



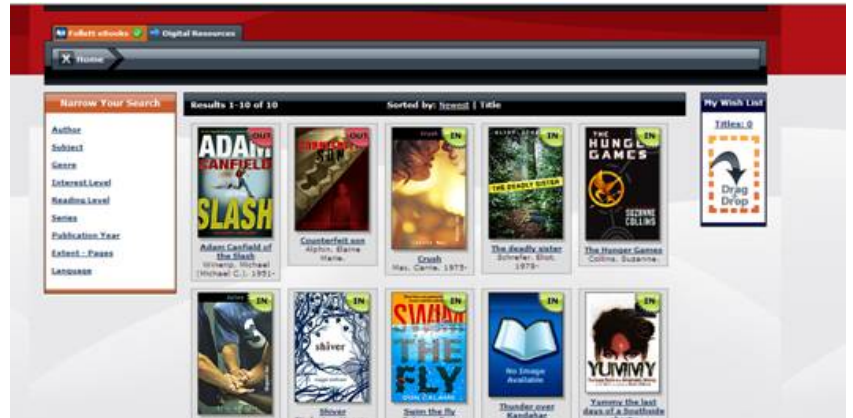
Vice-Principals:
Mrs. Sue Withers
(South Office)
Mr. Scott Howes
(North Office)
Mr. Al Thompson
(West Office)

Principal: Mr. Boris Grisonich

JANUARY 2012



Check out our new Library webpage



Until the student files are uploaded, students can read ebooks on the computer on the "Follett Shelf" which is linked to our library webpage. The books will be available for downloading in the new year. The username is **mhhs** and the password is **library**.

REMINDER FROM THE LIBRARY:

Please return all textbooks and library books before the end of Semester I. Remember you will need your Id Card to sign out textbooks for Semester II.



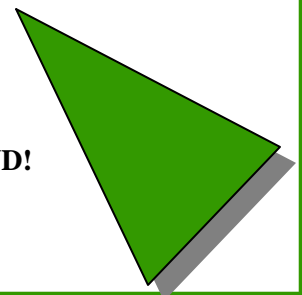
The **January 2012 Exam Schedule** is part of this newsletter. Each student has also been given a copy (bright orange) plus the schedule is available for viewing on our website at www.mhhs.ca

Please Note: The last day of classes before exams is **Wednesday, January 18th**. Semester II will begin on **Tuesday, January 31, 2012**.

Attention Parents:

The next School Council meeting will take place on **Thursday, January 26th** in Room 129 @ 7:00 pm (near the South Gym/Cafeteria)

**ALL PARENTS
ARE
WELCOME TO ATTEND!**





JV Kwahommies Team with their Banner

It was a hard fight to the end winning against McCoy in a close scoring third game.. It was a great cap off to the season; the girls all played better than ever!

- picture submitted by Mrs. Tracy Klein

Did you know **WRESTLING** is available for both **boys and girls**?! The athletes compete against other athletes that are the **same weight!** With this in mind it is truly a sport for all sizes!! Unfortunately many smaller kids are too afraid to try. I want to encourage everyone to come out if you are curious at all! Do not worry about the fee simply come to a few practices and see if you like it.

Our club is open to any student from grade 7 through to grade 12. We are called the “HAWKS”, just like our football team that spans both Alexandra Middle School and Medicine Hat High School. This will be our third year in operation and we have been extremely successful.

We will go to a variety of tournaments and some wrestlers may qualify to attend the **Alberta Winter Games**. Practices occur regularly on **Wednesday nights from 6:30—8:30 pm** and Saturday nights from 7:00 – 9:00 pm at **Alexandra Middle School**.

My experience as a wrestler is extremely limited so I have many assistants that come to help facilitate this positive experience. They bring the experience in the sport and with that I am sure we will have a better understanding of the technical aspects that go along with the sport.

The initial cost is \$80.00 if you are in junior high and \$100 for high school athletes. That should be enough to cover an entry fee to a tournament and other incidentals. Additionally, I plan to insure all the participants through Wrestling Alberta, which will have a cost as well.

I am excited to offer this to our youth. I feel that this challenge may expose them to some new opportunities, as well as continue to improve their fitness levels. If there are any questions do not hesitate to call **Darren Klein at 403-527-8571 ext#3221**.



Student Council Advisor Mr. Ross on Ugly Sweater Dress-Up Day



In the words of Mr. Thompson, "Another way that our Student Council activities knit us together as an inclusive community - MHHS it's about ALL of us."



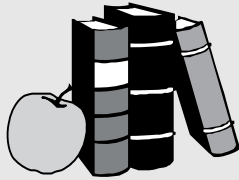
Thank You

On Behalf of Praxis and our 20th annual Operation Minerva Conference on January 30th we would like to thank:

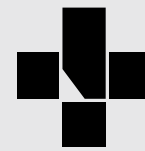
- Mr. Grisonich, MHHS and SD76 for the use of the Dr. Richard E. Taylor Science Wing.
- All the MHHS staff who have helped and/or will help during the conference.



...some of our illustrious School District leaders spreading Christmas Cheer in December



Healthy Schools Healthy Futures



Alberta Health
Services

Travel Outside of Canada

International travel can expose you and your family to infectious diseases not frequently seen in Canada.

