



# Bison Tracks

**Ardrossan Junior Senior High School**



## Awards Night

**Celebrate Excellence!**

Awards night will take place on Thursday, October 19th in the school theatre. Junior High awards will begin at 5:30 p.m. and end at approximately 6:30 p.m. Senior High Awards will begin at 7:00 p.m.

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Principal  
Miss MJ Nam

Assistant Principals  
Mr. R. Leatherdale  
Grades 7, 9, & 11

Mrs. D. Hanson  
Grades 8, 10, & 12

Ph: 780-922-2228  
Fax: 780-922-5757

### Parent-Student-Teacher Interviews

Wednesday , October 25th &  
Thursday, October 26th  
5:00 p.m. to 8:00 p.m.

Please note bookings for these interviews will open up on Wednesday, October 18th at noon. Further details on how to book your interviews, together with a school access code, will be up on our website, [www.ardrossan.ca](http://www.ardrossan.ca) on October 18th.



# *School Information*

## **Dates to Remember:**

October 2-4	Read-In-Week
October 3	Field Trip: Personal Fitness—Block 1 & 4 Ardrossan Rec Centre.
October 4	Staff Meeting—Early Dismissal
October 4	Sr. High Cross Country Meet 4 at Rundle Park
October 5	Sr. Football Game—AJS vs. Eastglen at 7:30 p.m.
October 5 & 6	PD Day—No School
October 9	Thanksgiving—No School
October 10	Field Trip: PE 10/20 Ardrossan Rec Centre Block 1
October 10	Field Trip: Rec Fit 7—Millennium Place
October 10	Field Trip: Personal Fitness—Block 1 & 4—Booster Juice
October 11	Field Trip: PE 10/20 Glen Allan Rec Centre
October 11	Sr. High Cross Country Meet 5 at Rundle Park
October 12	Field Trip: Discovery Day in Health Science U of A
October 12	Field Trip: PE 10/20 Glen Allan Rec Centre
October 12	Field Trip: PE 30 Glen Allan Rec Centre
October 12	Field Trip: Rec Fit 7—Glen Allan Rec Centre
October 12	Sr. Football Game—AJS vs. O’Leary at 5 p.m.
October 13	Field Trip: PE 10/20 Glen Allan Rec Centre
October 13	Field Trip: PE 30 Glen Allan Rec Centre
October 13 & 14	Jr. Developmental Girls Volleyball—St. Theresa
October 13-16	Field Trip: Bamfield Marine Sciences Centre BC
October 16	Election Day
October 16	Field Trip: PE 10/20 Glen Allan Rec Centre
October 16	Field Trip: PE 10/20 Yoga for Today
October 16	Field Trip: Rec Fit 7 Nottingham Fitness Trail
October 17	EIPS Post Secondary & Career Fair—Clarion Hotel & Conference Centre
October 17	Field Trip: Bamfield Marine Sciences—Return Home
October 17	Field Trip: Personal Fitness—Block 1 & 4 Ardrossan Rec Centre.
October 18	Field Trip: PE 30 Muay Thai Kickboxing
October 18	Field Trip: Rec Fit 7 Sherwood Park Natural Area
October 18	Sr. Football Game—AJS vs Paul Kane at 7:30 p.m.
October 19	Field Trip: PE 10/20 Glen Allan Rec Centre
October 19	Awards Night—Jr. High 5:30 p.m. and Sr. High 7:00 p.m.
October 20	Photo Retake Day
October 20 & 21	Jr. Jr. Woolly Bully Volleyball Tournament
October 20	Field Trip: PE 10/20 Glen Allan Rec Centre



