



Vice-Principals:  
 Mrs. Sue Withers  
 (South Office)  
 Mr. Scott Howes  
 (North Office)  
 Mr. Al Thompson  
 (West Office)

Principal: Mr. Boris Grisonich

# OCTOBER 2011



## CommTech has Student Photography for Sale

Curriculum changes implemented last year in the CommTech program mean that students are doing work to an amazingly high level of quality! If you are interested in purchasing one of our featured artist's work this month, please contact Mrs. Nездoly in the CommTech lab (room 803 or phone 403-527-3371 ext 7803). Orders must be prepaid, and 4x6 printouts are provided for \$10/copy. Check the website regularly, since the featured artists and their works change approximately every two months. Visit <http://www.mhhs.ca/Photography%20for%20Sale.php> for



more information and to see the latest offerings. Currently, grads **Kayla Chartrand** and **Darci Baker** have three selections for sale – “Reflection”, “Bikestand” and “Leaf on Fence”.



The funds raised from this fundraiser go towards purchasing better lenses for the cameras for the photography courses, and towards other materials, equipment and supplies for the CommTech program to ensure our design work continues to just get better and better.



SCHOOL FEES were due on **September 30, 2011.**

Payments can be made at the South Office by cash, cheque, debit, Visa or MasterCard.

If you have any questions, please call our bookkeeper @ 527-3371, Ext. 7122.



**School Council Meeting**  
**Thursday,**  
**October 27th**  
**@ 7:00 pm**

**MHHS Cafeteria or Room 129**  
**(near South foyer)**

**ALL PARENTS WELCOME!**

# BAND NOTES

Junior Band and Choir Concert  
**Tuesday, November 29**, time TBA  
at MHHS Karen Cunningham Theatre

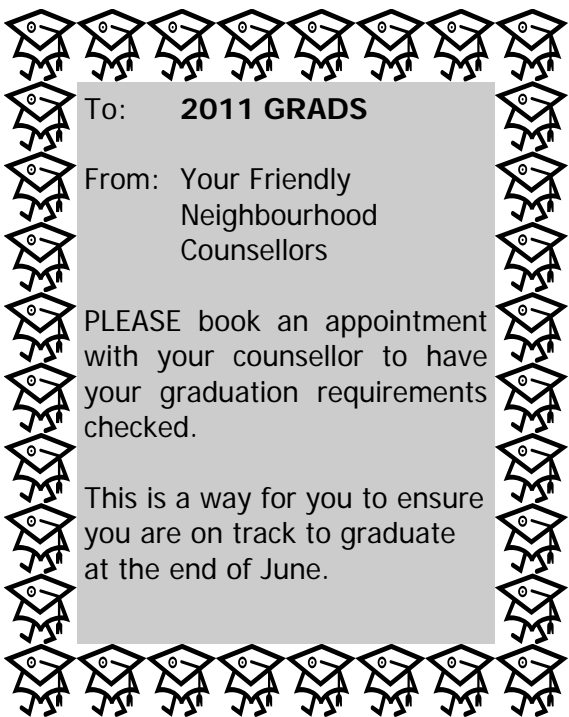
Senior Band and Glee Choir Concert  
**Wednesday, November 30**, time TBA  
at MHHS Karen Cunningham Theatre



## Upcoming BAND Events

We are planning a Senior Band Cypress Hills retreat in October. Details to be announced...

"It's an exciting year to be a MHHS band geek!"  
-submitted by Mr. T. Bates



To: **2011 GRADS**

From: Your Friendly Neighbourhood Counsellors

PLEASE book an appointment with your counsellor to have your graduation requirements checked.

This is a way for you to ensure you are on track to graduate at the end of June.

## Congratulations

Congratulations to the **MHHS Girls' Golf Team** who won the silver medal at Zones in Lethbridge on September 12.



The team consists of :

- **Kayli Ellefson**
- **Kirstie Kopec**
- **Danielle Ferneti**

-submitted by Grant Schaber,  
Golf Team Coach

## Upcoming Volleyball Tournaments

MHHS JV volleyball teams are hosting their annual tournament on **October 21-22**

MHHS SR volleyball teams are hosting their annual tournament on **October 27-29**

**Come out & support our teams!!**

## PowerSchool for Home

"PowerSchool for Home" is the program that MHHS provides to parents and students that allows access to current grades and attendance via the internet.

