



# The Phoenix Messenger

FFCA High School 2116 MacKay RD NW Calgary, AB T3B 1C7 Ph: 403.243.3316

## Matter of Principal

Dear Parents,

The first few weeks at North High School were full of excitement, energy and laughter. The energy of the 480-plus students has been very positive. Grade 9 students are so excited to be at high school and are owning their new learning responsibilities with zest and positivity. What a delightful group of kids!

We have also welcomed few staff members to our team:

- Mr. Rick Gaudio – The Drama and CTS New Media teacher
- Mr. Jack Siu – Math department
- Ms. Aurora Felici – EAL Assistant
- Mr. Benjamin Wang – Learning Assistant
- Mrs Nancy Wegner – EAL Assistant
- Mrs. Crystal Oshaka – Library Technician
- Mrs. Larissa Donnelly – Choir Director
- Mr. Carey Wegner & Ms. Wanda Amundson have returned to the campus.

We are also excited to start the High School Choir program. It will be during lunchtime and students from grades 9-12 will be able to participate in the Choir.

We are also excited to start the high school multigrade Advisory program. This is an opportunity for students to come together to build a strong community. A group of 16 student leaders and staff will be organizing the activities and initiative for the year. The goal is to provide service and leadership opportunities to students to impact the school community and the larger community.

Mrs. Boyd and I had townhall meetings with all grades in the first week of school. The Truth and Reconciliation assemblies and week-long activities were conducted during the last week of September.

The athletics program has started, and students are participating in cross-country and volleyball and earning accolades.

This year North High School has implemented “Anti-Distraction Guidelines”. The guidelines are for students and staff to minimize distractions in the learning environment. The details are in the section “Anti-Distraction Guidelines”. We would encourage you to have discussions about this with your students to reinforce these strategies. In this newsletter, we have also included some information about “Vaping” to raise awareness about potential health concerns.

The construction of the new high building is going well according to the timeline. It is very encouraging to see the building taking shape right in front of our eyes.

Looking forward to working with you this year. Always available for a conversation.

Yours in Education,

Bharati Singh & Susan Boyd

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## Dates to Remember

Sept 29	Orange Shirt Day
Oct 9	Thanksgiving No Classes
Oct 11	Retakes
Oct 17	Night of the Phoenix
Oct 19-20	PD Days
Oct 26	Report Cards
Oct 27	Casual Day



## BUSSING INFORMATION

### TRANSPORTATION NEWS:

- Parents/guardians requesting changes to bus stops **must** put their change request in writing (Bus Change Request Form) and email the form to the Transportation Department. Change requests for convenience and/or proximity to residences will not be considered.
- Requests will be accepted until the 15<sup>th</sup> of October and assessed according to the guidelines outlined in the Transportation Parent Handbook to keep the ride times to a minimum. Requests for a second bus stop or a bus stop at daycare **will not be accommodated**; however, we can allow students to use a different bus route if space is available and there is an existing stop along that route. Students are assigned to their community routes as this is how we balance the student loads per route. Please notify the Transportation Department immediately if you plan to have your student use a stop other than your community stop.
- All change requests will be accepted but not addressed until October/November (unless there is a safety concern) as per the Transportation Agreement that parents/guardians agree to when signing up their students to ride the bus.
- Please note: all requests to change, provide or cancel bus service must be sent by email to the Transportation Department. Campuses cannot make changes to your transportation.
- Please see the website for further information - [www.ffca-calgary.com](http://www.ffca-calgary.com) > Important Information > Bus Information.

Susan Goldsmith  
Director, Transportation Services



ARTIE.COM

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## DID YOU KNOW?

FFCA North High School permits students in grade 11 to have up to one spare in the year and up to one per semester for grade 12 students, provided that students are on target for fulfilling their graduation requirements. These spares are designed to help students meet their academic goals.

During this time students are to be in proper uniform, working without disrupting other classes, in designated areas on campus or are to sign out at the office prior to leaving campus.

