

Principal's Message

Only a few more weeks until the formal completion of yet another school year!

Many thanks to Shell and our Booster Club for their generous donation that allowed for Dwayne Peace from Dare to Care to return to our school in February. He addresses a wide range of issues such as leadership, self-esteem, physical and mental bullying, drug abuse, violence, the digital world including texting and sexting. Elements of this program are fun, empowering, eye-opening, and emotional. The objectives of this program are to increase empathy and sensitivity among our students, to provide them with strategies to reduce and/or deal with the issue of bullying, and in the end, create a more kind, respectful and safe environment in our school.

Up to 16 of our high school students will be participating April 23, 24, and 25 in a camp called Empowering Minds. The mission of this organization is, "to provide teens with proven and innovative empowerment and leadership programs that develop the confidence, motivation, and resilience necessary to thrive in today's world". - See more at: <http://www.empoweringminds.org>. Over the 2.5 days our teens will discover empowerment, confidence, motivation, resiliency, trust, and building supportive and positive relationships. It will reveal to teens how to make positive choices based on inner strengths, plus ignite dreams for the future. We are very thankful for this opportunity and look forward to continued work with Empowering Minds through Matthew Halton's new 3 Year School Plan beginning in September 2015. I would like to invite all current Grade 9 parents and students (and any additional interested people) to an information session on May 7 at 6:00 in the library to learn more about our school's three year plan and how it relates to building pathways to success for our high school students. I am very excited about our three year process to prepare our students for their own personalized learning experience in preparation for life beyond high school. I hope to see you there!

We encourage parents to provide their feedback on Experiential Learning Week. Copies of this survey can be picked up at the office and are also available during Parent Teacher Interviews.

We are approaching a challenging budgeting cycle. The big picture leaves Livingstone Range and MHHS with approximately the same amount of funding as last year, however there is no provision for a 2% increase in staff wages nor are we permitted to access reserves without approval from the Minister. This is a unique circumstance that I have not been presented with in the past. As always, we will do our utmost to meet the challenges of ensuring the needs of our learners are met within the context of our budget.

By mid-June, students entering Grades 10, 11, and 12 will be asked to complete a course selection form. It is this form that we will use to place students in classes for the 2015-2016 school year. Parents will be asked to sign their son/daughter's form, so please be on the lookout for it and encourage that it be brought back to the school. If students do not return these to the school, it will be more difficult to accommodate their first choices for options.

Our Grade 9 students will be writing their Provincial Achievement Tests (PATs) according to the following schedule:

May 11 – Grade 9 English Language Arts Part A 9:00 – 11:00

June 23 – Science 9 and K & E Science 9 from 9:00-10:15

June 24 – Math 9 and K & E Math 9 from 9:00-10:30

June 25 – ELA 9 Part B and K & E ELA 9 Part B from 9:00-10:15

June 26 – SS 9 (9:00 – 10: 20) and K & E Science 9 from 9:00-10:20

The diploma exam schedule will be posted around the school by mid-May. Teachers will have informed their students of times as well. If you have questions, please contact the school.

Report cards will be available for pick up on June 26 in the morning only. If students or parents are not there to collect them, they will be mailed out. On behalf of the staff of MHHS, we wish all of you a restful and enjoyable July and August. School resumes for all students on September 2, 2015. Student schedules will be made available for the first day of school.

Happy trails,
S. McDuffe

Homework Help:

Homework help is available Monday to Thursday in the library at lunch (11:55-12:25 pm). Teachers will be available each day to offer assistance in each of the four core areas:

Monday: English

Tuesday: Science

Wednesday: Math

Thursday: Social Studies

A reminder for parents:

Please remember to call the school when your child is absent with parent permission. This helps us immensely with tracking student attendance. Thanks!

Parents should be receiving a phone call every time their son/daughter is marked absent.



Academic Advisor Corner

Parents and Students!! Many money opportunities

If you have not received your package of local scholarship opportunities please see Mr. Freer ASAP! Many of these scholarships have deadlines in the next 2-4 weeks. Also, students should have received a Matthew Halton application form for even more great opportunities for money. Please hand these in to the office or Mr. Freer by next Wednesday.

