



# RENEGADE NEWS

Week of June 5 - June 9

# A Message From Our Administration

Hello Renegades, and welcome to June!

We are now in the last month of the school year which is a very busy month! Students will be completing their coursework and writing final exams, Grade 12 students are getting ready for diploma exams for 30-level core courses and our Grade 6's and 9's will be writing the remainder of their Provincial Achievement Tests.

We are also so very proud of our Grade 12 grades, and to all our Renegades for their hard work and getting their schoolwork completed. If you are struggling to complete, please reach out to your teachers, to come up with a plan. There is still time to get some work in : )

Please visit our website for the list of important dates, including our last band concert of the year, year-end awards and our June exam dates. The last day of school for semester two High School students, is June 16<sup>th</sup> and the last day for regular Junior High classes is June 19<sup>th</sup>. Elementary classes go to June 29<sup>th</sup>.

Below is a message from both Ochre Park School and Redwater School:

In the fall of 2023, both Ochre Park School and Redwater School will be implementing a “[Staggered Start](#)” to welcome students back to school, help build positive connections, reduce student anxiety and improve communication of student conduct and school expectations.

For students in Grades 1-9, there will be two start dates. Students will be divided by last name:

- August 31<sup>st</sup> - Last Name A-K only
- September 1<sup>st</sup> - Last name L-Z only

Regular classes for grades 1 to 9 will begin on **September 5th**.

Kindergarten staggered start will be separate and will be communicated once we have determined our class structure.

For High School students:

- August 31<sup>st</sup>- Grade 10
- September 1<sup>st</sup>- All Grade 10-12 students

We will continue to communicate this plan over the next couple of months to help ensure a smooth start to the new school year.

Have a fantastic last month, everyone!

Sincerely,

*Christy Filgate*, Principal. M. Ed. She/Her

# What is happening next week... June 5 - June 9

## Monday, June 5th

- Pride Week
- PD Day - No Classes

## Tuesday, June 6th / Day 2

- Wear Rainbow Colors

## Wednesday, June 7th / Day 1

- Gr. 7 Field Trip to Fort Edmonton

## Thursday, June 8th / Day 2

- Jr. High Golf Tournament at Cardiff
- Rainbow Run at 12pm. Students should wear older clothes to school that day.
- Year End Concert / Art Show, 6:30pm

## Friday, June 9th / Day 1

- Year End Awards at 1:30pm
- Free Rainbow Cookies in the Wellness Hub at lunch.

Join us at the  
concession on the  
following days for  
some good food

## *The Lunch Basket*

MONTH: **JUNE 2023**

			THURSDAY 1	FRIDAY 2
			POPCORN & BAR # \$3.00	
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
	Chicken Buddah Bowl \$6.00	Walking Tacos \$6.00	POPCORN & BAR # \$3.00	
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
	Turkey BLT Wraps \$5.00	Mozza Sticks & Deep- Friend Pickles \$5.00	POPCORN & BAR # \$3.00	
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
	Sloppy Joes \$5.00	Walking Tacos \$6.00	POPCORN & BAR # \$3.00	
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
			POPCORN & BAR # \$3.00	

# Words From The Wellness Hub

With summer right around the corner and the days getting longer, it's hard for some people to get enough sleep at night. Sleep is vital for people of any age but especially in teens where profound mental, physical, social and emotional development requires quality sleep.

Some **healthy sleep tips** that can help teens get enough sleep include:

- Budgeting eight hours of sleep into your daily schedule and keeping that same schedule on both weekdays and weekends.
- Avoiding **caffeine** and energy drinks, especially in the afternoon and evening.
- Putting away electronic devices for at least a half-hour before bed and keeping them on silent mode to avoid checking them during the night.
- Keeping your bedroom **cool**, dark, and quiet.

Today was everything  
but a backpack day.  
Creativity at its finest.





# Today the Grad Class dressed like a teacher.

