

Archbishop Jordan Catholic High School

4001 Emerald Drive, Sherwood Park, Alberta T8H 0P5

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Week at a Glance for January 7 - 11



Monday

- Scotsman meeting in 189 at lunch
- Cheer team practice. 7:15 am
- Basketball Games
 - SR Girls @ JP
- Drama 20 rehearsal after school

Tuesday

- Linking Generations After School
- Basketball Games
 - Jr Girls VS Spruce Grove
 - Jr Boys @ JP
- Drama 20 rehearsal after school

Wednesday - Early Dismissal @ 2:12

- Basketball Games
 - SR Boys VS St. Albert
 - SR Boys VS McNally
- Drama 20 rehearsal after school
- Costa Rica fundraiser reverse bottle drive 4-6 pm

Thursday

- Drama 20 rehearsal after school
- Costa Rica fundraiser reverse bottle drive 4-6 pm

Friday

- Junior Girls and Boys @ Leduc Basketball Tourney
- ABJ Robotics Set up - Large Gym
- Drama 20 rehearsal after school

Saturday

- ABJ Robotics - Hosting - Edmonton Area VEX Turning Point January Qualifier
- Drama 20 rehearsal 9:30-1:30
- Costa Rica fundraiser reverse bottle drive 10 am-1pm

Upcoming Dates:

January 7	Return to School
January 11	Last day E Campus and SSC operates for Semester 1
January 14	ELA Part A 30-1 & 30-2, Drama 20 Evening One-Act Performance
January 15	Social Part A 30-1 & 30-2
January 16	FLA 30 Part A
January 17	ELA 9 Part A
January 18	End of classes for Semester 1

Parents and Students Info:

- Welcome back to school in the year 2019!!! We hope all of our students and their families had a very relaxing and rejuvenating holiday. There are only two weeks left of semester 1, so we are encouraging all students to stay on top of their academics and preparations for exams. Please be sure to develop a schedule for yourself for the month of January to ensure you are properly prepared for all assessments. See the Exam Schedule is [here](#) for January.
- Parking Issues - to all students and parents - please be sure to be parking in the correct stall or area of the parking lot, do not use the Emerald Hills Pool stalls as they have very limited spaces and often their patrons are unable to find a stall in front of the pool. Also, can you please avoid driving through and dropping off/picking up students in the staff parking lot in the morning or after school. This causes issues for staff who are trying to get to work and are delayed by the traffic in the parking lot. All drop offs and pick ups should use the main drop off lane that runs right in front of the school. Thank you for your attention to this matter.

Caregiver Education Sessions

Winter Session / January – April 2019

Breaking the Cycle of Anxiety: A Step by Step Approach

Focus is on caregivers of kids and teens in grades K-12

Anxiety is one of the most common mental health complaints in children and teens today. This session will distinguish between normal anxiety and anxiety that is no longer helpful or productive. It will help caregivers to identify signs that a child or adolescent is experiencing problems with anxiety. Caregivers will gain step by step strategies to assist their child/teen to manage their anxiety and improve their mental health. Resources for parents will be provided as well as tools designed to reduce anxiety.

Register at:

www.cyfcaregivereducation.ca or www.surveymonkey.com/r/caregiversessions

DATE: Tuesday, January 15, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Forest Heights School
10304 81 Street, Edmonton, AB
Notes: This session is for adults only.

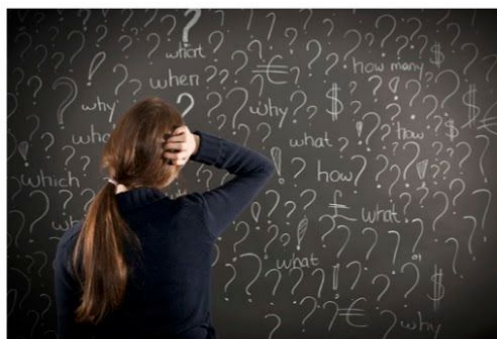
DATE: Tuesday, February 26, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Louis St. Laurent School
11230 43 Avenue NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Thursday, January 24, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Florence Hallock School
16437 87 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, February 27, 2019
TIME: 5:30 – 7:00 pm
LOCATION: Edith Rogers School
8308 Mill Woods Road NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, January 29, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Donnan School
7803 – 87 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Thursday, February 21, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Parkallen School
6703 112 Street NW, Edmonton, AB
Notes: This session is for adults only.



Please contact the Education Team with questions or if you need to cancel your registration.

CYFCaregiverEducation@ahs.ca

780-415-0074

Caregiver Education Sessions

Winter Session / January – April 2019

These **free sessions** are intended to provide parents, caregivers, teachers, and community members with basic information about addiction and mental health challenges that can impact children and youth. Presentations are hosted in schools but are open to all adults to attend.