Thank you
Greg Freer

Student Council Activity

Jump 4 fun will be at our school on Tuesday, April 28 during the lunch hour. Students will have the opportunity to experiment with the bumper balls during this time. Bumper Balls are inflatable balls that encase students. Students are able to run around and bump into each other while encased in their balls. There are a variety of games that can be played while inside the bumper balls. We encourage all students to come out and try these during lunch hour on Tuesday, April 28.

Nut Sensitive School:

Please do not send items containing nuts with your child to school. We have students who are highly allergic to them and want to ensure everyone's safety while at school.



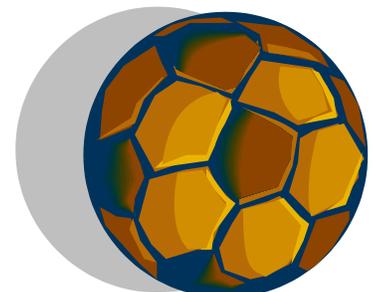
MHHS Response to Bullying

- Initially student tells bully to stop – coaching may be required by the staff member to assist students in strategizing on how to do this. Family School Liaison Counselor may be accessed as support for this.
- If measures have been taken by the victim and the bully has not stopped, the victim is to inform their teacher and the teacher speaks with the bully
- Staff members who have found it necessary to speak to any student about what they suspect to be bullying are requested to complete a “For your information” referral to administration.
- If it occurs again after the teacher has spoken to the bully, the teacher speaks with the bully and will also inform the bullies parent
- If it persists, the student informs the teacher and the teacher informs administration. Administration will invite the bully and parent/guardian to a meeting (depending on the circumstance, this meeting may also involve victim/and victim parent)
- A future incident reported to the teacher will result in a 3 day suspension (with post-suspension meeting)
- An incident after a 3 day suspension will result in a 5 day suspension (with post-suspension meeting)
- An incident occurring beyond a 5 day suspension will result in a 5 day suspension with recommendation for expulsion

Matthew Halton Booster Club Opportunity Fund

... because every student should have the opportunity to play, to learn, to grow, to discover.

If you or a student you know could use a bit of help paying for extracurricular sports or school activities (including class field trips) consider applying for a grant (\$100 maximum per student per year). Application forms are available from the office or talk to any MHHS staff member.





8 Things to Remember When Everything Goes Wrong (POST WRITTEN BY: MARC CHERNOFF)

1. Pain is part of growing.

Sometimes life closes doors because it's time to move forward. And that's a good thing because we often won't move unless circumstances force us to. When times are tough, remind yourself that no pain comes without a purpose. Move on from what hurt you, but never forget what it taught you. Just because you're struggling doesn't mean you're failing. Every great success requires some type of worthy struggle to get there. Good things take time. Stay patient and stay positive. Everything is going to come together; maybe not immediately, but eventually. Remember that there are two kinds of pain: pain that hurts and pain that changes you. When you roll with life, instead of resisting it, both kinds help you grow.

2. Everything in life is temporary.

Every time it rains, it stops raining. Every time you get hurt, you heal. After darkness there is always light – you are reminded of this every morning, but still you often forget, and instead choose to believe that the night will last forever. It won't. Nothing lasts forever.

So if things are good right now, enjoy it. It won't last forever. If things are bad, don't worry because it won't last forever either. Just because life isn't easy at the moment, doesn't mean you can't laugh. Just because something is bothering you, doesn't mean you can't smile. Every moment gives you a new beginning and a new ending. You get a second chance, every second. You just have to take it and make the best of it.

3. Worrying and complaining changes nothing.

Those who complain the most, accomplish the least. It's always better to attempt to do something great and fail than to attempt to do nothing and succeed. It's not over if you've lost; it's over when you do nothing but complain about it. If you believe in something, keep trying. Don't let the shadows of the past darken the doorstep of your future. Spending today complaining about yesterday won't make tomorrow any brighter. Take action instead. Let what you've learned improve how you live. Make a change and never look back.

And regardless of what happens in the long run, remember that true happiness begins to arrive only when you stop complaining about your problems and you start being grateful for all the problems you don't have.

