
Eagle Butte



h i g h s c h o o l

"Giving Our Students Roots and Wings"

Website: <http://eaglebutte.ca>

School Phone: 403-528-1996

Attendance Line: 403-528-1996 ext. 8

NEWSLETTER

SEPTEMBER 2011

Principal's Message:

Welcome to the 2011-12 school year! We hope everyone had an enjoyable summer break and are ready to return to the fall routine.

We started the first day back to school with a pancake breakfast, student activities and a hot dog lunch. Although the rain halted our outside events (tractor relays, bumper balls and obstacle course) midway through the morning, the students showed excellent school spirit and had a very positive start to the year. I would like to thank the staff for their work in organizing and running our morning activities. As well, a big thank you goes out to Parent Council for providing the free lunch to all students and staff.

We have had several staffing changes since June. We welcome back Mr. Ricci into the Science department following his year leave working at Prairie Rose School Division Central Office. As well, we welcome Mrs. Joyce Krause to our school faculty. Mrs. Krause comes to us from Parkside School and is currently teaching Mathematics and Information Processing.

Extra-curricular programs are also underway at the school. Volleyball, Cross Country, Golf and Football are in full swing. Please check for schedules of games and/or tournaments in the newsletter or on our website. Thank you to all the coaches who volunteer their time for these activities.

We are fortunate to be hosting the Cross-Country Running South Zones and the Cross-Country ASAA Provincial Championships. Mr. Smith has done an excellent job of preparing for this Alberta wide event which will take place in Elkwater on October 15th. Organizing and running a Provincial sporting event requires many volunteers to make the event run smoothly. If you would like to volunteer your time at Provincials, please contact Mr. Smith or the school's main office for more information.

You are all invited to our annual "Meet the Teachers" night on Wednesday, September 14th, from 7:00 - 8:00 p.m. (coffee and dessert will follow the presentation). The intent of this evening is for parents to informally meet their child's teachers and begin to develop the support and partnerships needed between home and school.

Please remember that due to lack of available parking space at Eagle Butte, only Grade 11 and 12 students will be allowed to park in the school parking lot. Grade 10 students are encouraged to make use of the bussing transportation provided by Prairie Rose School Division. Grade 10 students needing to bring their vehicles to school must request special permission to do so from school administration.

Please take time to carefully read each monthly newsletter as it is the main communication mechanism we use to keep the entire school community informed about what is happening at Eagle Butte. We encourage you to go to the Eagle Butte website (www.eaglebutte.ca) and register for the newsletter on-line. You will automatically receive the newsletter in PDF format each month. By doing so, significant amounts of paper are conserved in our school community.

To all parents, please feel free to stop by for a visit and know that we are here to assist you in any way possible regarding the successful education of your children...our students!

Once again, welcome back. I wish all of our students a successful year in academics and extra-curricular endeavors. I challenge all students to reach their potential at Eagle Butte.

Sincerely,

Mr. Koch
Principal



"Everyone Learning Together"

918 - 2nd Avenue Dunmore, AB T1B 0K3

Ph: (403)527-5516 Fax: (403)528-2264

August 30, 2011

Parents/Guardians of PRRD students:

We would like to remind you of an important policy that is in effect in Prairie Rose School Division No.8 . After consultation with one of the world's leading experts in the area of risk and threat assessment in schools, Taber's Kevin Cameron, it is the intention of Prairie Rose Regional Division #8 to **respond to all threat-related behavior. In other words, all threat related behaviors will be taken seriously and assessed accordingly.**

Key personnel within each school have received a minimum of 4 days of very specific training in the field of risk-threat assessments. A team of professionals including Alberta Mental Health, Psychologists, Parents, Family School Liaison Workers, RCMP, Counselors and School Administrators have been involved in the process of developing a protocol of procedures to be strictly adhered to in the case of threats made to any school personnel including staff and/or students. The criminal code of Canada states that students "who in any manner, knowingly utters, conveys or causes any person to receive a threat...to cause death or bodily harm" has committed an offense. The protocol will include, but is not limited to, incidences that would be considered to contravene this criminal code.

