

Hugh Sutherland School



Upcoming Events

May 1 - Gr 6 Immunizations

May 2 - Gr 9 Orientation 6:30
May 2 - Gr 10 Orientation 7:15

May 3 - No School

May 8 - Hats on for Mental Health
May 8 - Leadership Carwash - Curling
Rink 4:00-6:00

May 9/10 - Gr 8/9 Band Trip

May 10 - Tuesday Rotation
May 10 - Wake-A-Thon

May 13 - ELA 9 Part A

May 14 - Academy Info Night 7:00

May 15 - Sr High Track & Field
Divisionals
May 15 - Gr 9 Discovery Days

May 15/16 - Gr 5 Carstairs Heritage
Centre
May 15/16 - HS Band Trip

May 16 - Anything But A Backpack Day
May 16 - Artisan's Ensemble East Gym
May 16 - STEM Field Trip

May 17/20 - No School

May 21 - Assembly 10:00

May 22 - Physics Field Trip
May 22 - Sr High Track & Field Zones

May 23 - Jr High Track & Field
Divisionals

May 24 - Monday Rotation
May 24 - Gr 5 Aggie Days
May 24 - Carstairs' Got Talent

May 28 - Jr High Track & Field Zones

May 31 - Wednesday Rotation



Wednesday, May 8, 2024



Hats on! for Mental Health



Wear a special hat to school
to raise awareness of the
importance of good
mental health.



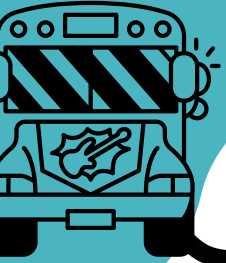
@hss.kodiaks

[Click to email Mr. Gouge](#)

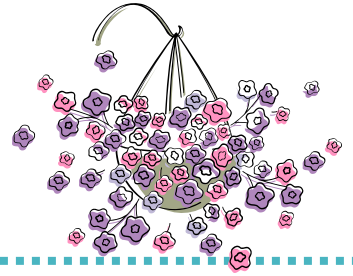
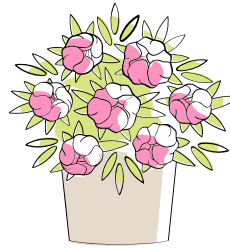
Band Updates!

Band Trips

Grade 8/9 Band Trip - May 9/10
High School Band Trip - May 15/16



Thank you to everyone that has supported our beef jerky and flower fundraisers. The beef jerky has been distributed and the flowers will be in soon.



CARSF Science Fair Results

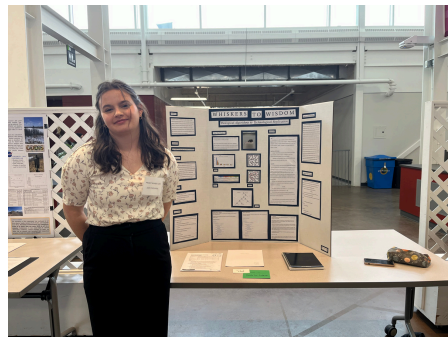
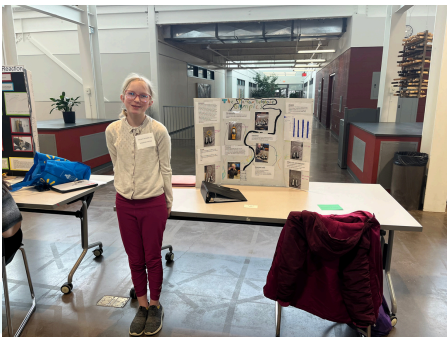
HSS did AMAZING at the science fair! Here are the results:

Elementary bronze medal winners - Hailey S. and Kyla B.

Secondary Participation award for Maddie P.

Secondary Silver Award for Jules O.-P. plus second runner-up for best in fair.

Jules was awarded first year tuition for any program at RDP and is on to NATIONALS!



