



## Important Dates

### School Dates

Celebration of Learning Evening  
June 6, 2024

### Gr. 6 PATS

Social Studies  
June 19, 2024  
Science  
June 20, 2024

Gr. 7-8 Final Assessments TBA

### Gr. 9 PATS

ELA Part B  
June 12, 2024  
Mathematics Part A  
June 13, 2024  
Mathematics Part B  
June 18, 2024  
Social Studies  
June 19, 2024  
Science  
June 20, 2024

Gr. 9 Farewell  
June 26, 2024

Last Day of School  
(Early Dismissal)  
June 27, 2024

### Notes from Administration

Please continue to monitor your health this fall. Do not come to school if you are ill.

### Attendance

When reporting student attendance issues, including lates, absences and leave early, please call the **Attendance Line at 403-777-7360** and press extension 1. Remember to spell the last name of the student and leave the reason for the absence, late or leave early.

## Ian Bazalgette School

3909 26 Ave SE, Calgary, AB T2B 0C6 t | 403-777-7360 f | 587-933-9718

e | [IanBazalgette@cbe.ab.ca](mailto:IanBazalgette@cbe.ab.ca) w | <http://school.cbe.ab.ca/school/ianbazalgette/>

MyCBE/PowerSchool Login: <https://sis.cbe.ab.ca/public/home.html>

## Weekly Message | June 3-7

## Contents for the Weekly Message

(Click on information title to be taken to area you wish to read. The links are hyperlinked for your convenience.)

### ADMINISTRATION & STUDENT SERVICES

### ATHLETIC SCHEDULE-NEW INFO.

### CELL PHONES & LOCKERS

### FAMILY TRIPS AND EXTENDED ABSENCE FORMS

### INDIGENOUS WAYS OF KNOWING, BEING, & DOING-NEW INFO.

### SCHOOL CLUBS

### SCHOOL COUNCIL

### SCHOOL FEES

### STUDENT SERVICES

### VAPING

### VOLUNTEER POLICE CLEARANCE

### WHAT'S HAPPENING IN... ? – UPDATED EACH WEEK.

### GRADE 6

### GRADE 7

### GRADE 8

### GRADE 9

### COMPLIMENTARY COURSES

### PHYSICAL EDUCATION & SCHOOL INTRAMURALS

## ADMINISTRATION & STUDENT SERVICES

At Ian Bazalgette school, we have many resources to ensure that your student is supported for best success.

Steven Pike, Principal  
[smpike@cbe.ab.ca](mailto:smpike@cbe.ab.ca)

Sarah Kornelson, Assistant Principal for Grades 6 & 7  
[sfkornelson@cbe.ab.ca](mailto:sfkornelson@cbe.ab.ca)

Jamie-Dee Peterson, Assistant Principal for Grades 8 & 9  
[jepeterson@cbe.ab.ca](mailto:jepeterson@cbe.ab.ca)

Tanya Miller, Student Services  
[talmiller@cbe.ab.ca](mailto:talmiller@cbe.ab.ca)

Shelagh McCracken, Indigenous Education Support  
[smmccracken@cbe.ab.ca](mailto:smmccracken@cbe.ab.ca)

## ATHLETIC SCHEDULE

### Athletic Schedule

#### Track & Field

Track & Field practices will continue next week on Monday and Wednesday from 2:45pm-3:30pm. Our official Track & Field meet will occur on this Thursday, June 6.

#### Jr. & Sr. Touch Football

Jr. & Sr. Touch Football Tournament @ Shouldice Athletic Park (1:00 pm- 8:00 pm)

#### Monday

Track & Field Practice - 100m + 4x100 Relay, 600m, Long Jump & Shot Put (2:45pm-3:30pm)

#### Tuesday

Jr. & Sr. Touch Football Practice (2:45pm-4:00pm)

#### Wednesday

Track & Field Practice - 300m, 1200m, High Jump & Discuss (2:45pm- 3:30pm)



### **Thursday**

CMLSAA Track & Field Meet @ Foothills Athletic Park (8:30am-3:30pm)

### **Friday**

Jr. & Sr. Touch Football Tournament @ Shouldice Athletic Park (1:00 pm-8:00 pm)

## **CELL PHONES & LOCKERS**

### **Cellphones - Away for the Day School**

We are an “Away for the Day” school. This means that cell phones and electronic devices will be secured in backpacks (gr. 6) or lockers (Gr. 7-9) before the day begins and left there until lunch time and then secured again for the last periods of the day until the end of the day. Use of cell phones to be permitted in the classroom only when assigned and supervised by teachers.

Should you need to contact your child, please call the main office.

### **Lockers**

We completed distribution of school lockers to students Gr.7-9. Students continue to be excited about having lockers.

Again, important reminders about lockers and locker use:

- a) Lockers are on loan from the school, and the school administration will have access to them at any time throughout the year.
- b) Locker combinations must be kept confidential (i.e. do not share a locker combination with others).
- c) The school is not responsible for losses from tote boxes or lockers so keep valuables at home.
- d) Students are expected to keep their belongings in the locker issued to them.
- e) To maintain efficient student movement in the hallways during class changes, locker use is prohibited in between class periods. Only in the morning before classes, at lunchtime, or after school, are students permitted access to their lockers.
- f) Teachers will not grant permission to students to get items from their locker if they forget items in their locker. Prepare for classes before they start.
- g) Students should not spend excessive time at their lockers prior to school or after school.



