



Newsletter



Bonnie's Bulletin

Greetings Parents, Guardians, and Students!!

It's hard to believe Easter break is done and we are heading into the last few months of the school year! A couple of items I'd like to highlight:

- We had an amazing day trip in March to Allison Creek to snowshoe/ x-country ski. We lucked out with absolutely perfect weather and a lot of fun was had by everyone who participated.
- A big thanks to Angie Odland for organizing and running an amazing CALM class this past month. It was great to see students engaged in so many practical and fun life-skill activities!
- Quarter 3 diplomas are being written in our first 2 weeks back from Easter break - good luck to all those getting those diplomas finished!
- **Fishing Education** will be offered April 23-24, all day, at ACE for **1 credit**. This is open to any interested Gr. 10-12 student. Please sign up with Patrick or Bonnie.
- A grad ceremony will take place on June 25 (location TBD), and a banquet will follow at the Heritage Inn.

With spring upon us now, I am really looking forward to our Broken Island kayak trip at the end of May as we have an amazing group of students signed up. The staff and students at ACE are fantastic and we've got something really special here as we work with kids to meet their unique educational needs and help move them towards graduation. I know that before I know it, the year will be over. With that in mind, I want to encourage students to keep going! In the words of Nelson Mandela, "It always seems impossible until it is done." Spring is upon us and with just one more assignment, and one more module, day day after day, and week after week, we will reach the end of June and you can look back and see all you have accomplished! Keep going! You can do this!

Bonnie

Friendly Reminder

To ensure the well-being of all the students in our care, we kindly request that you **refrain from parking in the bus loading zone between 2:45 pm and 3:00 pm**. By doing so, you will allow our buses to maneuver easily, providing a safer and more efficient pick-up process for everyone involved. We deeply appreciate your understanding, cooperation and commitment to the safety of our students.



From the Office

Junior High Families

Please remember to call in to the office 403-223-4761, **text or call 403-795-7439** or email Sarah sarah.fletcher@horizon.ab.ca if your child will be absent from school.



Reminders

- March P.E. Log Sheets are Due ASAP



April 12th - Last Day to Register

For the Chrome Academy course (5 credits) for senior high.

If your student is interested please register at this link -

<https://couleecollegiate.myprps.com/register>

AND let Bonnie know. This is the course that gives you a FREE Chromebook.



High School students are embarking this spring on an educational, for-credit kayaking trip to the Broken Island Lodge off of Vancouver Island. Many of the planning pieces have been put in place, but we are still hoping to fundraise a few more dollars. If you are interested in supporting ACE, or know of a local business that might be interested in supporting this educational trip please contact me. Tax donation receipts can be provided through Horizon.

March Hot Lunches

9th - Tater tot Casserole

16th - Chili Dogs & Poutine

19th - Burrito Bowls

26th - Meatball Subs

*All hot lunches are subject to change



ACE P.E.

11th - Archery

18th - Biking

25th - MD Park

Upcoming Events

- April 8 - Social Part A Diploma
- April 10 - English Part A Diploma
- April 11 - Math Diploma
- April 12 - English Part B Diploma
- April 12 - Last day for high school student to enroll in the Chrome Academy Course
- April 15 - Social Part B Diploma
- April 16 - Science/Chemistry Diploma
- April 16 - 9:00 am Select Ag Services - presentation about summer roguing opportunities
- April 17 - Physics Diploma
- April 17 - Epic Day Grade 9 & 10

For those that signed up. We will be taking a bus to Lethbridge to the new agri-plex for a day of career exploration.

- April 23 - Science Olympics
- April 23 & 24 - Fishing Ed
- April 25 & 29 - Cap and Gown Pictures

(book with Sarah)



we almost had spring,
but the puppy ate it

CTS/Options

After Easter break, we will be exploring clothing alteration and customization. Students are encouraged to search at home for articles of clothing that they can modify with sewing alterations, tie-dye, embroidery and more. If students do not have any clothing they can modify, some will be provided for them. A specific date to have clothing in by will be communicated after the break. If you have any questions or concerns, please reach out to Meg Cahill, meaghan.cahill@horizon.ab.ca