## Dates to Remember:

October 20	Field Trip: PE 20 Muay Thai Kickboxing
October 23	Field Trip: Band Camp at Gull Lake Centre
October 23	Field Trip: PE 10/20 Glen Allan Rec Centre
October 23	Field Trip: PE 30 AJS Rec Centre
October 23	Sr. Football League Quarter Finals
October 24	Field Trip: Personal Fitness—Block 1 & 4 Millennium Place
October 24	Field Trip: PE 10/20 Millennium Place
October 24	Field Trip: Band Camp returning to AJS at 5:45 p.m.
October 25	Field Trip: PE 10/20 Glen Allan Rec Centre
October 25	Field Trip: PE 10/20 Millennium Place
October 25	Field Trip: PE 30 Muay Thai Kickboxing
October 25 & 26	Parent /Teacher/ Student Interviews 5:00 p.m.
October 26	Field Trip: PE 30 Jujitsu
October 26	Field Trip: Personal Fitness—Block 1 & 4 Millennium Place
October 26	Field Trip: Rec Fit 7 Millennium Place
October 26	Youth Volunteer Fair from 9 a.m.—3 p.m.
October 27	Sr. Football League Semi Finals @ JP Bowl (Time TBD)
October 27 & 28	Jr. Varsity Tri-Volleyball Tournament
October 30	Field Trip: PE 10/20/30 Millennium Place
October 30	Field Trip: PE 10/20 Swimming—Emerald Hills
October 31	Field Trip: PE 10/20/30 Nutritional Days
October 31	Field Trip: Personal Fitness—Block 1 & 4 Millennium Place
November 1	Staff Meeting—Early Dismissal 2:13 p.m.
November 2	Field Trip: PE 10/20 Millennium Place
November 2	Field Trip: PE 30 Yoga
November 3	Field Trip: PE 10/20 Ardrossan Rec Centre
November 3	Field Trip: PE 30 Jujitsu
November 3	Football League Championship at 7:30 p.m. Clarke Stadium
November 3 & 4	Jr. Developmental Girls Volleyball at F.R. Haythorne
November 9	Remembrance Day Ceremonies: Grades 7, 9 and 11 at 10:20 a.m. and Grades 8, 10 and 12 at 11:00 a.m. Please join us.

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### Student Absences, School Attendance, Parking—Drop off

Please contact the school in advance (when possible) if your child will be late, absent or picked up early from school. Students need to check in with the office when they are leaving for an appointment and check in once they return from their appointment.

Please park in the visitors parking when picking up your child.



# *EIPS Information*

## **Municipal Election 2017: Vote October 16**

Election Day is Monday, Oct. 16, 2017. Polls open at 9 a.m. and close at 8 p.m. If you can't vote during those times, there's also the option of advance voting and voting by special ballot. To learn more about the election and candidates running—mayor, reeve, councillor and public school trustees—visit:

Fort Saskatchewan: [www.fortsask.ca/city-government/city-council/2017-municipal-election](http://www.fortsask.ca/city-government/city-council/2017-municipal-election)

Lamont County: [www.lamontcounty.ca/Election-2017](http://www.lamontcounty.ca/Election-2017)

Minburn County: <http://minburncounty.ab.ca/2017-election/>

Strathcona County: [www.strathcona.ca/election](http://www.strathcona.ca/election)

EIPS School Trustees: [www.eips.ca](http://www.eips.ca)

## **Literacy and Learning Day**

This year's Literacy and Learning Day Conference takes place at the Edmonton Expo Centre on October 28. The event is a fun-filled day for both parents and teachers, and includes various keynote speakers and free workshops. Participants are guaranteed to walk away with new strategies, tools and resources to support children as they grow and learn. The conference is free and everyone is welcome. For more information, or to register, visit [www.literacyday.ca](http://www.literacyday.ca).

## **REMINDER: Make head checks for lice a regular routine!**

Head lice is one of the most common problems faced by school-aged children and their families. Typically, head lice are tiny, greyish brown insects that live on the scalp and lay their eggs, or nits, in the hair close to the scalp—itching is the main complaint. Lice don't jump from head to head nor are they dangerous. Having a head lice infestation, however, can cause stress, anxiety and hardship for staff, students and parents. As such, it's essential each of our families do their part at home by undertaking weekly routine head checks and, if head lice and nits are found, physically removing them.

