



Newsletter—November 2011

# J.T. Foster School

## Volunteers Requested

The school is seeking parent and student volunteers to sit on two school committees. The first committee deals with setting the timetable in the school and the second committee deals with special projects in the school such as the Friday project which includes the Global Burger and last year's di Vinci Project. This same committee also sets direction for the school through the three year plan.

### 2011-2012 Parent Council Executive

*Council Executives for this school year are: Chair, Laurie Brown; Vice Chair, Laurie Henthorne; Treasurer, Tina Woof; and Secretary, Louanna Jones.*

*Council meets the first Wednesday of each month at 7 p.m., and welcomes you to bring your celebrations, concerns, and curiosity!*

November is "**Family Violence Prevention Month**". The Calgary and Area Women's Shelters are extending a challenge to you, and your teams to Stand Up Against Family Violence and Abuse by going to: [www.gethelpgivehelp.ca](http://www.gethelpgivehelp.ca) and click on the button to register yourself as someone who is Standing Up Against Family Violence and Abuse.

At the end of the month the Calgary and Area Women's Shelters will be announcing the total number of people who click. Given that 62% of Calgarians say they or someone they know has experienced abuse, this is one of the most pressing social issues facing our community today.

Please ask friends, colleagues, neighbours and anyone else you know to click to end abuse.

Nicole Van Langen, BPA—Executive Director  
Nanton Quality of Life Foundation  
1601 21 Avenue P.O. Box 910 Nanton, AB T0L 1R0  
PHONE: (403) 646-2436 FAX: (403) 646-2499  
WEBSITE: [www.nqlf.org](http://www.nqlf.org)

### **School Fees for the 2011-2012 School Year**

Invoices were mailed out on October 5th. **Cheques are payable to J.T. Foster School.** Please pay your fees as soon as possible remembering that more fees will be added if your child will participate on any of the school sports teams, field trips, etc. We will accept post-dated cheques or we can work out an installment plan with you if necessary. If you have any questions or concerns with your invoice please call the school at (403) 646-2264. Thank you.

Three-Way Conferences  
November 9th  
4:30—7:30

Please call (403) 646-2264  
to set-up an appointment!

## Principal's Message – November 4, 2011

The education system we are all part of is facing the same challenges of fast-paced change that we see affecting so many areas of our lives. Sometimes as educators we find ourselves caught between the expectations and traditions of the past and the needs and demands of the future.

Far too often the education system is forced to try and be exactly like the nostalgic school we remember from the past yet simultaneously be the newly structured institution to meet global technological and social demands. Students are becoming increasingly impatient that what we ask of them is outdated and not fitting their needs and abilities, yet we have just as sacred a duty to maintain the practices and structures which shape future citizens.

One very real case in point is the area of attendance. Back in the 1970's when I went to school; attendance was taken on little yellow cards and transported by hand to the office with every student pretty much in the same program, so easily monitored and controlled. The expectation was that everyone would be in the same classroom, doing the same thing at the same time (preferably silent).

In sharp contrast, consider just this sampling of programs that any given student might be found in at any given period at J.T. Foster: Work Experience off-campus, Work experience on-campus, Distance Learning, Distance Learning online, Distance learning with Mr. Brown's support, mentorship, curricular field trips, co-educational projects, Grade 12's on prep periods, blended programming with home schooling, not to mention special projects, independent study and athletic field trips. A student might be with the Family School Liaison, the Learning Support Teacher, the academic counselor or over in band at A.B. Daley. Add to this mix the number of students with legitimate excused absences for medical or dental purposes, hockey, rodeo, figure skating, family emergencies and you begin to see that even the simple tracking of attendance, in spite of the new technologies such as Pinnacle, is a challenge. A teacher might know the child is not present in the class, but it may take awhile to determine where they might be!

The problem is, that in spite of all of the best efforts of parents and staff alike to monitor and communicate, we seem to be developing a bit of a school attendance issue. Simply put, too many students are taking the responsibility upon themselves to choose which classes and activities they wish to participate in and which they won't. That self-directed study approach is a perfectly acceptable educational program, but it is called home schooling and is not offered inside J.T. Foster at this time.

The School Act is very specific on this. I recently met our High School students and quoted from Section 12 of the Act to impress upon them the importance of attendance:

A student shall conduct himself or herself so as to reasonably comply with the following code of conduct:

- (a) be diligent in pursuing the student's studies;
- (b) attend school regularly and punctually;
- (c) co-operate fully with everyone authorized by the board to provide education programs and other services;
- (d) comply with the rules of the school;
- (e) account to the student's teachers for the student's conduct;
- (f) respect the rights of others

I have heard student arguments that in the 21<sup>st</sup> century, a century of "just-in-time" knowledge and instant at your fingertips information, things like timetables and set class times are out-moded, and there well may be some merit in our exploration of future alternatives. There are pilot projects in 12 high schools around Alberta called the Flexibility Project, where Alberta Learning is exploring alternative structures and schedules. I look forward personally and professionally to hear what they learn in these experiments for I believe there is much truth in the arguments our students bring forward regarding programming and structure in schools. For that reason I have asked that in this next year there be student and parent representation on our AISI and timetabling committees to ensure those voices are heard as we plan.

For the present, however, in both the legal and real world we inhabit day to day, students need to be in class, that's where our program is delivered and teachers take that duty as serious and sacred. Skipping class does not help students make the point that they can be responsible self-learners, but rather the opposite.

