



Principal's Message

Season's Greetings!

Welcome to our near mid-point of the school year! Matthew Halton has been an active place! October 29, we had our Grade 9 Orientation that was well attended and information to both students and parents was shared about high school programming and post-secondary planning while paying particular attention to the importance of students' Grade 9 year in setting the stage for their high school career. For more information, please see Mr. Freer.

Ms. Robinson organized the Remembrance Day Ceremony where invitations were extended to St. Micheal's and Piikani Nation Secondary School. The ceremony involved many dignitaries including a special guest, His Honour, Col. (Ret'd) the Honourable Donald S. Ethell, Lieutenant Governor of Alberta. Thank you to Ms. Robinson for organizing this event.

Experiential Learning Week occurred from October 20 – 24 and the feedback received from students, staff, and parents (surveys completed during parent teacher interviews) was very positive. Using a scale of 1-5 with 5 being strongly agree and 1 being strongly disagree, 57% of 201 students surveyed circled 5 to the question of, "I am satisfied with my learning this week". 30% of students circled 4, 9% circled 3, 3% circled 2, and 1% circled 1. Of 64 parents surveyed, 59% of parents circled 5 and 41% circled 4 to the question, "I am satisfied with my child's learning this week". We are underway in planning our next week that will occur March 23 – 27 where Livingstone School will be fully involved during the week with us. Students will be asked before the end of December as to which potential courses interest them. The information that we gather from this will be used to determine course offerings.

Two new 5 credit option courses will be offered for high school students next semester, Discover Entrepreneurship and Discover Tourism. The platform for delivery for both courses is through an iPad App. Discover Entrepreneurship is a gamified simulated approach to learning that mirrors starting up a business. Success is achieved by selling lemonade and earning lemon coin credits. It begins by learning about what it is to be an entrepreneur and concludes with development an individualized business plan. Enrolment is limited. Students in these classes will extend their learning during ELW where they will immerse themselves in a practical experience involving business or tourism. For more information, please call me.

Our students attended WE DAY again this year and as you will see further in this newsletter, they have been active in planning community and global initiatives.

Students' Council has been very active in assemblies and promotion of events and activities. Their leadership is highly valued and respected by both students and staff. Our next assembly is December 10.

As the year progresses, MHHS will be looking to reflect on our last three year school plan and look to formulate our next three year plan. I will be sharing some insights at upcoming School Council meetings.

If students are interested in participating in Toastmasters, Riesah Prock is interested in starting up this program. You may contact her directly at 403-627-4777 or gov.area38@yahoo.ca.

A note to high school students is to ensure that you are registered in the courses most appropriate to meet your graduation requirements and needs for post secondary school plans. Please see Mr. Freer for your schedule and any further inquiries.

Sandy 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

Grade 12's! Deadlines are fast approaching for conditional acceptance in many post-secondary institutions. If you require assistance in filling out forms please see Mr. Freer. Thank you to all 24 students that attended the Lethbridge College Open House, your behavior was as expected; awesome!

Want free money? Don't wait for Santa Claus, see Mr. Freer and start collecting your free bags of money for post-secondary education now.

Dare to Care Returns!

Dwayne Peace and the Dare to Care program are returning to Matthew Halton on February 23 and 24. Many of our students have had the opportunity to participate in one of Dwayne's small group sessions or hear Dwayne speak at our assembly. This time, Dwayne will be sharing another message encouraging students to make positive life choices during an assembly in addition to facilitating three more small group sessions.



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.



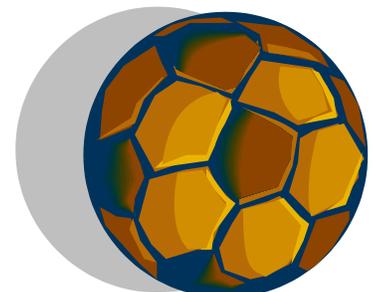
MHHS Response to Bullying

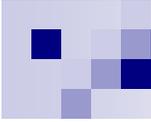
- Initially student tells bully to stop – coaching may be required by the staff member to assist students in strategizing on how to do this. Family School Liaison Counselor may be accessed as support for this.
- If measures have been taken by the victim and the bully has not stopped, the victim is to 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.