4. Your scars are symbols of your strength.

Don't ever be ashamed of the scars life has left you with. A scar means the hurt is over and the wound is closed. It means you conquered the pain, learned a lesson, grew stronger, and moved forward. A scar is the tattoo of a triumph to be proud of. Don't allow your scars to hold you hostage. Don't allow them to make you live your life in fear. You can't make the scars in your life disappear, but you can change the way you see them. You can start seeing your scars as a sign of strength and not pain. Rumi once said, "The wound is the place where the Light enters you." Nothing could be closer to the truth. Out of suffering have emerged the strongest souls; the most powerful characters in this great world are seared with scars. See your scars as a sign of "YES! I MADE IT! I survived and I have my scars to prove it! And now I have a chance to grow even stronger."

5. Every little struggle is a step forward.

In life, patience is not about waiting; it's the ability to keep a good attitude while working hard on your dreams, knowing that the work is worth it. So if you're going to try, put in the time and go all the way. Otherwise, there's no point in starting. This could mean losing stability and comfort for a while, and maybe even your mind on occasion. It could mean not eating what, or sleeping where, you're used to, for weeks on end. It could mean stretching your comfort zone so thin it gives you a nonstop case of the chills. It could mean sacrificing relationships and all that's familiar. It could mean accepting ridicule from your peers. It could mean lots of time alone in solitude. Solitude, though, is the gift that makes great things possible. It gives you the space you need. Everything else is a test of your determination, of how much you really want it.

And if you want it, you'll do it, despite failure and rejection and the odds. And every step will feel better than anything else you can imagine. You will realize that the struggle is not found on the path, it is the path. And it's worth it. So if you're going to try, go all the way. There's no better feeling in the world... there's no better feeling than knowing what it means to be ALIVE.

6. Other people's negativity is not your problem.

Be positive when negativity surrounds you. Smile when others try to bring you down. It's an easy way to maintain your enthusiasm and focus. When other people treat you poorly, keep being you. Don't ever let someone else's bitterness change the person you are. You can't take things too personally, even if it seems personal. Rarely do people do things because of you. They do things because of them.

Above all, don't ever change just to impress someone who says you're not good enough. Change because it makes you a better person and leads you to a brighter future. People are going to talk regardless of what you do or how well you do it. So worry about yourself before you worry about what others think. If you believe strongly in something, don't be afraid to fight for it. Great strength comes from overcoming what others think is impossible.



All jokes aside, your life only comes around once. This is IT. So do what makes you happy and be with whoever makes you smile, often.

7. What's meant to be will eventually, BE.

True strength comes when you have so much to cry and complain about, but you prefer to smile and appreciate your life instead. There are blessings hidden in every struggle you face, but you have to be willing to open your heart and mind to see them. You can't force things to happen. You can only drive yourself crazy trying. At some point you have to let go and let what's meant to be, BE.

In the end, loving your life is about trusting your intuition, taking chances, losing and finding happiness, cherishing the memories, and learning through experience. It's a long-term journey. You have to stop worrying, wondering, and doubting every step of the way. Laugh at the confusion, live consciously in the moment, and enjoy your life as it unfolds. You might not end up exactly where you intended to go, but you will eventually arrive precisely where you need to be.

8. The best thing you can do is to keep going.

Don't be afraid to get back up – to try again, to love again, to live again, and to dream again. Don't let a hard lesson harden your heart. Life's best lessons are often learned at the worst times and from the worst mistakes. There will be times when it seems like everything that could possibly go wrong is going wrong. And you might feel like you will be stuck in this rut forever, but you won't. When you feel like quitting, remember that sometimes things have to go very wrong before they can be right. Sometimes you have to go through the worst, to arrive at your best.

Yes, life is tough, but you are tougher. Find the strength to laugh every day. Find the courage to feel different, yet beautiful. Find it in your heart to make others smile too. Don't stress over things you can't change. Live simply. Love generously. Speak truthfully. Work diligently. And even if you fall short, keep going. Keep growing.

Awake every morning and do your best to follow this daily TO-DO list:

- Think positively.
 - Eat healthy.
 - Exercise today.
 - Worry less.
 - Work hard.
 - Laugh often.
 - Sleep well.
- Repeat...

