



- Dates to Remember**
- September 5: First Day of School
  - September 22: No School, PD Day
  - September 30: National Truth and Reconciliation Day
  - October 6: No School, Non Instructional Day
  - October 9: No School, Thanksgiving
  - October 18: Parent Teacher Interviews

Dear Lakers and Laker families,

August 28th and 29th picture days were a great success. It was fantastic having our students back in the HJ Cody halls smiling, laughing, and sharing their summer stories. I want to thank our student and parent volunteers who were integral in supporting our student body with handing out schedules, helping with locker combinations, and touring new students around the school.

The countdown is on until September 5th, the first day of the 2023-2024 school year. HJ Cody staff have been hard at work planning for a welcoming and memorable start-up for our Lakers. We are excited to announce that a school-wide assembly will take place during Block 4 on the first day of school with Laker prizes to be won.

We have added two new beautiful classrooms to our school this year, located in the Learning Commons. Mr. Paul and Ms. McQueen are the fortunate teachers who will be teaching in these locations and are looking forward to welcoming their students into their brand new classrooms.

Should a schedule change be required for educational purposes, students are to email the staff members listed below to request a change. Due to the complexities of scheduling 750+ students, we are unable to accommodate schedule changes for teacher and/or friend requests.

Grade 9: Mr. Blinkhorn [jblinkhorn@cesd73.ca](mailto:jblinkhorn@cesd73.ca) (complementary courses only)

Grade 10 & 12: Mr. Payne [jpayne@cesd73.ca](mailto:jpayne@cesd73.ca)

Grade 11: Ms. Donaghy [tdonaghy@cesd73.ca](mailto:tdonaghy@cesd73.ca)

We ask that you read the [HJC Information Package](#) for details regarding a school supply list, our bell schedule, school calendar, school policies, and information on how to join Powerschool to access student grades and attendance. Our school asks that students bring their own device (chromebook or laptop) to school daily. If there are barriers to your child owning a chromebook, the school is able to rent students chromebooks for a cost of \$50 upon signing a rental agreement in the office. Please do not hesitate to reach out to me for support in ensuring that your child has the necessary materials to get off to a great start.

We continue to seek parental support to operate our lunch canteen. This role entails interacting with our students, serving food, and exchanging money. If you are interested in helping out, please let me know. With parental support, we are hopeful for the canteen to be up and running by September 11th.

We look forward to having our halls and classrooms bustling with our amazing Lakers on September 5th. Lakers are reminded to bring their schedules, login information and passwords with them for the first day of school. As always, please do not hesitate to contact me if you have any questions.

Kind regards,  
Alex Lambert, Principal.



**Senior Boys Vball Tryouts**

**Tuesday 3:30 PM to 5:00 PM**  
**Wednesday and Thursday**  
**7:00 PM - 8:30 PM**

A close-up photograph of a yellow and blue Mikasa volleyball. The ball is positioned on a wooden floor. Text on the ball includes 'MIKASA VV-1', 'Youth volleyball', and 'FIVB OFFICIAL BALL'. There is also a small logo for 'DSC'.

**THE PLAYGROUND LONDON**

**PLAYGROUND**

**SENIOR GIRLS VOLLEYBALL TRYOUTS**

**TUESDAY SEPTEMBER 5TH**  
**WEDNESDAY SEPTEMBER 6TH**  
**THURSDAY SEPTEMBER 7TH**  
**5:00 PM - 7:00 PM**

A photograph of a blue and yellow Mikasa volleyball resting on a light-colored wooden gymnasium floor. In the background, a volleyball net is visible, and a sign for 'THE PLAYGROUND LONDON' is mounted on the wall. A green pillar with the word 'PLAYGROUND' written vertically is also visible.

# Lakers Football 2023 Season Schedule

Date	Time	Opponent	Location
Saturday Sept 9	3:00 PM	Willow Creek Cobras	Willow Creek Claresholm
Thursday Sept. 14	4:30 PM	Stettler Wildcats	HJ Cody Sylvan Lake
Friday Sept. 22	4:30 PM	Hunting Hills	HJ Cody-Sylvan Lake
Thursday Sept. 28	7:00 PM	Notre Dame Cougars	Setter Field Red Deer
Friday Oct. 6	4:30 PM	Lacombe Rams	ME Global Field Lacombe
Friday Oct. 13	5 PM	Lindsay Thurber Raiders	Setter Field Red Deer
Friday Oct 27 League Semi-finals	TBA	TBA	TBA
Saturday Nov. 4 League Final	TBA	TBA	TBA

**November 10th / 11th, 2022- Provincial Quarter Finals**

**November 17th / 18th, 2022 - Provincial Semi Finals**

**November 24th /25th, 2022- Provincial Final**



Lakers football is in full swing. Practices are 4-6 after school. There is still room to join the team. Talk to Mr Braitenback if you are interested in playing.

### **PARENTAL INVOLVEMENT IN SCHOOL**

Kids are more likely to remain healthy when you are involved in their education.

Maintain ongoing communication with your child's teacher.

Participate in community events that tie into what your child is learning, such as taking in the local museum.

### **PARENTAL INVOLVEMENT IN SCHOOL IS ONE OF THE 40 DEVELOPMENTAL ASSETS**

Assets are 40 values, experiences and qualities that help kids succeed.

Children & teens want you involved.

Connect with teachers and regularly check in with your kids.

### **WAYS TO STAY INVOLVED IN YOUR CHILD'S EDUCATION**

- Connect with their teacher
- Volunteer
- Talk to your child about school
- Ask teachers how you can get involved

### **WAYS TO STAY INVOLVED IN YOUR CHILD'S EDUCATION**

- Offer your skills to the school
- Help with an activity
- Set up or clean up after a classroom party
- Help plan a safe grad
- Offer help with sport days
- Organize fundraising events

### **MORE RESOURCES**

[search-institute.org](https://search-institute.org)  
[keepconnected.searchinstitute.org/  
community.hmhc.ca/](https://keepconnected.searchinstitute.org/community.hmhc.ca/)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642



# September Programs

## Stress in the First Five Years

Wednesday, September 6  
10:00 AM - 11:30 AM

## Digital World

Wednesday, September 13  
6:00 PM - 8:00 PM

## Stress in the Middle Years

Wednesday, September 13  
10:00 AM - 11:30 AM

## Walk n Talk

Mondays  
September 11, 18, & 25  
10:30 AM - 11:30 AM

## Stress in the Teen Years

Wednesday, September 20  
10:00 AM - 11:30 AM

## Let's Talk Boundaries &

Healthy Relationships  
Thursday, September 21  
9:00 AM - 10:30 AM  
5:30PM - 7:00PM

Registration required for all programs.

Contact 403 864 5583

Wellness & Community Connections Centre  
4725 43 Street