



RENEGADE NEWS

Week of December 12 - December 16

A Message From Our Administration



December 9, 2022

Good Day Redwater Renegades,

Getting together yesterday was a great way to celebrate the talents of our students in a festive way. A big thank you to Mrs. Dowhaluk for the fantastic production. We are grateful for the opportunity to bring community together.

We are proud to have a great group of student leaders who will be sharing their voice at the Student Advisory Meeting at SCHS on Monday.

Students and staff have been having a fun time finding our Grinch Elf. There will be a draw for prizes on the 23rd for the students who have found it. If you have anything you would like to donate (gift cards, chocolates, or socks, ect.) to add to the prizes please bring them to the office, thank you in advance.

We have two more weeks to go before the break! We are planning some school wide activities for the last day of school for the afternoon.

Please remind your child to work hard these next couple of weeks to be the best they can be and finish all missing assignments before the break. The end of the semester one is just around the corner for high school students.

Wishing you all the best,

Mrs. Morgan and Mrs. Tanouye

Lockers and Lost and Found



Please remind your child to use their lock on their lockers. After Christmas break, students without a lock will not be assigned a locker. Keeping personal items safe is a skill students need to practice. Cell phones and other electronic devices need to be safely stored.

Lost and Found

There are several items in the lost and found. Please remind your child to check the table. All items will be removed before the Christmas break. Many items were claimed last night at the concert!! Thanks parents!!

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

Monday, December 12th / Day 2

- **Student Advisory Meeting SCHS**
- **Curling Practice - Curling Rink**

Tuesday, December 13th / Day 1

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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**

What's coming up.... December 19 - December 23

Monday, December 19th / Day 1

- **Parent Council Meeting at 5:30- Cancelled for December**
- **Curling Practice**

Tuesday, December 20th / Day 2

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Wednesday, December 21st / Day 1

- **Free Hot Chocolate at Lunch**

Thursday, December 22nd / Day 2

- **After School Musical Theatre Rehearsal**

Friday, December 23rd / Day 1

- **PJ Day**
- **School Wide Breakfast**

Words From The Wellness Hub

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

Words From The Wellness Hub

Emotional Regulation Strategy Series

Emotional regulation is a simple mental and behavioral process that allows us to respond to a range of emotions in a manner that is socially acceptable and flexible.

Strategy 1: Physical Movement

Movement helps us clear our minds and lets out any excess energy caused by our emotions. Try regulating high-energy emotions such as running, jumping, wall jumps, or jumping jacks.

Calming movement could be a yoga break, mindful walk, or slow motion tag.

A Message From Our Student Council



Let the festivities begin!

- **Bake Sale** – Dec. 14 and 15. Student council would greatly appreciate any donations on December 12th and 13th.
- **Free Hot Chocolate** – December 21st at lunch

POWER SCHOOL CONTACT LISTS UPDATE

An exciting update to PowerSchool SIS is underway! Check out our **Student Contacts** FAQ here. ([LINK](#) to Division Website)

What is Student Contacts?

Student Contacts is an update to PowerSchool SIS that allows for greater flexibility in the type and amount of Parent/Guardians and Emergency Contacts that are connected to your child(ren). It will also unify your contact information across all of your children in the Division.

What will change for me?

Your information will now be unified across all schools in the Division that you are connected to (as a parent/guardian or emergency contact). Instead of having data entered at each school, you will have one set of contact information. Schools will be able to connect your information to your child(ren) at each school, whether you are a Parent, Guardian or Emergency Contact.

Why is this change happening?

There are many benefits of consolidating and updating student contact data:

- Data accuracy is important to ensure we can reach the correct person
- Additional relationship types

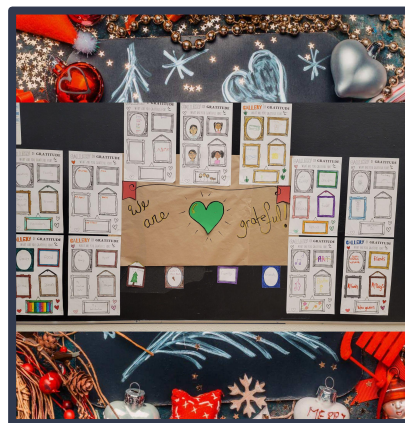
Great Happenings

Christmas Concert, Art Show and Bake Sale



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Great Happenings

Grinch Elf Hide and Seek

