

Erickson Collegiate

VOLUME 1, ISSUE 5

WEDNESDAY,
FEBRUARY 16, 2011

From the Desk of Mr. Lee....

Well, semester two is up and running! Students managed to make it through assessment week and report cards were sent home with the students on Monday, February 7. If you did not receive a report card, phone the school and Mrs. Coulson will mail one home.

Overall, I was pleased with the number of credits students achieved (there were very few students that did not attain all of their credits,) but we do need to improve upon the number of students with incomplete assignments. There seemed to be a general attitude or understanding by some students that all assignments did not need to be completed. This is not so. The expectation is that students complete all of their assignments, and complete them on time. Should a student not complete all assignments by the end of the semester, they have one week after the second semester begins to hand in all incomplete work to the teacher. If the work is not completed the student receives an incomplete for the course and he or she must repeat the course. The teacher does have the flexibility to extend the date to complete the work. This is done in conjunction with the school administration and home.

This semester the teaching

staff has created a process that is to be used to monitor incomplete assignments. If a student does not hand an assignment in on the due date, the teacher will notify school administration within three days (or earlier). The student will lose their work period (spares) and be assigned to a room until his or her assignment is completed. Other school privileges may also be lost until the student completes his or her assignment. If a student does not have a work period, the student will be expected to work during the lunch hour, or – if and when possible- stay after school. If the student does not complete the assignment within a week, parents and guardians

will be notified.

We are finding that email is an effective way to communicate information home to parents and guardians; therefore, we are asking parents and guardians to update or provide their email addresses. Although the information sheet sent home at the beginning of the school year requested your email address, we had many people that did not provide one. **If you do not have an email address at home, please provide your work email. Send your email addresses to ncoulson@rrsd.mb.ca.**

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Junior High students at Ag. Days in Brandon

ERICKSON COLLEGIATE

Principal

Barry Lee

Vice-Principal

Tricia Robson

Phone:

636-2605

Fax:

636-2383

Webpage:

**[http://
www.rrsd.mb.ca/
schools/
erick-
son_collegiate/
index.html](http://www.rrsd.mb.ca/schools/erickson_collegiate/index.html)**



From the desk of Mr. Lee...

We appreciate you assisting us in our attempt to communicate more effectively with parents and guardians.

There is a direct correlation between attendance in classes and achievement. If your son or daughter is going to be absent from school, it is the parent and guardian's responsibility to notify the school. Parents and guardians are reminded that they may check their son or daughter's attendance and progress on the school's parent portal. If you are interested in being able to do this, contact Mrs. Coulson and she will be able to get you set up.

I was pleased with how well our Grade 12 students performed on the provincial standards exams. Grade 12 students also went out on work experience from January 31 – February 4; they are reminded to complete their assignment and turn it into Mrs. Soltys by February 18. Ask your son or daughter if they have done this work for Mrs. Soltys.

By the time this newsletter gets home, Mrs. Collyer will have met with all of the Grade 11 and 12 students to review their timetables and credits. For Grade 12 parents or guardians, if you do not hear from Mrs. Collyer or I in the next week, your son or daughter is in "good shape" for graduation. With the Grade 11's we want to make sure they have their required course for this year and that they are on track to graduate next year. For the Grade 10 students, I sent a letter and credit check sheet home to each family to provide them with the options students may have this semester. Students may withdraw from a second semester course without academic penalty until the end of April. After April 30, the mark stays on the student's transcript.

The junior high students have been participating in curling and they have thoroughly enjoyed it. Congratula-

tions to Emma Gray, Vanessa Lariviere, Sara Young, and Devin McKay for representing the school at the junior high bonspiel in Rivers. They were guaranteed two games but ended up playing four and went 2 -2. Great job! Thanks to Mrs. Gray for supervising.

Our senior students – Heather Bialas (skip), Laura Ferguson, Katrien Kingdon, and Jordyn Maduke participated at the zones in Rivers last week. They lost in a very challenging first game and then they lost an exciting second game that came down to the last rock. Well done, girls, and thanks to Mrs. Frey for coaching!