Our MHHS parents and students that are continuous from semester 2 last year (2010/2011) should have received a letter in March 2011 with instructions on how to create and access this program— *there is no change in your login information for this current year.* For all **new** parents and students... a letter was sent home Friday, September 23<sup>rd</sup> giving instructions on how to create and access your *PowerSchool for Home* account.

If you have any questions or have any problems with creating your account please feel free to contact us at Student Records via email at [denise.koch@sd76.ab.ca](mailto:denise.koch@sd76.ab.ca) (your emails will be answered in the order in which they are received).

**DEADLINE EXTENDED to OCTOBER 7th**

The City of Medicine Hat is currently recruiting up to ten youth to join the newly established **Youth Advisory Board (YAB)**. They will have the opportunity to:

- Advise Public Services Committee and City Council on policy and high level issues related to the community's youth
- Become actively involved in the community
- Have your ideas and opinions heard
- Be the voice of other youth in the community

Join YAB if you are:

- A resident of Medicine Hat between the ages of 16 and 21 at the time of application
- Available for regular monthly meetings Sept to June
- Committed to contributing as a Board member for a maximum of two years
- A youth dedicated to the betterment of the community
- Able to work well with other youth
- Excited about developing solutions for issues that affect youth

Contact City Clerk's Office at 403-529-8234 or 403-529-8220, email [clerk@medicinehat.ca](mailto:clerk@medicinehat.ca) or fill out an application on [www.medicinehat.ca](http://www.medicinehat.ca)

Student Council has hit the ground running this September.

Our first event was the welcome BBQ for Grade 9's on the first day of school. We have also held several "Green and White" days and have been so impressed by the school spirit this year!

**MHHS STUDENT COUNCIL**

On September 22 and 23, Student Council members and advisors attended the first annual retreat in Elkwater. This time was used for team building and activity planning, so look forward to a fun filled year at MHHS.

October will bring the annual pie-eating contest, Halloween Dress-Up week, and our first pep rally.

MHHS has shown incredible spirit so far this year, let's keep it up and make 2011-2012 the best year yet!

## SPANISH EXCHANGE STUDENTS & HOSTS



This year we are very excited to have five students participating in the Alberta/Spain Exchange Program: **Morgan Wood, Hannah Kappeller, Brianna Schmidt, Kaley Dowler and Shelby VanDam.** Their lovely Spanish partners arrived at the beginning of September and are doing a fantastic job of immersing themselves into MHHS and our Canadian culture. **Lara (Morgan), Tania (Hannah), Paula (Brianna), Silvia (Kaley) and Laura (Shelby)** will be staying here until November 5th, so be sure to say a friendly "hola" when you see them around the school ☺

- submitted by Mrs. Bea Coreas



## Do you have a Part -Time job?

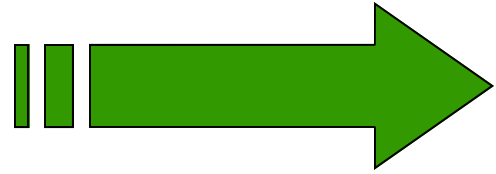
### Off-Campus Education

- Work Experience
- Health Internship
- RAP (Registered Apprenticeship Program)
- Green Certificate Program
- PFO (Production Field Operator)

Why not earn High School credits and Scholarship money while you work?

Read page 26 of your Student Agenda for more details.

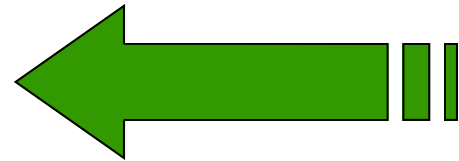
Contact: Mr. Grossman room 403  
 Mr. Hider room 402  
 Mr. Tschritter room 400 } for more information



## Parent/Student/Teacher Interviews

October 19 6:00 pm—8:30 pm  
 October 20 4:00 pm—6:00 pm

Report Cards will be distributed on November 17th



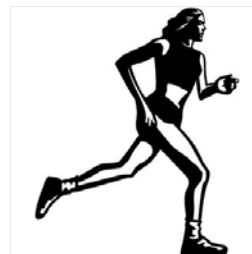
athletes on the Provincial team.

