



RENEGADE NEWS

Week of December 5 - December 9

A Message From Our Administration



December 2, 2022

Good day Renegade Families,

December has arrived and we are entering a busy time of year. Take a moment to see words from the wellness hub. There are some great self care tips created by our students.

Just a reminder that there is no school on Monday. Our staff will be having a PD day looking at student achievement and reading strategies to enhance the personal success of our students.

We are looking forward to seeing you today and tomorrow at Kris Kringle. We will be selling handmade ornaments to support the local food bank.

In the next couple of weeks we will be doing review school safety and also doing a practice Lockdown in the next couple of weeks. Please see the link below for more information.

<https://www.sturgeon.ab.ca/download/357994>

Have a great long weekend,

Mrs. Morgan and Mrs. Tanouye

Parking Update!!! Grade 5 and 6 Parents Please Read!

Please be reminded that the alley on the south side is to be used for pick up and drop off only. **Please do not park there for longer than 5 minutes.** Please park in the front parking lot if you need to park for longer than 5 minutes, or alternatively along 51st or 52st. We thank you for your cooperation in advance and should you have any questions please call me at the school.

Mrs. Morgan

What is happening next week... December 12- December 16

Monday, December 5th

- PD Day (No School)

Tuesday, December 6th / Day 2

-

Wednesday, December 7th / Day 1

-

Thursday, December 8th / Day 2

- Christmas Concert/Art Show, 6:30 pm

Friday, December 9th / Day 1

- Ugly Christmas Sweater, Red & Green Day

What's coming up.... December 12 -December 16

Monday, December 12th / Day 2

- **Student Advisory Meeting @ SCHS**

Tuesday, December 13th / Day 1

Wednesday, December 14th / Day 2

- **Student Council Bake Sale**

Thursday, December 15th / Day 1

- **Student Council Bake Sale**
- **After School Musical Theatre Rehearsal**

Friday, December 16th / Day 2

- **Cookie Decorating at lunch**

Words From The Wellness Hub

The students in Inreach have created a self-care countdown calendar. We are encouraging everyone to try these acts of self-care to stay physically, emotionally, and mentally well during the holiday season!

SELF CARE ADVENT CALENDAR

1. Drink an extra glass of water	2. Stretch	3. Listen to music	4. Meditate	5. Sleep In
6. Play a new game	7. Laugh	8. Take a brain break	9. Have a healthy meal	10. Act Kind
11. Practice Gratitude	12. Be with a friend	13. Go for a walk	14. Be creative	15. Clean up after yourself
16. Help Cook	17. Organize your binder	18. Time with family	19. Help Others	20. Watch a happy movie
21. Exercise	22. Go Outside	23. Read a Story	24. Rest	

A Message From Our Student Council



Let the festivities begin!

- **Ugly Sweater/Red and Green Day** - Dec. 9
- **Bake Sale** - Dec. 14 and 15.
Student council would greatly appreciate any donations starting on Dec. 10th.

Great Happenings

ELA 10 & 30 Citadel Theatre Field Trip



Great Happenings

Leadership 10
helping at the
Christmas Store,
supporting Ochre
Park School

