

SEPTEMBER 2022

THE EAGLE UPDATE

THE OFFICIAL NEWSLETTER OF H. A. KOSTASH SCHOOL
"ENCOURAGING EXCELLENCE THROUGH A CURIOSITY FOR LIFE"



A MESSAGE FROM YOUR PRINCIPAL

Welcome back!

I am honoured to be the new principal of H. A. Kostash School. As a former H.A.K. Eagle, along with my husband and my children, I have a strong link to the school community. It's been great walking through the hallways, seeing familiar faces, and meeting new staff. This promises to be an energized and rewarding school year.

I would like to thank our students and families for continuing to call H. A. Kostash School their school and being an H.A.K Eagle. Building strong relationships with students, parents, staff and people in the community is important to our students success and benefits us all. This hinges on clear communication, which is why this newsletter was created and has a community news section. We may have missed something in this month's newsletter so please call or send in anything you would like to add to our next edition.

We value your input in your child's education. Your voice matters and one way that you can participate is by joining our School Council. The first meeting is on Tuesday, September 13 at 6:00pm and we hope to see you there. Another way to be involved is through our fundraising group CASA. CASA's first meeting is on September 22 at 6:00pm. Both meetings will be held in the school library.

As we move into the new school year, I encourage you to review the H.A.Kostash School Handbook for information about our school. It can be found on our school webpage. Other sources of information covering school events are on our Facebook page and our Instagram account.

We are grateful to once again welcome families back into the school. The school will host a "meet the staff" pancake breakfast on Friday, September 16. We would like to thank all of the organizers and businesses who help make this event a success.

I welcome conversations with families. You can come and see me in person, call the school 780-656-3820, or email me at brenda.mykytiuk@aspenschool.org.

I am looking forward to an amazing year!

UPCOMING EVENTS

Sept 05 - Labour Day, No school

Sept 06- First day of Great Beginnings

Sept 07- Ukrainian Canadian Heritage Day

Sept 13- First School Council meeting 6:00pm at HAK

Sept 16- Pancake breakfast, Meet the Teacher

Sept 22- First CASA meeting at 6:00pm at HAK

Sept 23 - Grade 7-11 Awards and Convocation

Sept 29- Orange Shirt Day at HAK

Sept 30- National Day for Truth and Reconciliation, No School



HAK's Terry Fox Run date is TBD!

MENTAL HEALTH MINUTE

The pandemic has affected everyone in unique and varied ways. Many families have experienced financial, employment, social and health challenges. Some have experienced significant disruptions and losses. We have also all witnessed inequities, systemic prejudice and the impact of racism in our society during this time. Even as society returns to more normal social interactions, we are aware that each child will approach the new school year with many different feelings. They may be excited, or perhaps nervous and some children could be quite worried and anxious. All of these feelings and emotions are natural responses to

what our children have experienced over the past two and a half years. Check in regularly with your child, as their emotions and feelings will likely change from day to day or week to week. You can normalize any fears as a response to the uncertainty and can reassure them. Even though things are different, they can manage and there will be adults there to help. It can be helpful to remind your child of the positives of going back to school, such as seeing their friends again. Perhaps make a list together about what they are excited about. Remind your child that when school starts, they will be supported and safe.

“ A CHILD'S MENTAL HEALTH IS AS IMPORTANT AS THEIR PHYSICAL HEALTH AND DESERVES THE SAME QUALITY OF SUPPORT.

- KATE MIDDLETON

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SIGN UP!

At the end of this newsletter is a survey, asking students which clubs and extra-curricular activities they would like to see in the school! Please fill this out and return to HAK.

A MESSAGE FROM YOUR VICE PRINCIPAL

Welcome Back Everyone!

It is exciting to be starting my 28th year of teaching and my 10th year at HAK.

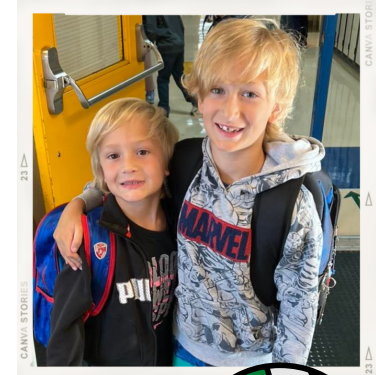
Everyday is better than the last. What a great feeling to have students and parents back in school. The first few days have been filled with excitement, smiles and happiness. I cannot believe how much everyone has grown and changed.

