

THE CHINOOK WEEKLY



WEEK APRIL 1- APRIL 8

NO SCHOOL

MONDAY APRIL 8
PL - NO SCHOOL

HAPPY
EASTER



SLO-PITCH Try-outs

April 9, 10, 11

3:00-5:00pm,

Must attend all try-out ~ All grades



FREE
SKATE

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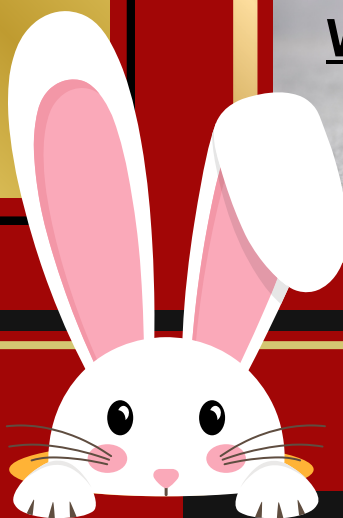
SUMMER
CAMP

COYOTE
CREATE

Wellness

Project

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Staff vs. Staff

We raised well over \$1200+
supporting Woods Homes

THE CHINOOK WEEKLY



Rockies Journey for High School Students

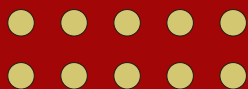
Youth ages 14-18 are invited to join a 6-day Howl Experience in the Canadian Rockies. This Rockies Journey will provide participants with the opportunity to reconnect with themselves, with nature, and with community through outdoor experiences alongside Indigenous Knowledge Keepers, outdoor educators, and wellness experts.

July 2-7, 2024 | Program fee: \$150

For more info and to apply, visit www.experiencehowl.com/rockiesjourney



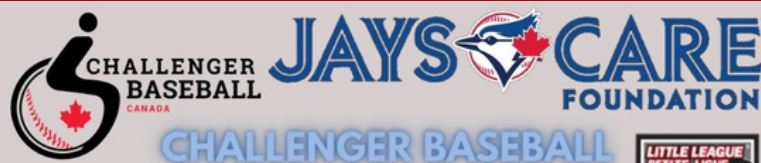
25 spots available.
Deadline to apply: May 1



Ready to create, explore and discover? Lethbridge College Summer Camps are back with an exciting lineup of new additions and local favourites.

From Claymation Creators to STEM Explorers to Kodiaks Camps and more, your kids will make new friends and great memories with a week or more at Lethbridge College's challenging, creative and confidence-building summer camps.

Get all the details and register for camps [here!](#) Lethbridge families can use discount code "LethSD24" for 10% off select camps until April 30, 2024



This is a great opportunity for young individuals with cognitive and or physical disabilities to enjoy the full benefits of participating in a sport, such as baseball. The coaches help each player by providing a safe and enjoyable experience, and to assist players with all aspects of the game.



Empowering children with disabilities through physical activity

Free Registration!

To Register:
www.lethbridgelittleleague.com/challenger
Or by email:
seto849@icloud.com



SUPERHERO WALK
for Autism Awareness

MAY 4, 2024 - 2:00PM - 5:00PM
@ HENDERSON LAKE - HORSESHOE AREA

FREE BBQ TO FOLLOW!

