



## Important Dates

**Tuesday, Mar 3rd: 7:00 – 8:00 p.m.** “First Time Parents”  
Memorial Composite High School

**Tuesday, Dec 17th: 2:00 – 3:00 p.m.** – Tuesday & Thursday Kindergarten Classes with Grade 1H and 1P classes again performing. All families of those students are welcome to join us.

**Wednesday, March 4th: 2:45 – 7:30 p.m.** – Snow Club—Rabbit Hill

**Thursday, March 5th: 6:00 – 7:00 p.m.** – Memorial Composite High School Open House

**Tuesday, March 10th: 12:30 – 2:00 p.m.** – 9C to Spruce Grove Composite High School

**Wednesday, March 11th: 2:45 – 7:30 p.m.** - Snow Club—Rabbit Hill

**Friday, March 13th:** - Report Cards accessible on-line

**Monday, March 16th-Friday, March 20th:** Book Fair

**Tuesday, March 17th: 4:00-7pm**—Parent Teacher Interviews

**Wednesday, March 18th: 4:00-7pm**—Parent Teacher Interviews

**Thursday, March 19th: 7:00-8pm**—Spruce Grove Composite - First Time Parent Meeting

**Monday, March 23rd-Friday, March 27th:** SPRING BREAK

**Monday, March 30th:** PD Day—no students attend



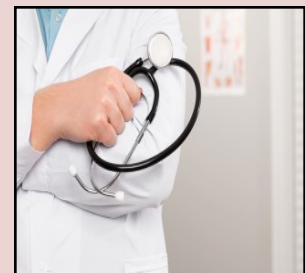
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**If you are not yet on the parent portal and or if there are any demographic changes to your profile please also ensure that you edit your information.**

### Corona Virus Update

<https://www.psd70.ab.ca/view.php?action=object&id=23033&stream=Homepage%20News>



# PLAY TIME

## MERIDIAN HEIGHTS FAMILY GAMES NIGHT 2019-2020

A time to make relationships as we play and share stories.

Info: Sonia Houle or Tracey Cloutier  
[shoule@psd70.ab.ca](mailto:shoule@psd70.ab.ca)

Please bring your family's favourite game to  
**The Stony Plain Public Library**  
4613 52 Ave, Stony Plain

Thursday April 2<sup>nd</sup>, 2020

6:00-7:30 pm

Your whole family is welcome.



*Every good thing you do creates ripples that you may not see.  
Do them anyway.*

*It's that Time  
again....*



2



## Reading the report card

— simplified version introduced for the 2019–2020 school year —

We listened to the thoughts and concerns of PSD parents/guardians and made adjustments to the student report card.

### What's new?



**Levels of Achievement** (Excellent, Competent, Satisfactory, Insufficient) will be used to assess your child's progress in a subject.



**Improved clarity**—teachers will report one level for one subject.



**Standards & Criteria** guidelines will be used by teachers to provide comments about how your child is doing in specific learning areas, including Knowledge & Skills, Literacy, Communication, Problem Solving, Collaboration and Metacognition (i.e. thinking about thinking).



Visit us online for  
more information!

[bit.ly/PSDreportcard](https://bit.ly/PSDreportcard)



# CONGRATULATIONS BOYS!!!

STONY PLAIN REPORTER/GROVE EXAMINER

FRIDAY, FEBRUARY 7, 2020 59

## Hard work continuing to pay off for Podolak brothers

JOSH THOMAS

If people in the minor rodeo circuit did not know Eylam and Nitay Podolak, they do now.

The Spring Lake brothers took part in the Junior National Rodeo Finals in Las Vegas in December. Nitay earned a spot in the finals before suffering a broken arm, while Eylam was able to earn the title of world champion in saddle bronc, while simultaneously becoming the eighth ranked all around cowboy in the world for his age. Before his injury, Nitay claimed the Montana State Championship in Saddle Bronc, which put him into the Vegas competition. The Podolaks were two of only four Canadians to make the Vegas rodeo.

The pair also earned invitation to the Frontier Days Rodeo in Cheyenne Wyoming, where only three Canadians took part.

Their success is no accident. It is the product of months and years of tireless effort, and a lot of falling off of and getting back onto the horse.

"Rodeo is a sport you have to work hard on and I just feel nowadays that is something that is missed. The need to work hard to succeed in life. In rodeo you have to do a whole lot of losing before you win. The biggest thing they can

learn is how to lose," Even amidst their rise through the ranks, there continue to be setbacks, the most recent being Nitay's broken arm. Something like a broken limb, however, was not going to be enough to keep the youngest Podolak from his training schedule.

