

# SCCHS NEWSLETTER

## IMPORTANT DATES

May 2025:

- Thursday, May 1 - Parent Teacher Interviews
- Saturday, May 3 - SCCHS Invitational Track
- Monday, May 5 - Grade 11 Grad Parent Committee Mtg 6:30 PM
- Tuesday, May 6 - For What It's Worth Performance 7 PM
- Tuesday, May 13 - AGM @ 7 PM SCCHS Library
- Wednesday, May 14 - SCCHS Mini Track Meet
- Thursday, May 15 - 16 - ABA Festival Red Deer
- Monday, May 19 - No School Victoria Day
- Tuesday, May 20 - SCCHS Twilight Track
- Wednesday, May 28 - SWAC Championship

June 2025:

- Monday, June 2 - Proficiency Awards Night
- Wednesday, June 4 - Early Dismissal
- Wednesday, June 4 - Senior Sunset 8-9:30 PM
- Friday, June 13 - Swing Night
- Monday, June 16 - Band/Choral Spring Concert
- Wednesday, June 18 - Athletic Awards Lunch
- Friday, June 20 - Grad Gown pick up
- June 20-25 - Exams
- Friday, June 25 - Mandatory Grad Rehearsal 6-8:30 PM
- Thursday, June 26 - Graduation Day
- Friday, June 27 - Report Cards Out

## COMMUNITY FRIDGE

SCCHS NUTRITION PROGRAM

# COMP EATS

THANK YOU TO OUR SPONSORS

SUNSHINE CLUB COMMITTEE CITY OF SWIFT CURRENT	 ANDERSON & COMPANY	
DIANNE HAHN		
LYNDA LIGHTFOOT	 innovation FEDERAL CREDIT UNION	
ANNE HILL		
OWEN UHER	 CITY OF SWIFT CURRENT	
SHELBY BUDD		
FARIS AND SANDRA SADDEN	 BRANDSOURCE	
TERRY TOEWS & STEWART WELLS	 Voth's HOME FURNISHINGS	
CHRISTOPHER AND AMY POPIK		
SCCHS THRIFT STORE	FILIPINO ASSOCIATION IN CANADA - SWIFT CURRENT & AREA	
	SCCHS SLG	

The Comp Eats Community Fridge and Classroom Eats Baskets have been VERY well received by our students! Throughout the last month, different items flew out of the fridge! 😊 Hot items were: small chocolate milk, homemade muffins, school friendly trail mix, cheese strings, oranges, apples, bananas, carrots & more!

How can you help? We will gladly accept grocery store gift cards or cash donations to use to purchase food items! Please send your donation to the main office!