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## MY BUSSTOP INFORMATION



If your child rides the bus, please sign up for our 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.** Ensure you add the AM and PM routes if your child rides two-way. See the website for additional information and to register: <http://www.mybusstop.ca/>.

## PICTURE RETAKE DAY

NHS Photo Retakes will be taking place **October 11th** a message will be sent home to parents. This will include students who were absent on original photo day.

Please ensure your students arrived in their Gala uniform.



## ECO- CLUB

We are starting an Eco-Club at the NHS this year and have registered with Eco-School's Alberta. Part of this process can lead to certification and potentially grants. More than that, it is an opportunity to be a part of conversations, learning, and sharing with respect to our NHS environment as we transition to our new building.

As parents are an important part of our teaching and learning partnership, we would like to extend an invitation to all parents to get involved with us in the Eco-Club. Do you have a passion for environmental stewardship? Do you have expertise, experience, or a career related to environmental initiatives and issues? Are you curious about what features the NHS new building and surrounding outside environment will look like with respect to sustainability? If you answered yes to any of these questions, please feel free to contact Teresa Carlgren and we will then work to form a partnership joining the students and teachers interested in this club. Contact Teresa by email:

[teresa.carlgren@ffca-calgary.com](mailto:teresa.carlgren@ffca-calgary.com)

If you would like more information about Eco-Schools Alberta, check this website:

<https://www.abcee.org/ecoschools-in-alberta/>

We look forward to working with you in any capacity.

Sincerely, The Eco-Club Team



## GUIDANCE COUNSELOR

We have a number of opportunities for students to attend in regard to post-secondary education. Please consider attending!

### **Lunch Time Post Secondary Information Sessions**

Historically we have hosted a Post-Secondary Fair at the high school in October or November, but with our diminished space this isn't possible at this time. Therefore, we have scheduled a number of post-secondary presentations at lunch which will give you an opportunity to meet with recruiters and learn more about these institutions. These sessions are open to all students and will take place in Ms. Hunnisett's room:

- September 12-Mount Royal
- September 19-University of Lethbridge
- September 26-University of Calgary
- October 3-SAIT
- October 18-5:00 ONLINE-Waterloo (link to follow on Edsby)
- October 24-AU Arts
- November 15-2:00-3:15-UBC (grades 11 and 12 only-location TBA)

### **Scholarships Canada Online Presentation**

On Wednesday, September 13 at 7pm ET, students can join Scholarships Canada for a 45 minute session where they discuss ScholarshipsCanada.com and SchoolFinder.com, covering how to find the right school, program, and scholarship!

Students can bring their questions about scholarships, schools, and programs, and many other important topics. The session will be recorded and shared with all registrants.

To register for this free event, please click here: [https://us06web.zoom.us/webinar/register/WN\\_tPHHByBuQPabBNfsYy-BtQ#/registration](https://us06web.zoom.us/webinar/register/WN_tPHHByBuQPabBNfsYy-BtQ#/registration)

### **University of Alberta Open House**

The University of Alberta is so excited to welcome you and your family to the University of Alberta for our Open House on Saturday, October 14 from 9 a.m. - 3 p.m. Visit campus and discover everything the U of A has to offer.

And the best part? We are happy to offer a complimentary shuttle service for students and their chaperones from Calgary to North Campus on Red Arrow's Ebus service.

To book your trip, please visit: <https://www.ualberta.ca/admissions/undergraduate/tours-and-events/open-house/ebus-trips.html>?

Begin at the Butterdome booth fair and browse the U of A's 200+ program options. Then, explore our vibrant university with a campus or residence tour. That's not all! We have one-of-a-kind facility tours and faculty events planned throughout the day.

### **Mount Royal University Open House (In-person)**

Saturday, October 21 9:00-3:00-An opportunity to come and discover the wide variety of programs offered at Mount Royal University while connecting with faculty and students. An opportunity to tour the campus and more.