The intent of the Protocol is to provide support to persons who are considered to be at risk of threat. The Protocol is also intended to provide assistance to those who might be considered to be the threat-makers.

As you know, there are a number of incidents that have occurred in Europe, North America and even in Southern Alberta the past few years. We are pleased that these procedures will further help to ensure the safety of all our children. Prairie Rose is considered by Alberta Mental Health to be a leader in Southern Alberta on this topic. It is only with the cooperation of a number of partners listed above that this protocol is now implemented in Prairie Rose schools.

If you have any questions, please call your school Principal or Brian Andjelic, Deputy Superintendent, at 527-5516 ext. 2304

Sincerely,

Brian Andjelic

August 26, 2011

Dear Parent/Guardian:

RE: School Emergency Procedures

As you may already know, Prairie Rose School Division No. 8 has a District-wide Emergency Response Plan, which would be implemented in the event of a local disaster or school emergency. The primary objective of the plan is to ensure the safety of your child.

The Emergency Response Plan is a preparatory measure. Statistics show schools are still among the safest places to be on a day-to-day basis, due to the strong commitment of educators, parents, and communities to their children. Nevertheless, disasters do happen and because of that no community can be complacent in its efforts to make its schools even safer. For this reason we have implemented the Plan, so please do not be alarmed by this precautionary action.

Drills

Although it is unlikely that the Emergency Response Plan will need to be fully activated at your child's school, the possibility still does exist. Therefore, to prepare all members of the school community, including your child, to act on a moments notice, we will be conducting emergency practice drills at the school. These drills, which will occur on a periodic basis throughout the year, will cover a variety of circumstances. In addition to practicing the drills, we will also be discussing with the students the appropriate actions to take during a number of emergencies. These drills and accompanying discussions are designed to prepare your child to act quickly and to minimize your child's fear should an emergency occur.

Parent-Child Reunion Centre

The Emergency Response Plan also incorporates a systematic approach to reuniting children with their parents. The plan identifies two possible sites for the Parent-Child Reunion Centre associated with your child's school. The first site is located on the school grounds. The second site is located at the School Emergency Evacuation Centre – this location is activated only when the school premises must be evacuated. (In some cases it may be necessary to use an alternate location.) Due to the unpredictable nature of any emergency we will only be able to tell you where the Parent-Child Reunion Centre is located at the time of the emergency. Should it be necessary to activate either of these Parent-Child Reunion Centres you will be notified via the School Crisis Communications Network (CNN) of the location.

Reuniting With Your Child

In order for us to ensure your child's safety, it is necessary for us to establish some protocol related to picking up your child. Therefore, please be advised of the following guidelines when picking your child from a Parent-Child Reunion Centre:

No student will be released unless you or an individual designated on the student's Emergency Information Card arrives to pick up that student. It is critical that you ensure the information on your child's Emergency Information Card is current.

You will be required to present valid identification. This step is required to protect your child from any unauthorized individuals attempting to pick up your child. The school may be receiving assistance from other schools or outside agencies and therefore, may not know you.

You will be required to sign for the release of your child. This is extremely important, as it is our only means of ensuring that all students are accounted for at all times. Please do not just take your child from the centre without signing for their release. We recognize that you may be worried and want to be reunited with your child as quickly as possible. However, this system has been established to ensure your child's safety. You may be jeopardizing your child's or another child's safety by not adhering to these procedures.

Should our normal transportation system be unable to transport your child home, your child will be kept at the centre until such time as you can arrange to pick them up.

If you are unable to pick up your child, he/she will be kept at the Parent-Child Reunion Centre until alternate arrangements can be made. Your child will be supervised at all times.

Finally, we want you to know that your cooperation in preparing your child and helping us to ensure their safety is greatly appreciated. As always, should you have any questions or concerns regarding anything stated in this letter, please feel free to contact me at 403-528-1996 ext 2003 during regular work hours.

Thank you for your assistance on this matter.