Hugh Sutherland School's
**ARTISAN'S
ENSEMBLE**

MAY 16, 2024

EAST GYM
DOORS OPEN AT 6 PM
EVENT BEGINS AT 6:30 PM



HSS DRAMA CLUB PRESENTS
STUART LITTLE

PERFORMANCE BY
HSS CHOIR

**\$10 PER
TICKET**

ART DISPLAY FEATURING
HSS STUDENT ART

DESSERTS PREPARED BY
HSS FOODS CLASS

HSS SHOP MARKET

Handmade Cutting Boards, Coasters,
and Ladder Golf. Prices From \$12 - \$80
Cash/Credit/Debit Available

Tickets Available for Sale Through
HSS STUDENT QUICKPAY
Monday, April 29 - Friday, May 10

Scholarship Deadlines

Carstairs Artist Guild - due April 30th

Carstairs Dental - due May 1st

ATA Local #17 scholarships (there are three different awards with different criteria) - due May 15th

Mountain View Smiles - due May 31st

Rein Forth Equine Humanitarianism Award - due May 31st

Remedy'sRX Pharmacy Scholarship - due May 31st

SBI Modular Trades Scholarship - due May 31st

Mountain View Art Society Bursary - due June 3rd



Save The Date

Mark
YOUR
Calendar

Gr 5/6 Year End Concert - June 5

Gr 7-12 & Jazz Band Year End Concert - June 6

Last Day of High School Classes - June 19

Gr 6 Calaway Park - June 21

Gr 5 Heritage Park - June 24

Gr 8 Calaway Park - June 25

Gr 7 Calgary Zoo - June 26

Athletic Updates

[Click to email Athletic
Director](#)

May 15 - Sr High Track & Field Divisionals

May 22 - Sr High Zones

May 23 - Jr High Divisionals

May 28 - Jr High Zones



Leadership Lowdown



About us

We in leadership are learning to develop ourselves as leaders, develop school spirit and reaching out into the community

We in grade 9 have been learning about different styles of leadership such as Democratic, Autocratic and Laissez Faire(As well as a Benevolent Dictator but we stay away from that one)

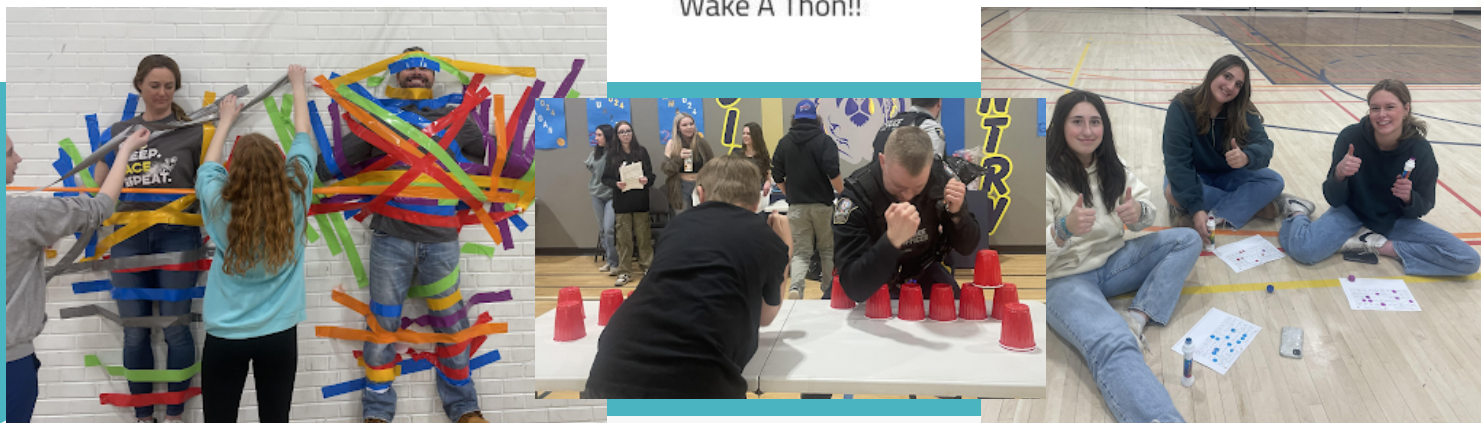
In April, we did many fun events such as Rock and Roll Bingo and duct taping teachers to the wall at lunch!

In the curriculum we have explored different ways we can be leaders by exploring children's books.

We have very big plans for May! We have the 2nd Annual Carstairs' Got Talent and the all nighter

These events will arguably be the biggest and best events of the whole year! So please, please, please keep your eyes out; show your talents at the show and come have a fun night with us at the

Wake A Thon!!



Earlier this month, we hosted a super fun fundraiser! Students came together to buy strips of duct tape and we successfully hung Mr. Gardner on the wall! We also hosted our first ever Rock & Roll Bingo. Students arrived during lunch for a fee of \$2 and got to play in a competitive round of music bingo! Leadership did a test run of this bingo at the Chinook Winds Seniors' Centre and it was an old-time music hit!

