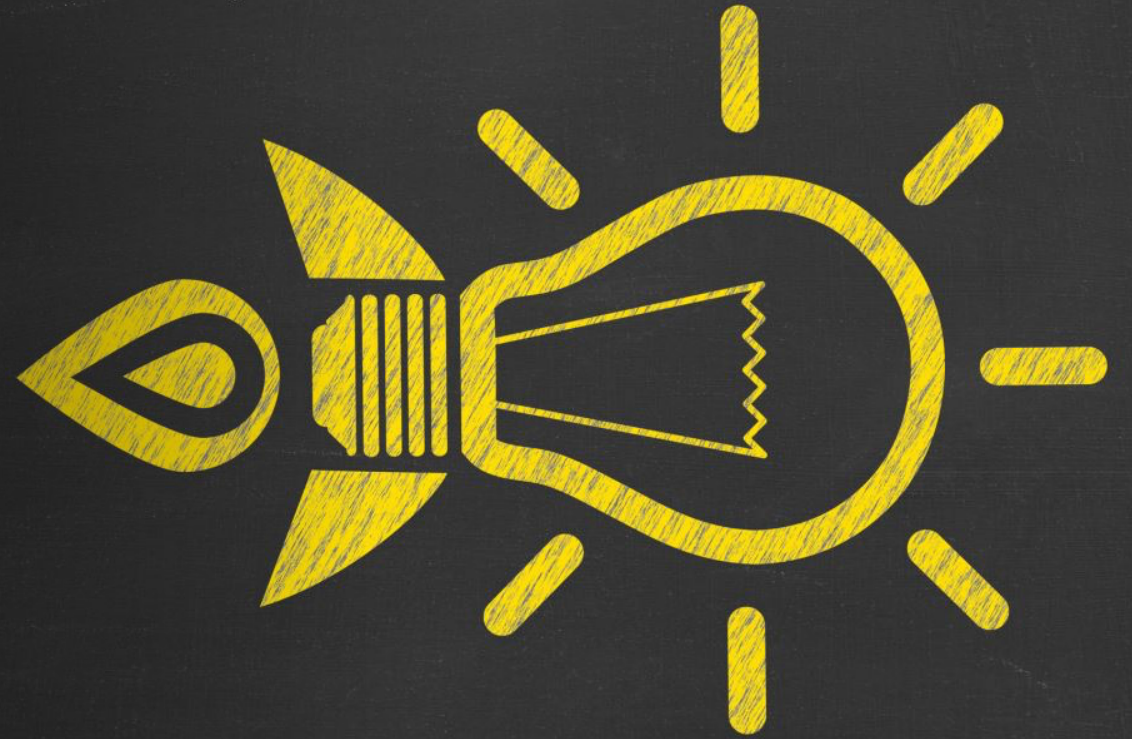


# **SOME BRIGHT IDEAS**



**Courtesy of the SCHS Guidance Department**

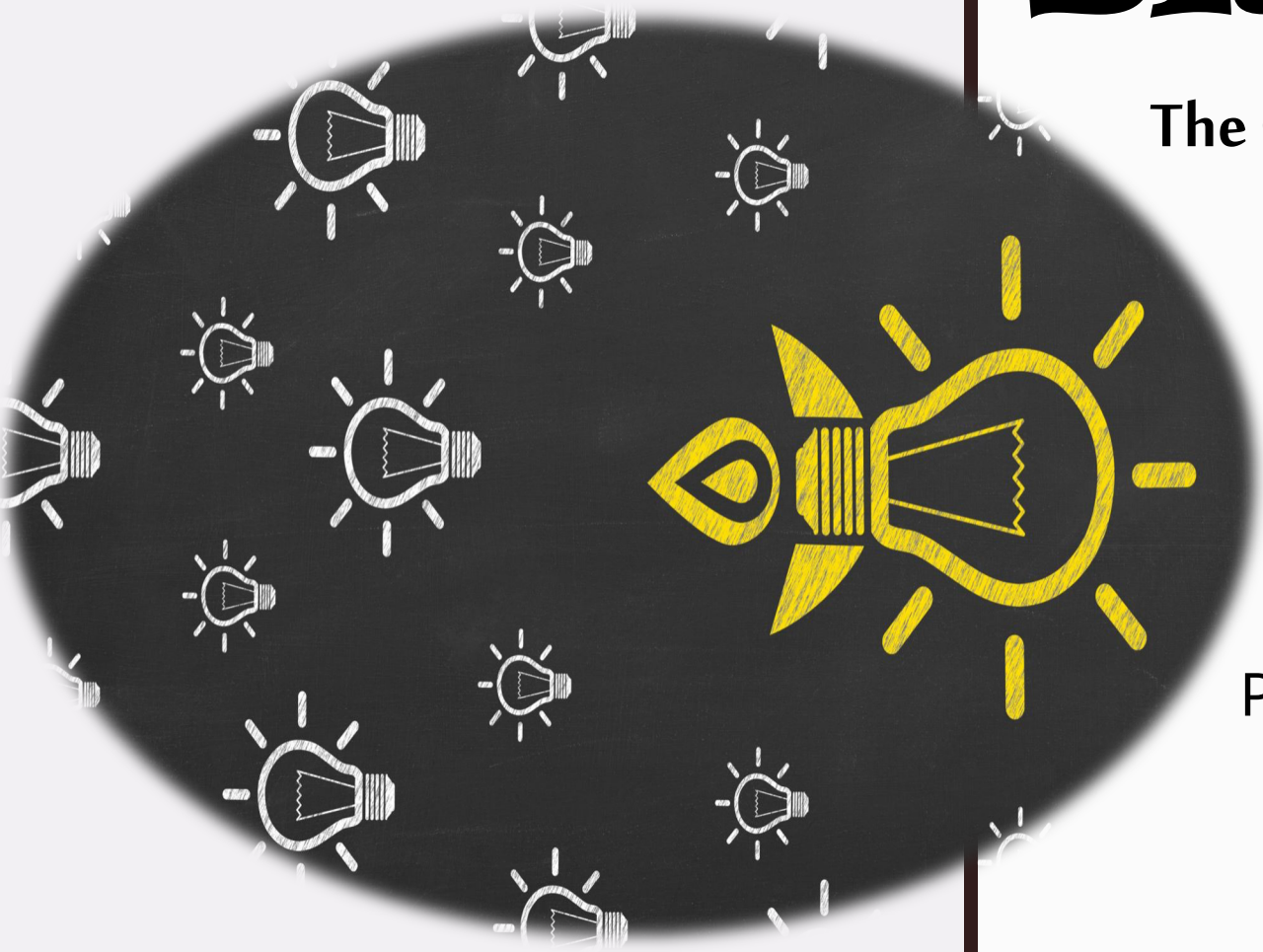
# Did you know?

**The Guidance Department is still open for business!**

If you have any questions about course programming, post-secondary planning, university applications, or if you are just looking for someone to chat with, we're here for you!

Please book appointments through Student Services Conference Manager (go to the Guidance Department page on the SCHS website).

All appointments will be offered either by phone or virtually.



# Did you know?

The Guidance Department is still open for business!

