 2020 4-8PM

<https://www.albertaooop.com/>



For more info on Career Services visit:

<https://www.lethsd.ab.ca/departments/counselling-services/career-explorations>

### Horatio Alger Scholarship

This scholarship is awarded to full-time students (Canadian Citizens) in Alberta with financial need (\$65,000 or less net family income) who have demonstrated integrity and perseverance in overcoming adversity, as well as strength of character, a good academic record (65% minimum), a commitment to pursue a post-secondary education, and a desire to contribute to society.

Amount \$5,000

Deadline: **October 26, 2020**. For more info please visit:

<https://horatioalger.ca/en/scholarships/>





## CAREER SERVICES

### Out of Province Post Secondary Fair - Virtual

October 20 2020 4-8PM

<https://www.albertaootp.com/>

### U of Calgary - Undergraduate Awards Application information session (virtual)

October 21 2020 10-11AM

<https://choose.ucalgary.ca/events/eventRegistration.do?actionType=iframe&isSingleEvent=Y&eventRegistrationAction=registration&stringEventID=NTA1>

### Lethbridge College Virtual Open House

October 21 2020 10AM-4PM

<https://lethbridgecollege.ca/events/lethbridge-colleges-virtual-open-house>

### Out of Province Post Secondary Fair - Virtual

October 21 2020 4-8PM

<https://www.albertaootp.com/>

### SAIT Virtual Open House (times TBA)

October 22 2020 10AM-2PM

[https://www.sait.ca/future-students/visit-campus/open-house?GCLID=EAIQOBCHMIYL2R1NKL7AIVFT2TBH2JUWPJEAAYASAAEGJRAFD\\_BWE](https://www.sait.ca/future-students/visit-campus/open-house?GCLID=EAIQOBCHMIYL2R1NKL7AIVFT2TBH2JUWPJEAAYASAAEGJRAFD_BWE)

### Out of Province Post Secondary Fair - Virtual

October 22 2020 4-8PM

<https://www.albertaootp.com/>

### Lakeland College Virtual Open House

October 23 2020 9:15AM-6PM

No application fee during the open house

<https://www.lakelandcollege.ca/admissions/plan-a-visit/open-house/>

### SAIT Virtual Open House (times TBA)

October 23 2020 10AM-2PM

<https://www.sait.ca/future-students/visit-campus/information-sessions> Open House details to be available shortly!

### Out of Province Post Secondary Fair - Virtual

October 23 2020 4-8PM

<https://www.albertaootp.com/>

### Lakeland College Virtual Open House

October 24 2020 9:15AM-6PM

No Application fee during the open house

<https://www.lakelandcollege.ca/admissions/plan-a-visit/open-house/>

### Mount Royal Open House - On Campus

October 24 2020 9:30AM-3:30PM

<https://www.mtroyal.ca/Admission/OpenHouse/>

### Norquest College (Edmonton) Virtual Open House

October 24 2020 10AM-2PM

[https://www.norquest.ca/media-centre/events/2020/open-house.aspx?GCLID=EAIQOBCHMI26PO7NOL7AIVDR-TBH3GEGWPEAAYASAAEGIWKPD\\_BWE](https://www.norquest.ca/media-centre/events/2020/open-house.aspx?GCLID=EAIQOBCHMI26PO7NOL7AIVDR-TBH3GEGWPEAAYASAAEGIWKPD_BWE)

### Ambrose University (Calgary) Virtual Open House

October 31 2020 10AM-2PM

<https://ambrose.edu/openhouse>



CAREER EXPLORATION SESSION

# HEAVY EQUIPMENT TECHNICIAN

OCTOBER 28, 2020  
4:00pm - 5:30pm



Take a virtual tour with your host from **Southland International** and discover why **Heavy Equipment Technician** is such a great career path. You will virtually visit their fabulous new shop, see technicians in action, learn what it takes to get started in the field and ask questions of the host.



**Register now**

Once registered, you will receive an email with the link, plus additional information regarding the event.

Questions? Email [office@careersteps.ca](mailto:office@careersteps.ca)





### VIRTUAL POST-SECONDARY FAIR

Thursday, October 27 - 5:30-7:00pm

Join local and out of province institutions for this fair. Registered institutions can be found at <https://www.careersteps.ca/post-secondary-fair/>

**Register now**



Once registered, you will receive an email with the link, plus additional information regarding the event.



### SCHOLARSHIP & FINANCIAL AID PRESENTATION

Tuesday, November 3 OR Thursday, November 5 - 7:00pm

Learn how to finance your post-secondary education. University of Lethbridge and Lethbridge College will be on hand to answer specific questions.



**Register now**

Once registered, you will receive an email with the link, plus additional information regarding the event.

Questions? Email [office@careersteps.ca](mailto:office@careersteps.ca)