

# Archbishop Jordan Catholic High School

4001 Emerald Drive, Sherwood Park, Alberta T8H 0P5

Phone (780) 467-2121 · Fax (780) 467-1390

Email: [abj@eics.ab.ca](mailto:abj@eics.ab.ca) · <http://archbishopjordan.eics.ab.ca/>



Scot's Week at a Glance

September 9 - 13 - 1st Week of PEP!

## ARCHBISHOP JORDAN CATHOLIC HIGH SCHOOL'S 50TH ANNIVERSARY CELEBRATION!

*1969 - 2019*

**Friday, September 20/19**

**ABJ 5-7 pm**

*(Tour the new ABJ & check out memories from the past)*

**OLPH Parish Hall 7-11 pm**

*(Enjoy visiting with Alumni while sharing food & drinks, listen to guest speakers, groove to 60's & 70's music, dig out those bell bottoms and bid on silent auction items to support the new 50th Anniversary School Spirit Scholarship)*



RSVP to [wendyp@eics.ab.ca](mailto:wendyp@eics.ab.ca) by  
September 13th. for the Parish Hall

## Monday

- Grade level assemblies in AM (see below for times)
  - Girls Flag Football Try Outs 3:30-4:30 on the turf
- Cross Country practice 3:30-4:30pm

## Tuesday

- Linking Generation meeting at lunch in room 234
- Tech Theatre meeting at lunch for all interested students.

## Wednesday - 1st PEP Day!!

- Danielle Reed - Dare to Lead meeting with student services at lunch
- ABJ X Country Race @ 4:30
- ABJ Football - Team Meal
- Girls Flag Football Try out #2 on the turf

## Thursday

- Opening Masses (see schedule below)
- CALM Classes - Social Media
- Cross Country Practice 3:30-4:30pm

## Friday

- CALM Classes - Social Media
- Model UN Meeting at lunch for all interested students (room 137)
- Cheer Tryout 3:30-5 PM
- OEd - Swimming

September 16 - Grade 9 Birch Bay Ranch Retreat

September 16 - Parent Advisory Council @ 6:30

September 20 - ABJ 50th Anniversary 5-7 @ ABJ, 7-11 @ OLPH Hall

September 25 - Post Secondary Presentation: How to get your kids ready to apply! @ABJ Drama Theatre

## Parents and Students Info:



- **Congrats to our senior men's volleyball team who finished in 7th at the U of A tournament and to the senior women's team who won the Kings University tournament this weekend.**
- **Parents please remember to login to your Parent Powerschool account to update all forms for the 2019/20 school year. The following forms can all be done online: Technology Use agreement, Locker Use agreement, Annual Field Trip Consent Form, FOIP and annual student Demographics.** Alberta Education requires that we obtain a detailed update of student demographics on an annual basis. Funding they provide for your child's education is conditional to us receiving these updates and making them part of the student's record. We ask that you complete these forms online, please disregard if they have been completed. If you need assistance with your Parent PowerSchool login (<https://powerschool.eics.ab.ca/public/>), please contact the school.
- Technical Theatre meeting Tuesday, Sept 10 at lunch in the theatre for any grade 10, 11, 12 students interested in working backstage on an ABJ Fine Arts theatre production this year.
- The Cafeteria will be open for breakfast and lunch this week! As always we will have a selection of cookies, baking, bagels, juices, milk and chocolate milk for purchase.
- Daily Specials:
  - Monday- Mexican Monday
    - Taco in a Bag
    - Soup- Loaded Baked Potato
    - Pasta- MAC and Cheese
    - Breakfast- Mini pancakes in a cup

- Tuesday-Italian Tuesday
  - Self serve Pasta Bar with Cheesy Garlic Bread
  - Soup- Chicken Noodle
  - Breakfast- Ham and Egg Sandwich
- Wednesday- Wok Wednesday
  - Ginger Beef
  - Soup-Spicy Italian Sausage and Potato
  - Pasta- Chicken fettuccini Alfredo
  - Breakfast - Breakfast Wrap
- Thursday- International Thursday
  - Pepperoni/cheese Pizza
  - Soup - Wicked Thai Chicken
  - Pasta- Spaghetti and Meat Sauce (Meatballs can be added)
  - Breakfast-Sausage and Egg Sandwich
- Friday - Fryer Friday!
  - Fries and Poutine, Corndogs
  - Soup- Beef Barley
  - Pasta- Pasticcio
  - Breakfast- Texas Breakfast Bowl
- Cafeteria cards are available for purchase. Coffee cards are also for sale. Buy 8 coffees and get the 9th free.
- Please see the below information regarding a new initiative at ABJ next year called PEP. If any parents or students have any questions about PEP for the upcoming school year, please contact Mr. Dumont, principal at [josephd@eics.ab.ca](mailto:josephd@eics.ab.ca)

### **Personalized Educational Period - PEP (FLEX)**

Personalized Education Period is an opportunity for students to direct their learning for a more personalized educational experience. PEP will offer students the opportunity to access support for academic needs, or engage in a health and wellness activity. Teachers and parents will also be able to select a PEP opportunity for a student, whenever they feel there is a need.