## SEM 2 EXAM SCHEDULE



## June 20 - 25, 2025 Grade 9 Exam Schedule


**20**  
JUNE

FRIDAY

**Grade 9  
Regular Class  
Schedule**

**23**  
JUNE

MONDAY

**Final Exam**  
MATH - AM  
Regular Bell Schedule

Assignment  
Completion/Study Time  
PM

**24**  
JUNE

TUESDAY

**Final Exam**  
SCIENCE - AM  
Regular Bell Schedule

Assignment  
Completion/Study Time  
PM

**25**  
JUNE

WEDNESDAY

**Final Exam**  
SOCIAL STUDIES - AM  
Regular Bell Schedule

Assignment  
Completion/Study Time  
PM



### FINAL EXAM SCHEDULE FOR CREDIT CLASSES



## June 2025 High School Semester Two Exam Schedule


**20**  
JUNE

FRIDAY

9:00 am - 11:30 am  
ALL PERIOD ONE Classes  
Scheduled Classroom

**23**  
JUNE

MONDAY

9:00 am - 11:30 am  
ALL PERIOD TWO Classes  
Scheduled Classroom

**24**  
JUNE

TUESDAY

9:00 am - 11:30 am  
ALL PERIOD THREE Classes  
Scheduled Classroom

12:45 pm - 3:15 pm  
ALL PERIOD FIVE Classes  
Scheduled Classroom

**25**  
JUNE

WEDNESDAY

9:00 am - 11:30 am  
ALL PERIOD SIX Classes  
Scheduled Classroom

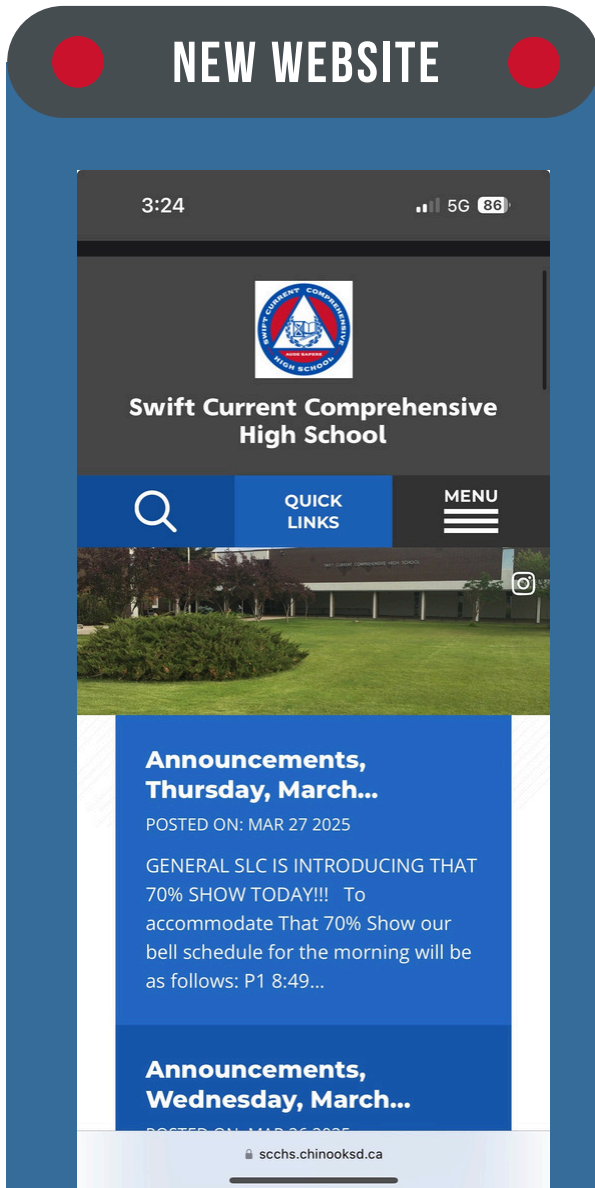
12:45 pm - 3:15 pm  
Exam Make Up Sessions  
Locations TBD

**26**  
JUNE

THURSDAY



# SCCHS NEWS



## Chinook Board of Education AGRICULTURE CONTEST

- Choose a category
- Submit a short video
- Win great prizes!

The Chinook Board of Education is dedicated to honouring the invaluable role agriculture plays in shaping our lives.

Let's cultivate a deeper appreciation for agriculture and inspire a new generation to carry its legacy forward!

Submission deadline: May 2, 2025      Contest details: [www.chinooksd.ca](http://www.chinooksd.ca)

## Swift Current Comprehensive High School SCHOOL COMMUNITY COUNCIL AGM

Notice of Meeting

**TUESDAY MAY 13, 2025**  
SCCHS Library  
7:00 pm

Nomination Forms Available in Main Office

New members welcome!

Speak to SCCHS or SCC Member for more information.

## DRIVER ED APP

Make sure you download the NEW Driver Ed App if you haven't done so already!



## NEW SCHOOLGUIDE APP

Introducing SchoolGuide, a FREE app that brings the latest reminders, news, events and emergency alerts from Chinook School Division and your local Chinook school(s) directly to your phone!

SchoolGuide is your school's exciting new communication tool that lets you:

- Receive school reminders and emergency alerts instantly with a push notification
- View school division news and all the latest from your local school(s)
- See all upcoming division and school events with the option to add them to your device's calendar
- Tap to call school and division offices, get directions, or visit school and school division websites and social media pages
- Access other important online tools and information right from the app
- Favourite your local school(s) to receive specialized notifications and content
- Customize your in-app experience to stay informed about the news and events you care about

Download SchoolGuide today!  
Search "SchoolGuide 2" on the Apple App Store or Google Play!



# FESTIVAL NEWS



## CANTANDO FESTIVAL EDMONTON, AB APRIL 13-17

The SCCHS Music Department travelled to the Edmonton Cantando Music Festival April 13th -16th. Six ensembles performed at a variety of amazing venues including the famous Winspear Centre which is considered one of the finest concert halls in North America. The students also took part in clinics, attended concerts, the musical Jersey Boys, and performed at the mass choir concert our last evening in Edmonton. Congratulations to all of the performers who represented the Comp at such a high level.



May 2025

<https://scchs.chinooksd.ca>

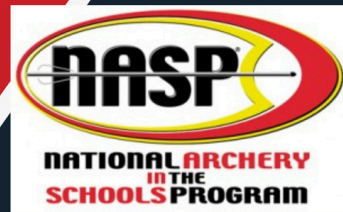
# SCCHS ARCHERY TEAM

Congratulations to the SCCHS Archery team, placing bronze in the team 3D competition at NASP provincials on Saturday, April 12th.