- h) Should individual students repeatedly violate the above guidelines, locker privileges will be removed.
- i) Only school locks are to be used. If lost, new locks can be purchased in the office (\$10.00)
- j) If you have any questions or concerns regarding the above guidelines, please contact our Principal, Mr. Steven Pike, at [smpike@cbe.ab.ca](mailto:smpike@cbe.ab.ca)

## FAMILY TRIPS AND EXTENDED ABSENCE FORMS

We are receiving more requests for learning support from families wishing to travel. If choosing to travel during the school year when school is in session, please be aware of the following:

- The Calgary Board of Education believes there is a strong positive correlation between attendance and effective education.
- The Education Act excuses students from attending school due to illness or other unavoidable cause, religious holidays, suspension/expulsion, or permission from the Board. An absence outside of these exemptions will be recorded as an unexcused absence.
- Absences may affect a child's academic progress at school.
- Schools are not mandated to provide schoolwork for extended absence.
- It is parents/guardians' responsibility to review and support their child's learning.
- The cumulative effect of multiple extended school absences could result in significant gaps in a child's learning and achievement.
- Absences may affect a child's peer relationships at school.
- Make sure to notify the school and the child's teachers of leave of absence by filling in The Leave of Absence Form. This form can be found in the main office.

## INDIGENOUS WAYS OF KNOWING, BEING, & DOING



Ian Bazalgette Staff acknowledges and supports the Truth and Reconciliation Commission (TRC) Calls to Action

**Our actions will include but are not limited to the following:**

- We will offer a locally developed course for all students that focusses on understanding and learning about the cultures and ways of our Indigenous people. Details to come soon.
- We will continue to use authentic resources such as knowledge keepers, Indigenous artefacts and learning from the land to assist in understanding stories that are essential in moving the reconciliation process forward.
- We will continue to offer professional development for staff and involve them in the conversation as we know the work is not only that of teachers, but the entire learning community.
- We will continue to have student voice present in the school, and it will be visible where we can all appreciate the varied and enriching stories, we all bring to learning.
- We commit to making relatives, honouring Indigenous Knowledges, and deepening our connections to land and place through the spirit of the drum.

**Indigenous Education****Niihiyat (Complementary Course)**

This week the students finished their Inuit carving. Ms. Pricilla showed the students how to use finer sandpaper and beeswax to finish and seal their Inukshuk. Students also went on a plant walk at Ootssapi'tomowa (Look Out Hill), also known as Nose Hill with Tillamook artist, Rick Wolcott. The class also visited the University of Calgary's archeological site where Brendon Many Bears and Zoe Cascadden-Jassal allowed students to pass around artefacts and discussed the tipi ring that is currently being excavated. The students ended their 10 km walk at the Siksikaitsitapi (Blackfoot Confederacy) landmark.

**Honouring Life**

This week Indigenous students in Grade 6 were invited to Honouring Life so they could meet Brett and Tawney. Students sat in circle and were able to smudge. Students shared their name, where they are from and they answered the question of the day - "What is your favourite animal and why?". Students then played a rousing game of "A What". All Indigenous families are invited to Ian Baz on June 6<sup>th</sup> for a Commūn-I-Tea from 6:00-8:00 pm. Students in the Niihiyat classes will be serving beverages and bannock.

**SCHOOL CLUBS**

School Clubs at lunch:

Anime Club	Mr. Shackelton	Thursdays
Board & Card Games Club	Mr. Hawes & Mr. Vlaar	Tuesdays
Book Club	Mr. Bhatti	Tuesdays
Coding Club	Mr. Wojitula	Wednesdays



Gay Straight Alliance	Mr. Hawes & Ms. May	Thursdays
Guitar Club	Mr. Ogle	Tuesdays
Harry Potter Club	Mr. Meeks	Thursdays
K-Pop Club	Ms. Li	Mondays
Photography Club	Ms. Hammond	Mondays
Spanish Club	Ms. Shurvell	Mondays
Speech & Debate Club	Ms. Wallace	Wednesdays
Star Wars Club	Mr. Vlaar	Mondays
Video Game Club	Mr. Polowski	Thursdays

## SCHOOL COUNCIL

We would like to thank leaving members Alok Gupta and Kristin Roberts for their support of the School Council this year.

The school needs a School Council Chair, Treasurer, and Secretary in September.

### New School Council

Chair position: Vacant

Vice Chair position: Vacant

Treasurer position: Vacant

Secretary position: Vacant

Key Communicator: Ryan Coley

Casino Chair/ Fundraiser Chair: Nayla Manji

School Council Dates:

## SCHOOL/STUDENT FEES

The availability of rich learning opportunities that your child will experience this year depends on the collection of school fees. Parents will be receiving copies of their outstanding fees in the mail. All applicable fees are available to view and pay online through [MyCBE Account](#). Payments may also be made in cash, debit card, or credit card in person at our Main Office. Families that would like to set up a longer-term fee payment plan are encouraged to contact our Main Office ([slditlof@cbe.ab.ca](mailto:slditlof@cbe.ab.ca)).