While head lice prevention and control is primarily the responsibility of the parent, the school does work discreetly with the teacher, students and families to prevent further transmission. To prevent the spread of head lice, we strongly encourage you to speak to your child about preventative behaviour such as avoiding head-to-head contact and not sharing combs, hats, pillows and hair accessories. It's also important to teach children not to tease other students about head lice—anyone can get head lice. If head lice are found on your child, notify the school, physically remove the lice and nits using the proper lice comb, and keep your child home until all signs of active head lice are gone.



For more information about head lice prevention and treatment, visit [www.eips.ca/parents/health-safety-information/head-lice](http://www.eips.ca/parents/health-safety-information/head-lice). Alternatively, you can contact the school at 780-922-2228.

### **Read In Week takes place October 2-6**

Read In Week 2017 returns on **October 2-6**. The theme for this year is I'm a Reader! I Read for Me!. Through various activities, students will spend the week learning how stories have the power to teach lessons, broaden perspectives and foster empathy.

Read In Week is a Division-wide initiative held annually to encourage a lifelong love of reading and to enhance literacy awareness among students, staff, parents and community members. We invite all our families to participate in Read In Week with us either by reading yourself, with your child or with someone in the community.

And, don't forget to share what you've learned throughout the week using the hashtag *#eipsreads*. We hope you discover some amazing stories.

### **School Bus Safety Week: October 15–21**

Schools throughout Elk Island Public Schools (EIPS) are celebrating School Bus Safety Week October 15–21. The theme: Rider Rules = Safe to School, which is all about teaching children about proper school bus safety. Throughout the week, various activities are planned including information sessions, bus safety lesson plans and bus-evacuations drills.

As part of School Bus Safety week, we'd like to remind our students and our families all EIPS school buses are equipped with both a bus-pass scanner and GPS technology, which allow Student Transportation to better monitor and manage its more than 170 buses and 600 bus routes. Thanks to this technology, parents and students also have access to the Versatrans My Stop app, a mobile tool to help determine the location of a bus, projected arrival times and when a child scanned onto a bus.

More information about School Bus Safety Week and EIPS Student Transportation services can be found by visiting [www.eips.ca/transportation](http://www.eips.ca/transportation) or by contacting Student Transportation (780-417-8151, [st@eips.ca](mailto:st@eips.ca)) directly.

### **Pay School Fees Online!**

School fee information for the 2017-18 school year is now posted on the PowerSchool Parent Portal. All fees are due within 30 days of being posted. To access your fee information, simply log in to the [PowerSchool Parent Portal](#) and go to "Student Fees."



There you can view your fees and pay them online using Visa, MasterCard or INTERAC Online—when available from your financial institution.

Don't forget to also log in to the PowerSchool Parent Portal regularly throughout the year. Fees are often added to your child's account to cover the cost of various school activities such as field trips, class projects, athletic-team fees and more.

If circumstances exist where you are unable to pay your student fees, you can apply to have [fees waived](#) by submitting an [Application for a Waiver of Fees](#). The application deadline is Dec. 15, 2017.

For more information about school fees, waivers and payment deadlines visit [www.eips.ca/schools/fees](http://www.eips.ca/schools/fees) and [www.ardrossan.ca](http://www.ardrossan.ca). Alternatively, contact Shelly Zaharichuk, Business Manager at Ardrossan Junior Senior High School at at 780-922-2228.

### **Your Future: Post-Secondary and Career Fair — 40<sup>+</sup> Exhibitors. Together in One Place.**

Thinking about attending post-secondary school after graduation? Not sure on the career or sector? Plan to attend this year's Your Future post-secondary and career fair on October 17.

Hosted by Elk Island Public Schools (EIPS), Your Future is an annual educational fair that brings together more than 40 colleges, universities, polytechnic and private schools, and sector experts in one place—the largest event of its kind in Alberta.

The event is free and open to all students in grades 9 through 12 from both EIPS and Elk Island Catholic Schools. Both students and family members will have the opportunity to meet with representatives from each attending post-secondary institutions; ask question; talk to experts about various career sectors; learn about future career trends; and much more.

#### **Event Details:**

*Date:* Tuesday, Oct. 17, 2017

*Time:* 6 p.m. to 8 p.m.