## NASP PROVINCIAL COMPETITION SCCHS ARCHERY

APRIL 12, 2025

### 3D Team Bronze Medal



# SCCHS PROVINCIAL SKILLS



Saskatchewan Provincial Skills Competition.

The provincial skills competition was hosted by Sask Polytech Saskatoon at the end of March with almost 500 students from around the province competing in the trades. A huge congratulations to SCCHS's own Jack U winning a Gold medal in Car Painting and Janiah A winning Gold in Fashion Technology. Both will be representing our school at the National Skill's Competition being held in May and hosted by the Queen City - Regina. A must see if students are interested in pursuing the trades. Good luck!



# SCCHS GRAD NEWS

- Every Friday wear your grad clothes!
- Volunteers still needed - email [gruetzner@shaw.ca](mailto:gruetzner@shaw.ca)
- Donations are still accepted - email [letkeman97@gmail.com](mailto:letkeman97@gmail.com) or [kimpierce@hotmail.com](mailto:kimpierce@hotmail.com)
- Tickets for cap and gown and grand march will be distributed late May or early June. Each grad receives 10 tickets.
- Grad escort and one liners - check google classroom
- Wed. June 4 - Senior Sunset 8-9:30 PM
- Fri. June 20 - Grad gowns pick up
- Wed. June 25 - Mandatory Grad Rehearsal 6-8:30 PM Iplex
- Thurs. June 26 - Grad Day  
9:30 - 11:30 AM Cap and Gown  
7 PM Grand March

## Grad 2026 Parents:

Grad 2025 is soon upon us and with that, we are at the point of recruiting volunteers to take over the Grad Parent Committee for the Graduating Class of 2026. The school plans the Cap and Gown ceremony that usually takes place in the morning. The role of the Grad Parent Committee is to plan the Grand March and the evening event that takes place after the Grand March.

In order to learn more about the Grad Parent Committee and the events we organize, we invite you to attend our next meeting. This meeting will be on Monday, May 5 at 6:30pm in the Library at SCCHS.

## Grad Info on our SCCHS Website

:  
<https://scchs.chinooksd.ca/about-us/communication/graduation>



CLASS CODE: xcnptvr



# SCCHS DRAMA

Congratulations to the SCCHS Drama Club for your performance at Regionals and your advancement to Provincials in May. Production will be staged one more time on May 6<sup>th</sup> for public viewing.

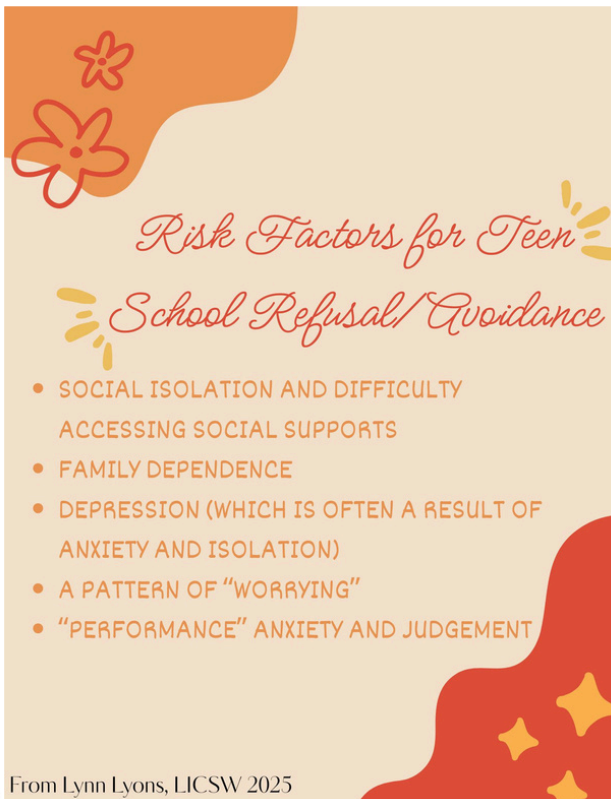
Please come support our amazing performers!

May 6<sup>th</sup> @ 7 PM SCCHS Cafetorium  
Silver collection at door



from:

# STUDENT SERVICES



## *Risk Factors for Teen School Refusal/Avoidance*

- SOCIAL ISOLATION AND DIFFICULTY ACCESSING SOCIAL SUPPORTS
- FAMILY DEPENDENCE
- DEPRESSION (WHICH IS OFTEN A RESULT OF ANXIETY AND ISOLATION)
- A PATTERN OF "WORRYING"
- "PERFORMANCE" ANXIETY AND JUDGEMENT

From Lynn Lyons, LICSW 2025



## **Self Labelling & Self Diagnosis**

WHERE ARE TEENS GETTING THEIR INFORMATION?

