

# THE CHINOOK WEEKLY



WEEK MAY 6 - MAY 10

FRIDAY A



*Learn to walk*

IN HEELS

Learn to Dance  
with another  
person



COYOTE  
CREATE

Video  
FOUR



Night at the Pops  
Mental Health Week



Coyote Baseball/Rugby Schedule  
School Fees: Please Pay NOW here

*Final Exam*

SCHEDULE

*Graduation*  
Update

POETRY

**Parent Council**

**Wednesday May 8**

**7pm in the Learning Commons**



Any grade 9 students who are NOT in PE this quarter and would like to get tested for track and field events, please see Tammy in the PE offices.

Summer school info



# THE CHINOOK WEEKLY



## Night at the Pops

A Spring Band  
Concert

May, 8th

7:30 P.M. START

CHINOOK  
CONCERT BAND

Lethbridge Gold  
Band

Admission is Free

In the Chinook Media Centre  
259, Britannia Blvd.

And Special Guests



## 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)





GRADE 10-12

- Saif Khan – Gold Junior Boys Singles
- Coen Duda- Silver Intermediate Boys Singles
- Josh McCutcheon – Gold Senior Boys Doubles
- Jovin Bach and Marco Roman – Bronze intermediate Boys Dbls
- Hugo Ubeda and Malachi Conrad – Gold intermediate boys dbls
- Logan Gurney and Salena Khan – Gold intermediate Mixed Dbls
- Alyssa Strong and Sandip Timsina – Broze Senior Mixed Dbls
- Joaquin Sotto and Lina Jamil – Gold Senior Mixed Dbls
- Bronwyn Orr and Katie Baker – Silver Senior Girls Doubles
- Momono Kurihara- 4th place Senior girls singles



Grade 9

- Owen Gurney and Amira Bach – mixed doubles Gold
- Harrison Edwards and Eiko Boen – Gold boys doubles
- Raffae Rasool – Gold boys singles
- Rafael Alvaro Torres- Silver Boys Doubles
- If there was a grade 9 zone banner we would have won it by a mile.



I lay and I rot  
 I lay, in thought  
 You rise, you stand  
 Was this planned?

--Dillon St. Jean

MAY 6 - 12, 2024

# MENTAL HEALTH WEEK



The theme of this year's Mental Health Week is "Healing through Compassion."

## COMPASSION CONNECTS US

### EMPATHY + ACTION = COMPASSION.

Compassion is often confused with empathy. Empathy is the sensing, feeling and understanding of another's suffering. Compassion goes beyond empathy, into taking action, a desire to help lessen their suffering



### 3 KEY ELEMENTS OF SELF-COMPASSION

#### 1 SELF-KINDNESS VS. SELF-JUDGMENT

Offering ourselves warmth and acceptance during difficult times or when making mistakes, rather than judging ourselves harshly.



#### 2 COMMON HUMANITY VS. ISOLATION

Recognizing that no one is perfect and that we aren't alone in our struggles are key elements of our shared human experience.



#### 3 MINDFULNESS VS. OVER-IDENTIFICATION

Bringing awareness to painful thoughts and feelings and taking a step back to see them as they are, rather than getting overwhelmed by them.



## MENTAL HEALTH SUPPORTS



**Kids Help Phone**

1-800-668-6868

Text CONNECT to 686868

**Lethbridge Family Services**

(403) 327-5724

**Mental Health Help Line**

1-877-303-2642

**Addiction HelpLine**

1-866-332-2322

**Family Violence**

(403) 310-1818

**Distress Line of Southern Alberta**

(403) 327-7905



#CompassionConnects #MentalHealthWeek

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>



# 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 helps students explore the difference between tension and relaxation. The video walks students through “flex and chill”.

Last week your student was invited to consider any potential obstacles and how they may be able to get ahead of them. This week we are focused on finding out cheerleaders and celebrating wins! All the 1% changes add up.



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 - do some flex and chill together!
- 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, and identify your CHEERLEADERS!
- 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





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>.

 403-327-3945

 [VPHS@lethsd.ab.ca](mailto:VPHS@lethsd.ab.ca)

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