*Location:* Clarion Hotel & Conference Centre, 2100 Premier Way, Sherwood Park  
Visit [www.eips.ca/students/your-future-its-a-matter-of-choice](http://www.eips.ca/students/your-future-its-a-matter-of-choice) for the complete list of exhibitors.

#### **Celebrating World Teachers' Day: October 5**

October 5 is World Teachers' Day! Launched in 1994 by the United Nations Education, Scientific and Cultural Organization (UNESCO), World Teachers' Day is celebrated annually around the world as a way to recognize teachers and the integral role they play in providing



quality education to students. On October 5, Elk Island Public Schools (EIPS) encourages all of its students, parents and community members to show their appreciation for their teachers and the positive impact they make on our lives.

EIPS extends its heartfelt thank you to all its teachers for their dedication, hard work and commitment in guiding and educating our students through their Kindergarten to Grade 12 years.

## *KEYS News*

This month, staff and students are focusing on the topics of gratitude and character strengths. Did you know that people who have an “attitude of gratitude”, or those that practice intentional thoughts/actions of what they are grateful for, have more positive mental health? Research shows that gratitude enhances the social, physical, emotional, career, and personality domains of our lives. Gratitude is proven to reduce materialism, self-centeredness, and toxic thoughts which ultimately leads to healthier relationships. To learn more about the research supporting this, visit: <http://happierhuman.com/benefits-of-gratitude/>.

<https://www.psychologytoday.com/blog/what-mentally-strong-people-dont-do/201504/7-scientific-proven-benefits-gratitude>

## *Student Services*

### **POST-SECONDARY**

Planning to attend post-secondary in the fall of 2018? Most Alberta institutions will begin accepting program applications on October 1<sup>st</sup>. Students who are applying to an Alberta post-secondary institution should visit ApplyAlberta [www.applyalberta.ca](http://www.applyalberta.ca).

ApplyAlberta is a web-based post-secondary application and transcript transfer system that students use to apply to one or more post-secondary institutions and authorize transcript transfers between participating institutions in the province. You will not be charged a fee for transcripts transferred through ApplyAlberta.

**If you are applying to post-secondary institutions outside the province or to a college that is not part of the ApplyAlberta system, you must order your transcript from myPass.**

**A \$10 fee applies for each official transcript.** Visit [myPass.alberta.ca](http://myPass.alberta.ca) to request access.

A step-by-step guide for signing up is located on our school homepage.



## **SCHOLARSHIPS**

Funding for post-secondary education can be a challenging task.

Check our school website for more information on Scholarships information and deadlines. Information can be found under Student Services/Scholarships. In your search for scholarships, awards, bursaries and/or student loans, check out these websites:

<http://alis.alberta.ca/hs/fo/pay/scholarships.html>

<https://yconic.com/>

<http://www.scholarshipscanada.com/>

<http://www.canlearn.ca/eng/planning/saving/scholarships.shtml>

<http://www.cst.org/en/about-cst/scholarships>

<http://www.albertascholarships.ca/>

[www.learningclicks.ca](http://www.learningclicks.ca)

[www.canlearn.ca](http://www.canlearn.ca)

[www.ualberta.ca/awards](http://www.ualberta.ca/awards)

[www.macewan.ca/scholarships](http://www.macewan.ca/scholarships)

[www.nait.ca/scholarships](http://www.nait.ca/scholarships)

<https://www.kingsu.ca/student-life/financial-aid>

***Apprentice School Scholarship*** - RAP Scholarships were created to recognize the accomplishments of Alberta high school students participating in the Registered Apprenticeship Program (RAP). RAP Scholarships encourage students to continue their apprenticeship training after completing high school. All students who will have graduated from high school in June of this year, or earlier, are registered apprentices or plan to continue their apprenticeship training after graduation are invited to apply. Apprentices who apply for the RAP/CTS Scholarship must have at least one period of technical training remaining in order to claim the Scholarship. **500 RAP/CTS Scholarships of \$1,000 each are available annually.**