We are going to have an excellent year and we are fortunate enough to be welcoming 39 new students to our school. I know our school and community are happy to have everyone.

I look forward to spending time with all of you. Communication is key. If you need me, my door is always open and I would love to see you. You can reach me at the school or email lenore.lamouche@asperview.org.

We are going to have a fabulous year. Happy September!!

Ms. Lamouche



GREAT BEGINNINGS

Families with an annual income of less than \$180,000 with children enrolled in a licensed preschool program (like our Great Beginnings) can apply for a subsidy of \$125 per month!
www.alberta.ca/child-care-subsidy.aspx

DID YOU KNOW:

You can find our entire School Handbook on our website!

www.hak.aspenview.org

DRESS CODE REMINDER

It is appropriate for students to wear items that will enable them to feel comfortable throughout the course of the day; however, it is equally important for them to dress in a respectful and dignified manner. We are asking families to monitor the clothing selection to ensure that it is appropriate for school wear. Students deemed to be wearing inappropriate apparel will be asked to change, add layers of clothing, or arrange for replacement clothing. No undergarments should be shown. Clothing and accessories with wording or graphics, which are vulgar or clothing with the symbol or name of a substance deemed hazardous to one's health, are unwelcome. Breaches of any component of the dress code will result in the student being asked to change their clothes. Parents may be contacted to bring in appropriate clothing.



ЛАСКАВО ПРОСИМО!

HAK warmly welcomes students and families arriving from Ukraine. Practice these common Ukrainian phrases to help our new students feel more comfortable!

Добрий день ("dobryj den") = Hello

Як справи? ("Jak spravy") = How are you?

Так ("tak") = Yes

Ні ("ni") = No

Па-па ("pa-pa") = Bye!

HOW CAN PARENTS GET INVOLVED?



SCHOOL COUNCIL

School councils are structured groups of parents, principals, teachers, secondary students, and community representatives who work together to effectively support and enhance student learning. They provide a method for members of the school community to consult with and offer advice to the principal and the school board. Parents play a vital role in student success and can participate in decisions that impact student learning through school council. By contributing knowledge, perspective and ideas at school council, parents are actively contributing to school community and school district success.

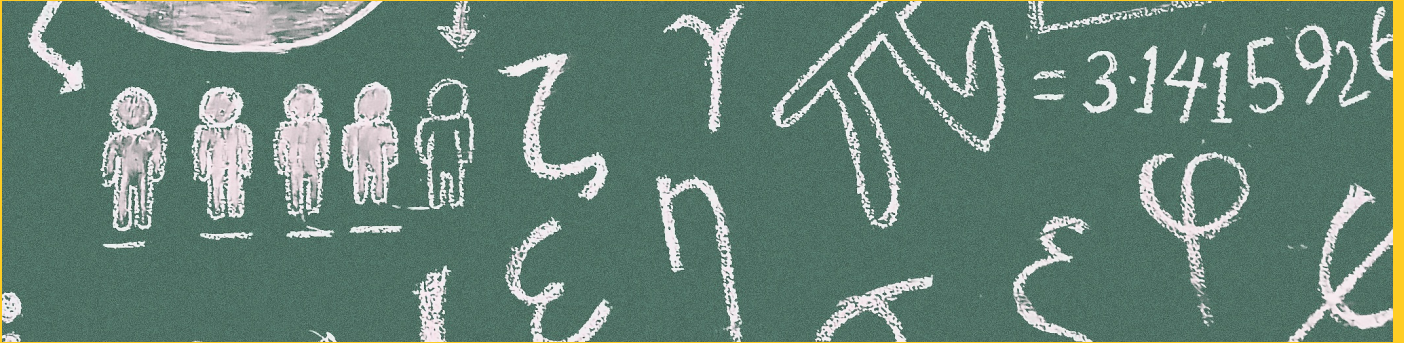
Our first School Council meeting for the 2022/2023 school year is scheduled on Sept 13 at 6:00pm at HAK. Feel free to come see what it is all about!