Sincerely,

Dave Rozdeba

Vice Principal,

Eagle Butte High School



Family School Liaison Worker



Emma Wright, our Family School Liaison Worker, is available for counselling services. Ms. Wright is a social worker whose role is to provide counselling, referral, liaison and advocacy for students and/or their families who are experiencing difficulties. Students or families may choose to see Ms. Wright about issues regarding parent/teen conflict, grieving, divorce/blended families, depression, anger management, etc. Ms. Wright has established regular office hours in the school all day **Tuesday and Thursday**. Appointments can be made with the school secretary at 403-528-1996.

IAP Kids Plus™ Accident Insurance

IAP Kids Plus™ Accident Insurance offers protection against the unexpected costs of injury from accidents, and is especially valuable for families who:

- do not have medical or dental plans,
- have limited plans, as it may help supplement health and dental benefits, or have active children who enjoy sports and outdoor activities.

For your convenience, we have made arrangements for families to voluntarily purchase student accident insurance through the IAP Kids Plus™ Accident Insurance program, underwritten by Industrial Alliance Pacific Insurance and Financial Services Inc. ("IAP").

IAP Kids Plus™ Accident Insurance has a selection of plans to suit most budgets. Benefits include coverage for:

- The full school year (September to September), 24 hours a day, whether at school or at home;
- Expenses that are often limited or not covered by private or group insurance plans, or Provincial Health Insurance Plans - such as ambulance, physiotherapy, private tutoring, counselling, and much more;
- Injury-related dental treatment (including future dental treatment up to age 26);
Out-of-province or country emergency medical expenses.

If your address changes during the school year, your IAP Kids Plus™ Accident Insurance plan is transferable from school to school, anywhere in Canada.

Insurance premiums range from \$13.50 to \$31.95 per year, depending on the plan selected, and your child is covered all the time, not just while at school. A discounted premium is available for families with 3 or more children.

For more information or to apply online, please visit www.iapkidsplus.com, or speak with an IAP Kids Plus™ Client Service Representative at **1-800-556-7411**.





School Year Summary 2011/2012



EBHS

WEBSITE!

- September 9 Last Day for Timetable Changes
- September 14 Meet the Teachers Night 7:00p.m.
- September 16 School Pictures
- September 19 Division PD Day - No School
- September 29 School Picture Retakes
- October 7 Awards Ceremony 12:30p.m.
- October 10 Thanksgiving Day Holiday
- October 20 Grad Meeting 6:15p.m.
Post Secondary Information Fair 7-8:30p.m.
- October 24 SI (School Improvement) Day - No School
- November 3 Midterm Report Cards
- November 8 (Tues)... Parent Teacher Interviews 6-8:00p.m.
- November 9 (Wed)... Parent Teacher Interviews 6-8:00p.m.
- November 10 Remembrance Day Ceremony
- November 11 Remembrance Day Holiday
- November 14 SI Day - No School
- December 5 SI Day - No School
- Dec. 22 - Jan. 4.. Christmas Holidays - No School**
- January 19 - 30 Final Exam Week
- January 23 SI Day - No School/No Exams
- January 31 Semester II Begins
- February 3 Semester I Final Report Cards
- February 7 Last Day for Timetable Changes
- February 18 - 26 . Spring Break - No School**
- March 13 Grad Meeting 7:00p.m.
- March 20 Grade 10 Info. Meeting 7:00p.m.
- March 22/23 SI Day - No School
- April 6 - April 15 . Easter Vacation**
- April 16 Midterm Report Cards
- April 18 (Wed) Parent Teacher Interviews
- April 19 (Thurs) Parent Teacher Interviews
- May 7 SI Day - No School
- May 11 - 12 Graduation
- May 21 Victoria Day Holiday
- June 4 SI Day - No School
- June 4 Athletic Banquet (Tentative)
- June 7 Attendance Recognition Awards
- June 18 - 28 Final Exam Week
- June 29 Last Staff Day

Check out Eaglebutte.ca! It contains valuable information for students, parents and community members. We hope that you will visit our website to access student homework, read about the latest school news, check out the calendar of upcoming events, read about the accomplishments of our students and much, much more.

