

# THE CHINOOK WEEKLY



WEEK APRIL 22- APRIL 26

FRIDAY B

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

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

## COYOTE CREATE

Video  
TWO



Pg 4 .Iceland Parent Meeting  
Pg. 11 Minister Youth Council



**School Fees: Please Pay NOW here**



Reminder - prior to cap &  
gown pick up for convocation  
in June ALL school fees must  
be paid and textbooks  
returned or paid for.

Pg. 3 Free Swim  
Pg. 3 myPASS



Mazen Chemisanny and Prasant  
Subedi – Silver in Boys Doubles  
Owen Gurney and Amira Bach – Gold  
in Mixed Doubles



Raafae Rasool – Gold in Boys Singles  
Rafael Alvarro-Torres – Silver in Boys  
Singles  
Harrison Edwards and Eiko Boenn –  
Gold in Boys Doubles

**Gr 10-12 Cities April 18-19**

Pg 10. Coyote Baseball/  
Rugby Schedule

Pg 6. Grade 8 Parent Night



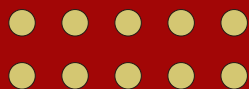
# THE CHINOOK WEEKLY



A brief apparition of emerald green  
But I'm the electronic one  
Where the flowers grow  
Where the flowers grow  
Where the flowers grow  
Old



-- Dillon St. Jean



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



Lethbridge  
College

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





# ICELAND 2025

## Parent Meeting Tuesday 7:00pm in the Learning Commons


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.





# CHS Interact Fundraiser MOVIE NIGHT

**FRIDAY, MAY 3RD**

**MATINEE- 3:30PM**  
(SPIDER-MAN: INTO THE SPIDER VERSE)



**EVENING- 7:00PM**  
(BACK TO THE FUTURE)

*Entry by donation*  
(minimum of \$2, all donations go to Blankets of Hope)

**\$2  
POPCORN**

**OPEN TO ALL  
COMMUNITY MEMBERS!**

**AT THE CHINOOK HIGH SCHOOL MEDIA  
CENTRE!**





# TEACHER SPONSORED FREE PUBLIC SWIM!

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**







9 DAY TRIP  
April 18 - 26, 2025

# Iceland



## Day 1 & 2 - Reykjavik

Travel to Iceland

Tour Reykjavik, explore Laugavegur street, Bessastadir, Hofdi House, Hallgrímskirkja Church, and Krysuvik Geothermal Fields visit



## Day 3 & 4 - Hvammstangi

Hraunfossar waterfall visit, Deildartunguhver hot springs visit, Vidgelmir Cave, barnafoss, Gauksmyri Horse Stables, travel and free time in Akureyri.



## Day 5 & 6 - Akureyri

Visit Godafoss waterfall, Lake Myvatn and Nature baths, whale watching, Dettifoss waterfall, Akureyri thermal pool.



## Day 7 & 8 - Reykjavik

Grabrok lava field walk, evening excursion to view the Northern Lights, Golden circle excursion, Strokkur, Gullfoss, Blue Lagoon and gelato tasting at Efstidalur.

## Day 9 - Travel Home



9 DAY TRIP  
April 18 - 26, 2025

# Iceland



## What is included?

Breakfast daily, dinner daily, full-time professional tour director, guided sightseeing tours, flights, travel and cancel for any reason insurance.



## Cost

\$5,994 per student, \$6,229 after May 31.  
Monthly payment plan available with final payment due March 13, 2025



## Contact for more Information

Josh Maret - [joshua.maret@lethsd.ab.ca](mailto:joshua.maret@lethsd.ab.ca)  
Brody Turnbull - [brody.turnbull@lethsd.ab.ca](mailto:brody.turnbull@lethsd.ab.ca)  
Nick Straat - [nick.straat@lethsd.ab.ca](mailto:nick.straat@lethsd.ab.ca)