## STUDENT SERVICES

### The Youth Employment Centre (YEC)



Youth between the ages of 15 and 24 access **FREE** career and employment services. Drop-in to the centre to speak to an Employment Counsellor.

**Drop-in hours:** Monday, Tuesday, Thursday, Friday 8:30 a.m. to 5 p.m. Wednesday 8:30 a.m. to 6:00 p.m. (closed statutory holidays).

**Location:** [\*\*Alberta Trade Centre, 2nd floor, 315 10 Avenue SE, Calgary, Alberta, T2G 0W2.\*\*](#)

### **AHS - Owerko Family Walk In Services for Student Mental Health**

The Summit - Owerko Family Walk In Services - Centre for Youth Resilience

*The walk in service provides urgent, non-emergent, immediate mental health services for children and adolescents aged 7-17 yrs. Parents and guardians of children 0-17 are welcome to access services at the walk in in connection to supporting their children's mental health.*

*This program offers Single Session therapy where clients and their families receive a one hour appointment with a family counsellor. While clients and their families are free to return for more sessions, they will not be assigned to a specific therapist.*

*At the end of their walk in appointment, those who may benefit from ongoing mental health services will be supported either through access to local Emergency Departments or calling Access Mental Health for potential referrals/recommendations.*





### Who We Are

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Phone:  
587-534-7250 (Front Desk) or  
587-534-7221 (Intake Coordinator)

Location:  
The Summit:  
Marian & Jim Sinneave  
Centre for Youth Resilience  
2nd Floor, 1015 17 Street NW  
Calgary, AB T2N 2E5

Walk In Services Hours of Operation:  
Daily: 10:00am – 10:00pm  
Closed Stat Holidays

To learn more about walk in services and The Summit, visit: [ahs.ca/thesummit](http://ahs.ca/thesummit)

**The Summit:**  
Marian & Jim Sinneave  
Centre for Youth Resilience

## Owerko Family Walk In Services

### Program Overview



If you are in crisis or require urgent medical attention, please contact 911.



### We have a collaborative team that can best support your family.

Our team consists of your family and:

- Family Counsellors
- Registered Nurses
- Social Workers
- Admin Staff
- Clinical Supervisor
- Program Manager
- Spiritual Care
- Protective Services
- Peer Support



### Your Journey with Us

No referral is required. Clients and families may access walk in services on their own or at the recommendation of their family physician, school, Emergency Department, or other community services.

Upon arrival, you/your family will complete a brief questionnaire to identify what has brought you in and how you hope walk in services can help. This information is reviewed by a Family Counsellor before a 35-45 minute meeting with you/your family. The Family Counsellor will normally leave for about 10 minutes following the initial meeting to consult with their team

and gather resources. The Family Counsellor will then return to meet with you/your family to provide recommendations and resources. If you would like a copy of the session recommendations and resources, a printout can be provided.

### Service Details:

**Average Duration of Care:**  
One hour

**Average Response Time:**  
Clients will be seen on a "first come, first served" basis. Wait times will vary according to current demand. Please note that if arriving in the evening, there is a possibility that clients might not be seen if capacity for the day has been reached.

## Cannabis Use and the Adolescent Brain



Calgary Board  
of Education

The Canadian Psychological Association has a clear position regarding the use of cannabis during adolescence, namely **cannabis use can disrupt normal adolescent brain development.**

*The cannabis usage rate amongst youth ages 15 – 24 is two times higher than it is among adults, with 1 in 5 teens between ages 15 to 19 having used cannabis in the past year (Statistics Canada, 2016).*

With the legalization of cannabis coming into effect Canada-wide on October 17, 2018, there has been a resurgence of interest in this area and many opposing ideas coming to light. Bill C-45, or the Cannabis Act, is independent of marijuana use for medical purposes, which requires a doctor's prescription to legally use cannabis products to manage a variety of health concerns. With the legalization of Cannabis many are wondering – what does this really mean? What are the implications? And, if you are a parent, how could this impact my child(ren)?

*The Cannabis Act allows adults to purchase, possess, consume, grow, share and make cannabis in its various forms with specific restrictions and parameters. It is important to note that the Cannabis Act only applies to adults over age 18 years (or 19 years dependent on province of residence), and there are protective factors for youth built into the Act. The intent of the Act is to continue to prevent youth from using cannabis. For a more in-depth discussion of the Act and protection of youth, please consult the Government of Canada's website.*

## **What is Cannabis?**

Cannabis is the scientific name for the hemp plant, and the wider term used for marijuana, hashish, and hashish oil. Marijuana is the most common form, which is the bi-product of dried leaves, flowers and stems from the hemp plant Cannabis Sativa. While there are hundreds of chemicals found in this plant, the two most notable ones are THC and CBD. THC is the chemical that affects the brain, often referred to as the “psychoactive” component, and is the mind-altering substance that gives people the “high” associated with use. CBD oil is the non-psychoactive ingredient that is being studied further and used mainly for medical purposes. Known medical benefits include reducing spasms associated with Multiple Sclerosis, pain control, anti-inflammatory effects, and improving appetite. Cannabis can be consumed in a variety of forms, the most common being dried leaves rolled into a cigarette (“joint”) or smoked in a pipe with water (“bong”), as well as more concentrated forms such as hash, wax, and oil which are also heated and inhaled, or brewed into teas or mixed into foods as “edibles”. Vaporizing



(aka “vaping”) cannabis has become more commonplace over the recent years as well.