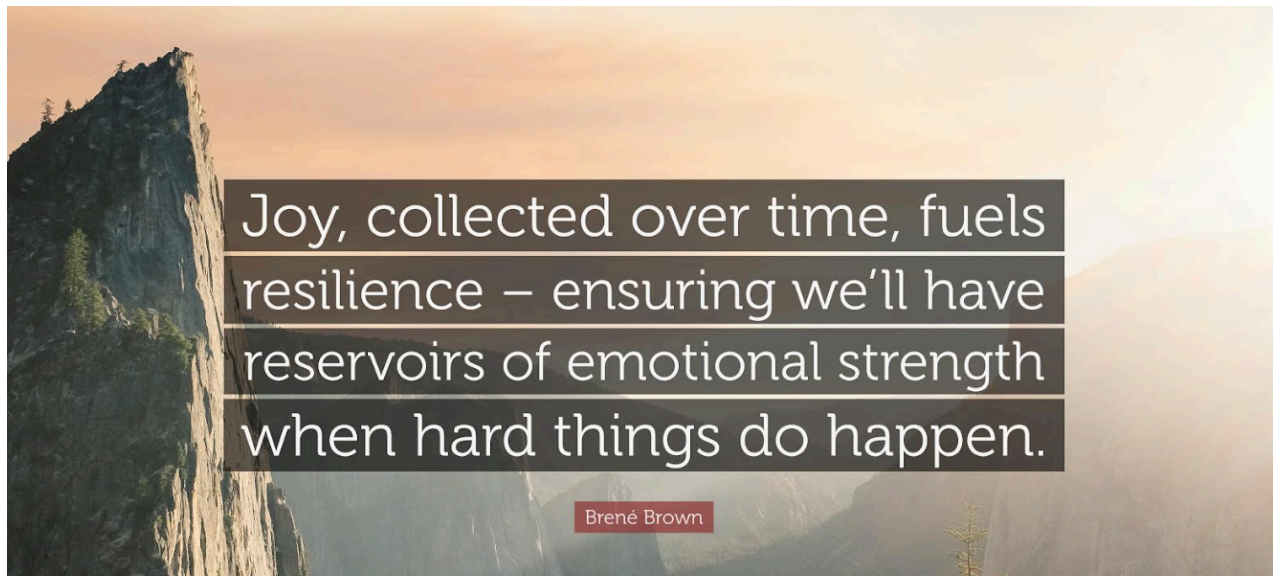
Wellness Wonders

Resilience is our ability to "bounce back" from difficulty or struggles in life. Some people are more resilient than others and this is typically attributed to what type and how many supports (or protective factors) are available to the person. These protective factors can be people (family, friends, teachers, etc.), animals, groups, teams, and more.



Defining Resilience

<https://www.psychologytoday.com/ca/blog/innovating-resiliency/201909/defining-resilience>



If you need more information or support, please contact Rylee Beland, the Family School Liaison Counsellor (FSLC).

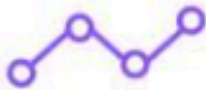
Rylee is available Monday - Wednesday Noon-4:30, Thursdays 8:30-4:30 and every other Friday 8:30-1:00.

Outside of those hours please consider contacting:

-[Family Community Support Services](#)
 -[Kids Help Phone](#) (1-800-668-6868) or the
 - Distress Line of South Western Alberta
 (403-327-7905
 or 1-888-787-2880)

HOW TO BUILD RESILIENCE

Embrace change



Focus on what you can control



Keep things in perspective



Minimize catastrophizing



Don't dwell on negative thinking



Take action & be proactive



Establish a support network



Remain hopeful



Practice gratitude



Ask for & accept help



Manage emotions healthily



Know your strengths



Learn from your experiences



Practice self-care



Set goals



Have a sense of humor

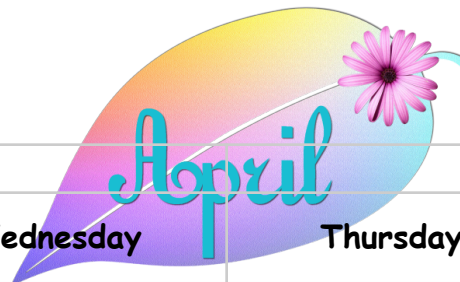


Believe in yourself



Keep it up!





Monday	Tuesday	Wednesday	Thursday	Friday	Notes
1	2	3	4	5	
8 Social Part A	9 Hot Lunch - Tater tot casserole	10 English Part A	11 Math P.E. - Archery	12 English Part B Last day to enroll in Chrome Academy	
15 Social Part B Biology	16 Science Chemistry Select Ag Services Roguing Presentation 9 am Hot Lunch - Chili Dogs and Poutine	17 Physics Epic Day Grades 9 & 10	18 P.E. - Bike	19	
22 Lock Down Drill @ 10:00 am	23 Junior High Science Olympics Fishing Ed Hot Lunch - Burrito Bowls	24 Fishing Ed	25 P.E. - MD Park Grad Cap & Gown pictures	26 PD Day No Student No Teachers	
29 Grad Cap & Gown pictures	30 Hot Lunch - Meatball Subs				