**Loran Award** – Grade 12 students who are planning to attend one of the following universities should apply: Alberta, Calgary, Dalhousie, Guelph, King’s Laval, McGill, McMaster, Manitoba, Memorial, Moncton, Montreal, Mount Allison, Ottawa, Queen’s Saskatchewan, Simon Fraser, Toronto, British Columbia, New Brunswick, Waterloo, Western, or York. Well-rounded students who demonstrate character, promise of leadership and strong commitment to the community are encouraged to apply. Students must present a minimum average of 85%. You can apply directly (deadline is October 26th, 2017) or be sponsored by your school. If you wish to be sponsored, deadline is October 18<sup>th</sup>, 2017 so you must see Mrs. Richardson ASAP. Visit [www.loranscholar.ca](http://www.loranscholar.ca) for the online application. Please speak to teachers for your reference as soon as possible (at least a week) BEFORE the deadline.



**TD Canada Trust Scholarships for Community Leadership** – Grade 12 students who have demonstrated outstanding community leadership and who possess the academic skills to successfully enter and complete college or university are eligible to apply. Check the website at [www.tdcanadatrust.com/scholarship](http://www.tdcanadatrust.com/scholarship). Deadline is November 17th, 2017.

## **SAT**

Interested in completing your post-secondary education in the United States? The process is tough and spaces are limited. One of the first things you should be focusing on is the SAT – one of the most important elements of the application process for most US schools.

The **SAT** is a globally recognized college admission **test** that lets you show colleges what you know and how well you can apply that knowledge. It tests your knowledge of reading, writing and math — subjects that are taught every day in high school classrooms. Please see Student Services for more information or visit <https://sat.collegeboard.org/register/sat-international-dates>

## **VOLUNTEER OPPORTUNITIES**

Check out the many volunteer opportunities posted in the 300 wing. Volunteer experience can help build your resume, provide leadership and experience to support your scholarship applications, and is good for the soul.

Check out these websites for local opportunities:

[www.ivcstrathcona.org/](http://www.ivcstrathcona.org/)

<https://www.strathcona.ca/residents/volunteer/>

<https://www.strathcona.ca/departments/recreation-parks-and-culture/special-events/volunteer-with-recreation-parks-and-culture/>

## **RESOURCES FOR PARENTS AND FAMILIES**

### **City of Edmonton presents Sibshops**

These workshops provide opportunities for brothers and sisters of children with special health, mental health and developmental needs to obtain peer support and education within a recreational context. Sibshops are lively, pedal-to-the-metal celebrations of the many contributions made by brothers and sisters of kids with special needs. Sibshops acknowledge that being the brother or sister of a person with special needs is for some a good thing, others a not-so-good thing and for many somewhere in between. They reflect a belief that brothers and sisters have much to offer one another, if they are given the chance.



For more info check [https://www.edmonton.ca/activities\\_parks\\_recreation/sibshops.aspx](https://www.edmonton.ca/activities_parks_recreation/sibshops.aspx) or contact Debi Currie at 780-496-1499 or [debi.currie@edmonton.ca](mailto:debi.currie@edmonton.ca)

### **Tutoring**

Please contact Student Services if you are need of a tutor for your child. We have a list that includes AJS students, university students, and private tutors.

### **Alberta Health Services Caregiver Education Sessions**

These are **FREE** 90-minute sessions intended to provide parents, caregivers, teachers and community members with basic information about addiction and mental health challenges that can impact children and youth.

#### **Breaking the Cycle of Anxiety: A Step by Step Approach**

October 12<sup>th</sup>, 2017 from 6:00 – 7:30pm

Location: Avalon School, 5425-114 St. Edmonton

Register at <https://www.surveymonkey.com/r/caregiversessions>

Call 780-415-0074 for more available dates.

#### **Parenting Teens in the 21<sup>st</sup> Century: Respectful Limit Setting with Adolescents**

October 19<sup>nd</sup>, 2017 from 6:00-7:30pm

Location: John D. Bracco School 3150 – 139 Avenue, Edmonton

Register at: <https://www.surveymonkey.com/r/caregiversessions>

Call 780-415-0074 for more available dates.

