

# THE CHINOOK WEEKLY



WEEK MARCH 18- MARCH 22

FRIDAY C

**2024-2025  
COURSE SELECTION:  
MARCH 18-22  
ONLINE DURING  
SCHOOL**



**Wellness News Letter**

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Current Grade 9s  
going into Grade 10

Parent Meeting: March 19 6:30pm

Learning Commons

**GR 9s**

Parent  
Information  
Night



**CAREER  
FAIR**

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Gr 9 Immunizations will continue  
March 26, 2024 This is for students  
who have not been previously  
immunized.

**TRACK &  
FIELD**

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**GRAD GALA**

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# THE CHINOOK WEEKLY



## ROCK & POP SHOWCASE ~ ROCK YOUR SOCKS

**CHINOOK  
ROCKS**

**THE OWL  
PART 1**

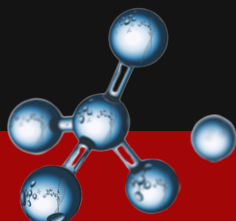
**TICKETS  
\$5**

**MARCH 25TH 2024**

5 P.M. Start  
606 3 Ave S, Lethbridge, AB



World Down Syndrome Day  
is celebrated on 3/21  
because people with Down  
Syndrome have 3 copies of  
their 21st chromosome!



**WORLD  
DOWN  
SYNDROME  
DAY**

**MARCH  
21ST**

WEAR YOUR CRAZIEST OR  
MISMATCHED SOCKS ON MARCH  
21ST TO CELEBRATE WORLD  
DOWN SYNDROME DAY!

**#ENDTHESTEREOTYPES**







# TRACK &

# LC MAKERSPACE PRESENTS:



Track & Field interest and sign-up meeting will take place on Wednesday, March 20 @Flex 1 in Rm 221. All are welcome!  
See Eva or Millie for more information.

## LC MakerSpace Presents: Video Game Design

-Godot-

a chance to create your own video game that will possibly be available at the e-sports tournament in May. Beginner game programming fun but all experience levels welcome.

Wednesday's Flex 1&2  
11:00-12:00 pm

March 13th – April 17th

Sign up with Jacquie to reserve your spot.



Check with your choir, coral, band, guitar student to confirm when they will have performances.

### Let's Celebrate:

Jazz Band was awarded a superior rating with a grade of 99% this year  
Concert Band also was awarded a superior rating and the Jazz Combo was Excellent

March 11 - 23, 2024

LETHBRIDGE AND DISTRICT  
MUSIC & SPEECH  
ARTS festival

MACS & CUSTARD

## FESTIVAL KICK OFF CONCERT

WEDNESDAY MARCH 13

7:00PM

SOUTHMINSTER UNITED CHURCH

ADMISSION BY DONATION



THE CON BRIO TRIO



WINDY CITY ACCORDIONS



U OF L GUITAR ENSEMBLE  
CHINOOK GUITAR ENSEMBLE



LCI GOLD JAZZ BAND





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### **Lethbridge College Programs and Services Fair:**

A mini open house hosted in our cafeteria. This is open to all students.

- Health + Wellness Services
- Be Fit For Life
- AgEnt (Entrepreneur mentorship)
- Massage Therapy, Therapeutic Recreation, Allied Health
- Agriculture Science
- Digital Communications and Media
- Virtual Reality
- Exercise Science
- Business
- Trades
- Child and Youth Care, Early Childhood Education
- Recruitment

**Tuesday March 19, 2024**

**Cafeteria (9:30 -11:30)**



University of  
Lethbridge



**University of Alberta Lunch booth in the Learning Commons at Flex. Thursday March 21, 2024 Learning Commons (FLEX)**



**EPIC DAY Career Fair - PAGE 5**



# Sign up with Amanda McMahon

Last day to sign up is March 20! Over 700 careers to explore. If your grade 9/10 is looking to explore the possibilities this is going to be a FUN chaperoned event.

Morning: Career Conference - 9:00-11:30am at the Agri-Hub (Exhibition Park) Afternoon: Business Tour

