

THE CHINOOK WEEKLY



WEEK APRIL 15- APRIL 19

FRIDAY A

DIGITAL REGISTRATION FOR 2024-2025 IS DUE APRIL 26, 2024

Completing digital registration
is required every year - please
check your emails

COYOTE CREATE

Video
One



Pg. 6 DEHR student art show
Pg. 7 Minister Youth Council



School Fees: Please Pay NOW here

Round 2 Grad Gala
tickets are now
available on school
cash online - no
limits, first come first
serve.

Pg. 3 Free Swim
Pg. 3 myPASS

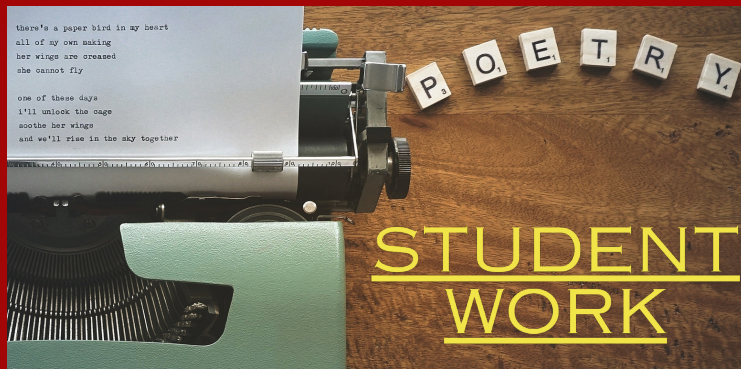


UPDATE

We raised \$1828
supporting Woods Homes



**CHINOOK ROCKS
THE OWL
DATE CHANGED! PG. 3**



**STUDENT
WORK**

THE CHINOOK WEEKLY



My Pass



myPass is an Alberta Education self-service website for students to:

- *Order high school transcripts
- *View diploma exam marks
- *Register to rewrite diploma exams with online payment
- *View and print Detailed Academic Reports (DAR)
- *View progress towards a credential (diploma or certificate)
- *Order additional copies of an awarded credential in English or French

Grade 10/11/12 students should come to the office to get set up for a myPass account prior to writing diploma exams. We recommend you do not use a school email as these expire after graduation!

LETHBRIDGE COLLEGE
SUMMER CAMPS



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



Chinook Music Presents

Chinook Rocks The Owl

\$5 On School
Cash Online

\$10 at the Door

606 3 Ave S,
Lethbridge, AB

NEW

April 16th

Doors Open
4:30 pm



This is Sal Khan from Khan Academy, and I'm excited to share an opportunity for you to showcase your creativity and win a \$250K scholarship.

Are you a student between 13 and 18 who loves science and math? This is your chance to get creative! ✨

Enter the 2024 Breakthrough Junior Challenge by making a short, two-minute video explaining a cool science idea or mind-blowing math concept -- anything that sparks your curiosity.

One winner will receive a \$250,000 college scholarship, their teacher will receive a \$50,000 prize, and their school will get a new \$100,000 science lab! The winner is also recognized every year at the Breakthrough Prize Ceremony.

2024 BREAKTHROUGH CHALLENGE

BREAKTHROUGH
JUNIOR
CHALLENGE

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

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



BRING THE WHOLE FAMILY AND LEARN ABOUT THE
AMAZING MENTAL HEALTH RESOURCES WE HAVE IN OUR
COMMUNITY

MAY 4TH, 2024

2:30-5:30PM

NICHOLAS SHERAN POOL



YOUTH ACADEMY

May 16, 2024
8:00AM-3:00PM
Deadline to apply: April 15, 2024



Scan me

AEC 

HIGH LEVEL INNOVATION CONFERENCE



WHEN
May 3-4, 2024

WHERE
Agri-Food Hub & Trade Centre

18 & Under FREE

www.highlevelinnovation.com

TOURISM Lethbridge bpoc foundation Lethbridge SCHOOL DIVISION Lethbridge Brighter Together HIGH LEVEL EVENTS advancerite

COYOTE CREATE



MOVING FORWARD

Missed references from last week:

Evidence Supporting Mindfulness in Student Population:

Tran (2020) suggests that mindfulness in students is associated with improvements in areas of executive functioning, including impulse control and emotional regulation. This is associated with a lower risk of vaping.

Tran (2020) states that mindfulness-based interventions reduce stress, depression, and anxiety to improve psychological well-being, increase self-awareness and self-regulation skills, and improve self-esteem.

Vidrine et al, (2009) discussed mindfulness and its association with substance abuse. Mindfulness has been hypothesized to decrease dependence due to its effectiveness in enhancing attentional control and reducing automatic responses such as reaching for a cigarette.

Cheung & Chien-Chung (2020), suggests that mindfulness increases the capacity of paying and maintaining attention to present-moment experiences with an open and non-judgemental attitude.

COYOTE CREATE *It's Here!*

WELLNESS INITIATIVE

For the remainder of the school year on Wednesdays, following lunch, students will watch a short video that entails a regulation technique and an invitation to do some personal goal setting.

The intent behind this is to enhance focus, provide simple tools that help students stay present, and invite greater self-awareness with a positive forward direction.

[Here is the link to this week's video](#)



INTENT

This week the focus was on BOX BREATHING and basic goal setting.

Your student was invited to set goals based upon how they want to FEEL at the end of the school year. This may or may not include what we call attributes of Coyote Character.

Students will be invited to move forward focused the goals they have set for themselves.

WHAT CAN YOU DO AT HOME?