#### **Technology and the Teenage Brain**

November 23<sup>rd</sup>, 2017

Location: John D. Bracco School 3150 – 139 Avenue, Edmonton

Register at: <https://www.surveymonkey.com/r/caregiversessions>

Call 780-415-0074 for more available dates.

#### **Keeping Scattered Kids on Track: Supporting Children & Adolescents with ADHD**

December 7<sup>th</sup>, 2016 from 6:00-7:30pm

Location: Sister Annata Brockman School 355 Hemingway Rd NW, Edmonton

Register at: <https://www.surveymonkey.com/r/ADHD2016>

Call 780-415-0074 for more available dates.



## *a. d. c. Auditions*

Auditions for adc will be on November 6 & 7. Please come to the audition with a prepared monologue. They can be found online or from the school/public library. The directors will be looking for character development and stage presence during the audition. Rehearsals will be on Monday, Tuesday, and Thursday's but all actors may not be required to be at all rehearsals until closer to the show date in March. See Mr. Hayden if you have any questions.

## *FLA 30 Outing/ Excursion*

M. Dunn's and Mme Mallet's FLA 30 students had a fantastic time reading with Ardrossan Elementary's grade one students. Voici les étudiants de FLA 30, qui ont fièrement eu la chance de jouer aux lecteurs avec les élèves de 1e année de l'école élémentaire d'Ardrossan.



# *Grade 9*

## *Take our Kids to Work Day*

Wednesday, November 1st, 2017

Take Our Kids to Work is an annual program in which Grade 9, students spend the day in the workplace of a parent, relative, friend or volunteer experiencing and learning about the world of work. Held on the first Wednesday of November, the program supports career exploration and career readiness among Canadian public school students. Experiencing a “day in the life” of a professional within a workplace allows students to explore the world of work and helps them make informed educational decisions.

Ardrossan is excited to have all Grade 9 students participate in this exciting day. Whether it’s with a Parent, Grandparent, Aunt, Uncle, or Family Friend, we want to see all Grade 9 students experience a “day in the life.” Talk to your student, and family to see what unique experience you can provide for them. Forms will be coming home during October!

## *M.A.D.D.*

Ardrossan was pleased to present M.A.D.D. Canada’s “The Pact”, a high-energy multimedia presentation about drug and alcohol impaired driving awareness. Thursday September 28th, all grade 8 and 9 students participated in this exciting event. M.A.D.D. Canada has been presenting to students since 1994. The hour long presentation combined realistic drama with compelling true stories, told by victims of impaired driving. The program is designed to reach teens at their level, using their language and their experiences.

“The Pact” tells the story of Zoe who is struggling to fit in and make friends at her new school. After winding up in detention, Zoe meets a group of people who invite her to a party that night. When her ride home ends up having too much to drink it leaves Zoe without a ride home. Zoe has a car, but she’s been drinking, so she can’t drive. James, another student, offers to drive her but she isn’t sure it’s a good idea because he’s been smoking marijuana. Zoe convinces her it will be ok because James didn’t have anything to drink. On the way home, Zoe can see that James is not ok to drive. The car ends up crashing, changing all of their lives forever and leading to a special pact between the friends.

### **Bringing it Home**

- Young people have the highest rates of traffic death and injury per capita among all age groups. More 19-year-olds die or are seriously injured than any other age group.
- Motor vehicle crashes are the leading cause of death among 16 to 25 year olds, and alcohol and/or drug impairment is a factor in 55% of those crashes.
- 16-25 year olds constituted 13.6% of the population in 2010, but made up almost 33.4 % of the alcohol-related traffic deaths.



Educating our teens on the dangers of impaired driving is important. As well as, discussions about how to make responsible decisions if they are confronted with any other these situations at any point in their lives. It's like First Aid or safety training, there is a good chance you will never need it, but if you find yourself in any of these situations you will be equipped with some tools to help you.

