



Commit To The C

Friday Update

CHS Supports Bullying Awareness Week – November 13 – 19, 2016

Tip Sheets for Teens

<https://www.kidshelpphone.ca/Teens/InfoBooth/Bullying.aspx>

Bullying / Kids Help Phone

www.kidshelpphone.ca

Tips Sheets for Parents

<http://www.opheliaproject.org/parents.html>

CHS Leadership Christmas Plant Fundraiser

November 17, 2016 Order Deadline

Please see the attached order form for more information.

Plants will be available for pickup on Monday, November 28, 2016, 3:00 – 4:00 pm.

CHS Leadership & Cobra Chocolates

CHS Leadership is selling “C” Cobra Chocolates. They are \$5.00 each and are available for purchase at the office.

Alberta Curriculum Survey

These are exciting times in Alberta as we move forward in developing new Kindergarten to Grade 12 (K-12) provincial curriculum. Alberta Education is developing curriculum simultaneously in English and French in the six subject areas of Language Arts (English, Français and French), Mathematics, Social Studies, Sciences, Arts, and Wellness education.

Please click on the following link to participate, thank you. This survey closes on November 18, 2016.

<http://www.alberta.ca/curriculum-survey.aspx>

CHS Chess Tournament

CHS is hosting a Chess Tournament every Tuesday & Thursday starting November 22, 2016 during Flex in the Snake Pit, please visit the link below for more information.

<http://cochrane.rockyview.ab.ca/news/chs-chess-tournament-1>

Ward Boundary Review

Public Meeting for Cochrane & Area at Ranche View School

November 29, 2016 7:00 pm – 8:30 pm

Please see the attached letter for more information.

CHS Attendance Line & Attendance Policy

403.932.2542 Press 1 chsattendance@rockyview.ab.ca

Students Excused Absences

In order for an absence to be excused a parent must phone or email the school and inform us of the absence. Students must have a parent signature to sign themselves out.

<http://cochrane.rockyview.ab.ca/news/cochrane-high-school-attendance-policy-1>

CHS Calendar

<http://cochrane.rockyview.ab.ca/calendar>

CHS Career Centre

Upcoming Flex Talks for Cochrane High Students and Parents please RSVP.

U of A	November 16	Augustana Campus
Work Wild	November 17	Careers in Forestry & Sustainability
U of L	November 21	
U of Vic	November 29	

For more information please visit the following link

<http://cochrane.rockyview.ab.ca/guidance-services/career-centre>

To book an appointment with Mrs. Girard, Career Centre, please visit:

<https://kgirard.youcanbook.me/>

CHS School Council for 2016/2017

School Council Meeting December 5, 2016 7:00 pm
<http://cochrane.rockyview.ab.ca/school-council>

CHS School Emergency Program

A Guide for Parents and Guardians

http://www.rockyview.ab.ca/families/assets_parents/RVS-Parent-Summary.pdf

CHS Facebook

Cochrane High School is now on Facebook, please like our page.

<https://www.facebook.com/Cochrane-High-School-304643509892868/>

CHS School Fees & School Cash

The 2016/2017 school fees have been posted to School Cash Online, please visit the following link <https://rockyview.schoolcashonline.com> to view and pay fees.

CHS Cobra Gear

Hoodies \$35.00 each

Sweat Pants \$30.00 each

Cobra gear is available for purchase at the school office.

CHS Guidance

To book an appointment with Ms. Tiemstra, grades 11 & 12, please visit:

<https://stiemstra.youcanbook.me/>

To book an appointment with Dr. Lupart, grades 9 & 10, please visit:

<https://mlupart.youcanbook.me/>

November 2016 Free Parent Education Sessions

Register: <http://fcr.ca/ahs.ca/ces/>

For more information: email ces@ahs.ca or call (403) 955-7420

Getting Teenagers Connected

How does a parent best help their teenager become positively involved with groups and individuals in the wider community. Every parent has to develop their own approach to encouraging and supporting their teenager as they

explore new relationships and activities. To be successful, parents should encourage teenagers to be confident, be socially skills, plan ahead, meet their commitments, keep in touch, and take care of others. This program provides some ideas on how to help teenagers get connected. *For adult parents/caregivers of children/youth 10 – 15 years.*

Date: November 15, 2016

Time: 6:30 pm – 8:30 pm

Location: Chestermere Municipal Bldg (City Hall) 105 Marina Rod,
Chestermere

Understanding Childhood Stress and Anxiety

A discussion on anxiety and stress in children: what it is, what it may look like, and how you can help your child. How to use strategies such as mindfulness and relation with your child as well as resources that can support caregivers and their children.

Date: November 24, 2016

Time: 6:30 pm - 8:30 pm

Location: Bert Church High School 1010 East Lake Blvd., Airdrie

CHS Music

CHSBPA Trip of the Month Raffle

A major vacation destination prize and 2 cash prizes are drawn every month for 12 months starting January 2017. Tickets are \$100 each and only 500 will be printed. Tickets are available for purchase from any music student and at all band and music functions or by email at chsbpa.vicechair@gmail.com

2016 Jubilee Festive Showcase

On Wednesday, November 30th, 2016 the CHS Symphonic Band (Gr 10 - 12) and our Concert Choir will be performing at the Jubilee Auditorium.

Tickets are \$25.00 each and can be purchased at the school from Mrs. Waterbury.

CHS Performing Arts Spring 2017 Musical - *Fiddler on the Roof*

This year, CHS is excited to perform the well known musical, *Fiddler on the Roof*. Watch for more production updates.

CHS Student Parking

Parking passes have been issued. Students will now only be able to access the Cochrane High student parking lot with a valid 2016 - 2017 parking pass.

CHS PowerSchool

Please click on the following link to check your child's marks and attendance. <https://ps.rockyview.ab.ca/public/home.html>

If you are unable to login to the Parent Portal please contact Mrs. Lawson at plawson@rockyview.ab.ca or 403.932.2542 ext. 4408.

Alberta Education Diploma Exam Results & my Pass

myPass <https://public.education.alberta.ca/PASI/myPass>

For assistance with myPass, students may contact the Client Services Help Desk at 780.427.5318.

CHS & Cobs Fresh Bread

Please mention Cochrane High School at your next visit to COBS Fresh Bread and they will donate 5% of your purchase back to the Learning Support Programs at CHS. Thank you for your support.



Cochrane High Leadership - Poinsettia, Wreaths & Holiday Planter Fundraiser

Starts October 25th, 2016 to November 17, 2016

Delivery Monday, November 28th, 2016 at the School from 3
pm to 4 pm.

6.5" Poinsettia's

Red # _____ x \$15 _____

White # _____ x \$15 _____

Pink # _____ x \$15 _____

22" Berries & Bows Wreath

of Wreaths _____ x \$30 = _____

Holiday Tropical Planter (Includes 4 different plants)

of Plants _____ x \$30 = _____

Total Order \$ _____ Chq # _____ or Cash

Name

Phone # _____

Email _____

Please print clearly

Any questions or concerns please contact Gale Cote at:

gcote@rvschools.ab.ca