Welcome to a new cross country season. As the team grows in numbers and ability we continue to keep our focus on our team goals: (1) repeat as South Zone Champions; (2) place as many

The team will be competing at the South Zone Championships **Wednesday October 5<sup>th</sup>** in Elkwater. The top 18 runners in each respective category will have the opportunity to represent MHHS at the ASAA Cross Country Provincials on **Saturday October 15<sup>th</sup>**. The Provincial Championships will also be held in Elkwater, so family and friends are more than welcome to come out and support.

We would also like to send out an enormous thank you to our sponsors who help make our dreams and goals a reality: **Runners Soul, Swirls Ice Cream, MacPherson Meats, Panago P i z z a , Sharkleys Café, Rocky Mountain Chocolate Factory, Creative Imprints, and Steve Enslin Trucking Ltd.**

Even though our season is in full swing all students are still more than welcome to join. If you have any further questions or concerns please contact **Mr. Mori** by phone at (403) 537-3371 ext 7707 or email [glen.mori@sd76.ab.ca](mailto:glen.mori@sd76.ab.ca).



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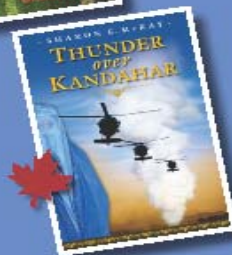
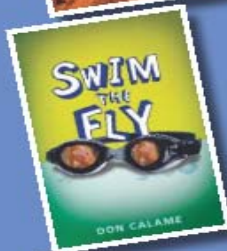
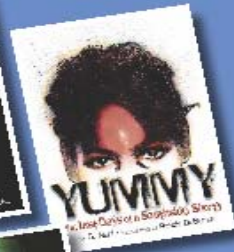
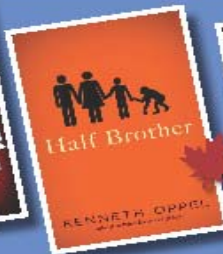
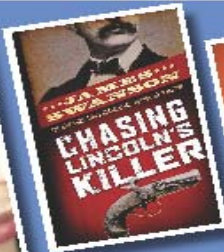
**Come visit us in  
the Legacy  
Room (Rm. 600)**

## Happy Thanksgiving to everyone from First Nations, Métis and Inuit Education!

- We are pleased to announce that Maria Medicine Shield, a Social Work program practicum student from the Medicine Hat College, will be joining us until December 16th in the Legacy Room. Maria will be assisting with the HALT snack program as well as the various activities with FNMI Education. Welcome Maria!
- Several students from both MHHS & CHHS will attend the Dreamcatcher Conference on October 14 & 15, 2011. The deadline for registration has passed, but this conference is scheduled for every October for students in grades 9 to 12 if you missed this year's opportunity.
- We will be holding the First Nations, Métis and Inuit Advisory Committee (FNMIAC) meeting on November 7th at 6:30 pm in the MHHS Legacy Room. FNMIAC is aimed at providing support and making connections between parents, school staff and the community. These meetings are open to all families, caregivers and students who are FNMI in our school community and are held in the MHHS Legacy Room.
- Oskayak (Cree for 'young people') is a dance group that is restarting this year. Please visit the Legacy Room if you wish to participate. We are deciding on which day of the week to hold our sessions and need input from our dancers! Please join us if you are interested in aboriginal dances, including traditional, jingle and fancy dance, as well as Métis jigging. Dancers will have the opportunity to perform throughout the year at various events and will have the chance to learn from experienced dancers!
- FNMI Education is partnering again with the Esplanade to provide arts opportunities for students. Even though the deadline isn't until spring, keep in mind the chance to participate in Historica's Writing and Art Challenge. We are planning a fall and winter session at the Esplanade where students can create pieces in a variety of media in a fully equipped studio. Please visit the Legacy Room to add your name to the list of artists and/or writers!

### ***I Love to Read Top Ten Books 2011-2012 (see poster on page 6)***

<i>Because I Am Furniture</i>	Thalia Chaltras	
<i>Bruiser</i>	Neal Shusterman	
<i>Chasing Lincoln's Killer: The Search for John Wilkes Booth</i>	James Swanson	
<i>Half Brother</i>	Kenneth Oppel	
<i>How I Made It To Eighteen: A Mostly True Story</i>	Tracy White	
<i>Maze Runner, The</i>	James Dashner	
<i>Outback</i>	Robin Stevenson	
<i>Swim The Fly</i>	Don Calame	
<i>Thunder Over Kandahar</i>	Sharon McKay	
<i>Yummy: The Last Days of a Southside Shorty</i>	G. Neri and Randy Duburke	