## Parent Meeting

Tuesday, April 23, 2024 @ 7pm  
Learning Commons

## Sign Up Now

<https://tinyurl.com/chinookice>





**Grade 8 Parent Night: April 24, 2024  
6:30pm in the Media Centre**



**Digital Registration:  
Opens April 15, 2024  
check your emails**

**Elective Course Selection:  
Opens 8am April 25, 2024  
Closes 12:30pm May 3, 2024**

**How to register on Powerschool:**

**<https://www.youtube.com/watch?v=xYUpA6dDi9I>**

**Check out our Grade 9  
Registration Handbook Here!**





# The 2024 One Act Zones Festival

Friday April 26th

I am For You (WCHS) 3:30 PM  
Variations on a Theme (LCI) 4:40 PM  
All By Themselves (Chinook) 5:25 PM  
Postponing the Heat Death of the  
Universe (WCHS) 6:10 PM  
@ Chinook High School Media Centre

Admission  
by  
donation

Public Adjudication to Follow Performances  
APRIL 26TH DOORS OPEN AT 3:15  
Contact emily.morrison@lethsd.ab.ca,  
kelly.frewin@lethsd.ab.ca, or  
maren.coates@lethsd.ab.ca for more info

## Personal Care + Clothing Drive

Chinook Leadership is  
partnering with Sage  
Clan to collect essential  
items for those in need  
in Lethbridge



Donations are  
open from  
April 22nd to  
May 3rd

Items Needed:

Socks, Underwear, Jackets,  
Hygiene Products (femine  
hygiene products, tooth  
paste, toothbrush, soap,  
deodorant, tissue, wipes)



AEC



## HIGH LEVEL INNOVATION CONFERENCE



WHEN  
May 3-4, 2024

WHERE  
Agri-Food Hub &  
Trade Centre

18 & Under FREE

[www.highlevelinnovation.com](http://www.highlevelinnovation.com)

## LCI XCOUNTRY PRESENTS: DONUT DASH



PRIZES!  
ACCESSORIES!  
DONUTS!

3K Run/Walk with 2  
Donut Stations!

WEDNESDAY, MAY 22, 2024  
KINSMEN PICNIC SHELTER  
HENDERSON LAKE PARK

REGISTER NOW!



THANK YOU TO OUR SPONSORS!



**RUNNERS SOUL**  
PREPARING YOU FOR THE HUMAN RACE



**Financial Health  
Associates**

**MERGE**  
MORTGAGE GROUP

**STUDIO**  
OPTICAL

# CHINOOK WELLNESS

## 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.

### INTENT

This week the focus was on a regulation technique called 5-4-3-2-1 as well as expanding upon basic goal setting to consider WHY these personal goals are important to your student as an individual.

Last week your student was invited to set goals based upon how they want to FEEL at the end of the school year. This week we invited them to connect to WHY it was important to them.



KNOW YOUR WHY

[click here  
to watch  
the video](#)

### 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
- Discuss WHY your goals matter to you, invite your student to share why theirs matter to them
- Discover ways to support one another in the goals that you and your child set
- Enjoy a new way of connecting with your student!



# CHINOOK WELLNESS

## JOB SEEKING AND POST-SECONDARY EDUCATION

Many students are looking for employment and considering their options following graduation. We have additional resources that are available to students!