One of the unique features of our website is the ability for students and parents to check assigned homework online each day. If a student is absent from a class or forgets what was assigned for homework, they can easily access this information from our website. See the box below for information about how to access homework—it's very easy!

Newsletter — If you requested to receive the newsletter online, PLEASE don't forget to go to the website to the very bottom of the front page and enter your e-mail address ASAP. If you don't, you will not receive one, but paper copies can be picked up at the office. Don't miss out!

Thank you!



Students...Please don't forget to sign in at the office when you come into the school late or leave the school early



Communication Lines



We cannot stress this enough - if you have any concerns about your child or the operation of the school, please contact the school. We are only too eager to share our thoughts and listen to yours. Misunderstandings and problems almost always reach a satisfactory conclusion or can be averted with honest communication. Give us a call or drop in. The purpose of a school is not only to foster social and intellectual growth, but also serves as an integral part of the community. With the cooperation of students and the community, Eagle Butte High School will be the vital force in Prairie Rose School Division No. 8 that it is intended to be.

It is important that clear and proper lines of communication exist between the school and the community. We hope that parents and interested community members will use the lines of communication if they have a concern. This will eliminate the misinformation that often results when the lines of communication are ignored.

Lines of communication in the order that they should be contacted:

1. **Teacher**
2. **Administration**
3. **Superintendent, Division Board Member, School Council Member**



Attendance



All students' absences **MUST** be verified by a parent or guardian by either a telephone call or a note. This can be done by phoning the **24-hour attendance line at 403-528-1996 ext.8**, on or before the day of the absence. Calls must be received before 2:00 p.m. the day of the absence to avoid a phone call home. An automated dialer is activated each evening to report unexcused absences to parents/guardians. However, a note to the school or a phone call the following day will excuse the absence.

SCHOOL DAY SCHEDULE

Regular Day:
Monday to Friday

| | |
|---------|------------------|
| Block 1 | 8:50 - 10:09 am |
| TAG | 10:14 - 10:39 am |
| Block 2 | 10:44 - 12:01 pm |
| Lunch | 12:01 - 12:41 pm |
| Block 3 | 12:41 - 1:58 pm |
| Block 4 | 2:03 - 3:20 pm |



Important '10-'11 YEARBOOK Update!!!!

The **2010-2011 YEARBOOKS** will be ready to go on Friday, September 30th!! BUT...in order to receive yours, you must have **ALL** of your textbooks returned or paid for **AND** have any outstanding fees paid for! 2011 Grads...you may come to the office to pick up your YEARBOOKS on or after September 30th. Spread the WORD!!!





Student Agenda

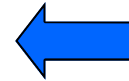


Your son/daughter received a School Agenda/Handbook at the beginning of the school year. Students must have their agendas with them at all times and must be signed by a teacher if they are going to another class.

The Student Agenda/Handbook will answer many questions you may have in regards to staff directory, school year summary, school day schedule, school fees, graduation, extra-curricular activities/clubs, registration procedures, attendance and discipline policies, honor roll recognition, final exam dates and reporting periods. Please take the time to read the handbook from cover to cover.



Counselling News



The Counsellors would like to welcome back all the students to Eagle Butte High School. A special welcome goes out to the new Grade 10 students and to all the students new to the area.

Mrs. Rittinger counsels students whose last names begin with A - L and Mr. Wihnan M - Z. Please feel free to contact your son's or daughter's counsellor if you have any questions about school programming, careers, etc..

Have a great year!

Mr. Wihnan - 403-528-1996 ext. 2018

Mrs. Rittinger - 403-528-1996 ext. 2020

Last day to change first semester timetables is... Friday, September 9th.



School Fees



School fees are due **September 30th, 2011**. Payments can be made by cash, cheque or post-dated cheques. Please make cheques payable to "Eagle Butte High School" and remit to the Business Office or call 528-1996 ext. 2004 to make alternate payment arrangements.

