

# October

## Esterhazy High School October 2022 Newsletter

### Principal's Newsletter

We have got the 2022-23 school year rolling. It's been a busy September. I want to recognize and thank the ESA and Ms. Zubko for the many activities they have already planned. We enjoyed celebrating our students' accomplishments at the Academic Awards on September 28. I wish to give my deepest thanks to Ms. Parsons and Ms. Mozeski for their tireless work on this mammoth event. As well, thank you to Ms. LeSann for hosting our first Post-secondary Day in three years.

EMBI is struggling to find volunteers which is concerning. This important group fundraises for our amazing band program. Without this fundraising, our band groups will not be able to travel to the various festivals or participate in the wonderful trips they take. The commitment is not onerous; we just need enough people to pitch in. Please consider stepping up to help us out. See below for more details on how you can help with this group.

We had our first SCC meeting on September 26. Our AGM will be held on November 7 at 7:00 pm in the EHS staff room. All are welcome to attend.

Once again, I need to stress the importance of good attendance for student success. Students will miss school for a variety of reasons. I expect that if students miss school, they will make every effort to catch up on homework. Many staff post their classes online, and we have a TAG period every day for students to connect with teachers if they need help. Thank you to everyone who accesses Edsby to monitor the progress of their children in their various classes. It's a great way for parents to see up to date marks and if their child is falling behind with assignments. New for this year, we will no longer be sending home paper copies of the students report cards, instead you will receive them through Edsby.

Lastly, I want to talk about our fundraising efforts for our track and football field. Although the project has been completed, we still owe about \$80,000. Because of the COVID-19 pandemic, we really couldn't do any fundraising for the past few years. We are presently selling progressive 50-50 tickets. The draw will occur during half-time at the last regular football game

on October 13. We have sold **\$10 000** worth of tickets right now, with just over a week to go! The winner will be taking home ½ of the sale proceeds!! As well, we are planning a corporate appeal in the near future. If you would like to purchase a 50/50 ticket, please contact the office at 306-745-6618 or any one of our football players. I thank everyone for their continued support of our school. We sincerely appreciate it.

Gord Erhardt – Principal

Tracy Huckell – Vice-Principal

### Important Dates

Oct 5 – Hot Lunch – Chicken Caesar salad, red lobster biscuit, chocolate chip cookie  
Oct 5 – Grad 2023 Parent Meeting 7 pm in the library  
Oct 6 - Nurse Practitioner (9 am -12 pm)  
Oct 7 – ESA Bake Sale – open area - all items \$1 or \$2  
Oct 10 – Thanksgiving – No School  
Oct 11 – PD Day – No school  
Oct 13 – SR Choir to Regina  
Oct 14 – SR Choir to Regina  
Oct 19 – Hot Lunch - Ham and Swiss Melt Sandwich, Broccoli cheddar soup, Rice Crispy cake  
Oct 20 - Nurse Practitioner (9 am -12 pm)  
Oct 25 – Grade 9/Sr Band to Brandon  
Oct 26 – Grade 9/Sr Band to Brandon  
Oct 27 – School Picture Re-takes  
Nov 2 – Hot Lunch - Chicken Bacon Ranch Wraps, Veggies and Dip, Brownie  
Nov 2 – Driver's ED (students eligible have already been contacted)  
Nov 3 – Driver's Ed (students eligible have already been contacted)  
Nov 3 - Nurse Practitioner (9 am -12 pm)  
Nov 8 – Report cards (all grades)  
Nov 10 – No School  
Nov 11- Remembrance Day – No School  
Nov 16 – Hot Lunch - Macaroni and Cheese, Broccoli Salad, Double Chocolate Cookie  
Nov 16/17 – Parent/Teacher interviews  
Nov 17 - Nurse Practitioner (9 am -12 pm)  
Nov 30 – Hot Lunch - Taco Salad and Banana Muffin  
Dec 1 - Nurse Practitioner (9 am -12 pm)  
Dec 6 - Driver's Ed (continued from November)  
Dec 7 - Driver's Ed (continued from November)  
Dec 14 – Hot Lunch - Spaghetti and Meat Sauce, Caesar Salad, Cupcake  
Dec 15 - Nurse Practitioner (9 am -12 pm)  
Dec 22 - Jan 3 – Christmas Holidays- No School

## EMBI

Note to All Band/Choir Parents:

It has been a while since EMBI Committees and Executive have been full and active. This year, we will have the opportunity to travel once again, and fundraising will need to be done in order to subsidize the costs.