### 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!

### 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)



## YOUR WELLNESS MATTERS!



# COYOTES BASEBALL

APRIL 11 vs.  7:30 PM @ SPITZ

APRIL 15 vs.  7:30 PM @ SPITZ

APRIL 24 vs.  5 PM @ SPITZ

MAY 1 vs.  8:00 PM @ SPITZ

MAY 8 vs.  8 PM @ SPITZ

MAY 15 vs.  3 PM @ JEFFRIES

MAY 15 vs.  6 PM @ McCOY



# COYOTES RUGBY

G April 11 @ Matthew Halton 5:30/6:45

G April 18 vs. WCHS 5:30/6:45 @ CHS

B April 22 vs. WCHS 5:30/6:45 @ LRC

G/B APRIL 27 - CHINOOK 7's TOURNEY

B May 1 vs. LCI 5:30/6:45 @ LRC

G May 1 @ RHS 5:30/6:45 @ VSP

B May 8 vs. MHHS 5:30/6:45 @ LRC

G May 8 vs. LCI 5:30/6:45 @ LSP

G May 14 vs. CCH 5:30/6:45 @ CCH W

B May 15 vs. WCHS 5:30/6:45 @ LSP

G May 21 vs. WRM 5:30/6:45 @ CHS

B May 22 vs. LCI 5:30/6:45 @ LSP

G = GIRLS

B = BOYS

CHS = CHINOOK

VSP = VICTORIA SPORTS PARK

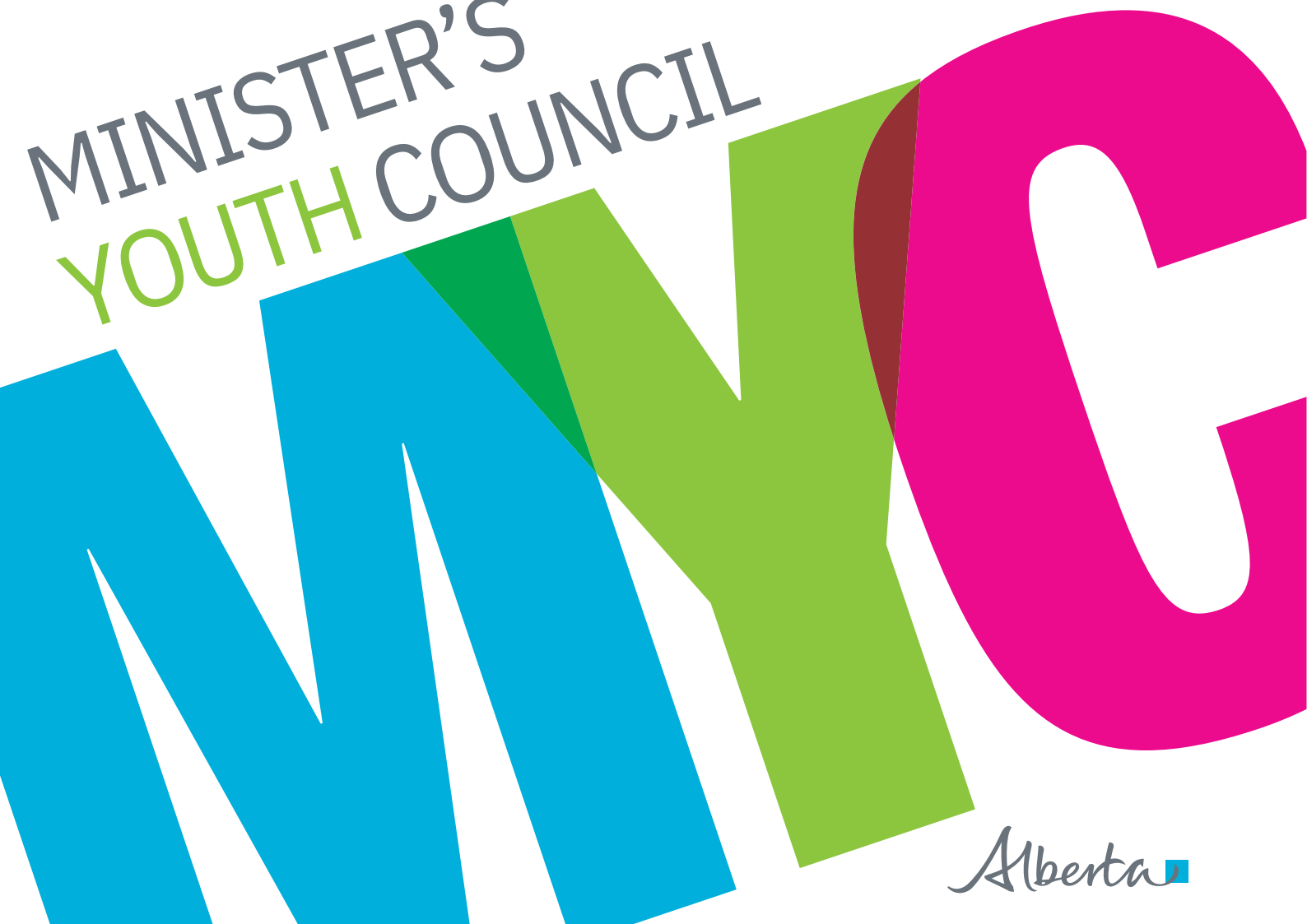
LRC = LETHBRIDGE RUGBY CLUB

LSP = LETHBRIDGE SPORTS PARK (SHERRING)

CCH W = CCH WEST CAMPUS







# 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](https://alberta.ca/student-engagement.aspx)

Alberta