On February 22, Mr. Carefoot, Mrs. Dalton, Mrs. Boyd, Mrs. Lindsay, Mrs. Preisinger, Mrs. McLaughlin, and parents – Mr. and Mrs. Maduke and Mrs. Propp, are taking the Grade 7 and 8 students to Festival de Voyageur in Winnipeg. What a fantastic opportunity for the students!

Speaking of great cultural opportunities, Mrs. Boyd and some of her Grade 11 and 12 French students are also going to Winnipeg to participate in the festival. They are planning on attend-

ing an all French band concert and eating at an exquisite French restaurant.

WOW!!! What a band concert by Mr. Mathews and his senior band students. I was absolutely "blown away" by the talent of our students. They just kept getting better with each song, and the finale (which was their own arrangement of blues) was amazing! Just awesome!! Another great touch was the group of junior high students that sang the first three songs of the night.

They had been practicing under the guidance of Mrs. Dalton, Mrs. Lindsay, and Mrs. Collyer and they performed fantastically!

The band and the singers looked like they were all having a great time performing. I am so proud of all of these students and teachers. Our band program is unique to the division and I encourage you to get out and hear them any time you can. Encourage your son or daughter to take band or join the singing group at noon hours.

There have also been a couple of ski trips in this past month.

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High School Hockey winding down...

By Mr. Sansom

The High School Hockey team is having a very successful year. The overall record, including tournaments, is 19 wins and 11 losses with playoffs still in progress.

The team also competed in the North Division in the Westman High School Hockey League with Neepawa, Russell and Birtle. This is a 16 team league with our division having four teams. Each team plays each other once with teams playing teams in their division twice. Below are the final league standings for North division:

This was the best finished that the team has

achieved in over ten years. The team finished in second place and played Russell in the first round of the playoffs. They won both games by scores of 8 – 4 and 6 – 3. This has allowed the team to advance to the next round vs Neepawa which is starting on February 16th. The winner of this round advances to Provincials in Morris on March 10 – 12 and continues on for the league championship.

Congratulation to the members from ECI – Owen Griffiths and Mike Tarleton in goal, Myles Sansom and Austin Cornelson on defence and Bryce Stephenson and Brenden Kelly filling in when extra players were needed because of injuries. Good luck in the next round of playoffs vs Neepawa!

North Division	GP	W	L	OT/SO L	GF	GA	PTS
Neepawa	18	14	3	1	122	37	29
Minnedosa/Erickson	18	12	5	1	88	56	25
Major Pratt	18	10	8	0	82	79	20
Birtle/Shoal Lake	18	3	15	0	37	132	6



Mr. Mathew's Band put on a fabulous performance last Friday night! Mr. Wesley, of Minnedosa's Access 12, recorded the concert. If you would like a copy, contact the office, 636-2605

From the office of Mr. Lee...

Although it was cold on the day of the Assessippi trip, the students had a great time. And the trip to Panorama was awesome – they had great snow and weather conditions. Thanks to following staff for going on one or both trips: Mrs. Soltys, Mrs. McLaughlin, Mr. Carefoot, Mr. Sansom, Mrs. Collyer, and Mr. Allen. Special thanks to Mr. Waterman for organizing both events.

The guys on the Erickson/ Minnedosa hockey opened their play-offs with an 8 – 2 victory over Russell and then followed up with a 6 – 3 win to take the best of three series 2 - 0. They begin the next round against Neepawa this week. Keep it going, guys!

Also, all the best to Ashley-Anne Schimdt, who is participating in the Brandon Festival of the Arts beginning this week.

Mrs. Collyer and a group of Grade 10 girls attended a conference in Brandon last week that was sponsored by the Sexuality Education Resource Centre.