As an educator and someone who has chosen school leadership as a career, I share my students' desire to see a future where independent learners find innovative ways to assess their own learning needs and meet them, and I readily accept that my role is changing from being the source of student knowledge to being the facilitator in a students' building of that knowledge for him or herself. However, the system we currently work in is based on the interaction between teacher and student in a regularly scheduled classroom and that can't happen without the student present.

I'd urge parents to have a chat with their children about attendance and its importance to success. As always, please do not hesitate to contact me with your questions or concerns. - Sincerely, Peter Weeks - Principal

\* Please print clearly!

NAME \_\_\_\_\_

Phone Number or Email Address \_\_\_\_\_

Please Circle Course

Social Studies 30-1

Social Studies 30-2

### 30-1 Course

- January 7 (1:30-4:00) Review of content and requirements for Part A including samples of student writings at all levels and review of all 4 issues. Content will focus on issue 2 and 3. Intensive Review of all 4 issues and study tips to prepare for Part A with extensive work on position paper plus multiple choice test taking skills and using the multiple choice blueprint.
- January 14 (1:30-4:30) Multiple choice test taking skills, extensive review of content from Issues 1-4 Considerable work will be completed on test taking strategies and review of study techniques and the use of the multiple choice blueprint to aid in study and review.

### 30-2 Course

- January 8 (1:30-4:00) Review of content and requirements for Part A including samples of student writings at all levels. Extensive work will focus on strategies that help students answer question 2 and 3 of the diploma exam including rubric analysis and content standards Intensive Review of all 4 issues and study tips to prepare for Part A plus multiple choice test taking skills using the blueprint as a guide for review.
- January 14 (1:30-4:30) Multiple choice test taking skills, extensive review of content from Issues 1-4 and multiple choice skills. Focus will be on using old diploma exam multiple choice questions to review for Part B

Please list which dates you are interested in (one day or all days)

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### PLEASE NOTE:

- Classes may be cancelled due to insufficient enrollment.
- Attendance for each day is capped at 10 students.
- Students who no show during any weekend sessions will not be allowed at other sessions

**COMPLETE THIS FORM AND RETURN IT TO MR. DOUCET BY November 24, 2011**

***Cost: No cost to any J. T. Foster student currently enrolled in Social 30-1 or 30-2***



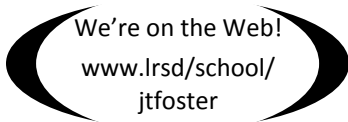
**Livingstone Range**  
SCHOOL DIVISION NO. 68

**J.T. FOSTER SCHOOL**

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*Knowledge, Truth,  
Excellence*



*Just a reminder that there is no  
school on November 25th  
Professional Planning Day.*

**Upcoming Important Dates**  
**November 10th—Remembrance Day Ceremony 10:00 am**  
**November 18th & 19th—Sr. High Volleyball Zones**  
**November 25th—No School**

**SPORTS**

**Volleyball**

- Jr. B Girls Post Season Tournament at F.P. Walshe 10:15 AM  
- The Varsity girls will be hosting 1A Sr. Girls Volleyball Zones this year. Please come out and support your school team November 18-19.

**Rugby**

We are in the process of initiating a boys rugby team this year. Any boys grades 9-12 can sign up with Mr. Gammie ASAP.

**Curling**

We are starting this coming Monday Nov 7th. from 4:30 to 6:30PM. Registrations always welcome....and attendance is flexible and open to members busy schedules. New members welcome.

**Basketball**

Try-outs for the Jr. A Girls Basketball team will be the week of November 14th. Sr. High Girls Basketball will be starting soon too! Coach: Mr. Doucet, Assistant Coaches: Tim Nelson, Marvin Isbell

All of your school clothing can be purchased at [yourschoolgear.ca](http://yourschoolgear.ca)

***Dealing with Stress is a Process- by Brenda Schlaht (FSL)***  
***"Life is either a daring adventure or nothing at all". - Helen Keller***

*How our society has evolved since the era of the inspirational Helen Keller! We live in a time of rapid change and are expected to adapt quickly. This creates a perpetual sense of uneasiness and uncertainty in the hearts and minds of people. Whether you are a parent, teacher, or teen, the demands one experiences are referred to as "stress". Psychologically speaking, stress is defined by researcher Richard Lazarus as "a state of anxiety produced when events and responsibilities exceed one's coping ability." Physically, stress is defined as the rate of wear and tear on the body. From a Family-School Liaison Counsellor's perspective, my role is to assist students:*

- identify their stressors-*** such as pressure to perform in school and sports, academic workload, tests and report cards, fear of failure, fear of the unknown, change in marital status of parents, girlfriend or boyfriend dynamics, conflict with friends, conflicts with parents, decisions regarding future, etc.
- integrate stress management ("stress-busters")*** in their daily routine which might include physical exercise, self-care, establishing boundaries, journaling, art, deep breathing and relaxation techniques, etc.
- eliminate ineffective coping strategies*** such as drinking, drugs, disordered eating, high-risk activities, etc.

*I offer assistance to parents and teachers, as well! Identification of stressors, implementation of stress-busters, and exploration of the individual's value system lays the framework for homeostasis (balance). Hans Selye wrote a book entitled, "Stress without Distress" where he states that handling stress and staying healthy is dependent on one's ability to maintain a purpose in life that commands self-respect and pride. Stress is indeed a complex phenomenon, and avoiding it is unrealistic and ineffective. Rather, coping with stress employing positive skills can alter one's behavior to stress. The first step is increased awareness of stress. I invite you to contact me if you would like to learn more, or talk one-on-one about it! (403-336-2703) [schlahtb@lrsd.ab.ca](mailto:schlahtb@lrsd.ab.ca)*