



The Phoenix Messenger

FFCA High School - North Campus

Matter of Principal

February is an exciting time at high school as it means we have reached the halfway point of the academic year! The second semester begins for students on Wednesday, January 31 and all classes begin or resume with a full day of learning on this day. **Course change requests** for the second semester closed on January 19 and we are pleased to have students settled into their schedules. The second semester is an important opportunity for students to reflect upon their achievements so far this school year and to decide if they need to stay the course or make some changes with their habits.

During February we will have;

- **Learning Conferences** on the 8th. For grade 9 students this is a chance to continue conversations with semester 1 teachers or perhaps newly meet with the teacher for the second-semester elective. For grades 10-12 it is a chance to connect with the teachers for the new semester 2 courses. For these meetings students and parents/guardians should attend these online conversations together. Please watch for further information by way of email on how to sign up for these conversations. The booking system will open on February 2.

- **Pink Shirt Day** later in the month, hosted by Student Union, and we invite everyone to participate with information being shared early in the month.

- **Re-registration** for 2024-2025 will be from March 1 – March 15 for current students. Further information will be upcoming.

Yours in Education,
Mrs. Boyd, Associate Principal
Mrs. Singh, Principal Educator



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Dates to Remember

- Feb 1.....Final Report Cards Semester 1
- Feb 8.....Learning Conferences
- Feb 15-16.....PD days no classes
- Feb 19.....School Holiday
- Feb 23.....Casual Day
- Feb 28.....Pink Shirt Day





North High School Campus 2023-24 Updated Calendar CHANGED TO ACCOMMODATE MOVE INTO NEW BUILDING

August						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

August 21 PD Day - No Classes
 August 22-25 Organizational Days - No Classes
 August 28 Family Orientation
 August 29 Semester 1 Starts
 September 4 Labour Day - No School
 September 22 PD Day - No Classes
 September 30 Day for Truth & Reconciliation (Sat.)

October						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 9 Thanksgiving Day - No School
 October 19-20 PD Days (TAAPCS Conf.) - No Classes
 October 26 Report Cards
 November 2 Learning Conferences - Early Dismissal
 November 3 Learning Conferences - No Classes
 November 6-10 Fall Break - No School
 November 11 Remembrance Day (Sat.)

December						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

December 1 PD Day - No Classes
 December 25-January 5 Winter Break - No School
 January 22-29 Exams
 *CHANGED - January 30 Organizational Day - No Classes
 *CHANGED - January 31 Semester 2 Starts

February						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March						
Su	Mo	Tu	We	Th	Fr	Sa
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 1 Report Cards
 February 8 Learning Conferences - Early Dismissal
 February 15-16 PD Day - No Classes
 February 19 Family Day - No School
 March 25-April 5 Spring Break - No School

April						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

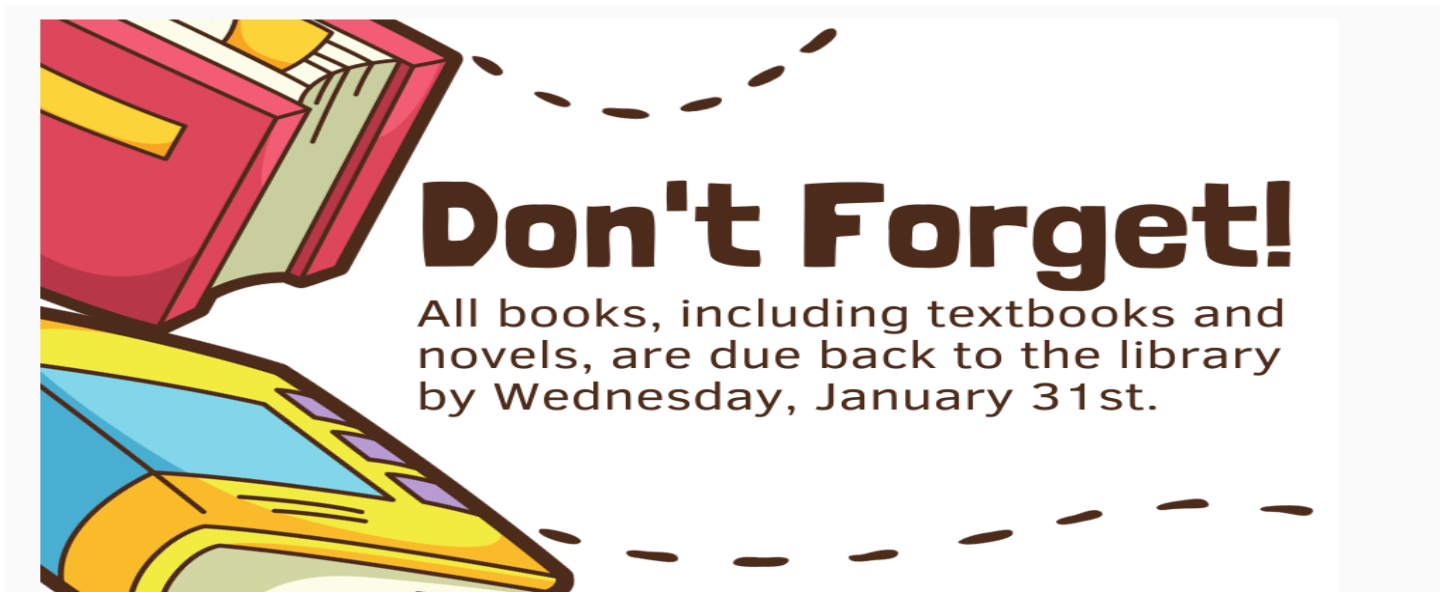
*CHANGED - April 8-9 Organizational Days - No Classes
 April 10 Classes Start in New Building
 April 18 Report Cards
 April 25 Learning Conferences - Early Dismissal
 April 26 Learning Conferences - No Classes
 May 20 Victoria Day - No School

