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# November 2009 Newsletter

## Cardston Junior High School

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### Administration

Dr. Nolen Olsen,  
Principal

Mr. Ken McMurray  
Vice Principal

Mrs. Ina Harris,  
Secretary

Mrs. Linda Quinton,  
Secretary

Mr. Nathan Smith  
Family Liaison Counselor

Mr. Moses Spear Chief  
Native Liaison Counselor



## Fall Report Cards

First report cards were given to all students today, Monday, Nov. 16 during the period 6 class (mid-afternoon). We expect that students will give these to their parents when they get home. *We noticed that "Drama" was not printed on report cards - this will be corrected and included on new report cards that will be available on Wed, at Parent/Teacher interviews.*

The Fall Parent/Teacher Interviews will be held, for all parents, on Wednesday, Nov. 18 in the CJHS Gym from 4:30 - 8:00 pm. We encourage all parents to come visit with their child's teachers to discuss student progress.

## Basketball Season Begins

Basketball Tryouts have started for the 2009-2010 season - we had an exceptional number of students competing for a limited number of spots on our basketball teams.

School administration visited with all coaches prior to the commencement of tryouts to explain our expectations and to ensure that each student has a "fair & equal" chance to make the team. Once students enter the gym to tryout for a team they are judged on their athletic ability, fundamental basketball skills, the ability to function as a member of a team, coachability and reliability. The final choice for team selection resides with those who have committed their time to coach the team - based upon their selection criteria that will be shared with parents if requested.

### From the Office

*We still have a number of students for which fees are outstanding, please arrange for the payment of school fees today. Remember, students are not allowed to participate on school teams (BASKETBALL FEES ARE NOW DUE) or class field trips until fees are paid (or arrangements made with the principal).* Special thanks to all who have taken care of school fees

**Please remember to call when your child is not at school – we require students to check out at the office whenever they leave during the school day.**

If students are failing 2 or more of their core classes (math, language arts, science and social studies) - a homework class may be offered to replace one option class. Please visit with us if you want to be considered for this possibility for your child.

If you have Internet access, please obtain your secure access/login information for PowerSchool - this allows you to check on your child's progress as often as you like from the comfort of your own home.

### Coaches for this year are:

Grade 9 Boys - Mr. Kendall Hardy  
Grade 9 Girls - Dr. Lloyd Clarke  
Grade 8 Boys - Mrs. Shelley Quinton  
Grade 8 Girls - Miss Erica Burt  
Grade 7 Boys - Dr. Mike McMurray  
Grade 7 Girls - Mr. Troy Stewart

We expect all student athletes to maintain passing grades, obey the rules of the school and conduct themselves as fitting ambassadors of the school, wherever they may be. Failure to do so may result in removal or suspension from the team.

Please remember to show good sportsmanship on and off the court.

# Cardston Junior High School

## H1N1 Flu Reminders

To minimize chances of contracting a case of the flu this year—remember 3 things:

1. Cough or sneeze into your arm.
2. Wash your hands (20 seconds) with soap - or use a hand sanitizer with at least 60% alcohol.
3. If you are sick—STAY HOME!

As a precautionary measure - **we will NOT have our traditional attendance incentive day this year.** We will do something special for those students with no “unexcused” absences and who demonstrate academic excellence—so, if you are sick, please stay home until you are no longer contagious!

Thank You!

## Volleyball Season Ends

We had a very successful volleyball season – even in the face of a high number of students who missed school (and practice) because of illness. We especially thank the coaches who gave of their time and shared their love of athletics with our students.

Gr 7 Girls – Mr. Ken McMurray & Mr. Conrad Boehme

Gr 7 Boys – Mr. Shane Phillips

Gr 8 Girls – Mrs. Lynda Pitcher & Mrs. Paula Anderson

Gr 8 Boys – Mr. Colin Paterson & Mrs. Coralee Williams

Gr 9 Girls – Miss Erica Burt & Ms. Kandi Olsen

Gr 9 Boys – Mr. Jamie Atwood & Mr. Kent Wynder

**Results for the Westwind Divisional Tournament (Nov 5 in Raymond)**

- Division Champions - Gr 9 Boys & Girls

**Results for 4J Zone Volleyball (Nov 13-14 in Medicine Hat)**

- Congratulations on a very successful season and a respectable showing at zones!

## Love & Logic Corner

### Don't Spoil Them Rotten! *Tips for Raising Kids Who Love You More Than Your Money*

Throughout the new book, *Parenting Kids To Become the People Employers Really Want and America Desperately Needs!*, (Available at [www.loveandlogic.com](http://www.loveandlogic.com)) Dr. Charles Fay provides a variety of tips for helping kids become responsible adults who succeed in the competitive workforce of tomorrow. Here are just a few examples:

**Remember that struggle builds self-esteem.** *Requiring our kids to earn some of the things they want is one of the greatest gifts we can give them.*

**Set limits by saying "yes" instead of "no."** *Saying, "Yes, you may have those sneakers if you pay for half of them" is far more effective than, "I am not buying those for you! Do you think that money grows on trees?"*

**Show them that arguing and manipulation don't work.** *Experiment with calmly repeating, "I love you too much to argue" regardless of what they say. They'll be madder in the short-term yet happier in the long-term.*

**Expect them to do chores without being paid.** *Experiment with saying, "I'll be happy to \_\_\_\_\_ when your chores are done."*

**Let them see you say "no" to yourself.** *When our kids see us resisting the urge to buy everything we want, they are far more likely to develop humility and responsibility.*

After learning about Love and Logic, one couple commented, "When we were kids, nobody in our community had designer clothes, sports cars, or cell phones. It was a lot easier to be a kid and to be a parent. Your book gave us the courage to do what we already knew was right. Now our kids have the most old-fashioned parents on the block!"

## Calendar Reminders

**Nov 18** - Fall Parent/Teacher Night (4:30 pm -8:00 pm)

**Nov 20** - Gr 8 & 9 Band Retreat (Waterton)

**Dec 2** - Christmas Band Concert (CHS @ 7pm)

**Dec 18** - Last Day of School before Christmas

**Jan 4** - Classes Resume

**Jan 19-21** - Drama Production "Mulan" @ Carriage House Theatre

**Jan 27** - Annual CJHS Ski Day (Fernie)

**Jan 28** - School PD Day (No School for Students)

Please visit our new website for detailed & updated Event Calendars (General, Athletic, Academic) - this is your best bet for knowing what is going on at your school.

<http://www.cardstonjunior.ca>

## Policy Review -- Student Dress Code

All students are expected to dress in accordance with the school dress code (Neat, Modest and Clean). Students are NOT permitted to wear the following:

- Clothing with offensive language or graphics
- See through clothing or shirts that expose the midriff and/or shoulders
- Hats, caps, toques or sunglasses during class time.
- Shorts and/or skirts that are worn above the middle of the thigh (or that are torn, ripped or improperly worn)

If a student's attire is deemed to be inappropriate they may be referred to the office and will be sent home to change or provided with a large T-shirt to wear for the day.

When representing the school on a school team, students shall wear the approved school uniform (as approved and provided by the school).