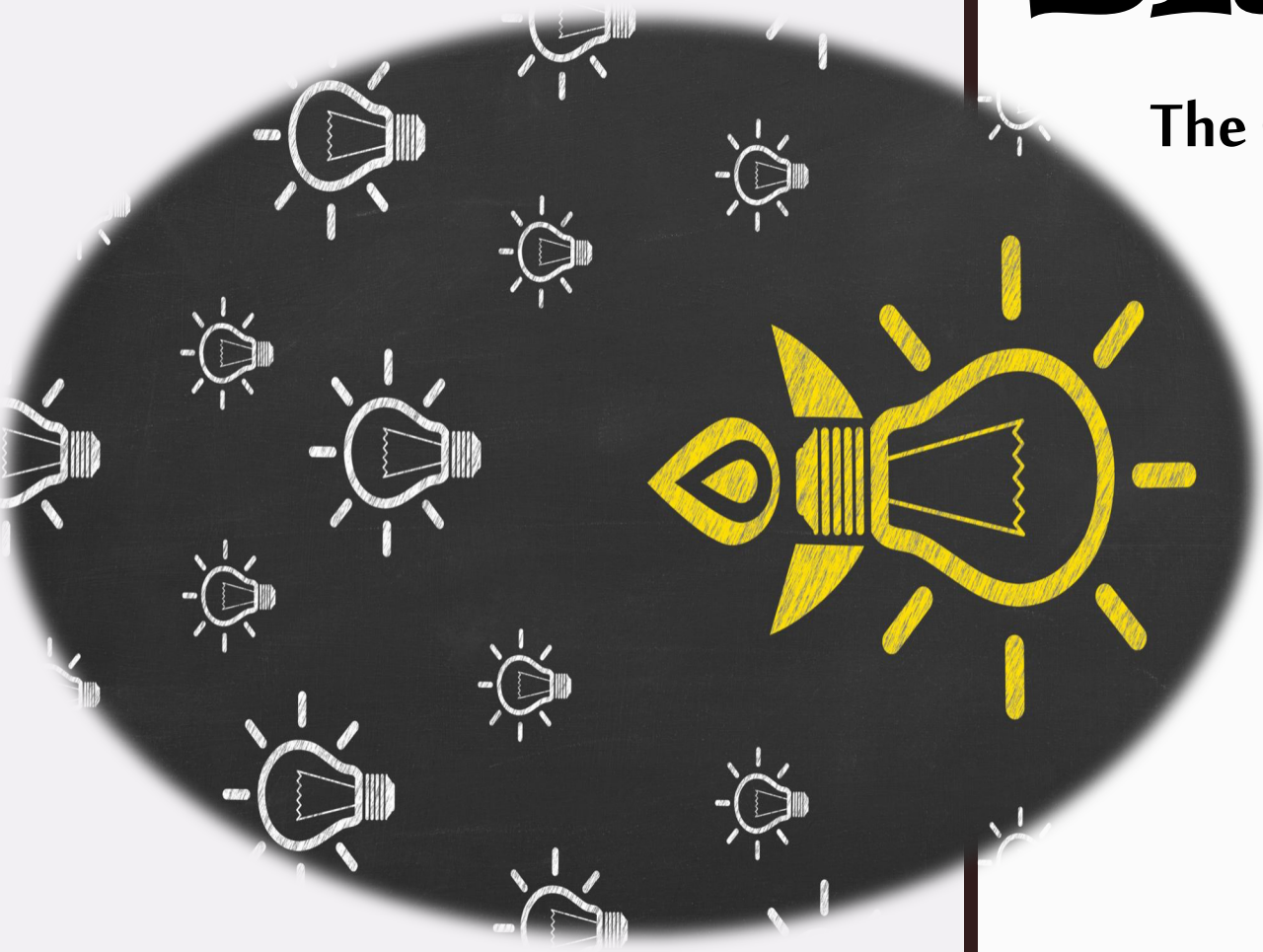
Ms. Lambie- Counsellor for  
Grades 11 & 12

[trlambie@rockyview.ab.ca](mailto:trlambie@rockyview.ab.ca)

Ms. Smid- Counsellor for Grades 9 & 10  
[psmid@rockyview.ab.ca](mailto:psmid@rockyview.ab.ca)

Ms. Thiessen- Career & Post-Secondary  
Advisor

[jthiessen@rockyview.ab.ca](mailto:jthiessen@rockyview.ab.ca)