Nine days after breaking his arm in Vegas he was back on the bucking machine his father Michael bought and put in their backyard. Eylam meanwhile, has not missed a day of training in as long as he can remember. The boys also have a spur board at their mother's house where they work on their positioning.

The discipline they have shown, the hard work they have put in, and their commitment to the sport are exactly the reasons their father Michael Podolak introduced them to rodeo in the first place. Now thanks to their hard work, the next generation of cowboys are already starting to take notes from the Podolak's on how it's done.

"We're starting to notice experience levels. When we go to rodeo's in the area, there are little kids looking up to them. If there's a rodeo in Slave Lake or something like that, the boys draw a crowd," said Michael. They want to set a



Eylam Podolak, Blue Music, Albert, during the short go of the bare back and saddle bronc riding at the Junior World Finals. Photo by Andy Watson. Written permission must be obtained to use this photo in any manner.

good example for those kids."

Michael added he dedicates the time and effort he spends flying across the continent to different events, helping with training, and allowing the two boys to chase professional rodeo dreams to the prevention of alcoholism, and suicide.

"Had a parent ask me once how I could do this to my kids. How could I put them through this risk. I told them I'd rather see my kid pulled out of an ambulance at an arena than having to go to a hospital to deal with something like a drug

overdose. I'd rather keep him busy with something that is going to teach them values," said Michael. The brothers their rise through the junior ranks as they compete bi-weekly in the Winter Rodeo Series in Wyoming. At nine and 10-years old, they display maturity beyond their years, especially when discussing their successes, and future goals.

Eylam said winning the world championship, a win he dedicates to his step mother Shauna McDaniel, felt good at the time, but it also felt like it was just another rodeo.

He has no intention of stopping there. He has his sights set on a win at The American Rodeo in Texas, and eventually, on a spot in the pro rodeo ranks.

"It was (special), but at the same time when I won it, it felt like just another rodeo. I'd like to do this professionally. Right now, my goal is to win at the American in Texas," said Eylam. "It's a tough sport, but it's also the most fun sport on earth."

His brother agreed the pro rodeo circuit is the ultimate goal in the long term, but added he is more focused on a win in the finals at Vegas next year.

"When we first started, we weren't winning very much, but then after we won our first buckle, I was like, okay, we can do this. Then through 2018 we just kept winning. It feels great winning buckles," said Nitay.

Wherever their rodeo careers take them, they will get their on the merit of their own hard work. For Michael Podolak, that is worth more than any world championship buckle ever will be.

"There are so many rules behind the chutes, how to behave, how to dress, it teaches them those old values you don't see anymore. They're so important around the chutes," said Michael Podolak. [jthomas@postmedia.com](mailto:jthomas@postmedia.com) [twitter.com/joshthomasreporter](https://twitter.com/joshthomasreporter)



Healthy Learning Sessions  
Upcoming Dates/Times

"ATB Bank happens in our small gym at lunch recess every other Tuesday. Our employees are grades 4-6 and they are excited to hopefully welcome more customers soon! Our next banking day is March 10th!"



"Believe you can and you're halfway there."

THEODORE ROOSEVELT

GH

Please use the parent portal to pay your

outstanding fees. Your fees can be paid on-line or you can come into the office to pay by cash or cheque.

Thank you.

Upcoming School Council Meeting Dates

All meetings will be held from 6:30pm-8pm in the school library.

Tuesday, March 10

Tuesday, May 19



**CAREER EXPLORATION**

**INVEST IN YOUR FUTURE**  
Through Off-campus Experiences  
Test Drive a **CAREER PATH**  
*This Information Session Will Provide a Full Overview of Off-campus Programs*

**BRIGHT FUTURE AHEAD**

ALL GRADE 9-12 STUDENTS WELCOME

Earn up to **40 credits** in the Registered Apprenticeship Program (RAP)

Explore **OVER 50** Different Skilled Trade Occupations

Qualify for a **\$1000 Scholarship**

**FLEXIBLE** work schedules semesters or summer

Earn while you learn

**WHERE:** Horizon Stage  
1001 Calahoo Rd  
Spruce Grove

**WHEN:** March 18<sup>th</sup>, 2020  
6:30 - 8:00 PM

See your Off-campus Coordinator for details today!