June						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June 17-26 Exams
 June 27 Report Cards & Appeals - No Classes
 June 27-28 Organizational Days - No Classes

LIBRARY NEWS



BADMINTON TRYOUTS

CALLING ALL INTERESTED BADMINTON PLAYERS!!!

Do you enjoy playing badminton? Would you like to hone your skills and learn new ones? Do you support school athletics? Go Phoenix! If you answered “yes” to all three questions, then you need to be at the information meeting on **Tuesday, February 20th in the south gym at lunch.**

See you there!
Mr. McKay, Ms. Filippetto,
Ms. Tsekouras, and Mrs.
Molin



ECO NEWS

Endangered Species Spotlight: The Whooping Crane

North America's largest bird has had an incredible journey. Going from only 15 migrating individuals to 836 birds in four separate wild populations. Due to unregulated hunting, habitat loss and slow reproductive rates, the crane fell to only a dozen individuals in the 1940s. Since then, the cranes have been captively bred and have recovered to a more stable population; they still remain North America's most endangered bird, however. The only fully wild and unsustained population of whooping cranes resides in northeast Alberta's Wood Buffalo National Park (N.P.). The "Aransas-Wood Buffalo" population spends its summers in Wood Buffalo N.P. and winters in the Aransas National Wildlife Refuge in Texas. A second reintroduced population migrates between Florida and Wisconsin.

The Wilder Institute has led Canada in whooping crane conservation. Whooping cranes have been bred at the Calgary Zoo since 1992. The cranes in Wood Buffalo N.P. are being monitored via satellite imagery and remote cameras. This base helps study and account for whooping crane nests in Alberta. Studies in Louisiana are being conducted to help understand the low reproductive rate of whooping cranes. Egg analysis helps recognize the factors that lead to embryo deaths and sterile eggs.



Whooping cranes are an essential wetlands species that we need to protect. They inhabit swamps and marshes that are decreasing at a rapid rate. Crane nests are only found in shallow ponds. New oilsands development plans will threaten crucial whooping crane territory. The plans will contaminate essential wetlands that the cranes rest in during their migration. Whooping cranes continue to be "accidentally" shot by hunters, who confuse them for other species. This species is a glowing conservation success story, however, the story has not yet ended. Only 660 wild cranes exist today in increasingly sparse populations in rare habitats. We have truly saved the whooping crane from the brink of extinction but we have yet to finish the job. And a job left unfinished can barely be called a job at all.