Instructional Materials and Service Fees - \$130

(All students are required to pay this fee which includes the cost for Instructional Materials, Agenda Book, Lock/Locker, Student Council)

Yearbook (optional) - \$35

Option Course Fees: (Cost for each class taken)

Food Studies - \$35

Industrial Technology - \$35

Cosmetology - \$35

Graduation Fee - \$75

Physical Education 10 - \$10

Physical Education 20 - \$25

Physical Education 30 - \$25



Parent/School Council



The first Parent/School Council meeting of the year will be held on **Monday, September 19th, at 7:00 p.m.** in the School Library. This initial meeting is a good opportunity to find out more about our School Council. In general, School Council provides an opportunity for parents to have a direct influence on the policies and daily practices of Eagle Butte High School. The second meeting of the year will be announced soon, at which time our executive will be chosen for the year.



Notice to Parents



All visitors, parents and late students must report and sign-in at the office when entering the school. If parents/guardians are picking up students for appointments during school hours, we request they come into the school to the front office and the Secretary will call the student down. This will allow for your son/daughter to remain in class for the longest possible time. This will also eliminate parents receiving phone calls for unexcused absences. Before students leave the school, they must sign out at the front office. Thank you.



School Photos

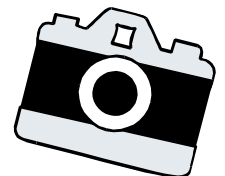


School photos will be taken on Friday, September 16th. SC Photo from Medicine Hat will again be photographing our students this year. Each student should receive two different proofs. **Please do not send payment until these are received.** Your proofs and information will be received the same day as the photo session. Please note the return "Due Date" on the order envelope when received. A mottled grey background is used, so bright colored clothing is attractive. Blacks look good, but shiny whites tend to look washed out.

There is no charge for retakes if the student was absent on the original photo day or if there was a technical error. There is a \$5.00 charge, payable at the retake time, if the reason is beyond SC Photo's control. If your teen has a rash or cold sore, it is recommended that their photo not be taken on the original photo day, but wait for the retake session. Retakes will be on Thursday, September 29th.

TIPS FOR BETTER PORTRAIT PHOTOS

- *Long sleeves are recommended
- **Small patterns or solid bright colors photograph best
- ***Avoid white or very pale colors



Meet the Teacher Night



Take time out of your hectic day to meet your student's teachers on **Wednesday, September 14th, from 7:00-8:00 p.m.** There will be an informal introduction of the teachers followed by a "Parents Go To School" session. Coffee and dessert will follow in the foyer. We look forward to meeting you!



Library Lingo



Welcome to the 2011/12 school year. A reminder to all students (this includes Grade 10s) that all books from last year must be paid for or returned prior to signing out any books for this semester. We would like to thank Sonia Biemans, Lisa Betcker, Michelle Mauer and Shannon Bruno for their help during textbook sign-out on Thursday and Friday, September 1st and 2nd. Without their generous offering of time it would be a much more arduous task.

Students are encouraged to look through their textbooks to ensure they are not damaged when they receive them. Students have one week to return damaged textbooks to avoid being charged for repairs. Also, if students choose to leave their textbooks in a classroom they do so at their own risk, they are still responsible for those textbooks.

The library underwent a transformation over the summer and we encourage all students and parents to come see the new look. There are new upholstered chairs at the tables and computers as well as a new soft seat area for reading and relaxing, or simply watching the gophers frolic. The library will be open Monday to Friday, 9:00 a.m. until 3:30 p.m. (inclusive of lunch).

Also, this year we are presenting "My Favorite Book" which will feature a different book each week. The books are all favorite books of the teaching staff. This month's books include "The Outsiders" (Mr. MacMillan), "The Book of Awesome" (Mrs. Rittinger) and "The Perks of Being a Wallflower" (Mrs. Caissie). Come in and sign out one of these great books and see if it becomes your favorite too. The student who reads the most "favorite" books during the school year will receive a prize in June. All students who read any of the "favorite" books will be eligible to vote in June for the book that they felt was the best to determine which teacher "favorite" is the overall "favorite".

Have an AWESOME school year!