On March 8, our Aboriginal students will be attending the “Live Forward – Uniting First Nation Youth 2011” conference at Waywayseecappo. The focus of the conference is creating suicide awareness for First Nations youth. They will be participating with other youth from the West Region Bands. Part of the day is a showcase of First Nation’s youth and their passion for telling a story (writing, artwork, video, audio, etc.) and sharing it with others. The students’ piece needs to relate to the following theme: “How suicide has impacted your life and those around you”. Please encourage your son or daughter to participate, as their work will be displayed March 8 at Waywayseecappo.

On two occasions this winter - due to weather and bus cancellations - we have had to billet students in Erickson. The one thing that became apparent in both situations is that we need to update our storm billets. Not all students have a place to stay in the event that busses are cancelled and parents cannot get in to take their child home. For those students that do not have a billet, we will be sending home a sheet to be completed by the family. Please return it to the school as soon as possible.

Just a reminder that there is no school for students on the following dates: **February 21** – Louis Riel Day; **February 28** – divisional in-service; and **March 18** – Erickson Collegiate in-service. **Spring Break is the week of March 28 – April 1** and students return to classes Monday, April 4.

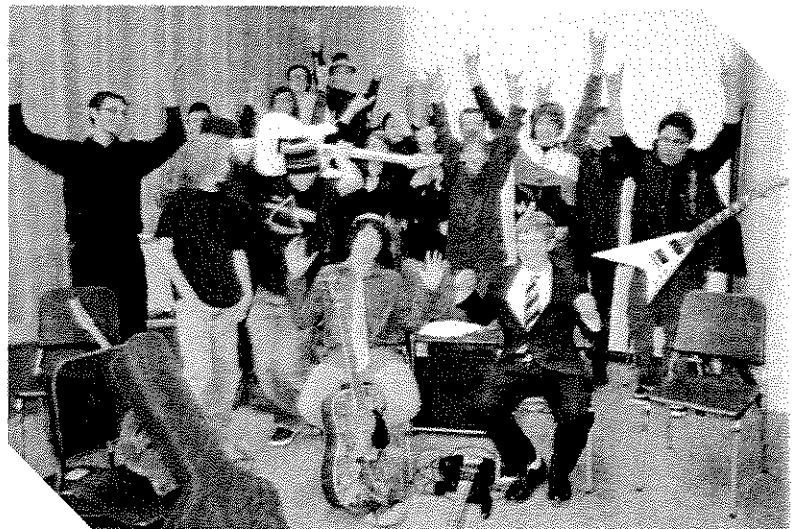
Interim reports for all Grade 9’s and those students in 10, 11, and 12 that



are experiencing academic, social, or behavioural difficulties will be sent home approximately March 17. Mark on your calendar that parent – teacher conferences will beheld the evening of April 20 and until noon on April 21.

If you have any questions or concerns regarding you Daughter or son’s education, please call the teacher(s) of me.

Respectfully,
Barry Lee





NOTICE OF PUBLIC MEETING

ROLLING RIVER SCHOOL DIVISION BUDGET

The Rolling River School Division Board of Trustees and Administration will be holding a public meeting to discuss the proposed 2011-2012 budget. All interested individuals are invited to participate in this event.

Location: Tanner's Crossing School, Minnedosa (Pit Area)

Date: Wednesday, March 2nd, 2011

Time: 7:00 p.m.

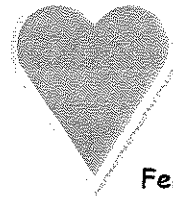


*Colten Yarych performing
"The Weight" at the concert*



At the end of January the Grade 7/8's had the opportunity to go over to the curling rink and demonstrate their great curling skills.

A special thanks to Scott Gray for having the ice ready and for teaching the kids the basics of curling.



Library Links

February is I Love To Read Month.

Scholastic Canada's Classrooms Care is a reading program encouraging students to read and make a difference. When a classroom's students take the pledge and read 10 books each by the end of May, 2011, Scholastic Book Clubs donate 100 books to kids who need them!

Mrs. Dalton's Grade 8 class is taking the challenge to read 10 books each by May 31, 2011. The donation of books will be made in honour of the class!