1. "83.7% OF MENTAL HEALTH ADVICE GIVEN ON TIKTOK IS MISLEADING WHILE 14.2% OF VIDEOS INCLUDE CONTENT THAT COULD BE POTENTIALLY DAMAGING."
2. "100% OF THE CONTENT FOR ADHD IS MISLEADING INFORMATION, THE MOST OF ANY CONDITION IN OUR ANALYSIS."
3. "CONTENT COVERING BIPOLAR DISORDER (94.1% OF VIDEOS) AND DEPRESSION (90.3% OF VIDEOS) WERE ALSO FOUND TO BE MISLEADING."

HTTPS://PLUSHCARE.COM/BLOG/TIKTOK-MENTAL-HEALTH/

From Lynn Lyons, LICSW 2025



## *Remember: Anxiety Demands Two Things:*

### COMFORT & CERTAINTY:

COMFORT: "I WANT TO FEEL SAFE AND COMFORTABLE, OR ELSE I WANT OUT!"

CERTAINTY: "I HAVE TO KNOW WHAT'S GOING TO HAPPEN NEXT... AND I WANT TO CONTROL IT!"

TO BEAT IT, WE NEED TO DO THE OPPOSITE. STEP INTO UNCERTAINTY AND PRACTICE FLEXIBILITY! STEPPING IN IS THE OPPOSITE OF AVOIDANCE - AND THAT IS HOW OUR BRAIN RELEARNS!

From Lynn Lyons, LICSW 2025



## *Skills that Promote Opposite of Anxiety*

- TOLERATE & NORMALIZE DISCOMFORT
- EXTERNALIZE/REACT DIFFERENTLY TO THOUGHTS AND FEELINGS
- RETRAIN THE BRAIN BY DOING, FAILING, AND SUCCEEDING: TAKE ACTION!
- HANDLE THE UNCERTAINTY THAT IS LIFE
- BE MORE FLEXIBLE (PRACTICE MALLEABILITY!)
- PROBLEM SOLVE AND THINK CRITICALLY

From Lynn Lyons, LICSW 2025



# LIBRARY NEWS

MAY 2025

## 280 BOOKS

CHECKED OUT IN APRIL

### RETURN OR RENEW YOUR LIBRARY BOOKS



Return your library books on the due date or bring them to the library to renew them. That's the best way to avoid fines!

### MAY IS ASIAN HERITAGE MONTH

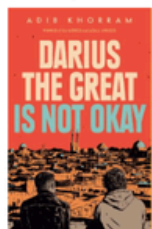
Check out these books by Asian authors!



FIC DEV



FIC GRA



FIC KHO



FIC RIB



FIC TRA



FIC YAN



GRA SOO



SC THO

### ONLINE RESOURCE HIGHLIGHT: Canadian Reference Centre

Canadian Reference Centre is a user-friendly research database available through our library. It contains a vast collection of reliable information resources covering a wide variety of subject areas including science and technology, history, literature and the arts.

Using Canadian Reference Centre you can:

- Find articles, news, and images.
- Pinpoint relevant results using source type and subject limiters.
- Save content to Google Drive.
- Use the citation tool to help you format bibliographic references.
- Hear HTML articles read aloud using Text-to-Speech.

Access the Canadian Reference Centre through the library's website under Databases/Periodicals.

SCAN



### NEW ARRIVALS

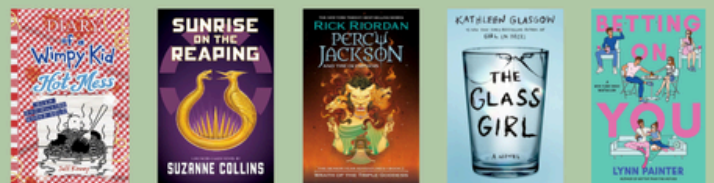
We have added over 300 books to the library collection  
Check out some of the new titles!



NEW MANGA SERIES



NEW GRAPHIC NOVELS



NEW FICTION BOOKS



NEW NONFICTION BOOKS

### BOOK CIRCULATIONS BY GRADE

GRADE	LIBRARY BOOKS BORROWED
GRADE 9	1650
GRADE 10	675
GRADE 12	546
GRADE 11	443



Congratulations to the grade 9 students for borrowing the most library books this school year!