



Cougar News

Breton High School
Box 676, 4707-49 Ave
Breton, AB T0C 0P0
Ph. 780-696-3633
Website: <http://bretonhs.wrsd.ca>

BHS Newsletter October 2018

Events in October 2018

- October 9 Thanksgiving NO SCHOOL
- October 15 School Council meeting 6:30pm
- October 18 No School for K-9 students
- October 19 No School for all students
- October 30 Picture retakes

*School Council Meeting
Monday, October 15 6:30pm*

PLEASE NOTE:

If you would like to receive our newsletter electronically, make sure we have your email address in the office. We will have paper copies in the office available for your student to pick up.

As well, we will have it online on our website –

<http://bretonhs.wrsd.ca>



Digital Policies

Chromebooks are assigned to each individual student, and it will be the responsibility of the student to bring their Chromebook to class appropriately charged. Chromebooks are like textbooks and are a student's responsibility. Library charges will be incurred for damages, just like textbooks.



Cell Phones are no longer permitted to be visible. Cell Phone pocket organizers will be in every classroom, and students will be required to place their phones in these pockets, which is hanging beside the classroom door. Furthermore, Chromebooks may only be used at the discretion of the teacher; just because a student has a Chromebook, it does not mean that the teacher will be permitting the use of the Chromebook for a particular lesson. Students are expected to adhere to our electronic device policies.





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PowerSchool: Creating a Parent Account

Do you have access to PowerSchool? Remember that there are no midterm report cards being printed school wide this year! If you would like to have a printed copy of the report card sent home, please contact the office. The Parent Portal in PowerSchool is live and allows parents to check student marks at any time! Please make sure you have access if you are not requesting a copy of the report card. Here is how to get access to PowerSchool:

<https://powerschool.wrsd.ca/public/home.html>

School Fees

Just a friendly reminder that school fees need to be paid to BHS. School fees can be paid online (School Cash) or by cash or cheque at the BHS office.

School Cash

Wild Rose School Division is now offering School Cash as its preferred method of online payment for all school fees, including everything from field trips to yearbooks:

<https://wildrose.schoolcashionline.com>

School cash online now accepts Visa Debit & MasterCard Debit cards (select "payment type – credit card NOT Interac if using these types of payments).

Cross Country

October 10, 2018 Junior and senior in Athabasca Zones

October 20, 2018 Provincials for High School in Edmonton
at Rundle Park



Picture Retakes

Didn't like the first ones? Picture retakes will be on Tuesday, October 30!



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Connect Parent Group

Parent Connect Group is up and running October 3-December 5 every Wednesday 9 am-10am at the Breton Community Health Centre.

Parents/Caregivers who attend Connect will learn principles of attachment that will help them create healthy relationships. Parents will be better able to navigate conflict and work through natural relationship changes with their children.

To register or for more information:

Call Brenda Huntley-Family Wellness Worker

Breton High School 780-696-3633

Breton Elementary School 780-696-3555

Football



Breton Cougars remain Undefeated and are ranked 1st in the province for six man!

Upcoming games:

Rimbey on Tuesday, October 9th at 4pm

Lacombe on Tuesday, October 16th at 6pm

Looking good for a placing in Provincial Playoffs in November! GO COUGARS!

Volleyball

Senior Girls:

October 6th in Rimbey

October 15th in Calmar

October 22nd in Calmar

Oct 26 and 27th in Devon



Junior Girls:

October 15th in Drayton Valley at St Anthony's

October 22nd in Drayton Valley at Holy Trinity

October 27th We are hosting a tournament here at Breton High!



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DR UNGAR

After many requests from the caregivers and teachers, Dr. Ungar will be returning. This is a free workshop. For questions or more information, please contact the school.



DR. UNGAR

Dr. Michael Ungar is the founder and Director of the Resilience Research Centre and Canada Research Chair in Child, Family & Community Resilience at Dalhousie University in Halifax. He is the author of 14 books, numerous manuals for parents, educators, and employers, as well as more than 150 scientific papers and book chapters. Dr. Ungar has adapted findings from his research and clinical practice into best-selling works for professionals and researchers, including *Too Safe For Their Own Good: How Risk and Responsibility Help Teens Thrive* and his most recent work, *I Still Love You: Nine Things Troubled Kids Need From Their Parents*. His blog *Nurturing Resilience* appears on Psychology Today's website.

www.michaelungar.com

WORKSHOP

How can we show children we love them even when they push us away? How do we make children more resilient when they are angry, anxious, abusive or delinquent? Michael's words will help you understand the importance of everyday heroics that change children's lives, even when parents, caregivers and educators are frustrated and unsure what to do next.