February Scholastic book orders go in on February 25.

Several new books will start arriving from Chapters next week!

Mrs. McInnes

Manitoba Cooperative Association Inc. offers Youth Retreat...

The Cooperative Youth Leadership Retreat is open to students from the ages of 15 - 18. This year the retreat is being held from May 5 - 8, 2011 at the Riding Mountain Conference Centre.

From January 24 to April 27, students register for the retreat by filling out the application form, available from Mrs. Collyer. Upon receipt of their application students will receive an orientation package via email containing important forms and information.

Students then find a local cooperative business

willing to sponsor them \$275 to attend the retreat and ask them to fill out the sponsorship form. The Erickson Credit Union has informed Mrs. Collyer they will consider sponsoring their members. Please submit your name directly to the Credit Union.

On Thursday, May 5, students will arrive at camp between 1 & 2 p.m. Students are responsible for their own transportation to the retreat facility. The next three days are then spent meeting new friends, taking part in group activities and games, and learning about the world from a personal level to a global level. On Sunday May 8th, students will leave the camp at 1 p.m. and return home. Students may be invited to make a post-retreat presentation to the board of the cooperative that sponsored them.

What's Your Sentence?

By: Rebecca Gray, Behaviour Specialist



During the presidency of John F. Kennedy, a woman by the name of Clare Booth Luce became concerned that President Kennedy was taking on so many different projects that he risked not doing any one of them well. She told him "A great man is a sentence." She explained that if you keep in mind the one sentence that you want people to remember you by, it can be a guide by which you live your life day to day.

Think of the sentences of some famous people you know:

Terry Fox – He ran the "Marathon of Hope" to raise money for cancer research.

Pierre Trudeau – He was the Canadian Prime Minister who established the Charter of Rights and Freedoms.

David Suzuki – He was an activist passionate about educating people about nature and the environment.

Alexander Graham Bell – He was a scientist who invented the telephone.

But you don't need to be famous to have a sentence. In fact, most successful and motivated people have one. To have a sentence means you know what is important to you, and you keep focused on that. Your sentence might be:

He was committed to building a strong community.

She was always concerned about advocating for the underdog.

He gave every project he took on 100% of his effort.

She made everyone she met feel like they were important.

He put his family before everything else.

So, what is your sentence?

Adapted from the book "Drive: The Surprising Truth About What Motivates Us" by Daniel Pink



Parent & Child Elementary School Activity Calendar

R Klassen
Rolling River School Division #39



THE PARENT INSTITUTE

Parent & Child Activity Calendar

Elementary School
Parents
make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March		1 It's National Pig Day. If you and your child haven't read <i>Charlotte's Web</i> , start it today. If you've read it, read it again!	2 It's the birthday of Dr. Suss. Read one of his books with your child.	3 It's the birthday of Alexander Bell, inventor of the telephone. Teach your child how to take a message.	4 Post a funny saying or a comic strip where your child will see it.	5 Do you and your child know your state bird? If not, look it up together.
6 Ask your child to write a story about what your house looks like from a dog's point of view.	7 Create a word search for your child by hiding words in a grid and surrounding them with random letters.	8 On a visit to the library, use reference books or the Internet to look up events on the day your child was born.	9 Talk with your child about <i>perseverance</i> . Look for examples of people who demonstrate perseverance.	10 Talk to your child about a time you had to work with someone you didn't like. How did you handle it?	11 If you don't have time to read to your kids at night, read in the morning. It's a real "power breakfast."	12 Check ads for prices ending in 98 or 99 cents. Round off and estimate. How much would four of these cost?
13 Start a family scrapbook. Collect photos, souvenirs, certificates and other mementos. Look through it often.	14 Write an encouraging note and tuck it in your child's jacket pocket or a school book.	15 Review spelling or vocabulary words tonight. Try to use each of them in a sentence.	16 Pick a category (animals, food). Your child picks a letter. How many items from that category can you name?	17 Does your child have a large assignment? Help her break it down into smaller parts.	18 Make today punctuation day. See how many types of punctuation you come across. What does each stand for?	19 Take everyone in the family to a nearby park. Run like the March wind.
20 It's Clutter Awareness Week. Brainstorm about ways to reduce the clutter in your house.	21 Teach your child to answer easy questions first on a test. That will give him confidence to tackle harder questions.	22 Together, think of several words that start with the same letter. Put them in a sentence that makes sense.	23 Take a trip to the zoo. Go to http://nationalzoo.si.edu . The National Zoo's webcams will give you a live look at animals!	24 Today is the birthday of magician Harry Houdini. Learn a magic trick with your child.	25 Help your child start a collection. Provide a place to keep it—a box, a shelf, a drawer.	26 Make today your child's special day. Let her choose what you'll do and eat.
27 Clip a news story. Cut the paragraphs apart. Ask your child to read the paragraphs and put them in order.	28 Play a rhyming game. Take turns making up a short sentence. Answer with a sentence that rhymes.	29 When you read aloud, choose an exciting place to stop. Then ask, "What do you think will happen next?"	30 Have your child choose a newspaper headline. Turn it into a question. Does the article answer the question?	31 Have your child place a piece of paper on a tree trunk and rub with a crayon to see the tree's bark pattern.	2011	