# Did you know?

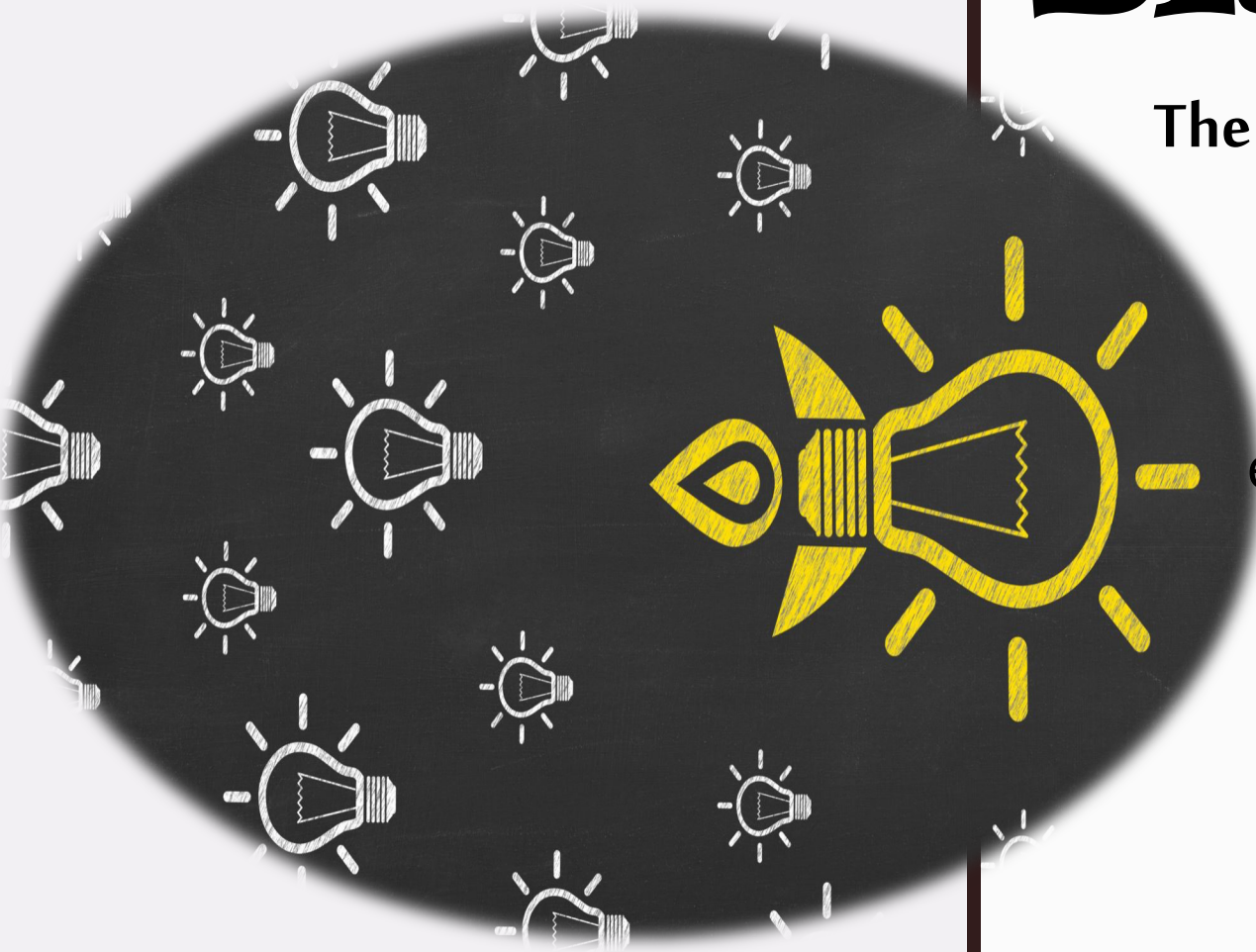
The Guidance Department is still open for business!

## **IMPORTANT TO NOTE:**

Information regarding the process for Semester II timetabling changes will be emailed to students & parents in the coming weeks.

