

HJC LAKERS

Believe, Encourage, Challenge.



**CODY
CORNER**



Dates to Remember

- November 8: Remembrance Day Ceremony
- November 9-10: Fall Break, No School
- November 17: Academic Awards Night
- November 22: Career Day
- November 24: No School, PD Day
- November 30: School Council Meeting 7pm

Dear Lakers and Laker families,

It is hard to believe that November is already here. The last day of Quarter 1 courses is Friday, November 3rd. If your child is in need of a schedule change for a Quarter 2 course, please have them email Mr. Blinkhorn jblinkhorn@cesd73.ca (gr. 9) or Mr. Payne jpayne@cesd73.ca (gr. 10).

Midterm teacher comments and quarterly final grades can be found in Powerschool on November 8th. By clicking on the grade in Powerschool, you will see a detailed breakdown of your child's progress in their course. We encourage parents to reach out to their child's teachers with any questions that you may have.

Our remembrance day ceremony is scheduled for Wednesday, November 8th. Please note the alternative bell schedule for the day below. A reminder that there is no school on November 9th and 10th as a result of the November fall break. School will resume on Monday, November 13th.

November 8th Bell Schedule

Block 1: 8:35-9:35

Block 2: 9:42-10:42

Ceremony: 10:49-11:53

Block 3: 12:48-1:58

Block 4: 2:05-3:15

November 22nd is our Career Day where local professionals will come into our school and speak to students about their careers and their educational pathways. If you are interested in sharing your career journey with our students or know someone who may be interested, please connect with Mrs. Bell, dbell@cesd73.ca.

Thank you for your ongoing support of our school community. Please continue to follow our school activities and celebrations on our Facebook page. If you have any questions, please do not hesitate to contact me at the school.

Kind regards,
Alex Lambert, Principal



Hey, Laker Musicians!

The Music Program has an online shop for all of your music merch needs. You can order any time you'd like, and it's delivered right to your door!

Order up, and let's represent the Music Program around the school and community!

<https://hjcodymusic.entripyshops.com/>



Agri-Trade Career Exploration Field Trip



November 8, 2023

The agri-food sector employs over 2.2 Million Canadians. That's 1 out of every 8 jobs.

Want to know more about Agriculture related jobs???

Sign up with Mrs. Bell or Mr. Payne

COATS FOR KIDS

The annual Coats For Kids campaign is on. Bring gently used coats, toques, boots, mittens, ski pants and scarves to the home ec room. Once these start arriving, you may come to get one if you are in need. The rest will be dry cleaned and delivered to Community Partners where you can pick one up for free if needed. All sizes from baby through adulthood are accepted.



Coins For Kids

Christmas Bureau Fundraiser
To purchase gifts for HJ Cody
students who are in need



Remembrance Day Contest

Support the Legion

Win \$\$\$

Four categories: Black and White Poster

Colour Poster

Poetry

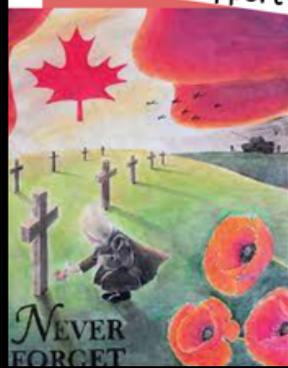
Essay/Story

See Ms. Wilson in
Room 206

You can enter 1 or all
4 categories!

Show off your
drawing/writing talents
and support the legion!

Due Nov. 21 to Ms.
Wilson



HJC

BOYS' BASKETBALL TRYOUTS



NOVEMBER 8
GRADE 10-12

3:30 @ HJC

▷ **JOIN NOW** ◁

**IF YOU HAVE ANY QUESTIONS TALK TO
MR. KLASSEN**



Let's Talk Anxiety & Depression in our Youth/Young Adults

Join the Family Enrichment Centre and Alberta Health Services, for a one-hour virtual information session on supporting youth/young adults with anxiety and depression.

When: Tuesday, November 14th

Time: 7:00 PM - 8:00 PM

Where: Zoom (register for link)

- Many individuals are impacted by mental illness, whether it is through waiting for a diagnosis, operating day-to-day, or receiving treatment.
- Many factors can influence positive mental health, including a strong support network is important for all individuals involved.
- Education on mental health and coping resources can help change the conversation, so we can better support those we care for.

Call 403 864 5583 to register



November Programs



Triple P Seminar

Tuesdays, 1:00 PM - 2:30 PM

November 14- Power of Positive Parenting

November 21- Raising Confident Competent Children

November 28- Raising Resilient Children

Walk n Talk

Tuesdays, November 7, 14, 21, & 28

8:45 AM - 9:45 AM

NexSource Track, 4823 49 Ave

\$2.00 adult drop in | \$1.00 under 2

Free for members

All children must be in a stroller

Tip Sheet Friday

Friday, November 17

10:00 AM - 12:00 PM

Common Grounds

Mondays

November 6, 20, & 27

10:30 AM - 11:30 AM

Triple P Teen Seminar

Wednesdays, 1:30 PM - 3:30 PM

November 1- Getting Teens Connected

November 8- Raising Competent Teenagers

November 15- Raising Responsible Teenagers

Registration required for all programs.

Contact 403 864 5583

Wellness & Community Connections Centre

4725 43 Street