Register for the event at [www.mru.ca/OpenHouse](http://www.mru.ca/OpenHouse)

### **University of Calgary Open House (In-person)**

Saturday, October 28th -Interested in learning more about the University of Calgary? We are hosting our informative, highly anticipated Open House event for future students and their families on Saturday, Oct. 28, 2023!

Pre-register for this event here: <https://choose.ucalgary.ca/events/eventRegistration.do?actionType=iframe&isSingleEvent=Y&eventRegistrationAction=registration1&stringEventID=MTI5NQ==>



### Ivy League Universities Presentation

Please join us for a session with admissions officers representing each of the Ivy+ institutions. This group includes Brown University, Columbia University, Cornell University, Dartmouth College, Harvard University, Massachusetts Institute of Technology, Princeton University, Stanford University, University of Pennsylvania, and Yale University. Admissions officers will address issues of particular concern to students applying from Canada. Topics to be covered include highly selective holistic admissions, liberal arts institutions, the financial aid process, and changes in the application process for the coming cycle.

### AU Arts Open House

October 28 | 10:00 a.m. - 2:00 p.m. MST

Want to get an inside look at AUArts? Interested in a creative education? Come visit us at our Open House on October 28! The event will be hosted in a hybrid format, with all activities offered in-person, and some online components. More details coming soon!

Registration opening soon. To keep up to date on event details, <https://auarts.radiusbycampusgmt.com/ssc/iform/Bcd78KMc0k0kx67073Kl.ssc>

We'll be welcoming questions from attendees during the program and look forward to an engaging program! Please register at one of the dates listed below:

Tuesday, September 12th | 7:00PM ET / 4:00PM PT (To register, please click here: <https://apply.college.columbia.edu/register/?id=1db4525d-98ee-4022-97d4-861f61c0d5a8>)

Tuesday, September 26th | 7:00PM ET / 4:00PM PT (To register, please click here: <https://apply.college.columbia.edu/register/?id=70c814d8-a303-4f73-8701-04877ba7ee46>)

Keep your eyes on Edsby and ears on the announcements for other upcoming information sessions.

Taira Anten  
Career and Academic Guidance Counselor  
FFCA North High School

## **WRITING CENTER NEWS**

FFCA requires regular attendance to ensure optimal student learning and to complete essential assignments and tests. Students who are absent are responsible for catching up on any missed work. To prevent students from losing additional learning time after an absence, North High school provides students the opportunity to write missed assessments at the Writing Centre in the campus library. For the month of September, the Writing Centre will be offered on Fridays from 1:30-3 pm and beginning in October, the Writing Centre will be offered on Wednesdays from 3:30-5:00 pm and Fridays from 1:30-3 pm. Teachers will work with students to coordinate and register for Writing Centre if needed. Students and families must arrange their own transportation home if attending the Writing Centre.

Should you have any questions, please contact  
Crystal Okasha  
Library Technician at [crystal.okasha@ffca-calgary.com](mailto:crystal.okasha@ffca-calgary.com)



## GRADE 9 HIGH SCHOOL SKILLS DAY CONFERENCE



On Friday, the 15<sup>th</sup> of this month we looked forward to the long-awaited return of our “Skills Day” tradition at the high school. On this day, students in grade 9, rather than attending their regularly scheduled classes, were treated to five seminars presented by older students, staff, and our administrator team!

The themes included for the five seminars were: People, Brains, Screens, Books and Values. During the ‘People’ session, Gr. 12 and 11 student-leaders presented a lesson prepared by staff on the importance of social skills, healthy vs. unhealthy relationships, and bullying. The ‘Brains’ session examined the effects of stress, its impact on learning, as well as strategies for recognizing and addressing the stress we feel, delivered by our family school liaison counsellor and a grade 12 student-leader. The screens session, delivered by three gr. 12 student-leaders, encouraged students to examine the difference between active and passive screen time spent on their electronic devices. During the ‘Books’ session, led by grade 10 student-leaders, grade 9 students were encouraged to examine their distractors and ideal study environment. Finally, our very own administrative team provided a session on ‘Values’ in which students were reminded of FFCA’s core values and encouraged to examine their own values and how they can be honored.