Sherry Anton

What's Cookin' in September?

| | | | | |
|--|---|---|---|---|
| Monday, Sept 5 No School | Tuesday, Sept 6 Roast Beef Sandwiches Turkey Wraps Garden Salads | Wednesday, Sept 7 Ham Sandwiches Taco Salads | Thursday, Sept 8 Chicken Pot Pie | Friday, Sept 9 Panago Pizza |
| Monday, Sept 12 Turkey wraps Chicken Caesar Salads Pizza Wraps | Tuesday, Sept 13 Ham Sandwiches Roast Beef Sandwiches Garden Salads | Wednesday, Sept 14 Soup Du Jour | Thursday, Sept 15 Chicken Pot Pie | Friday, Sept 16 Panago Pizza |
| Monday, Sept 19 No School | Tuesday, Sept 20 Taco Salads Chicken Caesar Salads Pizza Wraps | Wednesday, Sept 21 Chicken Caesar Wraps Roast Beef Sandwiches Garden Salads | Thursday, Sept 22 Panago Pizza | Friday, Sept 23 Parent Council Lunch |
| Monday, Sept 26 Turkey Wraps Chicken Caesar Salads Pizza Wraps | Tuesday, Sept 27 Soup Du Jour | Wednesday, Sept 28 Ham Sandwiches Roast Beef Sandwiches Garden Salads | Thursday, Sept 29 Chicken Pot Pie | Friday, Sept 30 Panago Pizza |

Always served - Fruit and Veggie trays

ASAA Provincial Cross Country
Committee Meeting
September 12th at 7:00 p.m.
Eagle Butte High School Room 123



Eagle Butte Cross Country
Team Parent Orientation Meeting
September 14th at 5:30 p.m. in
Room 123

Eagle Butte Cross Country Team
3A South Zone Champions 2004 - 2010
3A Provincial Silver Medalists
2005 - 2010

The Eagle Butte Cross Country Team is looking for any interested students who would like to be involved with the team this year for the 2011 season. If your son or daughter has determination, can run and would like to be a part of a great team and enjoys being successful, then they will want to be a member of this team. The team has had fantastic success in the past at the Zone and Provincial level. If your son or daughter would like to be a part of the Eagle Butte Cross Country Team, please contact Mr. Smith at **403-528-1996 ext. 2009** or check the **Eagle Butte Website**.

2011 Schedule of Events:

- Saturday, September 10th** - Brain Injury Run, Echo Dale Reg. Park
- Saturday, September 24th** - 8th Annual Talons Invitational Meet, Echo Dale Reg. Park
- Wednesday, October 5th** - South Zone X-Country Championships, Elkwater, AB.
- Saturday, October 15th** - ASAA X-Country Provincials, Elkwater, AB.
- Saturday, October 29th** - Talons X-Country Alumni Run, EBHS

There will also be a series of team events and trips to Elkwater during the season.

**Eagle Butte Cross Country Team to Host 2011 ASAA Zone
and Provincial Cross Country Running Championship at
Elkwater**

The Eagle Butte Cross Country team will be hosting the ASAA Cross Country Provincials. For the first time in our school history, a team will host a provincial championship. There will be 844 athletes from all over Alberta.

Any individuals that enjoy volunteering and would like to lend a hand in support of the ASAA Provincial Cross Country Championship, please contact Mr. Smith, Mrs. Nixdorf or Mr. Montoya at Eagle Butte High School either via phone or email. Your support will be greatly appreciated.

Thank you,

Mr. D. Smith

TALONS X-C SEPTEMBER 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|-------------------------------|---|---|---|--|
| | | | | 1 | 2 | 3 |
| 4 | 5 HOLIDAY | 6 @ EBHS until 5:00 PM | 7 @ EBHS until 5:00 PM | 8 3:45 - 5:45 PM - X-C KIN COULEE SLIDING HILL | 9 | 10 9:00 AM @ ECHO DALE PARK BIRS RUN |
| 11 | 12 @ EBHS until 5:00 PM Committee Meeting 7:00 pm | 13 @ EBHS until 5:00 PM | 14 @ EBHS until 5:00 PM Parent Meeting 5:30 pm | 15 XC Practice (Elkwater) 3:00 pm—7:00 pm | 16 | 17 ELKWATER 10:00 AM—1:00 PM |
| 18 | 19 @ EBHS until 5:00 PM | 20 @ EBHS until 5:00 PM | 21 @ EBHS until 5:00 PM | 22 XC Practice (Elkwater) 3:00 pm—7:00 pm | 23 SET UP AT ECHO DALE 4:00—7:00 PM | 24 8TH TALONS INVITATIONAL @ ECHO DALE PARK |
| 25 | 26 @ EBHS until 5:00 PM | 27 @ EBHS until 5:00 PM | 28 @ EBHS until 5:00 PM | 29 XC Practice (Elkwater) 3:00 pm—7:00 pm | 30 | |