DONATIONS & SPONSORS WELCOME!
COME SHOW YOUR SUPPORT



Come out & join the Boulet Family
for the annual

FREE

GREEN SHIRT DAY FAMILY SKATE

CANADIAN TRANSPLANT ASSOCIATION

GREEN SHIRT DAY

OTSSKOI SOOKASIM MIIKSISTIKOO

APRIL 7

HUMBOLDT STRONG



#LoganBouletEffect

REGISTER • TELL YOUR FAMILY • BE INSPIRED



Canadian
Blood
Services

BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES

Canada's Organ and Tissue Donation Community

**April 7th
1-3pm**

**Cavendish
Farms
Arena**

In honour
of the
Logan Boulet
Effect



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

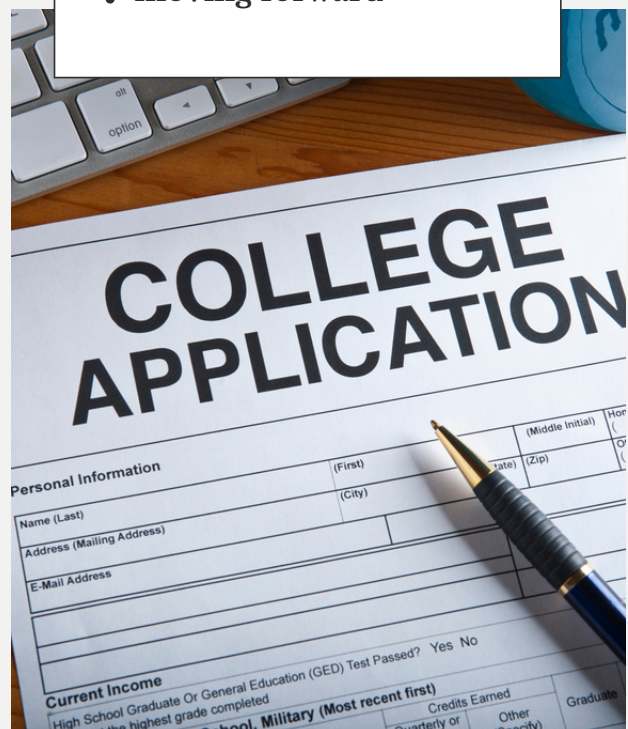
On the job coaching

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

Hello Chinook Families!

There have been some questions about the student roll-out of COYOTE CREATE, and we wanted to address these before we roll it out to students. **We have decided to move it's start date to after the break.**

As a school we are striving to embody Coyote Character and all that it encompasses. Part of this is being aware of the experiences of students and having tangible tools at student and staff disposal to assist with the health and wellbeing of the people in our building and community.

Coyote character is the vision that the Chinook community strives to embody:

- Honesty • Integrity • Work Ethic • Teamwork • Courage • Respect • Empathy
- Acceptance • Responsibility • Resilience

This school year we have navigated a great deal of change and loss, and part of this process is connecting to ways forward that are healthy and support student growth mind, body, and spirit. As such, part of my role as Teacher Counsellor is to provide Universal programming that empowers students to have an ability to navigate challenge in healthy personal ways to support their learning.

Some Background & Findings:

For several years we have been collecting data through the Ourschool survey. Student self-reported rates of worry, feeling fearful or nervous, feeling sad or feeling lonely have all significantly increased and have been consistently above the Canadian norms for the years we have surveyed. In, For the past 6 weeks we have had ULethbridge Nursing Students doing a public health practicum (as they do yearly). They have surveyed staff and been connecting with our student population on a voluntary basis, and have been doing a project to determine areas of wellness that the school can target. Their findings, along with the Ourschool data and staff observations are what lead to the Universal Programming that is being initiated by Wellness.

The nursing students found that the main concerns identified by students were pervasive anxiousness when coming to school, lack of quiet spaces, and mental health issues. Because of the combination of worry, fearfulness, pervasive anxiousness and lack of quiet spaces, our goal is to teach and model mindfulness strategies for students to use to quiet their minds. Most students also stated academics or sports were most important to them. We know, combined with the other findings, that these activities may be a source of stress and mindfulness is an important tool in combating that stress.

Through the staff survey and through staff conversation, academic motivation and student mental health and wellness were identified as significant areas of concern. We have had ongoing conversation as staff how to better support our students, particularly with supporting them in overcoming stress, anxiousness and avoidance.

The Process Forward:

As part of their project, the Nursing Students have created a manual that will be distributed to teachers with simple, effective tools for supporting students. To ensure that Chinook students and staff have an effective understanding of those tools, and to minimize the impact on instructional time, I will be creating videos and brief activities that are distributed to the teachers to be shared.

The video roll-out to students begins on Wednesday, April 10th, 2024 in the period following flex. I will be modeling some of their suggested activities to provide simple mindfulness tools intended to reconnect to a sense of purpose as we move forward to the end of the school year.

Examples of these tools include:

- Goal setting for the remainder of the school year.
- An understanding of anxiety.
- Creation of a “toolbox” of techniques that can help students move through anxiousness, overwhelm, and avoidance.
- Tools to navigate different kinds of relationships and how to embrace healthy boundaries.

As a school we strive to support students to have positive learning, social and emotional growth. This program is intended to support this for your student.

Should you have any questions, you are invited to reach out to either myself or Principal Bill Forster. Stay well and have a safe and nurturing holiday break. I have included some references below if you would like more information on mindfulness and its positive effects.

With Gratitude, Tanya Gill
Teacher Counsellor, CHS

COYOTE CREATE



HIGH LEVEL INNOVATION CONFERENCE



WHEN
May 3-4, 2024

WHERE
**Agri-Food Hub &
Trade Centre**

18 & Under FREE

www.highlevelinnovation.com

YOUTH ACADEMY I

**May 16, 2024
8:00AM-3:00PM**

Deadline to apply: April 15, 2024

Priority given to grade 12 but grade 11 welcome to apply



Scan me