- Connect with your student about different techniques to self-regulate your student has learned
- Discuss other ways your student returns to a place of focus and direction when they feel distracted or dysregulated
- Set your own goals, and share them with your student, invite them to share theirs
- Discover ways to support one another in the goals that you and your child set
- Enjoy a new way of connecting with your student!

KNOW YOUR WHY

after I arrived,
I sat on a bridge
where you could see a river

the water rippled slowly
and a pink, blue and purple sunrise settled over the horizon

i stared out at the river
remembering my sister,
whom water had claimed a year ago.

i stared out at the river
remembering my parents,
and how heartbroken they would be,

that they now lost both their children,
one to heart illness
and one to a drowning.

i felt a warm breeze beside me
my sister sat beside me on the bridge

i stared at her,
knowing she wasn't real

but i wanted her to be real

~Chinook Student

— Emergence —

DEHR Art Show + Sale
April 17, 2024

Galt Museum & Archives

Doors 6:00 PM

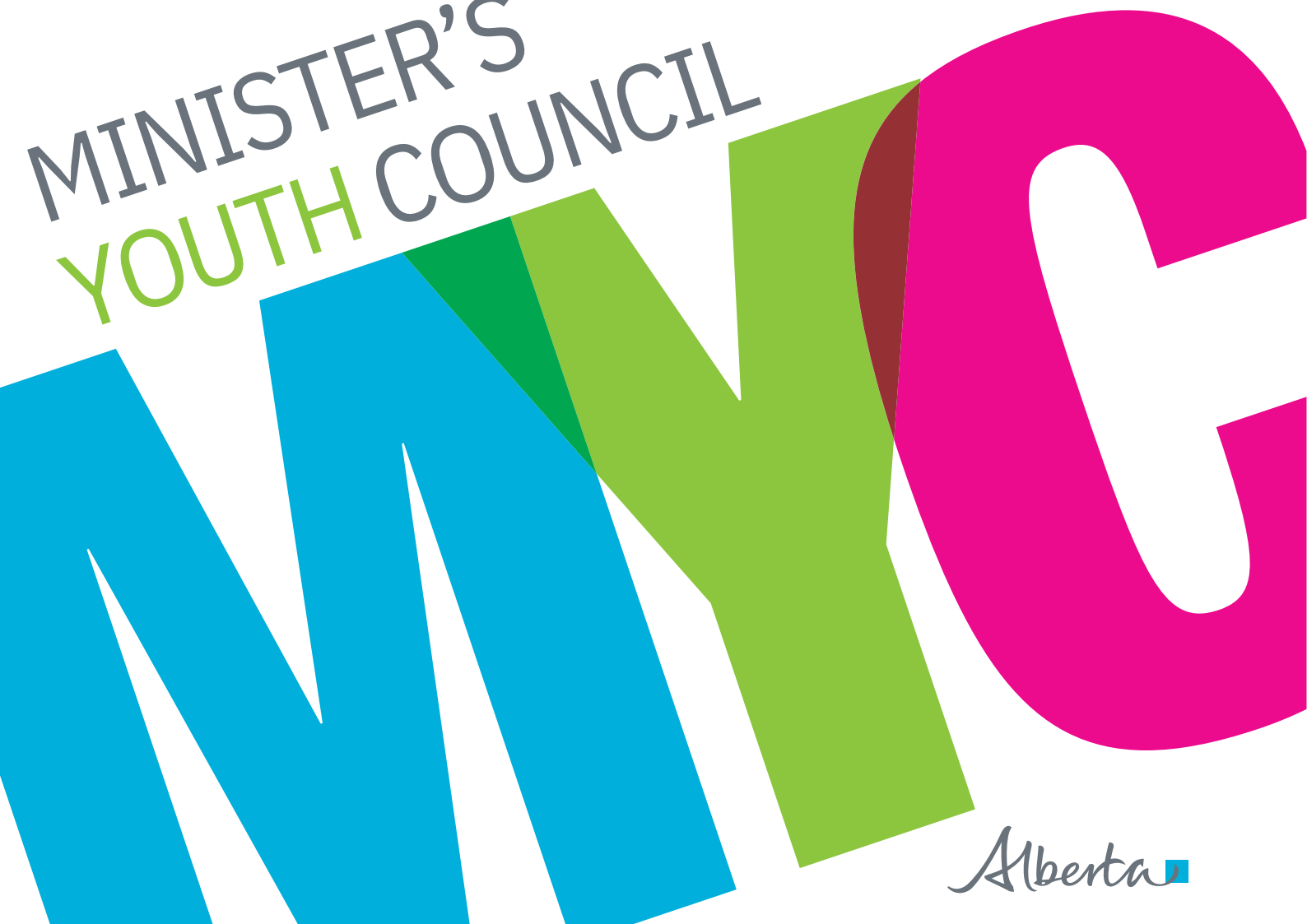
Welcome address 6:15 PM

Art Sale 6:30–7:30 PM



All proceeds will go to supporting
the Lethbridge Soup Kitchen who's
work nourishes our community.

- High school pieces will be sold at silent auction with starting bids set by artists.
- Elementary/Middle School pieces will be sold at fixed prices \$5–\$20.



If you had a direct line to the Minister... What would you say?

Junior and senior high school students...
Passionate about your education? Want to make
a positive impact? Gain valuable experience?

Information and steps on how to apply can be
found on the Alberta Education website.
Completed application packages need to
be submitted by April 30, 2024.



@AlbertaEd | alberta.ca/student-engagement.aspx

Alberta