FNMI News

The message to young people is to hang on to their culture and embrace the future without fear. "I am really concerned about my young people; they must take advantage of all education, that's the last chance. They must learn to be professionals; and learn to work with other people...be wise and persevere." Dr. Joseph Crow Shoe Sr. 1909-1999

Can you believe it, Christmas is almost here and 1st Semester is almost over. How time flies!! Our High school students went to the Career Fair at the Community College in Lethbridge. This was informative for them as they were able to see what careers were available to them.

I would like to thank all the parents that came out to Parent Teacher Interviews, we had 20 parents attend. Hats off to you.

The week of October 20-24,2014 was our Experiential Learning Week. This time, we provided the opportunity for our students to learn about their Blackfoot language and Culture. This program was taught by myself (Lorraine) under the supervision of Susan Robinson (teacher @MHHS). I hope your students have shared some of the stories that they have learned from this program. We had 15 students in our group and by the end of the week we had more students that wanted to be part of the program.

On our first day, Gary Hackler, a local teacher/Archaeologist/Taxidermist and Artist, came and shared his stories and artifacts about his life.

Our next two days were field trips to the Head Smashed In Buffalo Jump and a tour with Conrad Little Leaf. Here we learned about living off the land and the students learned several Blackfoot words They also were able to tour the buffalo jump. The next day, we went on a tour of Piikani Nation and visited different clan sites, and the residential school areas. At the end of our tour, we stopped at Bring Down the Sun gravesite. Our tour guide was Shirley Crow Shoe from Traditional Knowledge Services. We also made berry soup, bannock and dream catchers. The big assignment for this week was having the students work on their family tree, I believe this assignment was very inspiring for the students because the students got to hear stories about their grandparents and learn more about family. I would like to thank the parents and grandparents for sharing your knowledge about your family. Your input made this assignment successful. Not only did the students learn something about Piikani history, but I learned along with the students. Our students gave positive feedback and would like another class similar to this one in March. Some ideas we currently have are a possible camp out and a trip to the Glenbow museum in Calgary.

I thank parents for their continued support and I would like to wish you all a very Merry Christmas and a Happy New Year. I'taamomahkatoyiiksistsikomi (Big Holy Day) translated by Wilfred Yellow Wings, Elder Piikani Nation.

Native Liaison



Junior High Assessment Days: January 27-29th

From January 27-29 students in Grades 7-9 will be participating in assessment days. These three days are an opportunity for teachers to have students come in and either complete missing assignments or redo/reassess students as needed in order to improve their grade in a given class.

Students who are currently passing all core courses **and** who have completed all assignments in core subjects will be excused from coming to school for these three days. All other students are required to attend school until all of their core teachers determine that they are passing their core courses and have no outstanding work.

On January 19, junior high students will each be given a form where a teacher signature on the form indicates that your child is both passing the course and has no outstanding assignments. If all courses have a teacher signature, your child does not need to attend school January 27-29 provided that you sign their form and return it to the school by January 23rd.

Please note that attendance during these days is not optional for students who have outstanding work or are failing a core course. It is imperative that they attend school these days so that they access this opportunity to improve their grade.

Sports Corner

Volleyball and Cross Country have ended. Cross country overall was a good year with many personal bests being achieved. As well, we had one of our cross country members qualify for provincials. Volleyball went quickly and despite some good play at the end of the season, both our junior teams came up short during post season. Thanks again to our cross country and volleyball coaches.

As always, volleyball ending means the start of basketball. This year I am very optimistic that Halton will see a lot of positives this basketball season. Halton will be running a senior boys team and, like volleyball, our senior girls will be combining with St. Mikes for a Sr. Girls team. In junior high, Halton will be running an A and B girls' team and B boys. I want to thank our basketball coaches for the time and effort they will be putting into the upcoming season. I encourage everyone to come out and watch and cheer on our Hawks. Games start the week of December 8th.

For those of you on twitter please follow Halton Athletics on twitter – Halton Sports @haltonathletics. I post games, results, cancelled practices etc. For those not on twitter can view the tweets on our school website.