Promoting Success in Learning by Building Executive Functioning Skills

Take a peek inside the developing brain of a child to learn about the processes that enable kids to engage in problem solving and goal directed behaviors. These executive functioning skills are considered to be essential for children to succeed in school and later in life. Learn about these skills and how they impact learning, behavior, emotions, and social interactions. Caregivers will be provided with strategies and resources to assist their children in building their executive functioning skills, including inhibition, working memory and mental flexibility.

Register at:

www.cyfcaregivereducation.ca or www.surveymonkey.com/r/caregiversessions

DATE: Wednesday, January 9, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Earl Buxton School
250 Rhatigan Road E, NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, February 13, 2019
TIME: 6:00 - 7:30 pm
LOCATION: Grandin School
9844 110 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, January 16, 2019
TIME: 6:00 - 7:30 pm
LOCATION: Dovercourt School
13910 122 Avenue NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, February 19, 2019
TIME: 6:00 - 7:30 pm
LOCATION: Calder School
12950 118 Street NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, January 23, 2019
TIME: 6:00 - 7:30 pm
LOCATION: New Horizons School
1000 Strathcona Drive, **Sherwood Park, AB**
Notes: This session is for adults only.

DATE: Wednesday, February 6, 2019
TIME: 6:00 - 7:30 pm
LOCATION: Queen Alexandra School
7730 106 Street NW, Edmonton, AB
Notes: This session is for adults only.



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Caregiver Education Sessions

Winter Session / January – April 2019

Technology and the Teenage Brain

Technology is a huge part of our children's lives – and a common concern for most parents who are learning how to keep up in an ever changing world. Social media, video gaming, internet use and cell phones may already be topics of debate within your family. Come together to learn how this modern use of technology can impact the developing teenage brain. This session will review some of the risks but also the benefits of technology. Parents and teens will learn ways to stay safe and balanced in their use of technology to better support positive mental health.

★ **Both parents and teens (grades 7 – 12) are encouraged to attend this session together.** ★

Register at:

www.cyfcaregivereducation.ca or www.surveymonkey.com/r/caregiversessions

DATE: Thursday, January 10, 2019

TIME: 6:00 – 7:30 pm

LOCATION: Lillian Osborne School
2019 Leger Road, NW, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

DATE: Tuesday, January 22, 2019

TIME: 6:00 – 7:30 pm

LOCATION: Rosslyn School
13215 113A Street NW, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

DATE: Thursday, January 31, 2019

TIME: 5:30 – 7:00 pm

LOCATION: Sister Annata Brockman School
355 Hemingway Road NW, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.

DATE: Tuesday, February 5, 2019

TIME: 5:00 – 6:30 pm

LOCATION: Jasper Place High School
8950 163 Street NW, Edmonton, AB

★ **Notes:** Parents and Teens (Grades 7 – 12) to attend together.



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Parent Participant Feedback

*Great presentation! Loved the fact
that it was geared to both
parents and teens.*

Caregiver Education Sessions

Winter Session / January – April 2019

Sleeping Your Way to Better Mental Health

Focus is on caregivers of kids and teens in grades K-12

Come and learn the importance of sleep on your child's developing brain. Develop an understanding on how sleep can impact mental and physical health. Review common sleep concerns and factors that influence your child's ability to get the sleep they need. Leave with practical strategies, tools, and resources to promote healthier sleep habits for your whole family.

Register at:

www.cyfcaregivereducation.ca or www.surveymonkey.com/r/caregiversessions

DATE: Thursday, January 17, 2019
TIME: 5:30 – 7:00 pm
LOCATION: WP Wagner School
6310 Wagner Road NW, Edmonton, AB
Notes: This session is for adults only.

DATE: Tuesday, February 12, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Archbishop Jordan High School
4001 Emerald Dr., **Sherwood Park, AB**
Notes: This session is for adults only.

DATE: Wednesday, January 30, 2019
TIME: 5:30 – 7:00 pm
LOCATION: TD Baker School
1750 Mill Woods Road East, Edmonton, AB
Notes: This session is for adults only.

DATE: Wednesday, February 20, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Holy Spirit Catholic School
100 Michigan Street, **Devon, AB**
Notes: This session is for adults only.

DATE: Tuesday, February 12, 2019
TIME: 6:00 – 7:30 pm
LOCATION: Holy Trinity School
7007 28 Avenue NW, Edmonton, AB
Notes: This session is for adults only.



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www.albertahealthservices.ca



"I know in whom I place my trust" 2 Tim 1:12