Your Teenagers need guidance as their brains develop, especially in the area of controlling emotional impulses in order to make rational decisions. The adolescent brain is a work in progress, and parents can help this progress along through open communication and clear boundaries. Kids are listening to their parents and are influenced by what their parents say and do. Parents who are warm and encourage open communication are more likely to have teens that share information with their parents that help to keep them safe.

### **What can parents do?**

Educate yourselves on the subject of impaired driving – Check out the M.A.D.D. Canada website for more informations.

Come up with a random code or letter your teen can text you to let them know they're in trouble. You can call them and tell them they need to come home or that they're coming to be picked up, giving them a safe way out (ie. Texting a letter "y" or "how is grandma doing?")

Have a conversation with your teen using "what if" scenarios. Listen without judgement or interruption to what they have to say.

- Why do you think it's illegal for kids and teens to drink alcohol?
- Do you consider prescription medication and over the counter medications drugs? Why?
- What do you know about energy drinks? What impact can mixing energy drinks with alcohol have?
- What would you do if you were in a car and the driver had been drinking/doing drugs?
- What about if the driver was a grown-up, like the parent of a friend?
- Do you know any adults who drink too much? Do drugs? What do you think of them?
- Do you know any kids who have tried alcohol or drugs? Do you think that's a problem?
- Why do you think kids try alcohol?
- When do you think kids are ready to try alcohol?
- What do the kids at your school do at parties? Have you been to a party like that?
- "How do you think you'll respond if you show up at a party where people are using alcohol/ drugs?
- What if they offer some to you?"
- What could you say if you were offered a drink of alcohol or drugs and you didn't want to look foolish?
- What could you do at a party if you were feeling a little nervous, besides drinking?
- "Have you thought about what you might do if you're at a party that you want to leave, but your friends want to stay?"
- What would you do if you were at a party and someone passed out from drinking alcohol?
- Want more information or have questions? Check out these resources:

Youth Empowerment and Support Services (YESS) . . . . . 780-468-7070  
Strathcona County Family and Community Services . . . . . 780.464.4044  
Child & Adolescent Mental Health Crisis Services . . . . . 780-413-4733  
AHS, Addiction Helpline . . . . . 1-866-332-2322



# Athletics

## **Senior Varsity Mens' Volleyball**

The Bison Men are off to a promising start this season as returning vets and newcomers are coming together to make a strong team. They have had a busy start to the season with three tournaments already, and can now focus on league play. The teams' next game is Wednesday, October 4, and they are hoping to gain a strong foothold in league standings. The team's Sr Night will take place this month on October 23, make sure to come out and cheer on your team. Good luck gentleman!

**Coach: Mr. Gordulic**

**Assistant Coaches: Mr. Kiist and Mr. Hoffman**

## **Senior Varsity Ladies Volleyball**

The Sr. Varsity Ladies volleyball team, led by Ms. Stefiuk and Ms. Kuzma have competed hard so far early in the season, and have been busy as they've too played in three tournaments already. September was highlighted as they travelled to Didsbury to play in a very competitive tournament and walked away with a 4<sup>th</sup> place finish. The girls are preparing for league games in the next few weeks, looking continue their winning ways and add to their 4-0 start. The teams Sr Night will also take place this month on October 23, make sure to come out and cheer on your team. Good luck ladies!

**Coach: Ms. Stefiuk**

**Assistant Coach: Ms. Kuzma**

## **Junior Varsity Ladies Volleyball**

The Jr. Varsity Ladies volleyball team looks strong, and has had a great start to their season. The girl's next game will be October 4, as they take on SCA. This past month was highlighted by the teams improved played as they traveled to Rocky Mountain House to take on some strong Central Alberta teams, and ended up taking home some hardware finishing in first place. The ladies will also be competing in our very own Tri-Volley Classic Tournament on October 27<sup>th</sup> and 28<sup>th</sup>, as we host teams from all over Alberta. Good luck ladies!

