

THE CHINOOK WEEKLY



WEEK APRIL 29- MAY 3

FRIDAY C



Learn to walk
IN HEELS

Learn to Dance
with another
person



COYOTE
CREATE

Video
THREE



myPASS

Free Swim

Coyote Baseball/Rugby Schedule



School Fees: Please Pay NOW here



PowerSchool grades are
now live, please refresh
you PowerSchool to view.

2024-25 Bussing registration info

Interact club - Movie Night

Parent Council

Wednesday May 8

7pm in the Learning Commons



Student



Pg. 2

Summer school info

THE CHINOOK WEEKLY



The smoke of the buildings swirling
Billowing in on you
The stench envelopes and consuming;
It's your fathers every cigarette
And the smell that lingered to your
mother

--Nick Rogers



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!



The Bussing Registration process has begun
At least 2 Km for Grade 7 - 12

1. Access the Bussing Registration form through the [Parent Portal in PowerSchool](#). Please see the instructions on how to access the form: [INSTRUCTIONS](#).
2. If you do not have access to the Parent Portal, please contact your school for access.
3. If you do not intend to have your child transported, please ensure that you answer NO to this question, "Will your child be accessing transportation for the 2024/2025 school year?"
4. Once you have completed the registration process you will receive an email approving your registration
5. See the Division website the last week of August to find your bus schedule. [Transportation Information | Lethbridge School Division \(lethsd.ab.ca\)](#)

Note: The new bussing distancing announced by Alberta Education, as part of Budget 2023, takes effect for this upcoming 2024/2025 School Year.

If you have any questions regarding Bussing Registration, contact the Transportation Department at Transportation@lethsd.ab.ca.



ALISHA H. AND DEANDRA PRESENT

an essential life skill:

*"learn to dance with
another human"*

When & Where: the next two Thursdays FLEX 2 in the
dance room (May 2 & May 9)

Why: because you'll need to dance with another human
at Grad AND beyond...



**learn how to
walk in heels**

confidently, safely, and not like a baby giraffe...

open to ALL grads and students who are heel-curious
DeAndra's room 201 Tuesdays @ Flex
bring your own heels (DeAndra will have some)



CHS Interact Fundraiser MOVIE NIGHT

Entry by donation

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

**\$2
POPCORN**



FRIDAY, MAY 3RD

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



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



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



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

Brody Turnbull - brody.turnbull@lethsd.ab.ca

Nick Straat - nick.straat@lethsd.ab.ca

Parent Meeting

Tuesday, April 23, 2024 @ 7pm
Learning Commons

Sign Up Now

<https://tinyurl.com/chinookice>



HOW TO STOP CLIMATE CHANGE

01

INCREASE ENERGY EFFICIENCY

Reduce energy consumption by using more efficient technology and implementing energy saving practices at home, at work, and in transportation.

02

PROTECTING FORESTS

Prevent deforestation and restore degraded forests to reduce carbon emissions and store carbon in soil and vegetation.

03

INVEST IN RENEWABLE ENERGY

Reduce dependence on fossil fuels by switching to renewable energy sources such as sun, wind and water.



AEC



HIGH LEVEL INNOVATION CONFERENCE



WHEN
May 3-4, 2024

WHERE
Agri-Food Hub &
Trade Centre

18 & Under FREE

www.highlevelinnovation.com

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)



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!

LCI
PRO SCOLA ET PRO PATRIA

R **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 that students have been familiar with since kindergarten!
COLOURING!

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 to consider any potential obstacles and how they may be able to get ahead of 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 - download some colouring sheets and colour with your student
- Have ongoing discussions about WHY your goals matter to you, invite your student to share why theirs matter to them
- CELEBRATE the wins you and your child have experienced in the last week
- 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



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



2024 SUMMER SCHOOL INFORMATION/ REGISTRATION SESSIONS PE10 & CALM20

30 April 2024

6:00pm - 7:00pm

07 May 2024

2:00pm - 3:00pm

08 May 2024

6:00pm - 7:00pm

Victoria Park
High School

CALL TO REGISTER

Victoria Park High School will be hosting three registration sessions for students enrolling in CALM 20 and PE10 for the upcoming summer school session 2024. Each session will be divided into two segments: the initial portion will feature an information presentation, while the latter part will be for processing registrations and payments. Details regarding fees can be accessed through the summer school brochure available on our website at the following link:
<https://lasp.lethsd.ab.ca/courses/summer-school>.

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