



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 2019

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>

Upcoming Events

October 4th-No School
October 14th-Thanksgiving Day. No School
October 25th-No School. PD Day.
October 29th-Picture Retakes



Mental Health Matters! October 6-12th is [Mental Illness Week](#). Thursday October 10th is World Mental Health. Click [here](#) for more info.

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

Teen Mental Health Resources AHS [Newsletter](#) for teens.

Picture Retakes

Didn't like the first ones? Picture retakes will be on Tuesday, October 29!



School Fees

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.



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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).

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>

Cross Country

October 9, 2019 Junior and Senior Zones in Athabasca



Football



Upcoming games:

Friday, October 11th in Millwoods

Thursday, October 17th at Breton

Volleyball

Senior Girls:

The Senior Girls played in Buck Mountain on Wednesday, They won both sets against Buck Mountain and fell short to Warburg. Their next league game is Oct 9th.

Junior Girls:

The Junior Girls are having a great season so far.

They played in a Triple Ball tournament last weekend. The Gold team earned a silver medal and the Blue team played 5th. Their next league game is at St Anthony's on Monday.



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Breakfast Program

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



House of Commons Page Program - Each year, 40 students graduating from high schools across Canada are selected to participate. More information [here](#).

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.



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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Breton Women's Wellness Day

Courage, Change & Chocolate...
the Seasons of your Life



Saturday October 19, 2019
Breton Community Centre

A day filled with learning, laughter, fabulous food,
giveaways with a sprinkle of chocolate!

Your \$25 ticket includes:

- Keynote address by Shelby Varughese, Image Consultant
- 2 Breakout sessions - addressing Meditation, Solo Travel, Style Personality, Chalk Couture, Essential Oils and Fraud Awareness
- Gourmet Lunch
- Cooking Demonstration with ATCO Blue Flame Kitchen
- Vendor Shopping area
- Door Prizes and Swag Bags

Tickets available at the Village of Breton Office
Hosted by Breton FCSS, Alberta Health Services and PCCS
For more information contact
Breton FCSS - 780.696.3636
bcfss@telus.net

Breton Food Bank Food & Fund Drive

Canvassing the Village of Breton

Oct 10, 2019

7:00 P.M. to 9:00 P.M

DONATE:

Dry & canned goods (must have current B.B.dates)

CASH or Cheques (into our coin jars)

Make cheque payable to "Breton Faith Covenant Church," & designate Food Bank on the memo line.
Cheques issued for \$10.00 or more will receive a tax receipt

VOLUNTEERS NEEDED:

Call 780-696-3669 by Noon Oct 10th to register
Adults & Youth welcome

Not home on Oct 10th, or are a rural area resident

Donate: **Oct 06 - Oct 12th, 2019** @

Breton Village Office

Breton Grocery Stores

Breton Post Office

Breton Faith Covenant Church

Breton Elementary School

Breton High School

If you are not home, do not want to donate, have already donated
some where, or do not want to be disturbed, PLEASE post a sign
on your door then our canvassers will not call on your home.

Thank you for your generous support!

A Night Out
PARENT SUPPORT GROUP

"You don't feel alone when you're in the room with a group of people who get it."

LOCATION:
McMan Youth, Family & Community Services Office
5116 - 51 Street
Drayton Valley, Alberta

TIME: 6:30 - 8:00 P.M.
September 18, 2019
October 23, 2019
November 20, 2019
December 18, 2019

"A Night Out" is a safe, supportive and stigma-free environment to connect with parents and caregivers raising children with complex needs and disabilities and experiencing the same challenging journeys.

Evenings include engaging discussions, learning opportunities, and a chance to relax while children engage in safe, interactive, developmentally appropriate play-based programming at the Parent Link Centre.

A collaborative Partnership between McMan Youth, Family & Community Services and Catholic Social Services



CATHOLIC SOCIAL SERVICES



For more information:
Monia Russell: 780.899.1134 or monia.russell@mcmancentral.ca
Jennifer Olson-Ross: 780.312.8592 or jennifer.olson-ross@cssalberta.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.

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.



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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!