CASA

Just last year, CASA was responsible for sponsoring the grade 10 ELA class trip to the Citadel to see Dolly Parton's 9:00-5:00, ice skating at the Smoky Lake complex, hot lunches throughout the school year, and online presentations from the Telus World of Science. None of this could be done without the help from the amazing volunteers, and the benefits reach every single student!

Our first CASA meeting for the 2022/2023 school year is scheduled on Sept 22 at 6:00pm at HAK. Feel free to come see what it is all about!

WE ARE HIRING



PROBATIONARY HIGH SCHOOL MATH/SCIENCE TEACHER

We are recruiting a probationary high school math, physics and STEM/STEAM teacher. Applications may be submitted online. Please include an updated resume, two professional references and a copy of Alberta Teacher Certification.



CONTRACT OPPORTUNITY: FOOD SERVICES

Expressions of Interest are being accepted for the provision of food services at H.A. Kostash School for the 2022-2023 school year. The ideal applicant will demonstrate an ability to rotate menu items on a regular basis, cater for small groups, and work collaboratively with school administration.



EDUCATIONAL ASSISTANT

The successful candidates must be reliable and self-starters who are able to work independently with students requiring individual attention. The current salary will be in accordance with the CUPE pay grid based on training and experience.

THE SCOOP ON SMOKY LAKE



MINOR HOCKEY

Smoky lake Minor hockey had their Annual General Meeting on Wednesday, September 7. This followed their official registration night, but children can still register by emailing ksliwkanich@gmail.com

POND HOCKEY

Learn basic skills and scrimmage for fun! Registration is done virtually by texting Julia at 780-977-9779 or emailing at julia.serben@gmail.com and a form will be sent to you.

SCHOOL OF DANCE

The School of Dance held their official registration night on September 6, but for more information on how to register, contact slschoolofdance@gmail.com

PUMPKIN FAIR

Saturday October 1, 2022
The Smoky Lake Pumpkin Fair and Weigh Off is back again! This includes a farmer's market, car show, threshing bee, children's activities, corn maze, pancake breakfast, garage sales, local culture showcase, beer gardens, food trucks, pig roast harvest supper, and more For any questions, contact smokylakepumpkingrowers@gmail.com or Michelle Wright at 780-656-5398.

CORN MAZE

The Kinette Club of Smoky Lake has brought back the corn maze for another fall season of fun! Open Saturday and Sunday from 12:00pm - 5:00pm September 3 - October 31. There is a \$5 admission fee, children 5 and under are free. The corn maze is east of the George McDougall Hospital.

TUTORS

H.A. Kostash School is looking for volunteers to help our students by tutoring. If you're interested, or for more information, contact Brenda at brenda.mykytiuk@asperview.org

SCHOOL CLUBS

Clubs are a great way to meet people with similar interests, do an activity you enjoy, or learn more about an activity you're interested in. However, another reason you may want to start a club is if you have no opportunity at your school to pursue a certain interest you have. For example, our school does not offer any classes specializing in robotics, but we offer students the opportunity to join the robotics club! The time spent within any club is in addition to mandatory class schedules.

CLUB IDEAS

Clubs often fall into three categories: hobby clubs, academic clubs, or community service clubs.

Some ideas of clubs that are welcome in our school include:

- Photography Club
- Creative Writing Club
- Minecraft Club
- Gay Straight Alliance
- Book Club
- Anime Club
- Magic Club
- Sports Club
- Makeup Artists Club

and others that you may come up with! We would like to find out more about what our students and parents need in terms of school clubs and activities. Please fill out this short survey to help us plan, and return this page to HAK

1. Grade attending at HAK

2. Should clubs run before school, during lunch hour, or after school?

3. What kind of clubs would you like to see?

4. Any additional comments:

COMPLETE AND RETURN TO HAK



DISCOVER

DISCOVER THE SKILLS FOR SUCCESS!

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1. Visit <https://www.mydiscoverprep.com/drop-in>
2. Find an available tutor
3. Join their Google Meets link!

DISCOVER provides free homework help, tutoring, and academic guidance to students in Grades 7 to 12

University volunteers come from a wide variety of fields, including medicine, dentistry, engineering, science, education, arts and more, and are trained to best assist secondary students with schoolwork and preparing for post-secondary

Drop-in sessions are offered virtually, every Wednesday and Thursday from 5PM to 7PM

visit [mydiscoverprep.com/drop-in](https://www.mydiscoverprep.com/drop-in)