Based on your current health, immunization history, and travel plans, a healthcare provider can assess your health risks and advise you on immunization requirements, your need for preventative medication and how to avoid health risks.

Currently, there is a world-wide risk for red measles.

Please contact your local Public Health office, a pharmacist specializing in travel health, or your physician at least six weeks before departure for an individual health assessment.

Go to www.travelhealth.gc.ca for more information.



Celebrate Family Literacy Day January 27

On Family Literacy Day Canadian families are invited to spend at least 15 minutes a day reading and learning. This could be reading a storybook together, playing word games, singing, writing to family or friends or assisting with writing out simple things like a grocery list.

Reading aloud helps children learn listening, vocabulary and language skills as well developing their imagination and creativity. Time spent reading together increases a child's reading skills, increases their sense of security and gives them a sense of being worthwhile.

To encourage a lifelong reader parents should read to their child daily, have lots of books around, and to let your child see you reading.

For more activities families can do to make learning a part of daily life go to www.FamilyLiteracyDay.ca.

Breaking Up is Hard to Do!

National Non-Smoking Week: January 15-21

Most parents hope that their children will choose to avoid tobacco. For parents who use tobacco, it can seem difficult to discuss these expectations with their children. Research indicates that children whose parents talk to them about smoking are less likely to start. ***That is especially true if the parent is a smoker.*** Parents are one of the greatest influences in their kids' lives and honest conversations about the risks and consequences of tobacco use can influence kids' decisions about smoking.

If you are a smoker and tried to quit at least once before, tell your child about how difficult it is and why you wish you could. If you're thinking about quitting again, or are interested in helping someone else make changes in tobacco use, there are supports available.

For advice on how to "Break-Up with Tobacco", visit www.albertaquits.ca or call 1-866-710-QUIT (7848)

What is "Physical Literacy"?

Just as kids need to develop reading and writing, they also need to develop their physical literacy.

Canada's Long-Term Athlete Development (LTAD) program, defines physical literacy as *"a sound foundation of fundamental movement and sports skills"*. It means developing agility, balance, coordination and speed; being able to move comfortably in different environments – on the ground or in the water; and mastering skills like throwing, catching a ball, riding a bike and skating. "Many children develop good physical skills by trial-and-error, but many do not," reports the LTAD program's *Developing Physical Literacy* guide for parents. "Children tell us that not having the skills to play is one major reason they drop out of physical activity and organized sport." With physical literacy, kids are more likely to be active, and this will help them stave off health problems such as obesity and chronic disease.

To find out how to enhance your child's physical literacy go to: www.canadiansportforlife.ca

MEDICINE HAT HIGH SCHOOL

presents

The PHANTOM of the OPERA

Music by Andrew Lloyd Webber

Lyrics by Charles Hart

Additional lyrics by Richard Stilgoe Book by Richard Stilgoe and Andrew Lloyd Webber

Originally directed in Broadway by Harold Prince

Original Broadway production by Cameron Mackintosh and The Really Useful Group.

Based on the novel "Le Fantôme de l'Opéra" by Gaston Leroux

Orchestrations by David Cullen and Andrew Lloyd Webber.

February 14-18, 2012 - 7:30 pm

(Doors open 30 minutes prior to curtain)

Karen Cunningham Performing Arts Centre

Tickets: \$20.00 General - \$15.00 Students/Seniors

Available at Medicine Hat High School North and South Office



EXAM Tips for ALL Students



GENERAL TIPS

- Before you begin, find out:
 - How much time do you have?
 - Can you use a calculator, tables, diagrams, dictionaries, etc.?
- Ask questions if you are unsure of something.
- Read all instructions carefully.
- Skim through the whole test before beginning.
- If there are two parts to the exam, multiple choice and written response, you may want to do the written response first it generally is worth more in terms of marks.
- Answer the easy questions first and then go back to the harder ones.
- Do all the questions that you can do first. Mark the questions you may have skipped initially so that you can go back and find them quickly.
 - By doing questions you can do first, you build up confidence and you may pick up hints to tackle questions you skipped over earlier. You may end up going through the exam paper several times.
- Double-check to make sure you have answered everything before handing in the test.
- If the test has a formula sheet check it over and add to it any other formula you may have memorized that aren't stated.
- Dress in layered clothing to deal with potential changes in room temperature.
- Bring extra pencils, pens, and other required materials to the exam.
- Be well prepared and well rested prior to writing the test.
- Bring a bottle of water to keep hydrated, especially for long exams.



MULTIPLE CHOICE TESTS

- Skim through the entire test. Find out how many questions there are and plan your time accordingly.
- Work through the test as quickly as you can and watch the clock. Manage your time.
- Do not spend too much time on any one question. Make a note beside a difficult question and go back to it if you have time.
- Read each question carefully, underline key words, and try to *think of an answer before looking at the choices*.
- Read all the choices and see which one best fits the answer that you thought of.
 - FIRST solve the problem, THEN look for the option that best matches your solved answer.
 - If necessary, cover the answers as you solve the problem to avoid choosing the first familiar option.
- When you are not sure which answer is correct, cross out any choices that you know are wrong.
- Answer all multiple-choice questions even if you have to guess.
- If time permits, recheck your answers.