- 12:30-2:30pm Business Tour is at Lethbridge Iron Works, and C&A Group

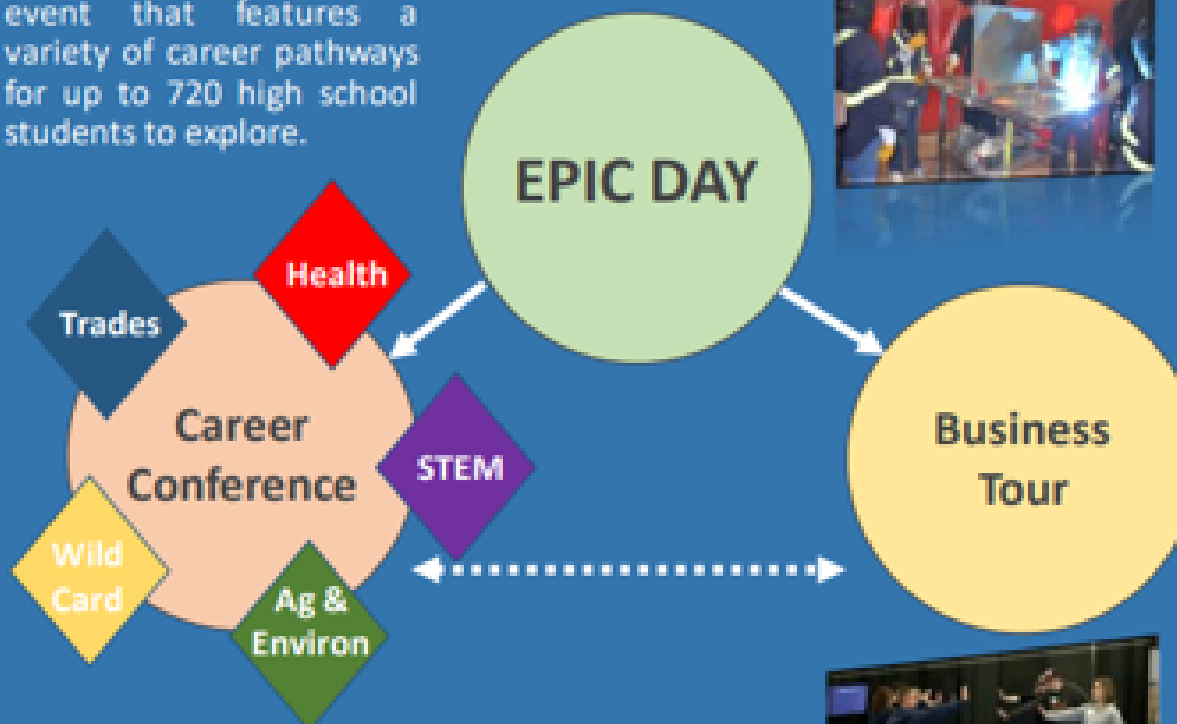
Wednesday April 7, 2024 9:00-2:30



**CAREER**  
TRANSITIONS

## WHAT IS EPIC DAY?

EPIC DAY is a large-scale, 2-part, career exploration event that features a variety of career pathways for up to 720 high school students to explore.



## EVENT DETAILS

Date: Wednesday, April 17, 2024

Time: 9:00am-2:30pm

Where: Lethbridge and area

Target: Southern AB students, primarily those in Grades 9-10, who are in full exploration mode





# Grad GALA

FRIDAY, MAY 10, 2024 @ 5:30 PM

ROUND 1 TICKETS ON SALE FROM MARCH 11-29TH

Get your tickets on  
<https://schoolcashionline.com/> Or  
in person at the school office



# CHINOOK WELLNESS

## Resources for Wellness

### STUDENT HELP FOR EMPLOYMENT

Every Tuesday 10-12

Brent Salter from 5th on 5th Youth  
services is available to support:

Interview Skills

Cover Letters

Resumes

Career mentorship

On the job coaching

Scan the QR code below to book!



### SPRING BRINGS:

- desire for employment
- exploration of possibilities
- moving forward



### OFF-CAMPUS EDUCATION SUPPORT

Every Wednesday, all day

Sarah Roncin, Student Support with  
Lethbridge School District, assists students  
with”

Exploring post-secondary options

Applying for scholarships

University/College applications

Registered Apprenticeship Program

Off-campus programming

Please email [sara.roncin@lethsd.ab.ca](mailto:sara.roncin@lethsd.ab.ca)



# Coming Soon!

## COYOTE CREATE



MOVING FORWARD

### COYOTE CREATE

A Wellness Initiative Moving Forward

Students will soon be engaging in a wellness initiative to address wellness as a community. Topics will include:

Coyote Character and Goals

- Avoidance and attendance

Stress

- Boundary setting with respect

Worry

Alexithymia

Feeling it in your body

Your wellness toolkit

The Reconnecting Zone

### INTENT

Coyote Create is a transformative wellness program designed to foster holistic wellbeing within our community. Grounded in research-backed principles of positive psychology, gratitude, and self-compassion, the aim is to empower individuals to prioritize self-care, cultivate resilience, and strengthen community bonds.

STAY TUNED FOR MORE!



# INISKIM

FUTURE STUDENTS DAY

WEDNESDAY  
**MARCH 27**

Explore ULeithbridge with  
your family & friends!

→ Join us to learn about:

- courses & programs
- campus life & housing
- student supports, resources & opportunities
- scholarships & awards
- becoming a ULeithbridge student

→ What to expect:

- activities, games, demonstrations & presentations
- campus tours & coulee walks
- conversations with students, Elders, staff & alumni
- lunch, refreshments & swag
- on-the-spot admission

→ Apply to ULeithbridge at Iniskim Day and  
**pay no application fee!**

**Free bussing from Kainai, Piikani & SikSika high schools!**  
Ask us about parking.

University of  
Lethbridge



**Sign up:** [go.uleth.ca/iniskim-day](https://go.uleth.ca/iniskim-day)





# *Celebrate* **EDUCATION WEEK 2024**

**APRIL 15-19**

This year we are

**CELEBRATING EDUCATION**  
IN A **BIG** WAY!

Students, parents, and teachers - you can nominate a teacher to win!

We want to celebrate and recognize teachers for their unwavering dedication, creativity & innovation, and profound positive influence on both students and the school community.

**Nominations will be open from March 11th to  
March 27th @ noon.**

Elementary, Middle and High School teachers will be selected.  
Awesome prizes will be awarded to the teacher and their class!

Prizes will be presented during Education Week between April 15-19th and school administration will be contacted for all winning teachers.



**SCAN THE CODE &  
NOMINATE TODAY!**



OR COMPLETE THE FORM AT  
[HTTPS://TINYURL.COM/EDUWEEK2024](https://tinyurl.com/eduweek2024)