While we have not had the opportunity to offer this day of learning to our grade 9 students in several years, we are thrilled to bring back the tradition and look forward to continuing the High School Skills Conference again next year. Student feedback regarding the day has been positive and we encourage you to discuss with your grade 9 students how they felt about the learning they did on this September Friday, and what they took away from the sessions they attended.



## ANTI-DISTRACTION GUIDELINES



### Anti-Distracton Guidelines

The anti-distracton guidelines are implemented to create a learning environment that promotes focus, productivity, and a positive learning experience for students. These guidelines are designed to minimize distractions that can interfere with a student's focus and engagement. The guideline for staff allows them to be role models for students as well as prioritize their personal and professional lives.

### For Students:

1. After the uniform check, students' phones will be turned off or set it to "Do Not Disturb" and will be placed in their bag for the duration of class unless specifically required to use them by a teacher for educational purposes only.
2. Headphones will also be placed in their bags for the duration of the class unless specifically required to use them by a teacher for educational purposes only.
3. Students are permitted to use their phones at lunch and before and after school.
4. Exceptions can be made for specific students with unique learning needs.



### For Staff:

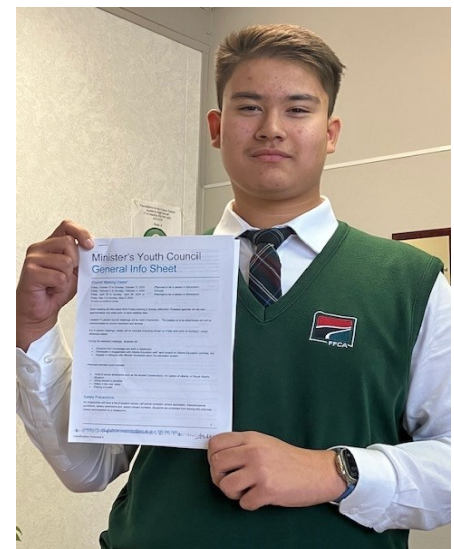
1. Staff are expected to not **post on Edsby, send an Edsby message or email students after 6pm** unless there is an emergency or change to program that necessitates communication, i.e. field trip cancellation, etc.

## NHS FFCA Student Appointed to the Minister's Youth Council

The Minister's Youth Council (MYC) consists of about 40 junior and senior high students with diverse interests, identities, backgrounds and perspectives from all regions of Alberta. Students on the council provide their perspectives on a number of education topics.

Students are members of the Minister's Youth Council for a 10-month term that aligns with the school year. During the school year, the council attends three meetings.

Our very own gr10 student Neelesh will be attending this opportunity!





## VAPING

### VAPING

Last year and this year, I had some parents ask me questions about how the school addresses the question of vaping. What approach do we take to address the issue? FFCA Board has Policy 19 – Welcoming, Caring, Respectful, Safe and Inclusive Learning and Working Environments. This policy is our guideline for providing a safe and caring environment for students. The strategies to implement the policy include educating students, supervision and parental partnership.

Here we are providing some resources from Alberta Health Services regarding Vaping for you to promote awareness. The link provides details on the topic:

[Tobacco Use, Smoking, and Vaping \(alberta.ca\)](https://www.alberta.ca/tobacco-use-smoking-and-vaping.aspx)

It's hard to know what's true about smoking and vaping. And you may have heard that each one has different health risks. Here is clear information you can trust.

<https://myhealth.alberta.ca/Alberta/Pages/Electronic-Cigarettes-and-Vaping-Products.aspx>



How to talk with your child about Vaping

<https://myhealth.alberta.ca/health/AfterCareInformation/pages/conditions.aspx?HwId=ack5363>

The admin team is always available for a conversation.