Halton athletics (Excellence-Integrity-Sportsmanship)

Final Exam Schedule January 2015

Monday	Tuesday	Wednesday	Thursday	Friday
5 Return to school from Christmas Holidays	6	7	8	9
12	13 9:00 – 11:30: ELA 30-2 Part A	14 9:00 – 11:00: Social 30-1 Part A	15	16
19	20 9:00 – 11:30: ELA 30-2 Part B <i>Diploma Course Marks Due</i>	21 9:00 – 11:00: Social 30-1 Part B Last day of HS classes	22 8:30-10:30: ELA 10-1/10-2 1:00-2:30: PE 10 fitness testing Group A	23 8:30-10:30: Social 20-1/20-2 9:00-10:20: Social 9
26 8:30-10:30: Science 10/14, Bio 20 9:00-10:15: Science 9 9:00-11:30: Math 30-1 Dip. 1:00-2:30: PE 10 fitness testing Group B Last Day of Junior High Classes	27 8:30-10:30: Chem 20 <----->	28 10:00 a.m. <i>Jr. High Marks Due</i> <i>High School Non-Diploma school final marks due</i> Junior High Assessment Days	29 9:00-11:00: Science 30 ----->	30 Semester Turnover Day

Counsellor Corner

6 Simple Practices to Handle Holiday Stress

By [James Baraz](#) |

“Tis the season to be jolly”—but isn’t that always easier said than done? While the holidays of course bring us many joys—family reunions, good food, thoughtful gifts—they also entail an incredible amount of stress: Those family reunions can dredge up old family conflicts, the good food often requires lots of careful preparation, and holiday shopping can be a nightmare. So how can we stay grounded and present and truly let ourselves feel the holiday spirit?

Though the next gadget or experience may bring fleeting pleasure, research shows that genuine happiness is about how we feel inside. To really enjoy the holidays, try these simple, research-based practices that will help keep you in a healthy state of mind.

1. Set your intention to enjoy the holidays as much as you can. By making the conscious decision to open yourself to true well-being and happiness, you’ll be more likely not to miss those uplifting moments and even begin to have your radar out for them. Psychiatrist Dan Siegel argues that by setting your intention, you “prime” your brain to be ready for positive experiences. And this can spur a positive cycle of happiness: Research by psychologist Barbara Fredrickson shows that when we allow ourselves to feel positive emotions, we become more open and sensitive to future positive experiences, bringing us even more of those good feelings down the line.

2. Savor any moments of well-being when they’re here. Don’t just know that you’re feeling good. Let your awareness savor how the experience registers in your body and mind for 15 or 30 seconds. (Neuropsychologist Rick Hanson calls this “taking in the good.”) Research by Fred Bryant, a professor of psychology at Loyola University, has found that savoring positive experiences strengthens our positive response to them. And neuroscience studies have shown that the longer we hold an emotionally stimulating experience in our awareness, the more neural connections form in our brains to strengthen the trace of that experience in our memory.

3. Take a break, regain your focus. If you’re feeling overwhelmed by everything on your To Do list, remember to take a few breaths. Take a break and enjoy a cup of tea or a hot bath. Try some yoga or exercise. Or get out of the *doing* mode for a little while and let yourself just relax. It can be challenging to disengage from the clutch of activity and connect with the moment in a restful way. But research suggests that it’s worth the effort to slow down and regain your focus: A recent study out of Harvard found that a wandering mind—typical in our multitasking culture—is a strong cause of unhappiness.

4. Practice gratitude. Don’t take your good fortune for granted. Consciously reflect on all the blessings in your life each day. Express your appreciation directly to loved ones and friends when you’re with them. You and they will both feel the joy of loving connection. In a study by Martin Seligman, a leader in the field of positive psychology, people who considered themselves severely depressed were asked to write down three good things that happened each day for 15 days. At the end of the experiment, 94 percent of these subjects had a decrease in depression and 92 percent said their happiness increased. A study published earlier this year in the journal *Psychological Science* found that people who expressed gratitude to others felt significantly closer to those people afterward. present for a friend, sharing the gift of your caring and attention. Or when you open the door for someone, consider the positive impulse behind that act. Anytime you do something that contributes to the well-being of another, let yourself feel the joy of generosity. And be sure to include yourself in your generosity practice.

5. Practice generosity. Neuroscience research shows that performing an altruistic act lights up the same pleasure centers in the brain as food and fun. Whenever you feel the impulse to be generous, act on it. As you do, notice the expansive feelings in your body and mind. Without expecting anything in return, notice how good it feels inside when you see someone happy because of your sincere generosity. It can be as simple and profound as being fully present for a friend, sharing the gift of your caring and attention. Or when you open the door for someone, consider the positive impulse behind that act. Anytime you do something that contributes to the well-being of another, let yourself feel the joy of generosity. And be sure to include yourself in your generosity practice.

