

Kodiak Review

Feb 28 - Mar 4, 2022

Hugh Sutherland School
RR 1
Carstairs, AB T0M0N0
403.337.3326

hugh.sutherland@cesd73.ca
www.hughstherlandschool.ca



Upcoming Dates and Deadlines

Feb 28 - Welcome Back
Mar 1 - [Jeff A.D. Martin](#) Presentations
Block 1 - Gr 8-9 Block 2 - Gr 10-12
Mar 1 - Drama Rehearsal
Mar 2 - School Council Meeting 7:00 PM
<https://meet.google.com/ybd-fzwa-vjh>
Mar 4 - No School



Nurse's Notes -

Information provided by
our Public Health School Nurse,
Jasmine Buchanan



Jeff A.D. Martin Presentations

YOU ARE WORTH IT!

Some studies show that 1 in 5 students suffer from depression and/or anxiety. These numbers have risen since the pandemic of Covid-19. One of Jeff's favorite keynote topics is about finding your self-worth and believing in who you are. Jeff helps to combat life's difficulties by teaching on the positive effects of self affirmations and finding ways to recognize your own self worth. Jeff shares personal stories of struggle and takes the audience through how he was able to overcome. This is a powerful presentation that can often lead to both emotional and powerful breakthroughs.

JEFF A.D. MARTIN

Speaker | Author | Coach

Drama Club March Rehearsals

3:20-4:30 in Room 120

Tuesday March 1st
Thursday March 10th
Tuesday March 15th
Thursday March 24th
Tuesday March 29th



[Superintendent's
Message](#)



Black History Month

The Honourable Jean Augustine

Canadians now celebrate Black History Month in February thanks to Jean Augustine. Augustine made Canadian history when she became the first African Canadian woman to be elected to Canada's House of Commons. In Parliament, she represented the needs of women, people of colour, and low-income Canadians through legislation to protect their rights. Her devotion to social justice led to her appointment as a Member of the Order of Canada.



Leadership Conference

We have a group of grade 8-10 students that will be participating in a Leadership Conference at Olds High. The conference is on Thursday, March 3rd and includes a full day of learning and growing.