TALONS X-C OCTOBER 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|--|--|------------------------------------|--|
| | | | | | | 1 ELKWATER 10:00 AM—12:00 PM |
| 2 | 3 XC Practice (Elkwater) and Meal 3:00 pm—7:00 pm | 4 Set Up Course Light Run! | 5 ZONE CHAMPIONSHIP | 6 @ EBHS until 5:00 PM | 7 | 8 ELKWATER 10:00 AM—12:00 PM |
| 9 | 10 HOLIDAY | 11 XC Practice (Elkwater) 3:00 pm—7:00 pm | 12 XC Practice (Elkwater) 3:00 pm—7:00 pm | 13 XC Practice (Elkwater) 3:00 pm—7:00 pm | 14 XC SET UP FOR PROVINCIALS | 15 ASAA PROVINCIALS 2011 |
| 16 | 17 | 18 | 19 Wind Up? | 20 Wind Up? | 21 | 22 |
| 23 | 24 | 25 | 26 Wind Up? | 27 Wind Up? | 28 | 29 ALUMNI RUN 11:00 AM—1:00 PM @ EBHS |
| 30 | 31 | | | | | |

September 2011
Back to Breakfast



The

Nutrition Times

PREPARED MONTHLY BY LOCAL DIETITIANS FROM
ALBERTA HEALTH SERVICES, NUTRITION SERVICES

September means back to school and back to a regular family routine. The best way to get back into the groove is to start the day with a healthy breakfast. Having your family regularly eat three meals with healthy snacks in between will help them stick with this habit as they get older. The benefits of breakfast are many. Eating breakfast:

- helps your child (and you) maintain a healthy body weight and lowers the risk of having chronic diseases.
- provides the energy needed for school, play and work.
- is a great time for family members to visit and catch up with each other when long work hours and after school activities get in the way of family suppers
- means you are more likely to get the nutrients you need each day. People who skip breakfast may never make up the nutrients they miss which can affect overall health.



Not a Breakfast Eater?

Try waiting an hour before you eat or try one or two simple foods. Slowly add foods to your meal to include 3-4 food groups for the best breakfast. If this doesn't work, add healthy foods to your morning snack when you feel you can eat more.

Simple choices are: a piece of fresh fruit or unsweetened canned fruit, a boiled egg, yogurt, glass of milk, slice of toast or handful of nuts.

No Time for Breakfast?

Try to get foods ready the night before. Choose foods that are quick and easy. Some healthy breakfast ideas are:

- whole wheat tortilla topped with peanut butter and banana and rolled up
- leftover homemade pizza, pasta, or casseroles
- an oatmeal or bran muffin, yogurt and fruit
- whole wheat toast with microwave egg and cheese
- whole grain cereal with low fat milk and fresh or canned fruit sliced on top
- high fibre granola bar and fruit smoothie made with frozen fruit, yogurt and milk
- trail mix (high fibre cereal, dried fruit and nuts)

For a quick trail mix try: 1 cup (250 ml) Corn Bran Squares, ½ cup (125 ml) bran cereal, ½ cup (125ml) dried fruit like cranberries or raisins, ½ cup (125 ml) nuts like slivered almonds, sunflower seeds or pecans. Makes 2 servings.