6. Play and have fun. Remember what it was like when you were a kid during the holidays? Let yourself experience that again. Be around kids if you can. Tune into and take delight in their enthusiasm. Singing or dancing are excellent ways to get out of your head and open to joy. As David Elkind, author of *The Power of Play*, writes, "Decades of research has shown that play is crucial to physical, intellectual, and social emotional development at all ages."

Finally, remember that happiness is contagious: Research shows that happiness can spread like a virus across three degrees of separation; if you're happy, you increase the odds that your close friends and family will be happy, too. So the more you can stay connected to your own happiness, the more you help others get in touch with their own well-being. We all benefit when you can awaken the joy within you. Happy Holidays!

The Perfect Fundraiser... Wrapped as a Christmas Gift

Matthew Halton Booster Club will be selling Amaryllis Bulbs

Cost: \$20 per bulb

The Amaryllis is a beautiful flowering bulb that will bloom for 7 weeks or longer. Each bulb comes in a gift wrapped package, ready to be given to that special person on your Christmas list.

Perfect for grandparents, family members, teachers, co-workers, day care providers, neighbours or just about anyone!

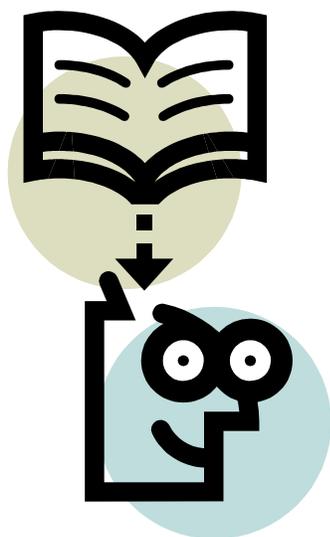
Quantities are limited so order fast before they are all gone.

To order your bulb or for more information, contact Tara Cryderman at 403-432-1995.

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.



Upcoming Dates:

December 19:	Last day of classes
December 22-January 2:	Christmas Break
January 5:	Classes resume
January 21:	Last day of Senior High Classes for Semester 1
January 22-January 29:	Senior High Final Exams
January 26:	Last day of Senior High Classes for Semester 1
January 27-29:	Junior High Assessment Days
January 30:	Semester Turn Around Day (No School for students)
February 2:	First Day of Semester 2
February 16-20:	Winter Break
February 23-24:	Dwayne Peace Presentation

A Message from Alberta Health Services

Teens and Alcohol

A recent Canadian survey identified alcohol as the drug most widely used by Canadian teens between grades seven and nine; 27% indicated they drank some amount of alcohol in the 12 months before the survey.

Grades seven to nine are a time when teens typically start to push boundaries. They are also guided by the influences of adult role models, glamorous portrayals of alcohol use in the media, their peers' choices and their own values. Under these influences, teens begin developing their own ideas about, and boundaries around, alcohol use.

One of the most important things you can do as a parent, is to talk openly about alcohol. Keep the lines of communication open; listen, then listen more. Be the person your teen trusts as a valuable source of information. Talk to your teen about what you expect. Be caring consistent, set clear limits and understand that it can be hard for teens to make safe choices about using alcohol.

If you choose to drink alcohol, consider your own drinking and how it may influence your teen's decisions. Consider how your attitudes or behavior influence your teen. How do you value alcohol? How do you model appropriate use of alcohol? What is your goal and motivation when you drink? Remember, when it comes to alcohol, teens should delay use for as long as possible. It is better for brain development and for preventing escalation of use.

For more information about talking to your teen, being a role model and other topics for parents please visit www.albertahealthservices.ca/2434.asp.

Hand Washing

Anytime is hand hygiene time. Studies done by the Center for Disease Control have shown that if children wash their hands as few as four times during the school day they have up to 50% fewer colds, flu and sore throats.

There are five important steps:

1. Wet hands with warm water
2. Apply enough soap
3. Scrub for 20 seconds focusing on the thumb and fingertips
4. Rinse off the soap and dirt
5. Dry hands well.

The first four steps remove 60% of the germs. The last 40% of the germs come off when hands are dried. Keeping skin in good condition also keeps the germs away so use lotion if skin gets dry. If the dirt is visible, waterless hand gels do not work. The best way to keep the germs away is to use plain soap and water, spend the time and get good friction. Hand hygiene continues to be one of the best and simplest ways to stay healthy all year round.