EMBI is a parent run organization that facilitates fundraising for the band and choir program. We have been in operation for more than 20 years. Our band program is top notch with many awards and accolades won in previous years that are proudly hanging in the band room.

As well as fundraising, we help organize local concerts and events that happen throughout the year including the Christmas concert, Movie Night Concert, Remembrance Day performances, PotLuck Supper performances, and every few years, we host the Potash Music Festival.

**Without parent volunteers**, we simply cannot do that kind of fundraising or plan those kind of trips. **Without parent volunteers**, EMBI may have to shut down and that would be a shame. We once had one of the strongest parent booster clubs in the province.

October trips for Choir, and grade 7-12 band students are already in the works. Clinics and overnight trips will be happening very soon. Grade 6 band will have an event at the end of the year showcasing their talents to the grade 5's and a fun day at the lake. In the past we have travelled to compete at Nationals in Niagara Falls, Heritage Festivals in Colorado Springs, Clinics and Retreats in Banff and Jasper. We have also gone to compete at Festival Disney in Florida.

**The trips aren't just about performing, they also take part in many fun activities along the way to make it fun and memorable.**

Our EMBI Fees of \$25 helps to fund for clinicians, festival fees, some trip meals, and charter bus subsidies. Fundraising allows band/choir students and parent chaperones the opportunity to take part in all of these things without a hit to the pocketbook.

Our band trips give our students life experiences, they get to represent their school and community, and show off their incredible talents. Travelling helps students grow into mature, independent and responsible people. Learning an instrument helps students excel in all their other studies including math and reading skills.

As a member of the executive, you can receive funds towards your Family EMBI account. Your time and effort does not go without reward. Funds can also be used for parents to join the trips as a chaperone.

**This is a PLEA to parents to step up and help out.** We are in need of executive members and interested parents to attend the meetings. Many hands make light work and I promise, EMBI will not take up a lot of your time. I started attending meetings just so I knew what was happening

and what I needed to prepare for. If your kids are anything like mine, they don't bring home a lot of information! I understand that many of you are busy with sports and other commitments, but I think it's time we make **MUSIC a PRIORITY.**

**If we cannot fill positions and facilitate the fundraising all of these costs will come out of your pocket.**

Our meetings are typically planned for the third Tuesday of every month. **Our next meeting is on Tuesday October 18<sup>th</sup>, 7PM in the High School Band Room. Please make every effort to attend and support this worthy organization that supports the growth of your children.**

### Sr. Boys Volleyball

Left side: Evan Knezacek (Captain), Brayden Walker, Cole Davis

Middles: Ethan Wiechert, Jaxon Gogol, Walker Rickards

Setter/right side: Jano Louw, Brody Giroux, Tucker Duff,

Libero: Mitch Newton

Coach: Jarret Walker

The senior boys' volleyball team has practiced hard for the month of September and has had some early season success. A big thanks to Chris Gilchuk for lending his time and experience to help at practices.

The team defeated Langenburg three sets to one in an exhibition match. We then attended the Langenburg tournament on September 23/24. The guys played well going 1-1 against Sturgis, 0-2 against Melville, 1-1 against Oxbow and defeating Langenburg 2-0. This placed the team 3<sup>rd</sup> in their pool, but unfortunately the guys lost to Langenburg in the quarterfinals in two hard fought sets.

On October 1, the team played the Melville tournament. In the round robin we lost three in three sets to Sturgis and Sacred Heart and played tough against Melville losing two straight. We did get a playoff game crossing over to the other pool to play the first-place team Carnduff. The boys really played well winning the first set and then dropping the second. In the third set we switched sides at 8-5 and then went on a run and beat Carnduff 15-8 to advance to the semi-finals. We played Yorkton Regional hard but came out on the losing end. The weekend ended with us beating Sturgis in the 3<sup>rd</sup> place game.

Although we are an inexperienced team, we have shown great development and potential. With tournaments in Carnduff, Kelvington, Canora and Yorkton I am excited to see this young team mature and hopefully put ourselves in a position to challenge for a spot at Provincials.

