

# STING SCOOP

MAY 2017

## Sweeney Todd, Badminton Provincials & Emergency Drills



### Principal's Message

Welcome to the first Sting Scoop for parents and students. Our plan is to send information home on a monthly basis and will include key events, some 'Did You Know' informational items and some resources that parents are able to access. We hope this is helpful, timely and informative.

As we move into the final two months of the 2016-2017 school year, not only are we looking forward to Grad 2017, Sweeney Todd, badminton provincials and rugby games, we are also planning for 2017-2018. Our staff has been working on some exciting changes for next year and we will communicate those to you before the end of June.

Since this is the beginning of the parent edition of the Sting Scoop, we would love to hear your feedback. Please tell us how we can improve this communication and let us know what you want to know. You can share your suggestions and feedback using this form: [Sting Scoop Parent Communication Feedback](#)

## Did You Know?

- **Attendance matters!** According to research, missing 10% or more of instructional time has a significant consequence on student learning. This means that missing even 9 school days, over this semester, is all that it takes to impact achievement. That's an average of a little less than two days a month.
- Fort High is proud to mentor a variety of student teachers each semester. It is beneficial to our students and staff to have these upcoming teachers present new and exciting views on teaching in Alberta. This semester, we had Miss Taylor McLean in Social Studies and Mr. Jordan Carter in our English department.
- Mrs. Sawatzky has been named [2017 Coach of the Year](#) for Division Four Girls Volleyball by the Metro Edmonton High School Athletic Association. Congratulations Coach Sawatzky!
- We conduct regular drills to ensure students and staff are prepared in the case of an emergency. In April we held a Hold and Secure transitioning into a Lockdown drill and an Evacuation Drill. Students and staff successfully executed both drills.
- Our Sting Badminton team are the **Division 3 Metro Champions**. We also have a player who will be competing in provincials this month, good luck Mitchell!
- **Having Trouble Falling Asleep at Night?** Self-luminous devices, such as computers, tablets and cell phones can emit short-wavelength (blue) light, which suppresses melatonin. Melatonin is a hormone that starts rising approximately 2 hours prior to natural bedtimes and signals darkness and sleep to the body. If you absolutely cannot stop using your light emitting devices at least 2-3 hours before bed try changing the display settings on your device to the warmer colours of the light spectrum.
- Volume 2, Issue 1 of **The Hive** was released a few months ago. [Check it out!](#)

## What's Happening?

- Our Musical Theatre students will be presenting **Sweeney Todd** on May 10th & 11th at the Shell Theatre, Dow Centre. Students in Cosmetology, Construction Technologies and Art have also contributed to the production in various way.
- **Grad 2017** is happening June 10, we are getting excited! Tickets go on sale May 15. See [www.forthigh.ca](http://www.forthigh.ca) & <http://forthigh.ca/students/grad> for more information.
- **Sting Football Spring Camp** begins May 15th. Registration and equipment hand out will be held May 9th and 10th from 7:00pm - 9:00pm at Fort High. For more information check out <http://forthigh.ca/students/sting-football>

- **Final exams** begin mid-June. The schedule will be posted on our website in the next couple of weeks. This is a good time to begin preparing and reviewing. Mrs. DeVries is available to provide support and resources for students looking for study strategies.
- Girls **Rugby** Metro league has begun. Go Sting Go!
- **Outdoor trip** and **golf tournament** permission forms are available for interested students. Information about these activities are available from Mr. Christensen and Mr. Bader.

## Upcoming Youth Job Fair



DATE:  
MONDAY MAY 15TH

LOCATION:  
LIONS MANE DOW CENTENNIAL CENTRE

ADDRESS:  
8700-84 STREET

TIME:  
4:30PM - 7:30 PM

WHO WILL BE THERE?

LEARN CAREER OPTIONS DIRECT FROM POST SECONDARY INSTITUTIONS  
LEARN FROM EMPLOYERS THAT WANT TO SHARE WHAT IT'S LIKE TO DO THIS JOB...  
MANY BUSINESSES WILL BE HIRING FOR SUMMER POSITIONS SO BRING YOUR RESUME



The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services.