Thanks to all our fundraising, at the end of April, the High School Leadership Team attended the Alberta School Leadership Conference at Bert Church School in Airdrie with the Cremona School Leadership Team. This was an amazing opportunity and we were exposed to many new ideas, fantastic speakers, and were able to collaborate with leadership students from all over the province. We thank anyone that has helped support leadership and helped us go on this 3 day long experience! Now that April has come to an end, start watching for May's spirit and culture-building activities.

The FCSS and the Mountainview Family Resource Network in partnership with The Leadership Team have planned super fun GLOW NIGHT that we are hosting for children ages 8-12. This will be hosted at the school the evening of Thursday, May 2nd, and the night will be filled with fun glow in the dark games and a concession. Bring your friends! Come in neon attire or a white T-Shirt to decorate!

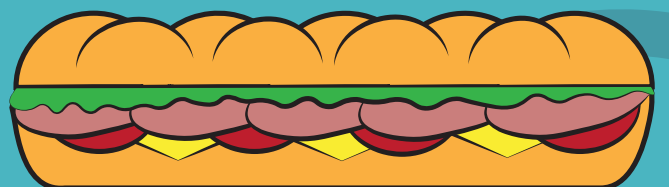
We are also hosting a fun and summery fundraiser. Now that the sun is out- come get your car washed at the community hall for \$3-\$5 on Wednesday, May 8th from 3:30-600 pm. Thanks in advance for your support!! On the night of May 10th there will be a "LOCK-IN/WAKE-A-THON" hosted at the school for HSS students in grades 9-12! The overnight challenge has a small fee and students will stay over at the school all night participating in an array of games, eating from the concession, and all while trying to stay up all night! Stay tuned for permission slips and more information!

Finally, the High School Leadership Team is hosting the annual and anticipated Carstairs' Got Talent on May 24th at 1pm in the north gym! Auditions to be a part of the magic are ongoing and we are excited for our performers to hit the stage. Parents, grandparents and community members are welcome!! More details will be posted on social media.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Bacon Ranch & Veggies	2 Sweet & Sour Meatballs & Rice	3 CLOSED
6 BASICS	7 Hot Dog, Veggies & Chips	8 Butter Chicken, Rice & Naan Bread	9 Chicken Caesar Salad & Cheese Bread	10 PIZZA
13 BASICS	14 Penne & Meat Sauce	15 Chicken Quesadilla & Chips	16 Subway (Deadline May 10)	17 CLOSED
20 CLOSED	21 Taco In A Bag	22 Chicken Fried Rice & Egg Rolls	23 Cheeseburger, Veggies & Chips	24 PIZZA
27 BASICS	28 Perogies & Sausage	29 Pancakes & Bacon	30 Sweet & Sour Meatballs, Rice & Veggies	31 PIZZA

Subway Early Deadline

The deadline for May's Subway
order is
Friday, May 10



Click to email
[Sarah Reaman](#)

Grade 9 & 10 Orientation

May 2 in the North Gym.

Grade 9 Orientation is at 6:30 PM (current grade 8's and families)

Grade 10 Orientation is at 7:15 PM (current grade 9's and families)

The presentations will go over topics such as CA/FLT, Diploma requirements, off-campus learning opportunities and post-secondary planning.



BYOD

For parents of students in grade 7-8 during the 2024-25 school year, please read the following message, as we are now requesting all students to bring their own device beginning next year.

Here is more information:

[BYOD Information](#)



Yearbooks

Yearbooks for the 2023/2024 school year are on sale. The cost is \$40 and can be paid through your [Student QuickPay Account](#)

Order deadline is **MAY 15**.

Yearbooks arrive in the fall.

What a great year!

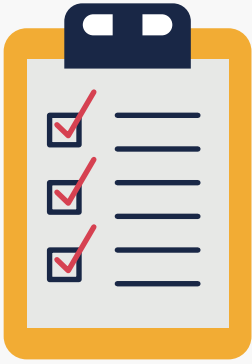


#yearbook

FROM THE DESK OF MRS. REAMAN

MAY UPDATES

HIGH SCHOOL COURSE SELECTION FORMS



High School Course Selection Forms will be available to Grade 8-11 students. They are in your Graduation Google Classroom.

Grade 12 Course Selection Forms due- May 7

Grade 11 Course Selection Forms due- May 14

Grade 9 & 10 Course Selection Forms due- May 21

UPCOMING 'BOOTS ON THE GROUND' LEARNING OPPORTUNITIES:

MAY 15, 2024
Olds College
Discovery Days

MAY 16, 2024
SMART MTX Technology Expo

GRADE 9 & GRADE 10 REGISTRATION/ ORIENTATION NIGHT INFORMATION

[LINKED HERE](#)

MAY 2, 2024

GRADE 12s!