## Cannabis Effects

According to Alberta Health Services, the effect a person experiences while using cannabis varies and depends on a number of factors. These include things such as the amount used, how the drug is taken, expectations and mood of the user, and the setting it is being used in. Effects can be felt within a few minutes (particularly if smoked) but take around an hour to fully develop, and a person typically feels the effects from 2 – 4 hours, but impairment can last for up to 24 hours.

- Short term:
  - Feelings of calmness, happiness and relaxation
  - Increased socialization and heightened sensations (colours, sounds, smells)
  - Increase in appetite
  - Problems with memory, learning, attention span, problem-solving
  - Distorted perceptions, judgment, balance and reaction time
  - Body tremors, loss of motor coordination, increased heart rate, dry mouth, reddening of eyes, muscle relaxation
  - Increase of anxiety or panic attacks and sometimes paranoia
- Long term:
  - Smoking cannabis damages the lungs and contributes to respiratory problems
  - Can lead to anxiety, personality disturbances, and depression
  - Less ability to focus and filter information
  - Verbal learning, memory and attention effects can last after use is discontinued
  - Lack of ambition and motivation, as well as reduced communication and social skills

## Adolescents and Cannabis Use: Impact on the Developing Brain

It is now well-known that our brains continue to develop and mature up until our mid-20s. The active component of THC in cannabis is what directly acts on many areas of the brain – therefore the negative impact for teens can be significant. THC affects the prefrontal cortex, which is critical to higher-order cognitive processes including **executive functions** such as impulse control, working memory, planning, problem solving and emotional regulation – all areas that are rapidly developing during the teen years. Structural changes

in the brains of youth who regularly use cannabis have been seen via Magnetic Resonance Imaging (MRI). These effects on a developing brain can be temporary or last permanently.

*In a recent position statement published by The College of Alberta Psychologists (2017) it is noted that due to significant brain development continuing to occur, “those under age 25 should not use cannabis recreationally due to the many potentially harmful impacts on health, cognition, educational attainment and mental health” (CAP Monitor Issue 52, p. 21)*

Drug and alcohol use in general, including cannabis, can lead to negative effects for adolescents. **The most important message is that teen's bodies and brains are still developing so impact on neurological development can occur.**

- Substance use can interfere with a critical developmental stage of adolescence, that of emerging independence and establishment of identity, as well as emotional maturation.
- During the critical years of learning, cannabis use can weaken a person's ability to concentrate as well as retain information.
- Heavy or chronic cannabis use negatively affects performance on measures that assess attention, working memory, verbal memory, and executive functioning (for example the Psychologists Association of Alberta reports a decreased IQ of 6 points as a cognitive effect).
- Judgement can be impaired, resulting in poor decision making, which can lead to a higher likelihood of engaging in risky behaviours (such as getting into a car with someone under the influence, driving while high, choices around sexual interactions, and more experimentation with others drugs and alcohol).
- Functional impairments that can result from dependence on cannabis include reduced academic performance, truancy, reductions in involvement in school and extracurricular activities and increased family conflict.

## Cannabis Use and Mental Health

### What are the unique risks of cannabis use for youth?

*Trying cannabis is unlikely to cause serious problems, but even occasional use has harms. Youth who use cannabis early and often for months or years are at risk of long-term health and social problems.*

*Here are a few examples:*



- *Increased risk of harm to the brain – such as problems with memory, concentration, thinking, learning, handling emotions, and decision-making.*
- *Increased risk of mental health problems – such as psychosis or schizophrenia and, possibly, depression, anxiety and suicide, especially if there's a personal or family history of mental illness.*
- *Difficulties with relationships – at home, school or work.*
- *Physical health harms – including lung and respiratory problems from smoking cannabis.*
- *Addiction – cannabis can be addictive, especially for youth.*

SOURCE: [The Centre for Addiction and Mental Health \(2018\)](#)

Using cannabis, particularly during the adolescent years when there is an active developmental period of brain maturation, can influence mental health. The most well-known link is the risk for development (or worsening) of psychosis or schizophrenia. This is not to say that cannabis use causes schizophrenia, but rather earlier and longer exposure to cannabis, and use that increases over time, has been linked to triggering psychosis. Adolescent cannabis use that is frequent and heavier is a risk factor for the later development of a psychotic disorder and is also a risk factor for earlier onset. Alternatively, psychosis may have never developed had a person not used cannabis. There is also evidence emerging that frequent cannabis use can have long term effects on anxiety as well as mood disorders such as depression and bipolar disorder. Further, by early adulthood, individuals who used cannabis as teens have higher incidences of suicidal ideation and suicide attempts. It is important to note that there is not one common cause of mental health disorders in general, but rather cannabis use at a young age can increase the risk of developing a mental health disorder, in combination with other factors such as genetics, environment, as well as the time period, duration, and other drug use.

