



RAVEN'S CALL

January, 2020

Science for Citizens 11

It with great pleasure that I announce Science for Citizens 11 is now available for students. Here's what it's about:

Science is a part of our everyday lives whether we realize it or not! In this course, you will learn the science behind eating right and looking after your body. You will also learn how science can keep you safe at home and in the workplace. What are some of the common chemicals that you might encounter every day? How should they be handled? Can you use science to explain the climate and the impact that humans have had on our planet? And how does science help forensic scientists solve crimes?

Contact us if this sounds like a course for you. It satisfies the Grade 11 science requirement for graduation.

Winter Ways – submitted by K. Goetz, principal

Happy New Year, Everyone!

We are now into January and things at the school are moving along. Teachers have returned from Winter Break to find many students have been steadily working in their courses and submitting assignments. Thank you for your patience as we endeavor to catch up from that rush.

While the days are still short and dark (but gradually getting longer), it is a good reminder that you keep working AND that you get a little daylight and physical activity into your daily routine. Some people bear the effects of this season, and light and movement can definitely help to alleviate the heaviness that is felt. Our Facebook page has a winter challenge which includes this very idea. Check out SCIDES there and join in the fun. Exercise is a great way to take a break in the day. Even for us here at the school, we need to remember to get up and move

around every now and again.



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Thu 2020-01-09:	07:59	08:21 of daylight	16:21
Fri 2020-01-10:	07:59	08:23 of daylight	16:22
Sat 2020-01-11:	07:58	08:25 of daylight	16:23
Sun 2020-01-12:	07:57	08:27 of daylight	16:25
Mon 2020-01-13:	07:57	08:29 of daylight	16:26
Tue 2020-01-14:	07:56	08:31 of daylight	16:28
Wed 2020-01-15:	07:55	08:33 of daylight	16:29
Thu 2020-01-16:	07:54	08:36 of daylight	16:31
Fri 2020-01-17:	07:54	08:38 of daylight	16:32
Sat 2020-01-18:	07:53	08:40 of daylight	16:34
Sun 2020-01-19:	07:52	08:43 of daylight	16:35
Mon 2020-01-20:	07:51	08:46 of daylight	16:37
Tue 2020-01-21:	07:50	08:48 of daylight	16:38
Wed 2020-01-22:	07:49	08:51 of daylight	16:40
Thu 2020-01-23:	07:48	08:54 of daylight	16:42
Fri 2020-01-24:	07:46	08:56 of daylight	16:43
Sat 2020-01-25:	07:45	08:59 of daylight	16:45
Sun 2020-01-26:	07:44	09:02 of daylight	16:47
Mon 2020-01-27:	07:43	09:05 of daylight	16:48
Tue 2020-01-28:	07:41	09:08 of daylight	16:50
Wed 2020-01-29:	07:40	09:11 of daylight	16:52
Thu 2020-01-30:	07:39	09:14 of daylight	16:53
Fri 2020-01-31:	07:37	09:17 of daylight	16:55

On the “work” side of things, it is time to check your progress. If you started in September, you should be at least half way through any course or program you began then. No matter when you started, keep in mind that a healthy approach to progress will increase your chances of success. A course should definitely not take anyone longer than 10 months to finish, unless there is an extenuating circumstance. Are you on track? If not, ask your teacher how we can help.



What we’ve been up to – and upcoming events

November

Our school co-participated in a Remembrance Day event via ZOOM. We estimate that nearly 100 people came together from the NWT to Phoenix, Arizona with a public affairs officer from CFB Edmonton to listen, learn and respect the efforts of veterans. Thank you to Major Lena Angell for taking the time to educate us about Canada’s military and its efforts. This was a great example of technology building community!

December

- Some students from Kengard Alternate spent time at our local Food Bank, helping to sort and stuff bags of food and gifts for those in need. It was great to see the turn out and to hear the remarks about how good it feels to be helpful.



- Beauty and the Beast field trip. About 40 people attending this live performance in Kelowna. Staff got to meet, face-to-face, some of their students and parents. Thank you to our PACs for supporting the costs.

January

Yes, provincial assessments happen this month! Please pay attention to the information below.

Do you know that you will not graduate without certain assessments?

Have you written these? If not, please contact Mr. Hart, your advisor.

In the 2019-2020 school year....

Numeracy 10 Assessment – all students in any of Grades 10, 11 or 12 who did not write a provincial exam for Math 10 must write this

Literacy 10 Assessment – students who are currently in Gr. 10 must write this exam



In the 2020-2021 school year...