**Coaches: Mrs. Manchakowski and Mr. St. Peter**



### **Junior Junior Girls Volleyball**

The Jr. Jr. Girls volleyball team looks very competitive this year. They have had a great start to their season and have improved every game. They have a great mix of grade 7's and 8's that will help the team improve will into the season. They will also be competing in our very own Ardrossan Jr. Jr "Wooly Bully Volleyball Tournament" on October 20<sup>th</sup> and 21<sup>st</sup>, and are looking towards a strong showing. The tournament will feature teams from all over the Edmonton area. Good luck girls!

Coaches: Mrs. R. Purdy, Ms. C. Schooley and Ms. M. Zorniak

### **Junior Junior Boys Volleyball**

The Jr. Jr. Boys volleyball team is improving every day, and has had a great start to their season. The boys are mainly grade 7's experiencing their first volleyball season so the best is yet to come for all the boys. They will also be competing in our very own Ardrossan Jr. Jr "Wooly Bully Volleyball Tournament" on October 20<sup>th</sup> and 21<sup>st</sup>. The tournament will feature teams from all over the Edmonton area. Good luck boys!

Coach: Mme. A. de Champlain

### **Junior Senior Girls Volleyball**

The Jr. Sr. Girls volleyball team is very strong this year. They earned 2<sup>nd</sup> place in the Bev Facey Jr High tournament and this past weekend the girls got 3<sup>rd</sup> in Ardrossan's own Jr. Sr. "Volleybull Classic Tournament". They will be looking to get a strong position for playoffs where multiple teams will have a chance to take home the championship. Their last tournament of the year is on October 27<sup>th</sup> and 28<sup>th</sup> in Spruce Grove. Good luck ladies!

Coaches: Mrs. M. Gordulic, Mr. D. Gordulic and Ms. K. Wiebe

### **Junior Senior Boys Volleyball**

The Bison boys had a very promising start to the season with a 3<sup>rd</sup> place finish in the U of A Tournament. They have been dealing with multiple injuries over the past few weekend and it has given everyone on the team a chance to gain valuable experience. The team is performing better each time out on the court and are hoping to get a few victories in EIPS League season. They have their last tournament of the year on October 27<sup>th</sup> and 28<sup>th</sup> in Spruce Grove. Good luck with the rest of your season boys!

Coach: Ms. A. Kotronis, Mr. K. Wiens and Mr. M. Gordulic



# CROSS COUNTRY

Thank you to all of the Junior High Students who participated in the ADmazing Coupon Book Fundraiser. We raised approximately \$3000 for the Wellness Centre. Special congrats to Tanner T. who was the top salesperson selling 55 books !!. Jacob K. won the school draw worth \$200.

Congratulation to all of the Junior High students who participated in the Bison Thunder Run on Thursday, September 14<sup>th</sup>. Special congrats to the winners of the categories:

Junior Girls	Lauren C.	Int Boys	Jordan G.
Junior Boys	Cooper T.	Senior Girls	Maksi P.
Int Girls	Rory B.	Senior Boys	Elijah A.

Top 12 runners from each category advanced to the EIPS Meet on September 20, but it was cancelled due to poor weather conditions. Runners competed in the Zone 5 Meet the following Wednesday, September 27 and the EIPS results were calculated from the Zone 5 Meet.

## Results for EIPS (Taken from the Zone 5 Results)

### Junior Girls

7 Lauren C.

### Junior Boys

1 Cooper T.  
6 Carter F.  
13 Lochlan S.  
14 Jake E.  
19 Tyon R.

### Intermediate Girls

1 Rory B.  
3 Breanna P.  
4 Kayla R.  
12 Marley L.  
13 Amelia V.

### Intermediate Boys

5 Braxton K.  
10 Ty N.  
13 Ashton F

### Senior Girls

4 Maksi P.  
13 Samantha R.  
20 Kaylee E.

## Zones 5 Cross Country Meet

### Senior Boys

6 Jordan G.  
10 Blake E.

### Junior Girls

11 Lauren C.

### Junior Boys

3 Cooper T.  
10 Carter F.

### Intermediate Girls

2 Rory B.  
7 Breanna P.  
8 Kayla R.

### Intermediate Boys

6 Braxton K.  
19 Ty N.

### Senior Girls

9 Maksi P.

### Senior Boys

7 Jordan G.

