

Erickson Collegiate Newsletter

November 18, 2008

Check us out
on the web!

[www.rrsd.mb.ca/
EricksonColl](http://www.rrsd.mb.ca/EricksonColl)



There are rewards for reading books!

The Twilight Saga books were so popular with the students, I have 4 copies of "Twilight" circulating and several students are lending out their own copies.

This series has made readers out of non-readers! So, as a reward, for the Library Fieldtrip this year, we are going to Brandon to see the movie "Twilight".

30 students signed up, read the first book in the series, completed a quiz and are helping with the fundraiser luncheon we have planned. The fieldtrip date is Thurs. November 27.

Mrs. McInnes

Picture Re-takes November 24 9 a.m.

Retakes must be accompanied by original picture package. New packages must be prepaid
Forms at the Office

EAGLES SWEATER

\$46

Embroidery \$3.50

**You can order
your sweater on
November 25
and 26th**

**Sweaters come in
Grey or Black.
Please see
Mr. Carefoot**



Mark Your
Calendars!
Christmas
Band Concert
December 10th

Bullying Awareness Week 2008

Bullying.org is pleased to announce that the sixth annual Bullying Awareness Week will take place from November **16th – 22nd, 2008**. The theme will be “Stand Up to Bullying!”

“I cannot believe how much this grassroots, community-based movement has grown over the past six years”, says Bill Belsey who is President of Bullying.org and the original founder of the annual event.

“We have gratefully received support from businesses like Family Channel and organizations like the Canadian Teachers’ Federation”, acknowledges Belsey.

“It is very gratifying to know that this simple, but powerful idea has grown to now involve schools and communities around the world”, observes the father and classroom teacher from Cochrane, Alberta.

“Some people say that by talking about bullying it will just make things worse, but the world’s leading researchers say that you must name the problem and discuss it in order to prevent it. The whole idea of the week is to prevent bullying through education and raising awareness in a positive, proactive way. For far too long society has seen bullying as a ‘rite of passage’ or a ‘normal’ part of life. Being scared to go to school, being full of anxiety because of a harassing boss or co-workers, or thinking of hurting yourself or others because of bullying is not normal”, notes Belsey.

“I would like to invite all schools and communities to join this annual grassroots initiative, because bullying is not simply a school issue, it is a broader community health and wellness issue”, encourages Belsey.

For more information, go to www.bullyingawarenessweek.org.

Bullying Facts...

-bullying occurs in school playgrounds every 7 minutes and once every 25 minutes in class (Pepler et al., 1997).

-only one in four children report that teachers intervene in bullying situations, while seven in ten teachers believe they always intervene

- most bullying occurs close to adults.

-bullying is reduced in a school if the principal is committed to reducing bullying. -(Charach et al., 1995)

-85% of bullying episodes occur in the context of a peer group -(Atlas and Pepler, 1997, Craig and Pepler, 1997)

-83% of students indicate that watching bullying makes them feel uncomfortable. -(Pepler et al., 1997)

-bullying stops in less than 10 seconds, most of the time when peers intervene on behalf of the victim. -(Pepler et al., 1997)

-by age 24, 60 percent of identified bullies have a criminal conviction. Young children who were labeled by their peers as bullies required more support from adults from government agencies, had more court convictions, more alcoholism, more anti-social personality disorders and used more mental health services.

Note: Bill Belsey is the founder and President of Bullying.org*. He is the creator of www.bullying.org,

the world’s most-visited and referenced Website about bullying, www.cyberbullying.ca, the world’s first Website about cyberbullying, the annual Bullying Awareness Week, see

www.bullyingawarenessweek.org and www.bullyingcourse.com, which offers online courses and Webinars for parents, educators and concerned citizens about the issues of bullying and cyberbullying.

Mr. Belsey is a father of two teenage children and currently teaches grade five at Springbank Middle School for Rockyview Schools Division in the foothills of the Rocky Mountains, see www.coolclass.ca “Canada’s Coolest Class!” He is a winner of the Prime Minister’s Award for Teaching Excellence and a Fellow of the prestigious World Technology Network.

*Bullying.org is a proud partner of PREVNet, See <http://prevnet.ca/> for more information.

Please notice the Bullying Awareness Posters up around the school. The poster contest was organized by Mrs. Collyer and Mrs. Selewich. The winners are Darnell McKay and Lucas Wilson, who will receive Uncle Carl’s Gift Certificates.

From the Guidance Office

How can you tell if your child has been using marijuana?