*What is considered “regular use”? This can vary, with the most common definition being once a week or more (CAP Monitor, 2018)*

### **“Self-Medication”**

Some adolescents may use cannabis as a way to cope with life stressors or relieve symptoms of anxiety, depression or other mental health disorders. It has been reported from cannabis users that they feel like marijuana helps not only relieve stress, but numbs uncomfortable feelings, enhances creativity, helps with sleep, and improves focus. If this “strategy” works for the person, and they believe it helps them cope with their particular

circumstances, the chances of the behaviour continuing longer are increased. This leads to underdevelopment of healthier coping skills and can maintain use and therefore increase dependence, in turn potentially leading to addiction.

## **ADHD and Cannabis Use**

One of the better known associations of a childhood diagnosis of ADHD is the increased risk for substance use, abuse or dependence in adolescence and adulthood. Self-reports of adults with ADHD show that cannabis use is the most commonly used drug, and often this use started during adolescence. One study found that 34% of adolescents receiving inpatient treatment for problems related to drug dependence (inclusive of cannabis) were diagnosed with ADHD. Research has also found that both the inattentive symptoms as well as the hyperactive-impulsive symptoms in childhood-onset ADHD were associated with a higher chance of marijuana use as a young adult. Some ideas as to why this may include the impulsivity symptoms of ADHD leading to substance use or, on the other hand, the negative effects of ADHD symptoms, such as inattention resulting in school, work, or relationship problems, may entice people towards drinking/drugs to manage these negative symptoms. This ties into the self-medication concept of untreated ADHD. People are not drawn to stimulant-like medications but rather to “downers” such as cannabis and alcohol. Furthermore, when people with ADHD use cannabis, related symptoms can actually worsen, such as lack of motivation, slower completion of tasks, slower reaction times and potentially causing problems with short-term memory, concentration, judgment and perception, all of which are also affected with ADHD. A take away message is that although children with ADHD may have a common biological risk for substance use, environmental factors at home, at school, and in peer settings appear to also influence the outcome. Also important to be aware of is evidence coming to light that ADHD medications and behavior therapies may acutely reduce adolescent substance use.

“Even as kids reach adolescence, they need more than ever for us to watch over them. Adolescence is not about letting go. It’s about hanging on during a very bumpy ride.” Ron Taffel (American Author)

## **What Can Parents Do?**

Health Canada recommends starting the conversation with your teen early in order to educate them about drugs. This will allow you as parents to have an open conversation with them so they don’t go elsewhere, such as to



friends or social media, and you can ensure the information is accurate. While this may seem a daunting task for some of us, there are resources available to help prepare for the conversation. Knowing your facts and preparing for an open-minded discussion is key.

Drug Free Kids Canada has published an amazing resource, a free downloadable package called “Cannabis Talk Kit: Know How to Talk with Your Teen” (available as a printed version from Health Canada or [online](#)).

### **Tips for talking about drugs**

*There is no script for talking with teens, but here are a few tips for talking with them about drugs:*

- *plan the main points you want to discuss, rather than speaking on impulse*
- *avoid saying everything you think all at once*
- *look for opportunities to mention drug use, like when you discuss school or current events*
- *offer them control and let them pick the time and place*
- *give them room to participate and ask questions*
- *respect their independence*
- *respect their opinion*
- *avoid being judgmental*
- *listen to them, because if you are a good listener they may be more inclined to trust your input*
- *tell them you are trying to help them make good decisions by giving them information that they may not already know be clear about why you are worried and tell them that your main concern is for their well-being*
- *focus on facts rather than emotions*

*As a parent, if your teenager is using drugs you may feel anger, sadness, fear or confusion. Those are natural reactions. But talking about the issue is more productive than talking about your feelings.*

Source: [Talking with Teenagers About Drugs](#)

### **Article Sources:**

- Apple RW, Greydanus DE, Merrick J (2016) Smoking Cannabis is Especially Dangerous for Youth Diagnosed with Attention Deficit/Hyperactivity Disorder (ADHD). *Journal of Community Medicine & Health Education.* 6:451.

- Canadian Psychological Association (2017). [Recommendations for the Legalization of Cannabis in Canada](#).
- Chadwick, B., Miller, M., & Hurd, Y. (2013). Cannabis Use During Adolescent Development: Susceptibility to Psychiatric Illness. *Frontiers in Psychiatry*, Volume 4, Article 129.
- College of Alberta Psychologists. CAP Monitor issue 52, Fall 2017. [The Legalization of Cannabis in Canada](#).
- Garey, J. (2018). Child Mind Institute. [Marijuana and Psychosis](#).
- Hainer, R. (2016). [Adult ADHD and Substance Use: Exploring the Link Between Drugs, Alcohol, and Risky Behaviour](#).
- Kelly, C., et al. (2017). [Distinct effects of childhood ADHD and cannabis use on brain functional architecture in young adults](#). *NeuroImage : Clinical*, 13, 188–200.
- Maucieri, L. (2015, Feb 26). [ADHD and Weed: What's the Draw](#)? *Psychology Today*.
- Psychologists Association of Alberta. Psymposium (Volume 29, Number 2, August 2017). Psychological Research & Practice in Relation to Cannabis Use.
- Sibley, M.H., et al. (2014). The role of early childhood ADHD and subsequent CD in the initiation and escalation of adolescent cigarette, alcohol, and marijuana use. *Journal of Abnormal Psychology*, 123(2): 362-374.

