

Phoenix Flyer

For the Week of February 5, 2018

Mental Health Benefits of Exercise

Many people hit the gym or pound the pavement to improve their cardiovascular health, build muscle, and to improve their appearance, but working out has above-the-neck benefits too. Regardless of age or fitness level, studies show that making time for exercise provides some serious mental benefits. One of the most common mental benefits of exercise is stress relief. Sweating it out also releases endorphins, which create feelings of happiness and euphoria. Studies have shown that exercise can even alleviate symptoms among the clinically depressed and on a very basic level, physical fitness can boost self-esteem and improve positive self-image. Exercise can also help with sleep. For some, a moderate workout can be the equivalent of a sleeping pill, even for people with insomnia.

Tayyaba Walayat

Success Coach, MHC -- RVS Stepping Stones to Mental Health

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Athletics

The Divisional Bonspiel began today in Airdrie. We have 24 curlers representing SCHS. Go Phoenix!

Basketball – Girls play tomorrow night at SCHS v WH Croxford. Jr Girls at 6:00; Sr. Girls @ 7:45. Boys play Wednesday the 7th at Croxford.

Intramurals – Dip Dive Duck -- Dodgeball is on NOW during lunch.

See the sport schedule calendar on the SCHS website under the Athletics tab for other upcoming games and times.

All graduating students are required to submit a baby picture for the 2018 graduation ceremony. These are the pictures shown on the screen as your grad walks the stage! Pictures (clearly labelled) can preferably be submitted via email to schgrad@rvschools.ab.ca or brought in directly to the office to be scanned. All pictures must be submitted by February 16th, 2018.

Upcoming Events

Monday Feb 5th
Report Cards handed out
Curling Bonspiel

Friday Feb 9th
Course change cut off date

February 14th
School Council @ 1pm

February 15th
Uruguay Trip Departure

February 19-23rd
Family Week Break

February 26th
PL Day – No School for Students

Thursday March 1
G9s Career Exploration @ Sait

Tuesday March 20th
G10s World of Choices Career Conf

Grad Portraits Online Booking Open

Grad Portraits beginning March 11- Online booking NOW OPEN

Online booking for Grad pictures opened today at www.lifetouch.ca/southernalberta. These pictures include their cap and gown photo and are taken at the school's Learning Commons with full backdrops and sitting sessions. The \$40 sitting fee will be waived if the student is doing cap and gown only, but many students and parents choose to have their students highlight their favorite style or high school activity.

Guidance & Post Secondary

Week at a Glance

Elizabeth Barrett Elementary, Cochrane, is hosting a workshop on “Responsive Parenting – Beyond Anxiety” February 28th 7 – 8:30.

At this hands-on and engaging workshop, you'll learn:

- How our typical explanations for anxiety and related "disorders" can be misleading
- How to address symptoms of anxiety and build confidence and competence in your child
- Where (and when!) to turn to further resources and professionals for help with anxiety and other mental health concerns

<https://attainability.ipages.co/responsive-parenting-anxiety-at-elizabeth-barrett/> for sign up!



SCHS Summer Job Fair Tuesday February 13th during lunch

Glencoe Golf Course Westside Rec Centre Calaway Park
Calaway park COP / WinSport YMCA
Youth Employment GenA.works **Bring your resume!!!**

Youth Central Tuesday February 6th during Focus

Great organization with easy volunteer opportunities. Come learn!

Career Exploration Day – Grade 9s

Explore Hands on different careers in medica, computer, business, engineering, trades, cooking, management and more!

Thursday March 1 @ SAIT – bussing provided – no cost

Max 40 students. Sign up w/ Mrs. Cochran today

ccoehran@rvschools.ab.ca.

World of Choice Career Conference – Grade 10s

Not sure what you want to do? Which courses to take? Come to this roundtable conference with students from all over RockyView.

Tuesday March 20th in Cochrane – bussing provided.

Max 40 students. Sign up with Mrs. Cochran today

ccoehran@rvschools.ab.ca

Monday
Advisory – Report Cards & DEAR
Anime Club @ lunch
Dodgeball starts @ lunch

Tuesday
Grad Committee @ Focus
Girls Only Workout @ Focus
Model UN @ Focus
Outdoor Club @ Focus
Boys Rugby @ Focus
Youth Central @ Focus
Student Council @ lunch
Jazz band @ lunch
Art club meeting @ lunch

Wednesday
SWE wind ensemble 7:15
U of C @ Focus
One Village @ Focus
SV Girls Volleyball @ Focus
Mandarin Club meeting @ lunch
Acapocalypse (A capella) @ lunch
School Council @ lunch

Thursday
Acapocalypse @ Focus
One Village @ Focus
Girls Rugby Meeting @ Focus
Marine Bio 2018 @ lunch
GSA meeting @ lunch

Also offered at Focus:
Chess Club, Business Club, Zen Zone, Yoga, Yearbook, Outdoor Club and much much more!