Mr. Walker

## STUDENT SERVICES Ms. Jeannine LeSann

The U of R Fall Open House – U of R Open House is on Saturday October 15<sup>th</sup>. I highly recommend that both students and parents who are considering attending the U of R attend this event. You can apply for admission on the spot for a reduced application fee of \$70. Please let Ms. LeSann know if you are attending. For more information check out this website: [Fall Open House | University of Regina \(uregina.ca\)](#)

The U of R also has a reduced application period of \$50 between October 2<sup>nd</sup> and 12<sup>th</sup>.

Any grade 12 student wishing to write the **SAT** or **ACT tests** (usually required if attending college in the USA or Internationally) can pick up information from Student Services. Esterhazy High School has a sitting on **December 3<sup>rd</sup> 2022**, but you need to register at [sat.collegeboard.org](http://sat.collegeboard.org) before the deadline.

**Saskatchewan Polytechnic** is accepting applications for many programs now. If you are applying to a high demand program or nursing you can begin your application on October 1, 2022. If you are applying for a First Applied/First Admitted Program the application for those programs began on September 1, 2022.

**Saskatchewan Polytechnic** also offers campus tours from October 25<sup>th</sup> to 27<sup>th</sup>, 2022. Please check out the following website to register for a campus tour at [Open House \(saskpolytech.ca\)](http://Open House (saskpolytech.ca)).

Our **Post Secondary Education/Career Day** was on **Monday October 3<sup>rd</sup> 2022**. We will offer sessions by the University of Regina, University of Sask., Parkland College, Saskatchewan Polytechnic & Lakeland College (Lloydminster & Vermillion, AB), Sask. Apprenticeship.

Ask your son/daughter in grade 12 about the information s/he received in the mass **gr. 12 meeting** with me in September. Please keep this info in a safe place for when s/he realizes it is needed. One very important piece of information is the Saskatchewan Learning Student Profile (Transcript) that needs to be sent directly from the government. All post-secondary institutions require you to order an official transcript from Sask. Learning. Here is the website that you order your transcripts from: <https://www.k12.gov.sk.ca/etranscript/>

Grade 12 Parents can also view the Edsby group for Grade 12 students to receive updates about scholarships, meetings, and other information regarding grade 12 updates.

**Many universities now accept applications earlier in the year than their spring deadline. Please apply early to your university of choice. The earlier you apply the earlier you find out if you are accepted. This will help you make more informed decisions in the spring concerning other universities and scholarships.**

### Do absences matter in middle school?

According to Attendance Works, missing just two days a month—18 days a school year—can drastically affect a student’s academic success. Studies conducted by Attendance Works and UChicago Consortium on School Research show that attendance between sixth and ninth grade truly matters.



### Counsellor’s Corner

Hi there! I am the new School Counselor; my name is Chelsea Mozeski (Ms. M). I have worked in various roles over my 11 years as a Social Worker and I am humbled to have the opportunity to support students at Esterhazy High (EHS), P.J. Gillen, and Grayson School’s. I am located at EHS by the Junior Gym and at the school on days 2, 4, and 6. Students can request to see me by letting Admin staff or their teacher know, putting a note under my door, or messaging me on Edsby/sending an email. My role also includes supporting parents by offering guidance and further supports to their child/youth and family. Parents can reach out to me by email. I look forward to meeting students and having a great first year!

**Chelsea Mozeski BSW, RSW** (Pronouns: she/her)

**School Counselor, EHS, PJG & Grayson**

[chelsea.mozeski@gssd.ca](mailto:chelsea.mozeski@gssd.ca)

**Esterhazy High School: 306.745.6618**

## 6 F's OF HEALTHY COPING

### FAMILY & FRIENDS:

- Surrounded yourself with people you trust and who care about you.
- Tell people what you need and how they can help – they may not understand what you're going through.
- Try to return to your regular routines – it helps speed up the recovery process
- When transitioning home it helps family if you can share your feelings, save the details. A simple way to express this is to say: "Something really difficult happened to me today. "I feel \_\_\_\_\_; I need \_\_\_\_\_."

### FOOD:

- Refuel your body with healthy food.
- Eat snacks throughout the day if you have diminished appetite. – It is important to take care of your body until your appetite returns.
- Avoid alcohol or other substances, high sugar and excessive caffeine – these substances can lead to unhealthy coping.
- We encourage you to drink lots of water and juices to flush your system of the stress you're carrying.