### **Distress Centre Calgary (DCC)**

Distress Centre Calgary (DCC) provides 24 hour crisis support, professional counselling, youth peer support and navigation and referrals through 211 and our programs at SORCe – all at no cost. For over 50 years, Distress Centre has served Calgary and Southern Alberta, ensuring everyone has a place to turn in times of crisis.

Support through phone/text: 403 266 HELP (4357)

Live chat: <https://www.distresscentre.com/>

### **Eastside Community Mental Health Services (part of Woods Homes)**

<https://www.woodshomes.ca/programs/eastside-community-mental-health-services/>

Eastside Community Mental Health Services (ECMHS) offers immediate, no-cost, mental health support from an integrated, ethnocultural team.

Call: 403 299 9699 (8am-11pm)

Text: 587 315 5000 (9am-10pm)



Main Location: #255 495 36 Street NE (Northgate Mall)

Walk-in mental health support is available on Tuesdays and Saturdays 11 am to 6 pm.

## **MENTAL HEALTH SYSTEM NAVIGATION**

Staff walk with clients as they navigate the sometimes-complex mental health system. All clients experience immediate support and connections to social and health systems that best fit their needs.

We can help you navigate the mental health system in Alberta.

Finding the help you need can be trying in a complicated mental health system. Especially when you are struggling. We're here to make it easier. Our professional counsellors are ready to connect you and your family to the best service that fits your needs.

<https://www.woodshomes.ca/programs/eastside-community-mental-health-services/mental-health-system-navigation/>

## **Mobile Family Crisis Support**

Family crisis support is available both immediately over the phone and in-person at home. Mediated crisis family visits can be extended with repeat visits with the same counsellor. Support via text or chat is also available.

Extended Services: Our Mobile Family Crisis Support includes repeat visits with the same counsellor.

To access Mobile Family Crisis Support and/or Extended Services, please call 403-299-9699.

## **Y Mind!**

We wanted to share an amazing program with you called Y Mind! Y Mind is a **FREE** 7-week mental wellness program for teenagers (13-18 years old). The program aims to support and provide resources for teenagers experiencing mild to moderate levels of stress and/or anxiety. Y Mind is grounded on Acceptance and Commitment Therapy (ACT) and Mindfulness and allows participants to learn more about different ways of how to manage their stress and anxiety. This program is facilitated by trained mental health professionals and there will always be two facilitators at each session. We have seen proven results nationally of reduced stress and anxiety related symptoms, increased overall wellbeing, and an increased ability to cope with difficult emotions.



Participants will receive a workbook of all the activities done during the program, so they can review and practice at home. We do provide snacks for participants during the program and meet other individuals experiencing similar feelings. Upon completion of the program, participants would receive a Certificate of Program Completion and a free 2-month YMCA gym membership as improving one's physical wellbeing has shown that it improved mental wellbeing.

Y Mind is generously supported by the Public Health Agency of Canada and the Alberta Government and allows us to offer the program at multiple locations throughout the city. The closest location to your school is the Remington Y.

Individuals can learn more about the program on their website (<https://www.ymcacalgary.org/y-mind-mental-wellness-program>) or complete a Formstack request ([https://ymcacalgary.formstack.com/forms/ymind\\_intake\\_form\\_ymcacalgary](https://ymcacalgary.formstack.com/forms/ymind_intake_form_ymcacalgary)) to sign up for our Information and Intake Sessions. Students 14 and older can self-register for the program without parental consent as well. Interested individuals can contact our general Y Mind email if they have any questions at [ymind@calgary.ymca.ca](mailto:ymind@calgary.ymca.ca).

## 211

Call 211 to access an entire network of community, social, health and government services. Your call, text or chat will be answered by a professional 211 Community Resource Specialist who is trained to assess your need and refer you to the most appropriate service or services. 211 is available across Alberta and is offered in over 170 languages over the phone.

### Why would I contact 211?

- I need food, shelter and/or transportation
- I need financial support to help pay my utility bill, rent and/or damage deposit
- I need to find mental support
- I need information on Government programs and phone numbers
- I don't know where to go for Legal support
- I want to volunteer for an organization
- I want to make a donation of furniture and/or clothing
- I am concerned about a friend or family member
- I am looking for services for a client
- We have access to thousands of other services



## VAPING

A reminder that smoking, including the use of vape and its paraphernalia is strictly prohibited on public grounds. Any student found to be smoking or vaping on school grounds will be suspended and may potentially receive a bylaw ticket from Calgary Police Services.

## VOLUNTEER POLICE CLEARANCE

To maintain the integrity of the CBE volunteer database and prevent it from becoming overpopulated, applicants are to process their PIC within a 60-day timeframe. Volunteers must apply either online with the Calgary Police Service or in person with a police agency within 60 days of the date of the CBE issued volunteer school letter. Volunteers who do not apply within the 60 days will be deleted from the CBE Volunteer Security Clearance Process database and the volunteer will be required to reapply.