**WE CANNOT GRANT FAST  
TRACKING REQUESTS UNTIL  
FEBRUARY!!!!**

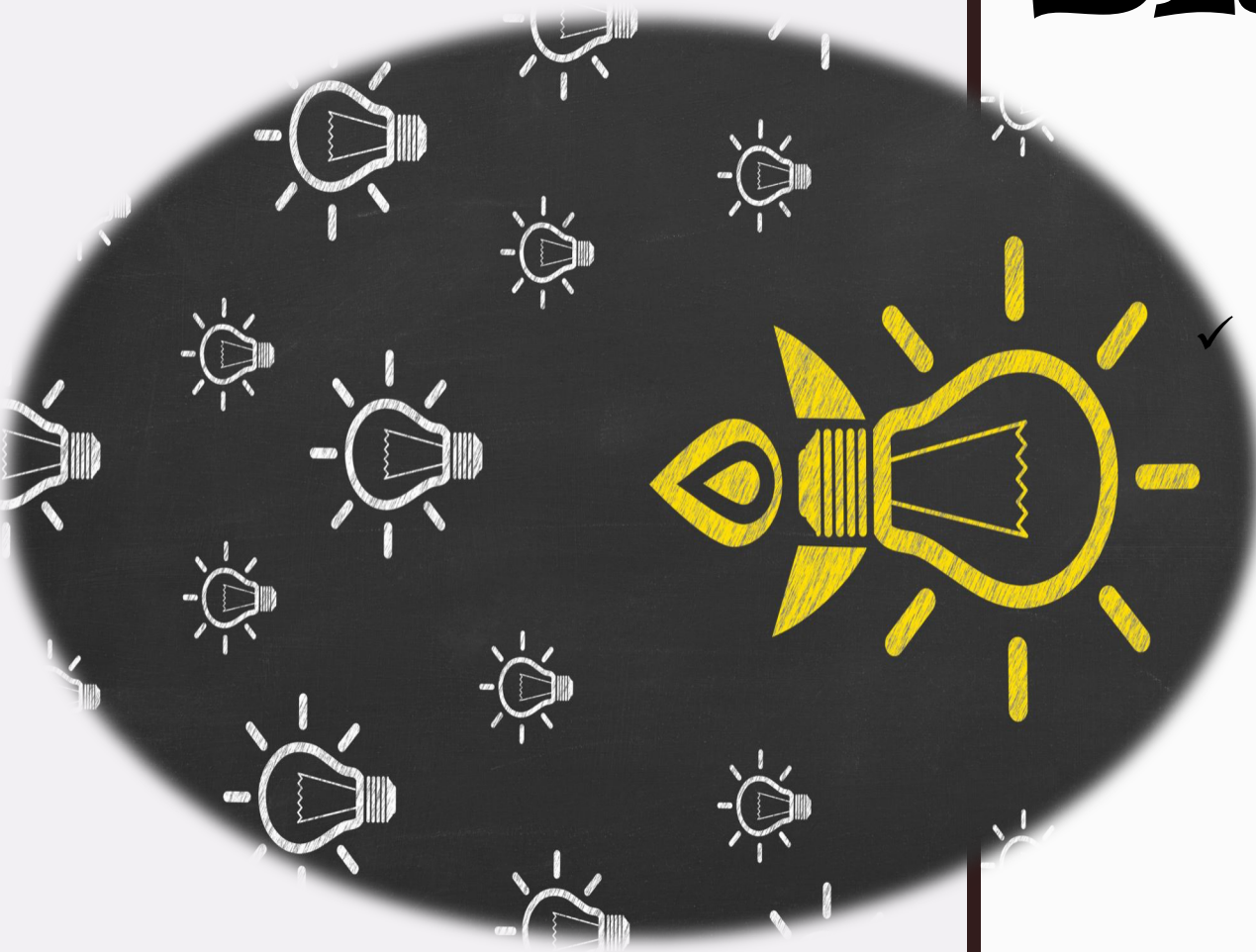
MORE INFORMATION ABOUT THE FAST-  
TRACKING APPLICATION WILL BE  
PROVIDED IN THE COMING WEEKS!