Medicine Hat High School

**i love  
to read!**

Find these ten books in the Library  
and check them out so you'll  
be ready to **vote for**  
**best  book!**

 **Top Ten Books**

**2011-2012**



### What is Influenza?

- Influenza is an infection of the lungs and airways caused by various strains of influenza virus that circulate throughout the world each year. In North America, influenza virus usually affects people between November and April - our "flu season."
- Symptoms appear quickly: fever, chills, aches, cough and fatigue.
- Complications can include pneumonia, bronchitis, and croup.
- Influenza is highly contagious and spreads through coughing, sneezing and talking.
- Influenza can enter the body through the eyes, nose or mouth after touching contaminated objects such as door knobs and used tissues.



Many people confuse the symptoms of influenza with those of a cold or gastroenteritis ("stomach flu") but they are different diseases.

Symptoms/ Description	Influenza	Common Cold	Stomach Flu
Fever	Usually high	Sometimes	Rare
Chills, aches, pain	Frequent	Slight	Common
Loss of Appetite	Sometimes	Sometimes	Common
Cough	Usual	Sometimes	Rare
Sore throat	Sometimes	Sometimes	Rare
Sniffles or sneezes	Sometimes	Common	Rare
Involves whole body	Often	Never	Stomach / bowel only
Symptoms appear quickly	Always	More gradual	Fairly quickly
Extreme tiredness	Common	Rare	Sometimes
Complications	Pneumonia (can be life threatening)	Sinus infection or Ear infection	Dehydration

### How to Prevent Influenza

- Seasonal influenza vaccine protects against the three most common strains of influenza virus identified by the World Health Organization (WHO).
- Seasonal influenza vaccine is available at no charge for all Alberta residents over six months of age (including pregnant women) during October and early November.
- The vaccine takes approximately two weeks to become effective and lasts for four to six months.
- Next to immunization, the most important way to prevent infection is by proper hand washing. Washing hands often with soapy water or sanitizer is the most effective way to control the spread of germs and diseases.
- Other strategies to prevent influenza include keeping hands away from the eyes, nose and mouth, disinfecting countertops, doorknobs, telephones, etc.
- Strengthen your immune system by being physically active, eating healthy and decreasing stress in your life.

Influenza Clinics start October 17. Please check your local newspaper for dates, times and locations or go to the Alberta Health Services website at [www.albertahealthservices.ca](http://www.albertahealthservices.ca) or call Health LINK Alberta at 1-866-408-5465 for information on Influenza immunization clinics in your area.



### **VISION FOR CHILDREN**

October is eye health month. Your child's vision health is an important component to learning. Vision examinations help develop a baseline for your child's future vision needs. Alberta children under 19 years of age get one free annual vision exam.

Here are a few symptoms you should watch for that may indicate a vision problem;

- if your child loses their place while reading,
- avoids close work,
- holds reading material closer than normal,
- tends to rub their eyes,
- has headaches,
- turns or tilts their head to use one eye only,
- omits or confuses small words when reading.

Children need to be encouraged to take rest breaks during periods of close concentration as well as when computer or playing video games. For further information go to [www.opto.ca](http://www.opto.ca).

### **SIMPLE SNACKS**

Give your child energy and nutrients throughout the day, by encouraging them to eat a meal or snack every 3-4 hours. Snacks can be very simple and healthy too.

When making a snack, choose foods from at least two of the four food groups from Canada's Food Guide. Some easy snack ideas include:

- berries and yogurt
- whole grain crackers and cheese
- red and green peppers with hummus
- fruit salad and almonds

To make a healthy snack the easy choice keep cut up veggies and fruit in the fridge!

For more information and snack ideas please visit <http://bit.ly/ohAILm>.

### **INTERNATIONAL WALK TO SCHOOL WEEK October 3-7, 2011**

International Walk to School Week gives children, parents, school teachers and community leaders an opportunity to be part of a global event as they celebrate the many benefits of walking. Every year, millions of walkers from around the world walked to school together for various reasons — all hoping to create communities that are safe places to walk.

Walking:

- encourages physical activity by teaching children the skills to walk safely, how to identify safe routes to school, and the benefits of walking
- raises awareness of how walkable a community is and where improvements can be made
- raises awareness about concern for the environment
- reduces traffic congestion and pollution near schools

For more information: [www.iwalktoschool.org](http://www.iwalktoschool.org)