Manitoba Farm & Rural Support Services

Farmer-To-Farmer Workshops

The Manitoba Farm & Rural Support Services is running a series of information sessions on farm stress management. Workshops are free and open to **all farmers/farm family members**.

Eligible for MTC Credits.

Wednesday, March 2nd (1-4 PM)

Introduction – The 3 R's of Stress Management:
Recognition, Resilience & Resources

Location:

**MAFRI
GO Office**
(Agriculture
Extension
Centre)

1129

Queens Ave.
Brandon

Wednesday, March 16th (2-4 PM)

Anger Mountain: managing Your anger under stress.

Wednesday, March 30th (2-4 PM)

Handling Farm Financial Stress

Wednesday, April 13th (2-4 PM)

Around the Kitchen Table:
Building better communication on the farm.

Wednesday, April 27th (2-4 PM)

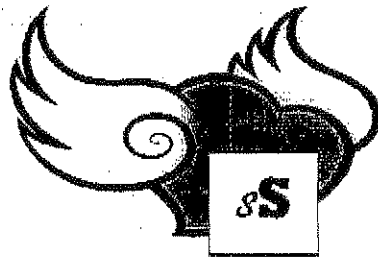
Work-Life Balance on the Farm:
Healthy Farmers = Healthy Farms

Manitoba Farm
& Rural Support Services
Unit 1, 217 10th Street
Brandon MB R7A 4E9

For information or to register call Gerry Friesen (Project Coordinator)
204-725-6704 or email: gerry@ruralsupport.ca

1-866-367-3276
www.ruralsupport.ca





Suicide Survivor Young Adult Support Group

**Looking for group participants, age 16-25, who have
experienced the loss of a loved one by suicide**

**Join us for a 6-week Young Adult Support Group
Each Thursday, March 3 – April 7, 2011 at 7:00 pm**

The group will be facilitated by:

Shantelle Rank
(Survivor of Suicide, 3rd year Psychiatric Nursing Student)

&

Tracy Young Ridgen, Psychiatric Nurse

For More Information or to Register, Contact:

