I know I say this every year, but “wow” – it’s already December! We have accomplished so much already this school year. Our students have participated in a number of activities including the cultural wheel, the Healthy Active Schools Symposium, Student Engagement talks with the board of trustees, and we celebrated our families during Parents Matter week. All of these activities help our school create and maintain a healthy Hines Creek Composite culture. Our SWAT team is currently working on an action plan to improve the health of our students and staff. They are looking at ways to incorporate healthier food choices in our canteen and vending machines as well as developing fun, active noon hour activities such as a dance/karaoke Fridays. I am so proud of the work these young students are doing to ensure that we all are healthy and active!

In December our students will be participating in the Our-SCHOOL survey (formerly know as TellThemFromMe), parents of students in grade 4, 7, and 10 can expect to receive surveys in late January or early February. Please take the time to fill in the survey as this is one avenue for your voice to be heard. We have spent time reviewing our results from last year and I am happy to report that we improved in 5 categories including: high school completion rate, PAT excellence, Diploma acceptable and excellence, as well as parent involvement! The staff took some time to talk with our students about a variety of topics that are included in the survey including the quality of education, citizenship and work place preparation. Students in Grades 8-12 did a wonderful job brainstorming ways in which our school addresses these topics and provide opportunities for our students. I want to express my appreciation to both the students and staff for their commitment to education at Hines Creek Composite. We are working together for the success of all!

Take time over the Christmas break to relax, rejuvenate, and enjoy time spent with those you love. When we return we will hit the ground running in preparation for midterms and finals.

Sherri MacDowall
CHRISTMAS CONCERT & TURKEY DINNER

The Christmas concert will be held on Thursday, December 15th at 7:00 pm in the gymnasium.

Staff will be holding the annual turkey dinner for all students on December 16th.

Designated students from elementary grades are reminded to bring desserts. Student Union will supply the buns. The elementary students will go skating in the afternoon (1-2:30).

All students must have a helmet with a chinstrap. Some helmets are available at the school.

Parent volunteers are needed to help tie skates for elementary students at 1:00 pm at the arena.

Spotlight on Health and Safety
Kristy Shilka, FRSD Health & Safety Coordinator

WINTER HOLIDAY SEASON

The holiday season is upon us with only a few short weeks until Christmas. With this hustle and bustle, we would like to share some general safety reminders to help our families have a safe and happy holiday.

Christmas trees, candles, coloured lights, artificial snow, and festive, yet poisonous plants add a lot of beauty to special occasions. Sometimes though, young children like to play or experiment with these possible dangers. Keep candles away from paper or greenery. If you enjoy a fireplace, be sure to keep it clean, maintained, and clear of combustibles and use a screen to keep sparks contained. Inspect indoor and outdoor lights for broken or missing bulbs or frayed cords and don’t place cords where they become a tripping hazard. Only use exterior approved lights for outside decorating. Always practice ladder safety when hanging decorations and remember to keep walkways and driveways clear for winter visitors.

Travelling often increases at this time of year and with unpredictable winter road conditions, this can sometimes be hazardous. Before traveling, make sure your vehicle is winter ready, allow for increased travel times and communicate your route to others.

The holiday season is an exciting and busy time that can sometimes be overwhelming. Be sure to take care of you and remember the true meaning of the season - spend time with family and friends, celebrate your spirituality, take part in community functions, volunteer or give what you can, take time for year-end reflection and count your blessings as we prepare to welcome 2017.

H.C. & District Ag. Society

ANNUAL GENERAL MEETING
TUESDAY, DECEMBER 20/2016
7 PM AT THE
DAVE SHAW MEMORIAL HALL
EVERYONE WELCOME

BASKETBALL UNDERWAY

Jr. Girls Coach: Harrison MacDowall
Practice times: Tuesdays and Thursdays 3:30-5:30 pm

Jr. Boys Coach: Jordan Kobbert
Practice times: Monday and Wednesdays 3:30-5:30 pm

Sr. Girls Coach: Toni Craig
Practice times: Tuesdays and Thursdays 5:30-7:30

Sr. Boys Coach: Dallas Bjornson
Practice times: Mondays & Wednesdays 5:45-7:15
These students have been recognized for effort in the category they’re listed under.

**T**-teamwork  **I**-involvement  **G**-giving  **E**-excellence  **R**-respectful and **S**-success

**T**-

**I**- Jylanne Schmidt, Shaye Godberson, Cassidy Charchuk, Talese Godberson, Byran Kobbert

**G**- Dylann Ostrem, Carissa Belhomme, Dawson Vick

**E**- Sheldon Chaykowski, Dylan Murphy, Hudson Thompson, Sawyer Bjornson, Chloe Berg, Cheyenne Buker, Dane Ostrem, Hanna MacDowall, Amie Hoffman, Emalee Hagen, Connor Zavisha, Jax Zavisha, Morgan Meier, Ashton Hoffman, Hayden Worobetz

**R**- Cedreyc Rufano, Charleigh Thompson

**S**- Addam Anderson, Chandler Anderson, Jaxton Dibb, Deo Kubbernus, Brayden Wagar, Jazmin MacDowall

**CONGRATULATIONS TO ALL OUR AWARD WINNERS**
Thank you to Cheryl Biegel for coming to HCC to teach our students the basics of curling through Rock N House—greatly appreciated!!
Student Wellness Action Team at HASS

Our Student Wellness Action Team had a great day at the Mighty Peace Healthy Active Schools Symposium on November 3rd. Students participated in sessions focused on increasing their knowledge and ability to promote total school health. They learned ways to increase physical activity, promote healthy eating, and build positive mental health. They also learned that all three of these areas of healthy living are connected and essential to living a healthy, active life.

