

# Kodiak Review

Feb 6-10

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## Upcoming Dates and Deadlines

Feb 7 - ASCA Zoom Conference Pt 1 - 7PM  
Feb 8 - Gr 12 Theatre Calgary  
Feb 10 - No School - Collab Day  
Feb 13 - Pink Shirt Day  
Feb 13 - HSS Science Fair  
Feb 15 - Safer Schools Together Presentations

## High School News

**ATTENTION GRADS-** Please check your school email for instructions on how to book Grad Photos if you were unable to get them done in December. Because of the cold weather, we needed to add two more dates of February 16 & February 17, 2023 for Grad Sitings. Please let Mrs. Reaman know if you have any questions.

The last day to Add/Drop both Core/Option Courses is February 17, 2023.

## Safer Schools Together

Safer Schools Together will be at Hugh Sutherland School on February 15th. There will be two student presentations during the day and a parent presentation at 7:00 PM.

Please see the attached one-pagers for more information on the presentations.



SAFER  
SCHOOLS  
TOGETHER

## Nurse's Notes

Information provided by our Public Health School Nurse, Jasmine Buchanan



## HS Nakiska Ski Trip

The high school Nakiska Ski Trip is February 14th, please be at the school no later than 6:20 AM.

## Kodiak Snack Shack

All February lunches are now live on Student QuickPay. Please note the early cut off (Feb 9th) for Subway orders.

## HS Leadership Lowdown

Hello Kodiaks! We appreciate the enthusiasm surrounding the pencils we handed out to each student for finals! As for one of our new plans, we will soon be starting another CA Battle in which each CA will be choosing a name for themselves! On the 13th of February we will be bringing awareness to Pink Shirt Day! Pink shirt day recognizes bullying and the things that we can do to prevent it. We hope to see that some enthusiasm for Valentine's Day because it's just around the corner and we have some fun events planned, so please stay tuned. On the 17th of February Mr. Evans is hosting a student teacher basketball game in the last block. We also plan to have another minute to win it in order to gain CA points so start thinking about who should represent your CA.

**No School on Friday, February 10th**

# ESTABLISHING SAFE, CARING AND RESPECTFUL DIGITAL COMMUNITIES

## STUDENT SESSION\*

1-hour educational session



This student session covers all things digital, from being a good digital citizen to the criminal consequences of cyberbullying. Some of the most prominent concerns surrounding students' use of social media platforms and smartphones will be discussed.

### YOU WILL LEARN:

- Digital media habits, oversharing, and digital addiction
- The permanence of online posts/activity
- The significance of your digital tattoo in how others perceive you (e.g., sports teams, college admissions, and potential employers)
- The importance of caring for peers both online and offline
- Geo-locational settings and the dangers of social media and cell phone misuse
- The social and legal consequences of cyberbullying behavior as well as possession and distribution of intimate images (sexting and sextortion)

*\*Please note that these presentations are tailored towards age groups with no more than a 2-grade gap per session.*

# SOCIAL MEDIA AWARENESS, DIGITAL CITIZENSHIP, AND CYBERBULLYING

## PARENT/CAREGIVER SESSION

2-hour training session with Q&A



This parent session focuses on all things digital. Your child in Middle/High School has now entered the peak of their digital media lives where cell phone ownership doubles, video game use explodes, and social media use becomes problematic. This session will cover recommendations for family rules, parental controls, family tech plans, as well as suggestions for monitoring your tween/teen's digital life.

At this age, children encounter situations that will challenge their independence. Parents have an important role to play in providing support and guidance during critical periods. A snapshot of current trends and concerning apps and platforms will be provided to equip you in your digital parenting strategy.