### Volunteers

All volunteers require valid CPS Clearance. Once cleared, volunteers are good for 5 years.

The process is as follows:

- Submit a completed Annual Volunteer Registration Form to the school;
- The information is then entered into the CBE Volunteer Security Clearance Process database by the school;
- A ePIC CBE issued volunteer school letter\* is generated;
- The volunteer then takes this ePIC CBE issued volunteer school letter and goes online to the CPS Electronic Service's Electronic Police Information Check and completes the online application, making sure to share their clearance with the CBE as part of the process. You have a 60-day timeframe;
- The volunteer will receive an email notice of receipt of their application for clearance from the CPS;
- Several weeks will pass, and the CPS will send a confirmation letter on CPS Letterhead that a Vulnerable Sector Search has been completed and there is no further information to disclose.



We want to make sure to educate our parents about his process. Many of our new parents are still in various stages of “being processed”, having one or more of the steps 3-7 not being attended to or completed. Until your status indicates “cleared” in the CBE Volunteer Security database, you cannot volunteer at the school.

For your current school to check the CBE volunteer data base to see if you have valid police clearance, or to add you to the school’s list of volunteers, we require their **full legal name & birthdate, including year born**.

\*Note: the CBE issued volunteer school letter is not your clearance letter.

## WHAT'S HAPPENING IN... ?

Students are now exploring the concept of Ihpiptosp.

1. *Kakyosin / Be aware of your environment; be observant*
2. ***Ihpiptotsps / Purpose for being here***
3. *Pommotsiysiinni / To transfer something to others*

## GRADE 6

Oki Parents/Guardians

June is here, and is a very busy month for grade 6, well for everyone. In grade 6 June brings with it nice weather, consolidation of topics, as well as review and studying for our Provincial Achievement Tests on June 19th and June 20. Last week, students chose their options choices for next week. If your child hasn’t chosen their options, please remind them to check in with their homeroom teacher or Ms. Walburger for help to complete that task. We are looking forward to seeing you on Thursday for the Celebration of Learning from 6-8pm.

## ELAL

In English Language Arts and Literature, students will weave together their learning about the Seven Generations principle and poetry by experimenting with an Ode to the Seventh Generation. We have been wondering and learning about what it means to consider a person living 200 years in the future. What messages and wisdom would they need? What decisions would we need to make today in order for that person to live a good and healthy life?



## MATH

In math this week, we will be wrapping up probability by doing some experiments and short quiz. We will come back to this unit later in June where we will play some games around probability and statistics. Later this week, we will introduce area and perimeter of a parallelogram and triangle. This unit will continue into the next week as well.

<https://www.chilimath.com/lessons/introductory-algebra/order-of-operations-practice-problems/>

Math Grade 6 New

Curriculum: <https://curriculum.learnalberta.ca/curriculum/en/c/mat6?s=MAT>

Math links:

<https://toytheater.com/category/teacher-tools/virtual-manipulatives/>

<https://worksheetsworks.com/>

<https://math-drills.com/>

<https://www.mathplayground.com/math-games.html>

**Fractions:**

<https://www.youtube.com/watch?v=KEmCZGbd4R8>

<https://www.youtube.com/watch?v=5juto2ze8Lq>

<https://math-drills.com/fractions.php>

Please continue to work with your child at home around multiplication.

Here is math websites to practice multiplication:

<https://www.timestables.com/multiplication-flash-cards.html>

## SCIENCE

Science again will be the main focus again this week. As we investigate and analyze our tree cookie, we will be telling the story of what the tree went through during its life. We continue to develop our scientific vocabulary by exploring key terms. Conversations around who takes care of the forest will continue to take place this week.

## SOCIAL STUDIES

In Social Studies, we will wrap up our learning about the Haudenosaunee Confederacy with a short quiz and a summative task to showcase what we now know about consensus democracy. We continue to develop our vocabulary by exploring key terms related to democracy.

## GRADE 7

### ELA



Students will complete their process essays this week and engage in peer editing. They will also begin reviewing for the year's final assessment. The *Daily Five* activities of reading, writing and word work will continue throughout the week.

#### MATH

Students will activate prior understanding of plotting points on a coordinate plane. They will then begin practicing the translation, reflection, and rotation of shapes within all four quadrants.

#### SCIENCE

Students will be investigating different land formations and exploring plate tectonics. Students will then shift their focus into interpreting paleontological evidence.

#### SOCIAL STUDIES

Students will review the Aztec society and economy while building a replica of the empire capital Tenochtitlan.

### GRADE 8

#### ELA

Students will listen, write, and perform spoken word poetry. This will connect to the novels in verse selected for the final novel study.

**ELA Support - Wednesday at lunch in Room 109.**

#### SCIENCE

Students will put their meteorologist hats on while investigating the effect of large bodies of water on climate. They will also be learning about glaciers, the processes of erosion and deposition, and the geological contribution to ocean basin formation.

#### MATH

Students have a unit test covering the Pythagorean Theorem on Monday. They will then start their final unit, volume.

**Math Support - Tuesday & Thursday at lunch in Room 108.**

#### SOCIAL STUDIES

Students will begin learning about Aztec culture and identity prior to European contact.