There are some signs you might be able to see. If someone is high on marijuana, he or she might: seem dizzy and have trouble walking; seem silly and giggly for no reason; have very red, bloodshot eyes; and have a hard time remembering things that just happened. When the early effects fade, the user can become very sleepy.

Parents should be aware of changes in their child's behavior, although this may be difficult with teens. Parents should look for withdrawal, depression, fatigue, carelessness with grooming, hostility, and deteriorating relationships with family members and friends. In addition, changes in academic performance, increased absenteeism or truancy, lost interest in sports or other favorite activities, and changes in eating or sleeping habits could be related to drug use. However, these signs may also indicate problems other than use of drugs.

In addition, parents should be aware of: signs of drugs and drug paraphernalia, including pipes and rolling papers; odor on clothes and in the bedroom; use of incense and other deodorizers; use of eye drops; and clothing, posters, jewelry, etc., promoting drug use.

How is marijuana harmful?

Marijuana can be harmful in a number of ways, through immediate effects and through damage to health over time.

Marijuana hinders the user's short-term memory (memory for recent events), and he or she may have trouble handling complex tasks. With the use of more potent varieties of marijuana, even simple tasks can be difficult.

Because of the drug's effects on perceptions and reaction time, users could be involved in auto crashes. Drug users also may become involved in risky sexual behaviours, which could lead to the spread of HIV, the virus that causes AIDS.

Under the influence of marijuana, students may find it hard to study and learn. Young athletes could find their performance is off; timing, movements, and coordination are all affected by THC.

****If you suspect that your child is abusing drugs or alcohol please feel free to contact the school guidance counselor at #636-2605 and she will direct you to the addiction worker in your area.**

“Keep Your Shirt On”

On November 24th

Grades 7 & 8 will participate in Addictions Foundation of Manitoba presentations on Gambling.

Also on that day, Grade 12's will participate in an awareness session aimed at providing students with accurate information about how electronic gaming machines work (slots/vlt's). Topics to be discussed include randomness, odds, house advantage and mistaken beliefs about gambling.

The goal of the program is to prevent possible harm from occurring in relation to current or future gambling involvement.

Career Preparation & Explorations Program Update!!

Our Career Preparation & Explorations Program is now in full swing. I have thoroughly enjoyed settling in here at Erickson, I have met and gotten to know many great kids, and look forward to meeting even more.

We have had our grade 9 students partake in a Safe Workers of Tomorrow presentation which was very informative. A big thank you goes out to all the staff and students for your cooperation in this presentation. Our grade 9 students also went out on November 5, 2008, for the annual “Take Our Kids to Work Day”. All of our grade 9 students participated in this day; we hope it was a fun day for both the students and the parents.

The Grade 11 students are presently out on their work placement week. Most of our students are choosing to participate in this beneficial week. We have some very interesting placements this year such as veterinarian clinics, interior design, spas, biologists, Big Brothers and Sisters' affiliations, schools, and many more. I have been very impressed with the student's choices and hope they are making the most of their placements. It is however important to mention here that **ALL** students (grade 9 to 12) must remember to get in their required paperwork prior to, or on the due date. All of the students are required to hand in their journaling assignment to me upon completion of their placements. This is part of the Career Preparation & Explorations Credit available to them at the grade 12 level.

Our grade 12 students will be going out on their Career Placements the week of January 26 to 30th. Their preliminary paperwork will go out in late November and will be due back the first week of December. Again I must say that the earlier this paperwork comes back, the better the placement will be!!

Again if you need to reach me at any given time you can phone me at either Erickson or Minnedosa Collegiate (636-2605 or 867-2794). Meanwhile stay warm and enjoy the winter months! **Marlies Soltys Career Preparation & Explorations Coordinator**

Grad Update

Thank you to everyone who helped with our annual chocolate bar sales. They were a success and about \$600 was raised.

Grad hoodie and sweatpant orders are now finished and they will be ordered on Thursday. It is hoped that they will arrive prior to Christmas holidays. There will be a grad/parent meeting on Tuesday December 5th at 7pm in the ECI library.

I encourage everyone to attend as it regards fundraising, scholarships, Safegrad and other small details.

Grad this year has been scheduled for Tuesday June 23rd at 3:30.

Any further questions please call me at the school or email me at trobson@rrsd.mb.ca.

Yearbook Request

Any great, or not so great sketches, either in pen, pencil or other, can be submitted to Mrs. McLaughlin for scanning for the upcoming book.

Sign your name on the bottom right hand corner.