During the physical activity breakout sessions, students learned new (and old) playground games including Four Square; Left, Right, Out; and Target Jump to help promote active play in the school yard. They plan to bring some of these back to our own playground next spring.

Students brainstormed ways to build positive mental health during the mental heath session. There were so many of these, that the poster they made was overflowing with ideas! Some of the ways to build positive mental health were: positive thinking, treating others with respect, giving compliments, getting enough sleep, and being active. They also learned strategies to calm the brain when feeling strong emotions such as stress, anger, or sadness.

Based on our experiences at HASS, the team created a goal for themselves for this year to: “Make Hines Creek Composite a school where we make healthy food choices more often.” Over the next few months they will be looking into making healthier food choices available within the school as well as encouraging students to bring more healthy foods with them from home.

What is a Healthy Active School Symposia?

The Healthy Active School Symposia (HASS) are events designed to provide Alberta school communities with the knowledge, skills and resources to enhance student wellness. HASS are a catalyst for sustained change within the participating school communities. The events focus on inspiring student leadership by developing the competencies needed to become engaged thinkers and ethical citizens with an entrepreneurial spirit, through a Comprehensive School Health approach. HASS empowers students to be active agents of change in building a school community that enhances their learning and fosters their personal growth and well-being.

(from www.everactive.org)
Not Needed

Expired Foods

Food You Wouldn’t Eat

FOR INFANTS & KIDS
- Diapers
- Wipes
- Formula
- Infant Cereal
- Toys
- Fruit Cups
- Granola Bars
- Popcorn
- Crackers
- Juice Boxes

FOR SENIORS
- Nutritional Shakes & Drinks
- Adult Hygiene Products
H.C. COUNTRY CHRISTMAS

The Hines Creek Agricultural Society invites one and all to the Country Christmas celebration.

Saturday, December 3rd at Dave Shaw Arena
3:00-9:00 p.m.

Free Hotdogs & Hot Chocolate-6:00 pm
Prepared by the HC Volunteer Fire Dept.
Free Sleigh rides-3:00-9:00 p.m.
Craft Tables-3:00-9:00 p.m.
Silent Auction Items to bid on
Face Painting-3:00-9:00 p.m.
Photos with Santa-7:00-8:00 p.m. *bring your own camera.
Public Skating-4:00-8:00 p.m.-Free
Fireworks-9:00 p.m.

Toy and Food Drive Items are welcome

TIGER INCENTIVE WINNERS!!
These students got caught doing something good and their name was drawn for a prize.

EMMA KING & CASEY SIDEROFF
CONGRATULATIONS
Addiction Services, Peace River

ALCOHOL: DO YOU KNOW ENOUGH ABOUT IT?

1) A 12-ounce (341 ml) regular bottle of beer has the same amount of alcohol as a 5-ounce (142 ml) glass of wine or a 1.5 ounce (43 ml) serving of spirits, such as whiskey or rum.

TRUE   FALSE

2) You can go to bed at 1:00 a.m., sleep off an evening of heavy drinking and still be legally impaired at 8:00 a.m. in the morning.

TRUE   FALSE

3) Drinking alcohol won’t improve your sleep.

TRUE   FALSE

4) If you eat when you’re drinking, you will stay sober.

TRUE   FALSE

5) Drinking coffee will help intoxicated people sober up.

TRUE   FALSE

Answers:
1. True
2. True. An evening of heavy drinking will mean you may still be over 0.08% the following morning. Eight or nine hours after your last drink, your ability to drive may still be impaired and you can be at risk of an impaired driving charge.
3. False. Alcohol may help you fall asleep by relaxing you but interferes with restful sleep, and you can wake up feeling edgy. The nervousness can get worse the more you rely on alcohol to sleep.
4. False. It’s the amount of alcohol and how fast you drink that makes you drunk. Eating doesn’t change the quantity of alcohol that ends up in the bloodstream; it simply delays the impact and effects. However it may be better for your health to eat when you are having an alcoholic drink.
5. False. Drinking coffee does not change the rate at which the liver breaks down alcohol. It takes an adult one hour to metabolize half of a standard drink.

STUDENT UNION EVENTS

December 9– Santa Pics
December 12-Ugly Christmas Sweater
December 13– Make Christmas Cards at Noon
December 14-Frozen-T-Shirts
December 15-Unwrap the Presents
December-Christmas Door Judging

Kalie Reamsbottom and Hayden Worobetz both won awards for their entries into the Remembrance day contest.