Healthy Living ... Healthy Body, Healthy Mind ... Healthy U



COMMUNITY INVOLVEMENT



Dear Parents,

From April 6, 2012 to April 16, 2012 (Easter Break), I will lead a group of students and parents on a tour of China: Beijing, Xi'an and Shanghai. **As per current guidelines for the Prairie Rose School District regarding overseas travel, this tour is not sanctioned by the Prairie Rose School Board.**

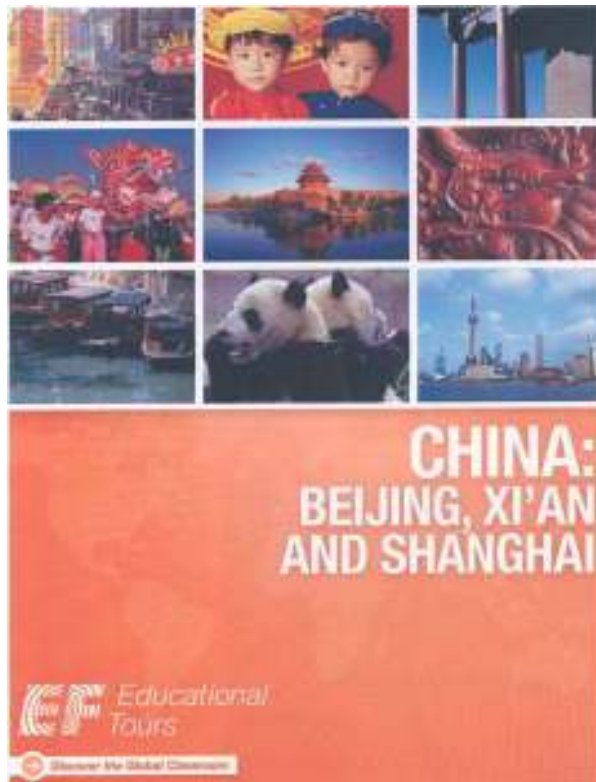
During our tour, we will visit many of China's most famous landmarks, such as the Gate Of Heavenly Peace, The Great Wall Of China, The Forbidden City, Jade Buddha Temple, Visit To The Bund. Local guides will give us behind the scenes looks at the Morning Tai Chi exercises and a walking tour through a showplace of classical Chinese landscaping dating back to 1537.

The cost of the nine-day trip is \$2,863 for students, \$3,280 for adults and includes round-trip airfare, hotel accommodations, daily breakfast and dinner, entrance fees to select attractions and guided sightseeing.

I have selected EF tours to facilitate this tour due to their over 40 years of experience conducting school tours to China. EF has local offices in Shanghai and Beijing that lend a helping hand while we're on tour. EF will also provide FREE all inclusive insurance which includes: Medical, Baggage and Cancellation. In addition, each tour is accompanied by a full-time EF Tour Director.

Please let me know if your child or you are interested in going on this trip. Feel free to email me at home - airose@shaw.ca

Ingrid Rose



Eagle Butte High School



Phone: 403-528-1996

Fax: 403-528-1997

Attendance Line: 403-528-1996 ext.8

September 2011



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|-----|--|-------------------------------------|--|-----|
| | | | | 1 | 2 | 3 |
| 4 | 5  Labour Day No School | 6 | 7 | 8 | 9 Last Day for Student Initiated Timetable Changes | 10 |
| 11 | 12 | 13 | 14 Meet the Teachers 7:00 - 8:00 p.m. | 15 | 16 School Pictures  | 17 |
| 18 | 19 SI Day - No School School Council Meeting - 7:00 p.m. | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 School Picture Retakes | 30 | |

Eagle Butte High School

Phone: 403-528-1996

Fax: 403-528-1997

Attendance Line: 403-528-1996 ext.8

October 2011



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|--|--|---|-----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 Awards Ceremony 12:30 p.m.  | 8 |
| 9 | 10 Thanksgiving Holiday No School  | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 Grad Meeting 6:15 p.m. Post Secondary Information Fair 7:00 p.m. - 8:30 p.m.  | 21 | 22 |
| 23 | 24 SI Day - No School | 25 Richardson's Jewelry at EBHS at noon. | 26 Richardson's Jewelry at EBHS at noon. | 27 | 28 | 29 |
| 30 | 31 Happy  Halloween | | | | | |