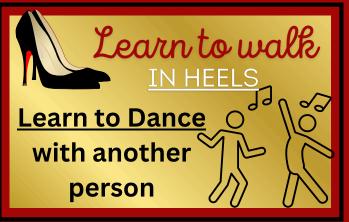
THE CHINOOK WEEKLY



WEEK MAY 6- MAY 10

FRIDAY A







Night at the Pops

Mental Health Week



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

Final Exam
SCHEDULE
Graduation
Update

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.

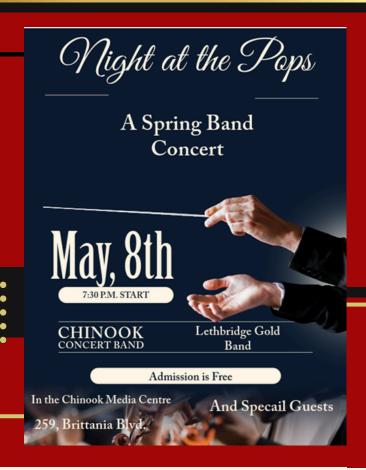




Summer school info

THE CHINOOK WEEKLY







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...



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



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.





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





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



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.

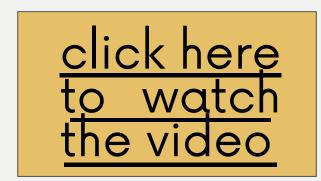
INTENT

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.





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





YOUR WELLNESS MATTERS!

COYOTES BASEBALL



APRIL 11 vs. 7:30 PM @ SPITZ



APRIL 15 vs. 7:30 PM @ SPITZ



APRIL 24 vs. 7 5 PM @ SPITZ



MAY 1 vs. <a>8:00 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 07 May 2024 08 May 2024

6:00pm - 7:00pm 2:00pm - 3:00pm

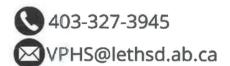
6:00pm - 7:00pm



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.



21515 - 5 Avenue South Lethbridge, AB T1J 2M4