Congratulations to both of you.
PARENT ASSOCIATION MEETING MINUTES-NOVEMBER 8/2016

Chair: Jodi Rubuliak  Vice Chair: Leanne Gretland  Secretary: Janice Charchuk

In attendance- Lynda Dei, Karen Blake, Leanne Gretland, Sharon Giesbrecht, Natasha Closs, Delainah Velichka, Jodi Rubuliak

Call to order 7:10pm

1. Agenda – Approval / Additions

2. Previous Minutes – Janice read the minutes from the last meeting

3. Committee Reports- none

4. Board Report – Delainah shared the highlights from the last board meeting. The board is looking forward to meeting with students on the engagement team.

- The Board is putting more money into sending more School Council members to the Alberta School Councils’ Association annual conference. $800 per school council will be available- up from $500.

- The Board reviewed a report regarding the possible adjustment of Ward 7 boundaries. They will re-visit this after the 2016 census data is released.

5. Principal’s Report

- FHS is hosting a school council PD on Nov 21, 6:30-8:00pm- is anyone interested in going? If you need more information contact Mrs. MacDowall.

- Website - what would you change? Add? We now have a School Council. We would like to add pictures and information about the School Council. Mrs. MacDowall showed the website to the Council. A suggestion was to make the finding of school supply lists and Kindergarten information easier to find on the website.

- Playground inspection done Oct 28 Mrs. MacDowall shared the report. The biggest concern is the cracks in the yellow slide.

- Ashley and Beckie Zavisha- Zavisha Sawmills would like to sponsor an award to be handed out at our Awards Night and donate money for the school to use to purchase new sports equipment/supplies.

6. New Business

- Lifetouch Contract (do we use this company again next year? Was it a good idea to have pictures in September?) There were some issues brought up- ordering online had some problems, it would be nice if you could order for more than one child at a time, it would be nice if they did 3 poses (maybe one from the other side) to provide more options, you cannot do the third child discount when you order online. As far as picture day at school- it was a million times better than last year! We will hire them for next year.

- Review of what happened at Council for School Council’s - next meeting in on May 3, 6-9pm in Berwyn. They vc’d with Dr. Bonnie Stelmach who shared her insights on School Councils. She suggested finding what parents are interested or comfortable with and use that to encourage them to participate.

- There is an online survey that parents/community can complete to give their opinion on the Alberta Curriculum. https://education.alberta.ca/curriculum-development/curriculum-survey/everyone/curriculum-survey/

- Jody has agreed to come to PTIs to share with parents what PAC does and how they can get involved - share the impact that PAC has on our school and students- we need to develop something for her to share (pamphlet)

- Babysitting service during meetings- would it be possible to organize some older students to watch small children? We will look into this.

1. Business Arising from the Minutes-

2. Correspondence- none

Adjournment 8:30pm
HAVE A WONDERFUL AND FUN FILLED CHRISTMAS HOLIDAY
SUPERINTENDENT’S MESSAGE

Wellness – supporting the whole child

In order for us to learn and be our best, we must feel and be well. Educational research supports this connection and we take this very seriously. We feel we have a great opportunity to not only academically educate our students, but to support, guide, and teach them to honour their overall health and well-being and we do this in a number of ways.

Every PRSD school has a Youth Education Support Worker/Success Coach who provides support with various aspects of wellness. The role of PRSD’s Youth Education Support Workers/Success Coaches is to promote positive mental health in children, youth and families while working closely with school staff. This ranges from presentations, activities and programming that supports problem solving, emotional management, targeted topics, skills for learning, adolescent empowerment, healthy relationships, mindfulness, teamwork and leadership. This model has been recognized on a national level.

Healthy eating and active living are important components to health and wellness and we support this through education, encouraging healthy canteen and vending machine choices, and expanding physical education activities in our schools. Last year, schools received a tower garden which allowed schools to learn the value of growing their own vegetables. We have also purchased large quantities of yoga mats, snowshoes and Daily Physical Activity kits for our schools to use.

We also encourage and support our students to be leaders, involved in the community and work together as a team - attributes that serve and inspire our students, communities and society as a whole.

I am sure you can agree with this quote from the Dalai Lama “Happiness is the highest form of health” as when we are happy and well, we naturally achieve our personal best.

Paul Bennett,
PRSD Superintendent of Schools

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Byran Kobbert and Steven Stewart  decorating large tree in our foyer
The Library Book Tree----created by Isalin Gretland, Shaye Godberson and Joel Bjornson
The Grinch is getting ready to receive donations for the food bank.
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ENJOY YOUR CHRISTMAS BREAK

ENJOY YOUR CHRISTMAS BREAK

If elementary children need to be in the building after school hours they must actively be supervised by a responsible person. We understand that younger siblings sometimes have to wait for the brother or sister to finish practice etc., but they are not allowed to run around, or be in classrooms unsupervised. The staff does not provide child care after school hours.