Shantelle by email: shantelle.12@hotmail.com

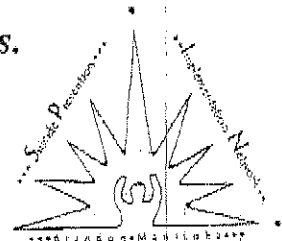
or phone: (204) 573-4941

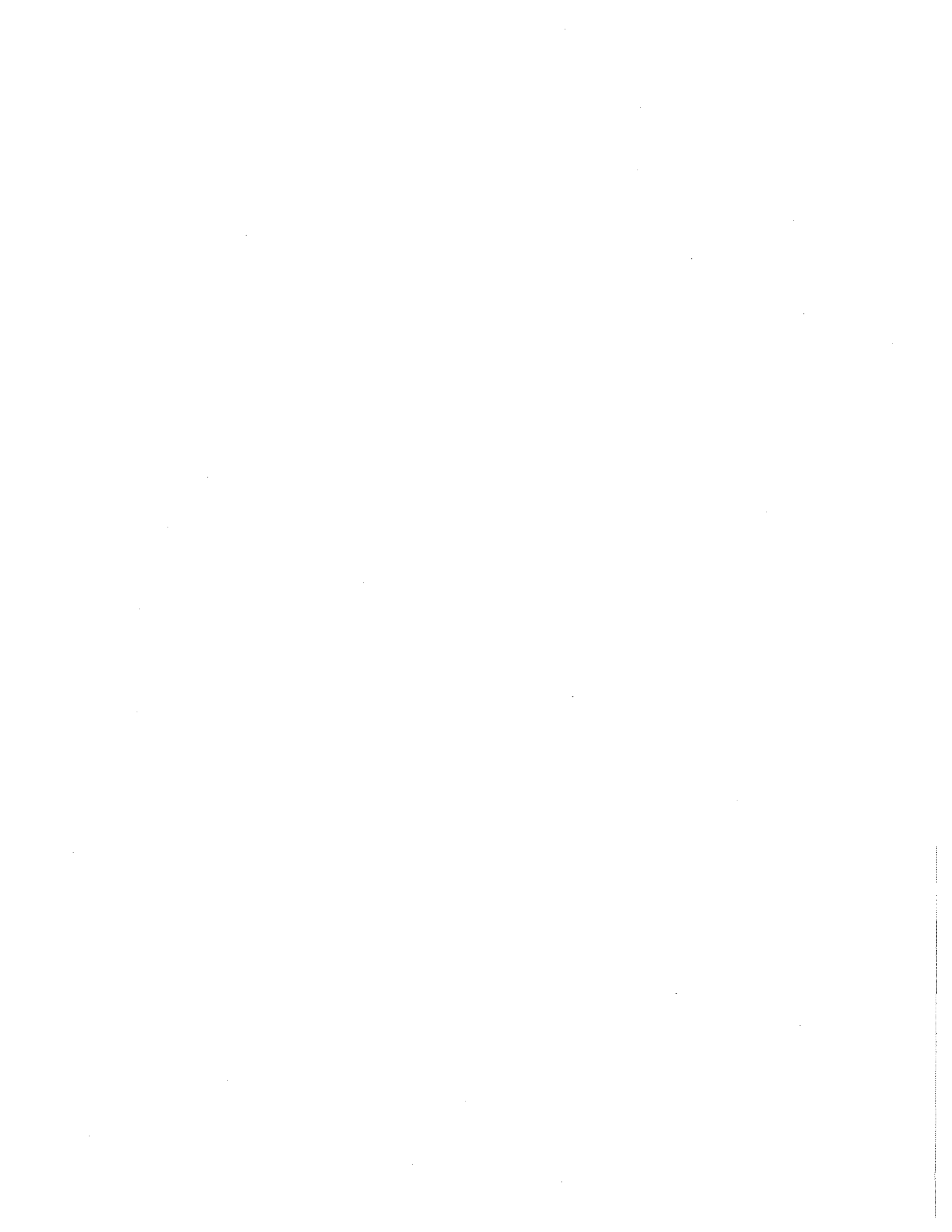
Please Note: To register for this series it will be important that Shantelle speak to you in advance, to ensure this group is a fit for you. The group will be closed to those who are registered only. This is a great opportunity for survivors of suicide to support one another in a safe, confidential setting.

It takes courage to reach out and share with others.