### FITNESS:

- Prioritize exercise – it helps to release the chemical byproducts from stress reactions.
- One of the best things you can do for yourself right now to reduce cortisol levels – your fight or flight hormone.
- A brisk 30-45 minute walk, a workout, or anything else that increases your heart rate.
- Take good care of your body right as it recovers from this stressful situation too.
- Practice good sleep habits; avoid television, phones and laptops at bedtime.

### FILL YOUR CUP:

- Prioritize personal practices that calm your mind, body and emotions – this may include: meditation; spiritual beliefs and practices, and/or journaling to support healing.
- For the next few weeks, be sure to tend to your own needs...do the things that "fill your cup". Whether its hobbies, spending time with loved ones, whatever it is, this is a time for self-awareness and self-care.

### FAMILIAR THINGS:

- Part of healing is also making space for doing things that you've enjoyed in the past...connect people who bring you happiness; Return to things that bring you comfort and balance in your life again.

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*It's important to understand that everyone heals in their own way and in their own time. Be patient and give yourself some time to recover.*

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# Interpersonal Effectiveness Skills

Learning to get along with others while also asserting your own needs is essential to healthy relationships. It can be difficult to balance your own needs and the needs of others. How can you get what you need without being aggressive or neglecting of the needs of others? There are three sets of skills you will learn to help achieve this goal: objective effectiveness, relationship effectiveness, and self-respect effectiveness.

## Objective Effectiveness (D.E.A.R. M.A.N.)

What is the goal of an interaction? *Objective effectiveness* is about getting what you want out of a situation. The acronym D.E.A.R. M.A.N. will remind you how to clearly express your needs or desires.

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|------------------|--|
| <b>Describe</b>  | Use clear and concrete terms to describe what you want.<br>Don't say: "Could you please clean?"<br>Do say: "Could you do the dishes before going to bed?"                                |
| <b>Express</b>   | Let others know how a situation makes you feel by clearly expressing your feelings. Don't expect others to read your mind. Try using this line: "I feel ___ because ___."                |
| <b>Assert</b>    | Don't beat around the bush—say what you need to say.<br>Don't say: "Oh, well, I don't know if I can cook tonight or not."<br>Do say: "I won't be able to cook because I'm working late." |
| <b>Reinforce</b> | Reward people who respond well, and reinforce why your desired outcome is positive. This can be as simple as a smile and a "thank you".  |
| <b>Mindful</b>   | Don't forget the objective of the interaction. It can be easy to get sidetracked into harmful arguments and lose focus.  |
| <b>Appear</b>    | Appear confident. Consider your posture, tone, eye contact, and body language.   |
| <b>Negotiate</b> | No one can have everything they want out of an interaction all the time. Be open to negotiation.<br>Do say: "If you wash the dishes, I'll put them away."                                |



# Interpersonal Effectiveness Skills

## Relationship Effectiveness (G.I.V.E.)

Relationships aren't only about getting what we need—they're also about the other person. The acronym *G.I.V.E.* will help you achieve *relationship effectiveness* by fostering positive interactions.

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|-------------------|--|
| <b>Gentle</b>     | Don't attack, threaten or express judgment during your interactions. Accept the occasional "no" for your requests.   |
| <b>Interested</b> | Show interest by listening to the other person without interrupting.   |
| <b>Validate</b>   | Be outwardly validating to the other person's thoughts and feelings. Acknowledge their feelings, recognize when your requests are demanding, and respect their opinions. |
| <b>Easy</b>       | Have an easy attitude. Try to smile and act lighthearted.  |

## Self-Respect Effectiveness (F.A.S.T.)

Sometimes in relationships you might find yourself betraying your own values and beliefs to receive approval or to get what you want. The acronym *F.A.S.T.* will help you achieve *self-respect effectiveness*.

|                        |   |
|------------------------|---|
| <b>Fair</b>            | Be fair. Not only to others, but also to yourself.  |
| <b>Apologies</b>       | Don't apologize unless it's warranted. Don't apologize for making a request, having an opinion, or disagreeing. |
| <b>Stick to Values</b> | Don't compromise your values just to be liked or to get what you want. Stand up for what you believe in.        |
| <b>Truthful</b>        | Avoid dishonesty such as exaggeration, acting helpless as a form of manipulation, or outright lying.            |