## GRADE 9

### ELA

Students will complete their Library School project and present in class on Wednesday and Thursday. We will also begin our review of reading comprehension skills to prepare for the upcoming PAT on June 12th.

#### **ELA Support - Wednesday at lunch in Room 109.**

**ELA PAT: PART 1** - Grade 9 students write their English Language Arts Part A (writing) PAT on Monday, May 13<sup>th</sup>.

### SCIENCE

Students will conclude their space exploration unit by exploring technologies for space transport and for living in space.

### MATH

Students will be starting their final unit, transformations.

#### **Math Support - Tuesday & Thursday at lunch in Room 108.**

### SOCIAL STUDIES

Students are completing their final unit of grade 9 Social with a debate between different interest groups surrounding government policy on the environment.

## COMPLIMENTARY COURSES

### **What's happening in Computer Science?**

*An optimist says: 'The Glass is Half-Full.' A pessimist says: 'The Glass is Half-Empty.' A programmer says: 'The Glass is Twice as Large as Necessary'.*

Someone who is optimistic is hopeful about the future or the success of something.

Students continue coding in Code Combat and then transition into their independent project designs in Computer Science. Good luck to our finalists



Sunee and Kathrine in the CBE for the Minecraft Level Up Calgary Challenge. Final results will be given on June 11th.

All students log into Code Combat and learn coding by using either Java (7's) and / or Python (8 & 9's), at the start of each class.

### **What's happening in Foods?**

This week in Foods, I prepared my students to make homemade Mac N' Cheese.

We watched a cooking video on how to make the dish and then I discussed the process of making a Roux (A mixture of cooked fat and flour to thicken a sauce/soup) and how to make a Bechamel sauce (A cooked, thick white sauce). A bechamel sauce is versatile to then develop further to make a soup (Broccoli chowder, Potato Soup etc.). Learning how to make a Roux and learning to make a Bechamel sauce are two key necessary components in cooking.

Students made their Mac N' Cheese, and they did well with all steps in the process. Everyone's lunch looked great! Enjoy the weekend and good job this week! Make some homemade Mac N' Cheese at home for your friends and family.

### **What's happening in Leadership / Training for Excellence?**

#### **Leadership**

In Leadership, students continued organizing and preparing for various upcoming school events. These include: Baz Got Talent Show, Grade 9 Farewell, Pride Month and Indigenous History Month. They are preparing acts, decorating bulletin boards, and creating posters & slideshows to honour these events. These school events and CBE Dates of Significance are important as they provide a sense of belonging to the student community at Ian Bazalgette. Next week, Leadership students will also be helping with Celebration of Learning and Track & Field.

#### **Training for Excellence**

In Training for Excellence, students continued working out with minimal teacher guidance. The end goal is for students to understand basic weightlifting exercises that they can do independently and safely with proper form. Students did a combination of shoulder press, squats, bench press, rows, and dips. Students have also been progressively increasing the weight, providing evidence for an increase in strength and stamina. They are building this base knowledge of exercise that will help them continue live a healthy lifestyle beyond junior high.

#### **Business**



In Business, students finished watching the documentary from ESPN titled 'Broke', which features former professional athletes who have squandered their money after their playing careers. The goal

of this documentary is to emphasize to students the importance of spending within your means. It is not how much you make, but how you keep that is more important. Students also continued learning about the concept of compound interest related to the stock market and credit cards, as compound interest should be working for us and not against it.

### **What's happening in Construction?**

#### **Grade 6**

Grade 6s will be working on cutting out their magnet project and gluing on their magnets. Once they are done students will have the opportunity to practice their cutting skills with some pre-planned templates.

#### **Grade 7, 8, 9**

Grade 7, 8, and 9s are starting to wrap up their final projects in preparation for exams and the end of the year. Come visit us in the construction lab on June 6th during the celebration of learning. This is a great opportunity to pick up projects and see the other work being done in the shop.

Please remind your construction students to pick up any completed projects.

### **What's happening in Art?**

#### **Grade 7**



**Grade 7** artists will be finishing their point perspective artworks this week. Students will use alcohol marker, acrylic paint, watercolor, fine liners, oil pastel or charcoal/shade work to complete and bring their artworks to life.

#### **Grade 8 & 9**



**Grade 8 and 9** artists will complete their choice projects and begin to work on artist statements to go along with their artwork.

## PHYSICAL EDUCATION & INTRAMURALS

### P.E.

Physical Education classes will be focusing on sports such as basketball, soccer, football, and softball over the course of the next month. Students will be heading outdoors if the weather permits, so please dress accordingly.

### School Intramurals

Our lunchtime intramural program continues to be a source of great enjoyment for students and staff. The Physical Education team also provides open gym time in the morning starting at 7:30 am and ending at 7:55 am. Students are more than welcome to come and borrow a piece of equipment to play with during this time. We provide many opportunities to get active!

#### **Intramural Schedule**

##### **Monday**

Morning Open Gym (7:30am-7:55am)

##### **Tuesday**

Morning Open Gym (7:30am-7:55am)

##### **Wednesday**

Morning Open Gym (7:30am-7:55am)

##### **Thursday**

Morning Open Gym (7:30am-7:55am)

##### **Friday**

Morning Open Gym (7:30am-7:55am)