From: The Eco Club

By: Siddh Thaker Edited by: Rishi Thaker

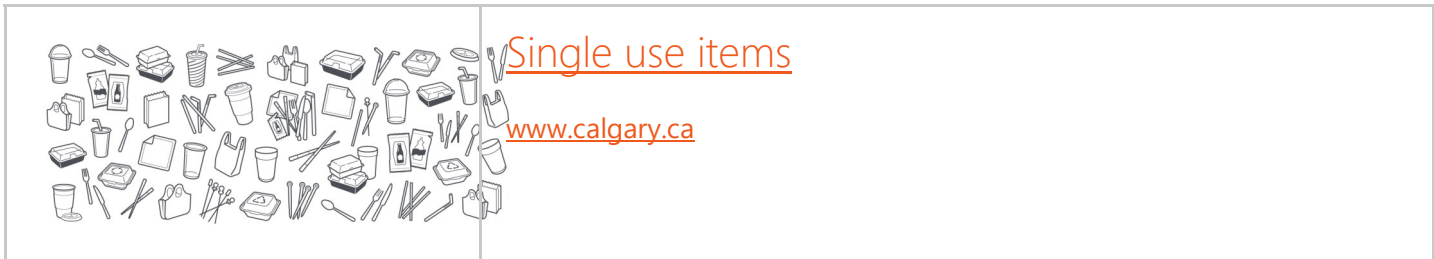
Information:

Wilder Institute, Nature Conservancy of Canada and Calgary Zoo

ECO NEWS

1) On January 16th 2024, the City of Calgary enacted a bylaw reducing single use items. This bylaw is targeted at all businesses with the aim of reducing waste.

<https://www.calgary.ca/waste/residential/single-use-items.html#:~:text=The%20new%20Single%2DUse%20Items,of%20materials%2C%20not%20just%20plastics>



As of Jan 30th, Calgary city council approves repeal process for this bylaw. Policy remains in place for now as repeal will head to a public hearing later this year.



Canada's plan to phase out gas-powered car and truck sales by 2035

New regulations being published this week by Environment Minister Steven Guilbeault will effectively end sales of new passenger vehicles powered only by gasoline or diesel in 2035.

www.cbc.ca

2) CBC News Released an article that says Canada lays out a plan to phase out 100% gas or diesel powered cars and trucks by 2035.

<https://www.cbc.ca/news/politics/canada-electric-vehicles-2035-1.7063993>

“The greatest threat to our planet is the belief that someone else will save it.” — *Robert Swan*

PINK SHIRT DAY

PINK SHIRT DAY is February 28th, 2024

- Every year Alberta's government recognizes the third Wednesday of February as Pink Shirt Day – a reminder of the impact simple and kind gestures can have on individuals and the whole community. Being kind doesn't have to be a grand gesture. It can be as simple as inviting someone to sit with your group at lunch, introducing yourself to the new person at work, sharing a toy at day-care, or choosing a game at recess everyone can participate in. It is any action that helps to create an inclusive environment where every person feels welcome and safe. This has the potential to make a tremendous impact. Did you know? "Over 75% of people say they've been bullied. Over 90% of bullying incidents have peer witnesses. But when those peers intervene, most incidents are over within 10 seconds." -<https://www.pinkshirtday.ca/posters>
- 17 years ago, two teenagers from Nova Scotia chose to be kind after witnessing a boy being bullied for wearing pink. Instead of staying quiet, these two bystanders handed out pink shirts at school to students and teachers to wear. This gesture sent a strong message – bullying will not be tolerated at their school. This is now recognized on an international stage, and the uptake of the message around Pink Shirt Day is no longer limited to schools.
- Bullying can affect anyone, so it is important to be able to recognize bullying behaviours, and know what resources are available to support victims and bystanders. Resources like the 24-hour Bullying Helpline at 1-888-456-2323 are available if you, or someone you know, is being bullied. An online chat is also available 24/7 at [Alberta.ca/BullyingChat](https://www.alberta.ca/BullyingChat).
- We all have a responsibility to be kind to each other at work, home, school and in the community, and to stop bullying when we see it. This is why I am taking the opportunity today to emphasize the importance of the behaviours we choose every day. Each of our choices has the potential to make our province more inclusive. This is why the right choice is to be kind.
- Visit the Pink Shirt Day page to learn about government resources, supports and services available to address and prevent bullying.
- (<https://www.alberta.ca/pink-shirt-day-alberta>)

KEY STUDY GUIDES

The Key Study Guide Sales: February 5 to 19, 2024

Attention NHS families. We are able to offer the Key Study Guides to our families directly from Castle Rock starting Monday, February 5th. Please note sales will close on Monday February 19th. Watch for order information, to be posted onto Edsby by Thursday February 1st.



IMPORTANT: LATE BUS NOTIFICATION ON EDSBY



If your child rides the bus, please sign up for our new monitoring system. All the Southland buses have GPS units installed so you will be able to see where your child's bus is at any point during its scheduled route. **The code for your campus is available on Edsby.** Please ensure you add the AM and PM routes if your child rides two-way.