Call us at 1.888.757.7172 or visit [www.careersnextgen.ca](http://www.careersnextgen.ca)

Follow us @careersnextgen

**CAREERS**  
the Next Generation

**Parent-Teacher Interviews**

We will once again be selling slices of Pizza 73 pizza for \$2 as well as beverages during the interviews. No time for supper? We've got you covered! Spiritwear will also be available for purchase and pick up during these evenings.

**MHSAA Meeting March 5th**

Please join us in the school library at 6:30 to discuss volunteering, fundraising plans, and events for the rest of this year! Childcare is available. Also, there will be snacks!

**A Look Ahead...**

Craft Night, Plant Fundraiser, MHSAA AGM, and Family Dance are all coming up later in the year! For details or to be involved - come to our March meeting! Or send an email anytime to [mhsaaparents@gmail.com](mailto:mhsaaparents@gmail.com)

## STRONG FAMILIES SESSION



Parkland School Division is proud to present another **FREE** information series for local families.

**Evening 1:** We will focus on defining the concept of addiction, exploring how addiction develops, identifying the types of drugs that youth may be using and how those substances can affect the brain and body.

**Evening 2:** We will focus on how to talk to your child/teen about drugs (and what to expect when you do) as well as what addiction and mental health services are available for families.

**Dates:** Tuesday, March 10 and 17, 2020

**Time:** 6–7:30pm

**Location:** Centre for Education (4603 - 48 Street, Stony Plain)

**Presenter:** Lisa Kimmerly (Alberta Health Services – Addictions)

Information and topics discussed will build on each other, so participants are asked to attend all dates, if possible.

A light supper will be provided. Limited childcare is available.

Space is limited, so please register early to reserve your spot.

**To register, please contact:**

Vicky Mamczasz, Family Supports Facilitator

**phone:** 780-963-8472

**email:** vmamczasz@psd70.ab.ca

STRONG FAMILIES SERIES — psd70.ab.ca



**STAY INFORMED!**

*HAVE*

*A*

*GREAT*

*MONTH*



## Greetings Grade Nine Students and Parents, Future SGCHS Panthers!

Spring is upon us. Here at SGCHS that means we are asking our students to select the courses they want to take next year. Mrs. Nielsen and Mrs. Mennie, Your Grade Level Team, visited you at your school to discuss course selection and many other aspects of High School Life.

As mentioned, it is time for students to select their courses for next year. Forms have been dropped off for students and their teachers to complete.

For our Grade 10s (this year's 9s), we rely heavily on the recommendations of our Feeder School's Core Teachers for placement in Core Classes. These teachers have worked closely with ours in order to identify the best program for student success. If you have a concern about a placement, please discuss it with your child's teacher at the upcoming Parent Teacher interviews; you also will need to contact Mrs. Nielsen here at The Comp—780 962 0800.

Grade 9s will also need to select their electives on this form. Hopefully, you came to our Open House on February 27 and saw what these courses look like in action. Please remember to sign up for CALM and Phys Ed, as well. Mrs. Nielsen and Mrs. Mennie will be coming back to your school in April so that you can record your selections in PowerSchool. We will then use this information to construct our timetable for next year.

There are a couple of important dates coming up in March. On March 18, we, along with Memorial and CFL's Outreaches and Careers NextGen, will be hosting an information night

about RAP (Registered Apprenticeship Program) at the Horizon Stage from 6:30-8:00.

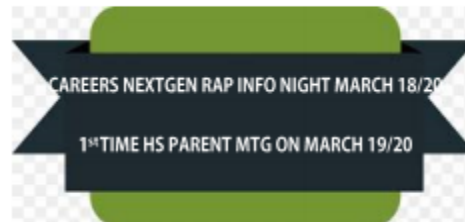
March 19 from 7:00-8:00, join Mrs. Nielsen and Mrs. Mennie for our 'New to High School' Parent Evening to learn about the differences between -1 and -2, diploma requirements, etc. Please RSVP to [jwiebe@psd70.ab.ca](mailto:jwiebe@psd70.ab.ca) for this session.

Thanks, again, to your school for allowing us some space in your newsletter. We appreciate the opportunity to reach out to you before you join us as grade 10s in the Fall of 2020.

Sincerely,



Ms. Cheryl Otto  
Principal  
Spruce Grove Composite High School



**B.E.S.T.**  
BUILDING EXCELLENCE &  
*Success Together*