# Did you know?

## TIPS FOR LEARNING-FROM-HOME:

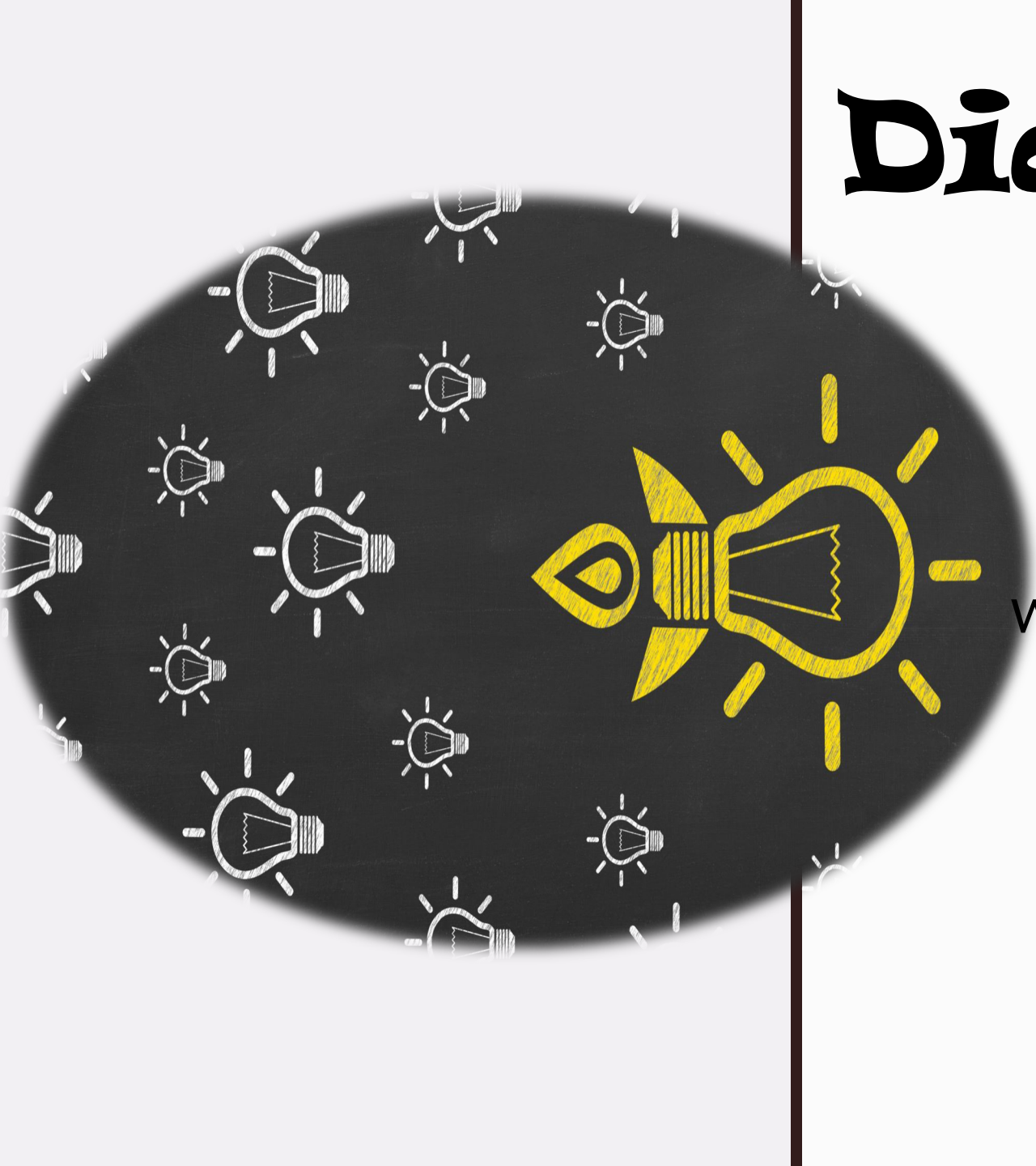
- ✓ Ensure you have a conducive learning environment (free from distractions)
- ✓ Compile an **Important Information list** to note meeting links, passwords, and any other pertinent information required for reference as you learn-from-home
- ✓ Create a **weekly schedule** to manage synchronous lessons, as well as designated work/study time
- ✓ Maintain a **healthy & sustainable routine** (regular sleep/wake cycle; get outside; moving/stretching every day; healthy hydration & nutrition)
- ✓ Plan for **screen-free time** every day
- ✓ Know (and access) your **resources** (peers/teachers/guidance/parents)



# Did you know?

## WE ARE HERE TO HELP!

Take good care of yourselves  
&  
we look forward to seeing you back  
in the building in the new year!



**We are what we repeatedly  
do. Excellence, then, is not an  
act, but a habit.**

Will Durant