KEEP CHECKING FOR MORE
SCHOLARSHIP OPPORTUNITIES
IN YOUR GRAD G. CLASSROOM.



ONSITE DUAL CREDIT DATES:

MAY 6TH
MAY 23RD
JUNE 10TH

GRADE 9s!

PLEASE SEE THE FOLLOWING
POSTER FOR AN EXCITING
OPPORTUNITY TO EARN A
FREE CHROMEBOOK & HIGH
SCHOOL CREDITS!



PRELIMINARY GRAD LIST
COMING SOON!



[HTTPS://SARAH-
REAMAN.YOUCANBOOK.ME/](https://sarah-reaman.youcanbook.me/)

JUMPSTART

HIGH SCHOOL

ONLINE

CTS

**IN
JULY**

**REGISTER
BY JUNE 12**

**6
CREDITS**

BAM!



**SCAN TO
REGISTER**

In The Community



Managing Anxiety and Stress



Carstairs Library

Engagement Meeting Room

Tuesday, May 21

1 PM to 3 PM

Learn practical strategies to help reduce your anxiety, increase your problem-solving skills, challenge your thinking, mindfulness, and resiliency

To register, please visit:

www.mvfrn.ca

or phone Shannon at 403-559-7894



H.E.A.R.T.

Program

H.E.A.R.T

Healing. Exploration (of self). Art. Reset (the mind). Transformation.

H.E.A.R.T. is a **FREE** 6 week creative healing journey designed to help women rediscover themselves through different forms of creativity, art, self awareness and self exploration. Together, we will learn about Gratitude, Building Resilience, Self Love and Self Esteem, Releasing Guilt and Shame and Mindfulness.

WHO: Women

WHEN: Tuesday evenings starting April 30th until June 4th

6:30pm until 9:00pm

WHERE: Carstairs Library

Scarlett Ranch Boulevard, Carstairs

To register visit www.mountainviewemergencyshester.ca or call Emilie

Webb at 403-586-4545

HSS Final Exam Schedule- JUNE 2024

Date	Exam	Location	Full Time Allowed
Monday, May 13	English Language Arts 9- Part A	East Gym	9:00-11:40
Tuesday, June 11	English 30-1 Part A	East Gym	9:00-3:00
	English 30-2 Part A		
Wednesday, June 12	Social 30-1 Part A	East Gym	9:00-3:00
	Social 30-2 Part A		
	English Language Arts 9- Part B	East Gym Rm 129	9:00-11:30 9:00-11:30
Thursday, June 13	Mathematics 9- Part A	East Gym	9:00-10:00
			9:00-10:00
Monday, June 17	Mathematics 30-1	East Gym	9:00-3:00
	Mathematics 30-2		
Tuesday, June 18	English 30-1 Part B	East Gym	9:00-3:00
	English 30-2 Part B		
	Mathematics 9- Part B	Rm. 129 Rm. 132	9:00-11:40 9:00-11:40
Wednesday, June 19	Social Studies 30-1 Part B	East Gym	9:00-3:00
	Social Studies 30-2 Part B		
	Social Studies 9	Rm. 129	9:00-11:40
	Social Studies 6	Classrooms	9:00-11:00
Exam Break Begins			
Thursday, June 20	Biology 30	Rm. 117	9:00-3:00
	Science 9	East Gym	9:00-11:30
	Science 6	Classrooms	9:00-11:00
	English 10-1	Rm. 131	8:45-12:00
	English 20-1	Rm. 135	8:45-12:00
Monday, June 24	Chemistry 30	Rm. 117	9:00-3:00
	Math 10C	Portable	8:45-12:00
		Rm. 132	8:45-12:00
	English 10-2	Rm. 131	8:45-12:00
	Social Studies 20-1	Rm. 120	8:45-12:00
Social Studies 20-2	Rm. 130	8:45-12:00	
Tuesday, June 25	Physics 30	Rm. 118	9:00-3:00
	Physics 20	Rm. 133	8:45-12:00
	Mathematics 20-1	Portable	8:45-12:00
	Social Studies 10-1	Rm. 130	8:45-12:00
Rm. 119			
Wednesday, June 26	Chemistry 20	Rm. 118	8:45-12:00
		Rm. 133	8:45-12:00
	Biology 20	Rm. 117	8:45-12:00
	Science 10	Rm. 132	8:45-12:00