#### **What is the goal for offering PEP once a week at ABJ?**

- Provide students
  - an opportunity to seek academic support for their courses, complete course assignments, and to direct their learning
  - an opportunity to engage in wellness activities
  - with a time to meet school expectations

#### **FAQ**

- How do students or parents register for PEP/Flex?
  - Students and parents can access PEP or Flex on PowerSchool
  - See the user guide on our webpage - <https://abj.eics.ab.ca/about/powerschool>
- Do students have to attend PEP?
  - Yes, if they have been assigned to a PEP session by a teacher or parent
  - No, if they have not been assigned by a teacher or a parent, but they are welcome to choose a PEP session to attend on their own

- How do students or parents register for a PEP session?
  - Using PowerSchool - see instructions here
- Why would a teacher or parent assign a student to a PEP session?
  - To have them receive extra support in a course, or to catch up on missing work
  - To attend a session that has a specific purpose, such as to qualify for graduation for the class of 2020
- If a student is not signed up for a session, are they allowed to stay at school?
  - No, students who are not in a PEP session must exit the building.
- What does a student do if they have to wait for a bus or they have a sports event after school?
  - They need to sign up for a PEP session if they are waiting at the school
- Can a student drop a PEP session if they are signed into a PEP session by a teacher or parent?
  - NO - they have to attend
- Will all teachers be offering PEP sessions each week?
  - No, some teachers will be in meetings, working on developing strategies and lessons to support their students in their regular classes
- What types of lessons might there be each week during PEP?

| Academic/Curricular Supports  | Faith, Wellness and Mental Health Supports  |
|---|---|
| <ul style="list-style-type: none"> <li>● library/learning commons - a quiet space for studying and completing homework</li> <li>● E-Campus - exam room - to complete any missing exams</li> <li>● Math review</li> <li>● Science lab review</li> <li>● Social project</li> <li>● English - writers workshop</li> <li>● Drama - tech theatre</li> <li>● Choir lesson</li> <li>● Essay writing</li> <li>● University Registration</li> <li>● Gold Book for grade 12</li> <li>● HCS3000 module for grade 10</li> <li>● Religion activity</li> <li>● Finish CTS projects</li> <li>● Band - Practice playing their instrument, musical pieces</li> <li>● Foods/Culinary - Master Chef group preparation for skills</li> <li>● Art - completing projects</li> <li>● Fashions - completing projects</li> </ul> | <ul style="list-style-type: none"> <li>● PE activities in the gym</li> <li>● Fitness training in the workout room</li> <li>● Aerobics</li> <li>● Swimming</li> <li>● Mindfulness/Contemplation(Catholic practice) training</li> <li>● Outdoor walk/run</li> <li>● Making vision boards</li> <li>● Dance classes</li> <li>● Counsellor session on anxiety/stress, timetables,</li> <li>● Friendship bracelets</li> <li>● Indigenous Games</li> <li>● 5 Is Against the Law (Self Regulation, Social boundaries for students who struggle)</li> <li>● PEERS - Social Skills group</li> <li>● Community Helpers group</li> <li>● Adoration</li> <li>● Lectio Divina</li> <li>● Silent Prayer in chapel</li> <li>● "Calm the Chaos", how to cope and deal with the ever changing stressors and anxiety of high school</li> </ul> |

### Wednesday classes (early dismissal, and PEP/Flex)

|                                     |                    |                   |
|-------------------------------------|--------------------|-------------------|
| Block 1                             | 8:35 - 9:44        | 69 minutes        |
| Block 2                             | 9:49 - 10:58       | 69 minutes        |
| Lunch                               | 10:58 - 11:43      | 45 minutes        |
| Block 3                             | 11:43 - 12:52      | 69 minutes        |
| Block 4                             | 12:57 - 2:06       | 69 minutes        |
| <b>PEP Block or Early Dismissal</b> | <b>2:11 - 3:11</b> | <b>60 minutes</b> |

#### Notes:

- Teachers, students and parents may start signing up for PEP each Friday prior to the upcoming PEP on Wednesdays

|              |                  |
|--------------|------------------|
| Date         |                  |
| September 4  | Staff Meeting    |
| September 11 | PEP              |
| September 18 | PEP              |
| September 25 | PEP, "Gold Book" |
| October 2    | Staff Meeting    |
| October 9    | PEP              |
| October 16   | PEP              |
| October 23   | PEP              |
| October 30   | PEP              |
| November 6   | Staff Meeting    |
| November 20  | PEP              |
| November 27  | PEP              |
| December 4   | Staff Meeting    |
| December 11  | PEP              |
| December 18  | PEP              |
| January 8    | Staff Meeting    |
| January 15   | PEP              |
| February 5   | Staff Meeting    |

|             |               |
|-------------|---------------|
| February 12 | PEP           |
| February 19 | PEP           |
| February 26 | PEP           |
| March 6     | Staff Meeting |
| March 11    | PEP           |
| March 18    | PEP           |
| March 25    | PEP           |
| April 8     | Staff Meeting |
| April 15    | PEP           |
| April 22    | PEP           |
| April 29    | PEP           |
| May 6       | Staff Meeting |
| May 13      | PEP           |
| May 20      | PEP           |
| May 27      | PEP           |
| June 3      | Staff Meeting |
| June 10     | PEP           |



## Gospel Reading

[Luke 14:25-33](#)

Jesus teaches about the demands of discipleship.

---

### Family Connection

Provide your children with a list of things that they are responsible for interspersed with things that they like to do—for example, make their beds, take out the garbage, go to the park, do homework, watch television, have a snack, feed the cat. The list should reflect their responsibilities and favorite recreations. Tell them to pretend that company is coming and ask which of the things listed should be done first. Explain that this is called setting priorities.

Paraphrase the Gospel story for the children. Ask them what Jesus says is the most important thing for them to do. Jesus tells us that the number-one priority is to follow him. But just as it is not always easy to do the things we are supposed to do before doing the fun things, it is not always easy to be a follower of Jesus. Yet when we put Jesus first, we will be truly happy.



*“I know in whom I place my trust” 2 Tim 1:12*