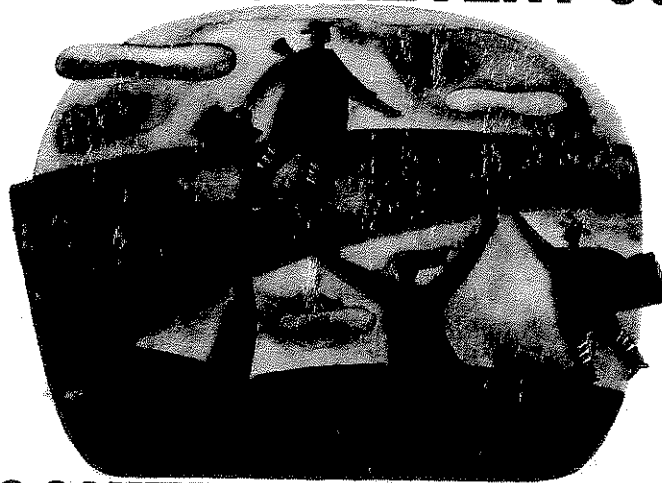
We look forward to sharing with you!!

Supported by Brandon Youth Suicide Prevention Strategy – Reclaiming Hope





REACH OUT TO PREVENT SUICIDE



RECOGNIZE - RESPOND - REFER

Suicide doesn't happen "out of the blue." That's why it's important to know when to ask about suicide!

RECOGNIZE

- **Show you care:**
 - Be observant – Know the warning signs. Pay attention to your suspicions. Trust your judgment.
 - Reach out – Tell them what you have noticed. Gain their trust. Be persistent.
 - Show respect – Listen. Be empathetic, nonjudgmental and not condemning. Be genuine. Take them seriously.

Learn to Recognize Potential Warning Signs of Suicide:

- Significant change to routine, regular behavior and /or patterns (sleeping, eating),
- Withdrawal from regular activities,
- Long periods of sadness and self imposed isolation,
- Unexpected poor performance at work or school,
- Greater reliance on alcohol or drugs,
- Persistent self criticism or making negative comments about oneself,
- Expressing hopelessness or helplessness about life or the future,
- Giving away possessions and /or making final arrangements,
- Talking or writing about death or suicide.

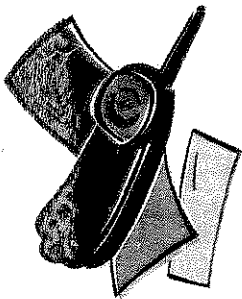
RESPOND

- **Determine Risk:**
 - Check it out – Ask others if they have noticed anything. Look for less noticeable signs.
 - Ask about suicide directly – “Have you thought about suicide?” and if the answer is “maybe or yes”...

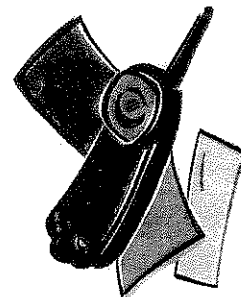
- Determine the level of plan – current plan, details of plan, type /availability of means, prior attempts, recent losses, available support, and family /friend suicide.
- **Offer support and install hope.**
- **Identify support system:**
 - Identify family, friends, teachers, counsellors, crisis lines, spiritual and religious care provider, etc where a person can get help.

REFER

- **Get Help:**
 - Get help – explore with person how they will get help. Be firm about getting help if they don't. If suicide risk is high don't leave them alone.
 - Never do it alone – Don't assume sole responsibility for the problem. Involve others including professionals.
 - Get support for your self.



LOCAL RESOURCES
 Emergency Department at your local hospital
 Physicians
 RCMP
 Community Mental Health Worker
 Cultural / Spiritual Advisor
 Addictions Worker
 Child & Family Services Worker
 Public Health Nurse



24 HOUR CRISIS SERVICES

Medical Emergency, Ambulance,	911
Crisis Services – Mobile Crisis Unit	1-888-379-7699
Child & Adolescent Services	1-866-403-5459
Suicide Prevention Centre	1-888-379-7699 (Brandon) 1- 888-322-3019 (Winnipeg)
The Manitoba Suicide Line	1-877-435-7170
Health Links	1-888-315-9257
Kids Help Phone	1-800-668-6868



ARHA Community Mental Health Program