Please see the website for additional information and to register:

<http://www.mybusstop.ca/>

ATTENDANCE: NOTIFY THE OFFICE

When a child is going to be late or absent from school, it is the parent/guardian's responsibility to call the office and inform the office of the reason for the lateness/absence before 8:00 am if possible. In order to ensure accuracy on our end could you please spell out your child's first and last name. Thank you.

Please contact the office at 403-243-3316, Ext. #1001 or email sherri.codd@ffca-calgary.com

SCHOOL
Attendance

**FFCA-ATHLETIC WEBSITE LINK - <http://phoenixathletics.ffca-calgary.com/>
LET'S GO PHOENIX!**

WINTER ATHLETICS UPDATE

We would like to extend our heartfelt congratulations to our outstanding Basketball and Wrestling teams for their remarkable achievements both on the court and on the mat. Our teams have consistently excelled, earning numerous wins and medals in wrestling, and continuing their success on the basketball court. We would like to give a special shout-out to the senior boys' basketball team for their impressive tournament championship victory in the HCA tournament last weekend. Their hard work and dedication have truly paid off.

I would like to extend a heartfelt thank you to all of our amazing parents, staff and loyal NHS fans who consistently show up to support our athletic program. Your presence and encouragement mean the world to our athletes. A special thank you to the NHS alumni who have taken the time to come out and cheer for our teams. Once a Phoenix, always a Phoenix. We are proud to be part of the Phoenix Family.

Wrestling Team – Coaches Mrs. Dawe and Mrs. Robinson.

Laila S, Navratan S, Karan M, Corbin E, Isabella S, Jonathan A, ,Princeraj M, Yuvraj P.

JV Girls Basketball Team – Coaches Ms. Hampson, Alumni – Ms. Sanisha Narang.

Harmannat D, Avnidh K, Gurmehar S, Karen C, Ifechukwa E, Kiara W, Gunreet B, Karman G, Sajij P, Ashnoor T, Aliyah K, Bukky O, Jagreet D.

Gr. 9 Boys Basketball Team – Coach Mr. McGregor, special guest coach Mr. Widmer.

Muhammad A, Jashan A, Maanjot B, Yashraj B, Yuvraj B, Tavrayan D, Sehej D, Karmen G, Raiyan K, Tejas M, Mehtaab S, Dilraj S, Udhay V.

SV Boys Basketball Team – coach Mr. Grewal.

Yusuf C, Pukhraj W, Mahmoud K, Jake N, Saihaj M, Krish B, Lincoln B, Krrish T, Armann P, Sukhman M, Aryan P, Paulo O, Ekamdeep B, Parmveer G, Gohar K, Armaan U.
Team Captains - Yusuf Cand Pukhraj W.

UPCOMING PHOENIX EVENTS:

Badminton Meeting – Thursday, Feb 20th in the South Gym. contact Ms. Ms. Fillippetto melanie.filippetto@ffca-calgary.com, Mr. McKay luc.mackay@ffca-calgary.com

Rugby – contact. Mr. McGregor cole.mcgregor@ffca-calgary.com, Mr. Dawe shane.dawe@ffca-calgary.com

Soccer – contact. Mr. Grewal.ravinder.grewal@ffca-calgary.com

Track & Field – contact. Mr. Grewal.ravinder.grewal@ffca-calgary.com

All Phoenix Athletic information: tryouts, practices, games, and tournament information are available on the FFCA-NHS Athletics website - <http://phoenixathletics.ffca-calgary.com/>

Phoenix Athletes have a great season and rise like the Phoenix...fly...

If you have any questions regarding Athletics at NHS, please contact me via email at ravinder.grewal@ffca-calgary.com

Mr. Grewal

FFCA-NHS Athletic Director

GO PHOENIX GO!





GRADUATION 2024

FEBRUARY UPDATE

- ✔ **Grad Banquet Tickets On Sale Monday, February 12**
 - Location: Astoria Banquet Hall
 - Tickets \$90
- ✔ **Grad Fundraising**
 - Keep an eye out for our upcoming initiatives!
 - Have a suggestion or feel like you can help? Reach out to us!
- ✔ **Phoenix Cares Grad Cause**
 - Our grads lost their dear friend Julian to Leukemia in their Grade 9 year.
 - **Grad Cause:** Alberta Children's Hospital Foundation: Julian Ho's legacy towards childhood cancer research.
 - There will be an opportunity for families to donate to our grad cause at the grad ceremony



Questions? E-mail Talra Anten- talra.anten@ffca-calgary.com