I STILL LOVE YOU: 9 THINGS KIDS
NEED FROM THEIR PARENTS,
CAREGIVERS & SCHOOLS TO BUILD
RESILIENCE

FREE
& KIDS ACTIVITIES PROVIDED

DR. MICHAEL UNGAR
October 10, 2018
CETC @ 7 pm



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Junior Curling

Junior Curling welcomes juniors ages 8 and up to join the club.

Curling on Mondays 3:30-5pm

Registration: Monday November 4 (7-9pm)

For more information or to register, phone Gladys Meinczinger 780-915-1211



Breakfast Program

The Breakfast program is looking for donations. Monetary donations or non-expired non-perishable breakfast items would be greatly appreciated.



Read Daily!

The habits of daily reading overwhelmingly correlate with better reading skills and higher academic achievement. On the other hand, poor reading skills correlate with lower levels of financial and job success.



INDEPENDENT READING <i>minutes per day</i>	WORD EXPOSURE <i>words per year</i>
65.0	4,358,000
21.1	1,823,000
14.2	1,146,000
6.5	432,000
1.3	106,000

School Guide

Announcing SchoolGuide, a free app that brings the latest reminders, news, events and emergency alerts from Wild Rose School Division and your local school right to your phone! Download SchoolGuide today from the [App Store](#) or [Google Play](#)!



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Mental Health **October 1-7th is Mental Awareness Week** **October 10th is World Mental Health**

“We can all be champions for mental health: language matters, knowledge matters, empathy matters.”



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Teen Mental Health Resources

<http://teenmentalhealth.org/> <http://community.hmhc.ca/> <http://www.sickkidscmh.ca/>



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TOP TEN TEST TAKING TIPS FOR STUDENTS



Here are the top ten tips to success!

1. Have a Positive Attitude

Approach the big test as you'd approach a giant jigsaw puzzle. It might be tough, but you can do it! A positive attitude goes a long way toward success.

2. Make a Plan

The week before the test, ask your teacher what the test is going to cover. Is it from the textbook only? Class notes? Can you use your calculator? If you've been absent, talk to friends about material you may have missed. Make a list of the most important topics to be covered and use that as a guide when you study. Circle items that you know will require extra time. Be sure to plan extra time to study the most challenging topics.

3. The Night Before

Cramming doesn't work. If you've followed a study plan, the night before the test you should do a quick review and get to bed early. Remember, your brain and body need sleep to function well, so don't stay up late!

4. The Morning of the Test

Did you know that you think better when you have a full stomach? So don't skip breakfast the morning of the test. Get to school early and do a ten-minute power study right before the test, so your brain is turned on and tuned up.

5. Test Time

Before the test begins, make sure you have everything you'll need - scratch paper, extra pencils, your calculator (if you're allowed to use it). Understand how the test is scored: Do you lose points for incorrect answers? Or is it better to make guesses when you're not sure of the answer? Read the instructions! You want to make sure you are marking answers correctly.

6. Manage Your Time

Scan through the test quickly before starting. Answering the easy questions first can be a time saver and a confidence builder. Plus, it saves more time in the end for you to focus on the hard stuff.



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7. I'm Stuck!

Those tricky problems can knock you off balance. Don't get worried or frustrated. Reread the question to make sure you understand it, and then try to solve it the best way you know how. If you're still stuck, circle it and move on. You can come back to it later. What if you have no idea about the answer? Review your options and make the best guess you can, but only if you don't lose points for wrong answers.

8. Multiple-Choice Questions

The process of elimination can help you choose the correct answer in a multiple-choice question. Start by crossing off the answers that couldn't be right. Then spend your time focusing on the possible correct choices before selecting your answer.

9. Neatness Counts

If your 4s look like 9s, it could be a problem. Be sure that your writing is legible and that you erase your mistakes. For machine-scored tests, fill in the spaces carefully.

10. I'm Done!

Not so fast - when you complete the last item on the test, remember that you're not done yet. First, check the clock and go back to review your answers, making sure that you didn't make any careless mistakes (such as putting the right answer in the wrong place or skipping a question). Spend the last remaining minutes going over the hardest problems before you turn in your test.

Follow these test tips, and you'll know you did your best - congratulations!