Reminder for Parents:

Reminder that the deadline to purchase 2014-15 School Yearbooks is fast approaching. If anyone wishes to purchase a yearbook they can do so by going on <https://lrsd.schoolcashonline.com/> or by cheque or cash. Cheques are made out to Matthew Halton High School. The cost of the book is \$30.00.

Also, reminder that school fees are past due! Again they can pay at the above website or by cheque or cash. If there are questions about the fees or if unable to pay full amount they can contact Lindsay at 403-627-4414 or email at dyerl@lrsd.ab.ca to make other arrangements

Upcoming Dates:

May 7: Grade 9 Transition to High School parent meeting 6 pm

May 11: Grade 9 ELA PAT Part 1

May 12: School Council meeting 5:30 pm, Booster Club meeting 6:30 pm

May 15: PD day (No School for students)

May 18: Victoria Day (No School for students)

May 20: Gulf Island parent meeting for interested Grade 8 parents and Grade 9 participants 7 pm

May 23: Graduation Ceremony 10 am

June 2: Grade 7 Orientation (for next year's Grade 7 students)

June 8: Three-way conferences (IPP review meetings)

June 10: FNMI Celebration of Learning 5:30-7:00 pm

June 17: Last day of regular classes

June 25: Awards Ceremony 1 pm

June 26: Last Day of School



YOU ARE INVITED....

To our second annual
FNMI Celebration of
Learning barbeque.

June 10th

5:30-7:00 pm

Matthew Halton

High School

Hawk's Nest

Please RSVP to Lorraine at
morningbull@lrsd.ab.ca or
403-627-4414 by May 27th



Faces

" Attention ALL grade 9 & 10 students who are interested in joining FACES. The summer sessions are filling up super fast so if you haven't done so,register as soon as possible at faceseducation.com or check us out on facebook. Come join us for an experience of a life time."

The long road to be SKILLED!!

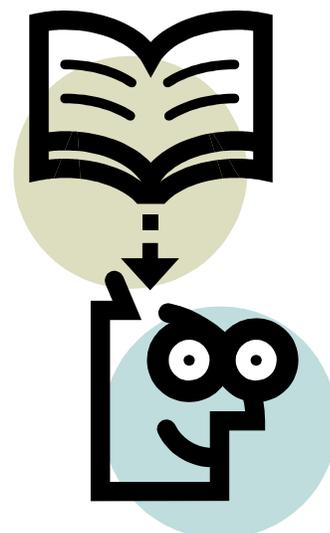
On Wednesday April 15, 2015, five of Matthew Halton's finest attended the 13th annual Regional Skills Canada competition at Lethbridge College. These students had been working to their prefect skills in the regionalized events of: culinary, baking, construction and welding. Students have been practicing since early February in hopes of representing the South West region at the provincial competition in Edmonton next month. The five students represented Halton extremely well in the spirit of good sportsmanship and were very proud of their performances. At the end of the day Halton walked away with a bronze medal in baking and GOLD medal in welding! Securing his first place finish and a spot at the provincial championship is William Lindfield. Joining him at the Provincial competition are two grade nine students, Kassi Wells and Leigh Erickson, competing in the Jr High Culinary Challenge and one grade ten student, Miranda Van Loon, is trying her hand in the Job Skills demonstration category.



Library News

A reminder to everyone that the school library is on-line (<http://destiny.lrsd.ab.ca>) and accessible from anywhere with an internet connection. Browse as a guest or for better results, log-in using your school username and password. See what Destiny can do for you!

Have you used the Online Reference Centre available through Learn Alberta? Go to <http://www.learnalberta.ca/OnlineReferenceCentre.aspx?lang=en> and have a look. You will need to enter a username (LA35) and password (8917) if accessing this great resource from home.



Hawk's Baseball

The Senior High Baseball season will be getting underway soon. After a few practices the team is pumped for their first game and to start swinging the bat. The team will be coached by Bryan Burns with the help of Chris Hales and Brad Kropinak. Come out and support the local team!