Bharati Singh & Susan Boyd



**FFCA-ATHLETIC WEBSITE LINK - <http://phoenixathletics.ffca-calgary.com/>**

**LET'S GO PHOENIX!** It's game time folks, let the heartbeat of the FFCA-NHS Athletic program start to rock the fields, the pitches, and courts. We are ready for another great athletic season as we watch our Phoenix athletes rise to another level, pushing themselves in practices and games as they endeavor to be their best. Mr. Faulds and Mr. Gaudio got the ball rolling with the Cross-Country team which has already taken part in Cross Country races. Next up was our JV. Volleyball Girls team, coached by Mr. McKay and Mrs. Phillipetto, and have been practicing at the University of Calgary Gold-Red gymnasium while we await our new shining gymnasium in February. The JV Girls won their first match last week and are headed to Hanna, Alberta for their first tournament of the season on Sept 29<sup>th</sup>. We are fortunate to have one of the top golfers in the city if not the province attending NHS. Sophie Dhaliwal is a household name at NHS for the exceptional golfer that she is. Congratulations to Sophie who finished 2<sup>nd</sup>, shooting a score of 73 at the CISAA League tournament and advanced to the ASAA Golf Provincials, which are taking place in Lloydminster Sept 25<sup>th</sup> and 26<sup>th</sup>.

We are so grateful to have dedicated parents, staff, and our NHS fans who come out and support our athletic program. Thank you everyone who is involved in that process. A huge thank you to Mrs. Dhaliwal for her support in Phoenix Athletics, Ms. Codd for making announcements, and our NHS Administration Mrs. Singh and Mrs. Boyd for supporting the Phoenix Athletic program. A huge thank you to our Cross Country and Volleyball coaches for their dedication and commitment to our student athletes. We are successful together. We are the Phoenix Family.

**Cross Country Team** - Aakash K, Corbin E, Roshan K, Alex N, Aiden T.

**JV Girls Volleyball Team** - Ceilie D McKaylah H, Emily M, Renata S, Anureet W, Rebecca S, Maya J, Arianna M Ishra N, Cadence A, Caylie H, Livia L.

## GO PHOENIX GO...

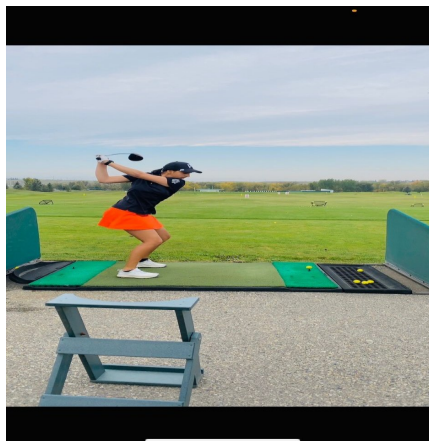
### UPCOMING PHOENIX EVENTS:

- Wrestling team training will begin Oct 23<sup>rd</sup>. Contact Mrs. Dawe for further information - [Katie.Dawe@FFCA-Calgary.com](mailto:Katie.Dawe@FFCA-Calgary.com)
- Basketball team tryouts will begin Oct 23<sup>rd</sup>. Contact Mr. Grewal for further information – [ravinder.grewal@ffca-calgary.com](mailto:ravinder.grewal@ffca-calgary.com)
- Badminton (Mrs. Tsekouras) and Soccer (Ms. Kassam) tryouts March 2024.
- Rugby (Mr. McGregor) training March 2024.
- Track & Field (Mr. Grewal) training April 2024.
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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 Phoenix, fly... If you have any questions regarding Athletics at NHS, please contact me via email at [ravinder.grewal@ffca-calgary.com](mailto:ravinder.grewal@ffca-calgary.com)

**Mr. Grewal**  
FFCA-NHS Athletic Director



*Partners in Learning, Leading & Living*