Grade 10 students will have to write Numeracy 10 & Literacy 10

Grade 11 students will have to write any of these that they have not already written:

- Numeracy 10 (if not already written)
- Literacy 10 (if not already written)

Grade 12 students will have to write any of these that they have not already written:

- Numeracy 10
- Literacy 10
- Literacy 12

And after that, all assessments are required from all students.

February 5 & 6, 8:30 – 1 pm – Foodsafe Level 1 will be run at CLC. Please contact your teacher if you are interested in participating. You must be at least 14 years old. Deadline for signing up is Friday, Jan. 24 – 10 am.

February 12, 5 – 7 pm – our second Parent-Teacher interview evening. Talk to you child(ren)'s teacher(s) to get the scoop on what's happening.



February 24

Kengard Learning Centre, with some student leadership, is signed up to participate in the Moose Hide Campaign on February 24. See below. This campaign is about Indigenous and non-Indigenous men and boys standing up against violence towards women and children.

A poster for the Moose Hide Campaign. The background is a textured, light brown color. At the top left, there is a circular logo featuring a moose head in profile, facing right, with large antlers. To the right of the logo, the text reads: "Moose Hide Campaign® The Moose Hide Campaign is a grassroots movement of Indigenous and non-Indigenous men and boys who are standing up against violence towards women and children." Below this, a paragraph states: "Wearing this moose hide signifies your commitment to honour, respect, and protect the women and children in your life and to work together with other men and boys to end violence against women and children. Help spread the Moose Hide Campaign by sharing with your family, communities and organizations." Further down, it says: "To order pins, pledge your support, register to fast or to donate visit us at: <https://moosehidecampaign.ca> or follow us on:" Below the text are three social media icons: Twitter (@MooseHide_BC), Facebook (@moosehidecampaign.ca), and Instagram (@moose_hide_campaign). At the bottom left is the "Canada" logo with the text "The Moose Hide Campaign acknowledges the financial support of the Government of Canada" underneath. On the left and right sides of the poster, there are vertical banners with the text "Commit to Fast! Start a Hide Campaign! Take Action!" repeated.

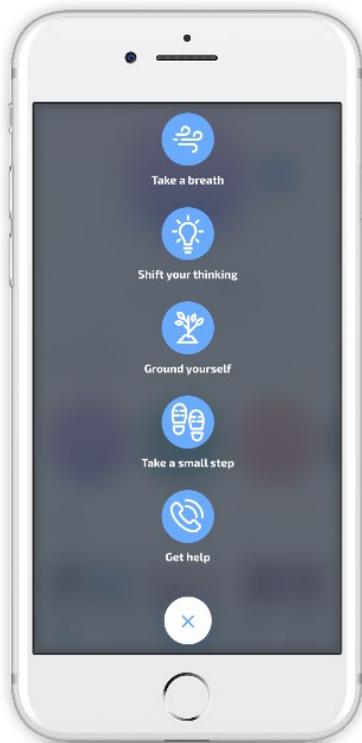
Anxiety and Learning

It is not uncommon for students to enroll in our school saying that anxiety has kept them from learning to their full potential in other school settings. Kengard Learning Centre, through SCIDES and Kengard Alternate, DO provide options to help people manage that barrier.

HOWEVER did you know that anxiety can be managed by you? Download the Mindshift CBT App© and see how you might have help in the palm of your hand.

This app is promoted through Anxiety Canada and uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

It provides tools to help with: worry, panic, perfectionism, social and phobias. Relief can be both quick as well as developed over longer terms.



For more information, check out Anxiety Canada on the web.

Finally, a few reminders...

Did you know.... If your child(ren) is/are School of Record with SCIDES, you may be eligible for up to \$600 in Third Party funds to support their education. Call your teacher and ask about it.

Regular attendance improves your chances of success.

Telus for Good



Families who are on low income may qualify to have Telus internet for \$9.95 + taxes/month for 2 years. As well, people between the ages of 19 – 26 who were Children in Care are eligible to apply for a free re-furbished Smart Phone through Telus with 2 years of free service. Check out the Telus site at either of these links:

<https://www.telus.com/en/about/company-overview/community-investment/how-we-give/cause-campaigns/internet-for-good>

<https://www.telus.com/en/about/company-overview/community-investment/how-we-give/cause-campaigns/mobility-for-good/>

Want to join SCIDES PAC?

Meetings are held once a month by teleconference. The next meeting is **Tuesday, Feb. 11 at 1pm.**
toll free: 1-877-385-4099
access code: 639 4311
Please join us! Meetings are less than 1 hour.

The Community Learning Centre Parent Advisory Committee meets on Tuesday, Feb. 4 at 4:45 in the school. Please join us.