Hawks Team Schedule:

Tuesday, April 14th Away at 5:30 vs Kainai Warriors

Thursday, April 16th Home at 5:30 vs Kings

Monday, April 20th Home at 5:30 vs Knights

Thursday, April 23rd Away at 5:30 vs Cardston Cougars

Monday, April 27th Away at 5:30 vs High River Mustangs

Tuesday, May 5th Away at 5:30 vs Crowsnest Pass Panthers

Thursday, May 7th Home at 5:30 vs Magrath Zeniths

Thursday, May 14th Home at 5:30 vs Hawks

Tuesday, May 19th Home at 5:30 vs Claresholm Cobras



FNMI News Corner

“OKI Parents;

Since our last newsletter our students have been very busy with their academics, sports and attending various events. This year once again our students from MHHS and FP Walshe travelled together to Inspire Career Conference in Calgary, Alberta. There were four students who attended from our school. During the conference, we toured Bow Valley College and the Mount Royal University. The students were informed of what programs and services were available and who were the contact personnel.

We also travelled back to Calgary to tour Mount Royal University and SAIT; with our Grade 11 and 12s. This time, we met Kelli Morningbull at the Aboriginal Center, who then introduced us to our tour guide, Steve Kootenay-Jobin. This tour was very informative for everyone as it gave awareness about programs and services available. We ended our tour with a chili and fry bread lunch sponsored by the Aboriginal Center. Then we moved on to SAIT, and experienced another great tour. Our students now has lots of information to consider as they plan their future careers.

The First Nation Education Council sponsored the LRSD Youth Summit was hosted by the Kainia High School this year. The theme was Developing Youth Leaders from a Blackfoot Perspective. There were about 40 students that attended this event from Matthew Halton High School, FP Walshe, Piikani High School and Kainia High School.

Our High School cooking class near the end of the 1st semester prepared an elegant luncheon for the senior citizens of our community and our elders from Piikani were invited. Thanks to Eva Bad Eagle and Shirley Crow Shoe who were able to make it on short notice.

Earlier this year we met with the entire FNMI student population and had them participate in a survey. One of the questions that were asked was “What programs would you like to see in the school?” Many of our students were requesting a Native Club. Mr. Freer and I are working with our students to make a Native Club a part of Halton School. If you have any questions about the club, please ask your child or give one of us a call. Our hope is that the students will take the initiative to manage their own club with Mr. Freer and myself guiding them. We have had a strong interest from the students with 20 who registered at our first meeting and 8 students attending our second.

Blackfoot Class –Experiential Learning Week. This time during our experiential week our program was set up a bit differently than the first week. We went to the forestry to learn about what tipi poles, then we went and had a winter wiener roast and Beauvais Lake. At Beauvais Lake, we did a scavenger hunt. During the week, we went for an overnight stay at the Handgame building on the reserve. Some of the campout activities includes crafts, native games, making fry bread, archery, and drama. Students picked a Napi story and then acted it out. The students had a good time and even got to know each other a little better.

On June 10th we will be hosting our 2nd annual FNMI Celebration of Learning. This evening will include a gallery walk of student artifacts and will end with a barbeque. Students will be able to showcase their work for their parents. Last year we had a good turnout of parents, teachers, students, and members of the LRSD central office. This year we are extending that invitation to members of Chief and Council and the Director of Peigan Board of Education. One positive comment made by a parent was “now I could finally see what my child is learning in school”. I hope to see you on June 10th.

Our FNMI students have been invited to attend Aboriginal Youth Science Talk hosted by Mount Royal University in Calgary on May 14, 2015. This is open to both junior and senior High Students. Mr. Trent Schuler, science teacher, and I will be taking 15 students from Grades 7-11. This should be a positive and fun experience for our students. Please watch for more information that I will send out with your child.

Our FNMI graduating students who are eligible to participate in the ceremonies are Justin Albert, Jade Crow Shoe, Lucky David, Adecia Fox, Chase Healy, Jobey Little Mustache, Joshua North Peigan, and Maggie Crow Shoe.

This year is almost over. I would like to thank parents for their continued support and encouragement throughout the school year.

Lorraine Morningbull
Native Liason