

VAUXHALL HIGH SCHOOL

SEPTEMBER 2022

Hot Lunch

Lunch Cards

Hot Lunch is served every Wednesday. If students are wanting to purchase hot lunch, please make sure you are signed up at the office. Hot lunch punch cards can be purchased at the office for **\$6.00 for a single lunch or \$30.00 for five lunches.** Cash or e-transfer to vauxhallbaseball@gmail.com is accepted. Students must purchase a hot lunch card before getting their hot lunch.

- September 7— Taco in a Bag
- September 14— Hot Dog & Fries
- September 21— Chicken Fingers & Salad or Fries
- September 28— Indigenous Tacos

SPIRIT WEEK

Tuesday, September 6th—TEAM TUESDAY
Wear your favorite team apparel

Wednesday, September 7th—WESTERN WEDNESDAY
Wear anything western

Thursday, September 8th—SCHOOL COLORS—Royal Blue & Yellow

Friday, September 9th—COMFY COZY DAY—Wear your PJ's or comfortable clothes to celebrate the weekend



Grade 12 Parents....

Any grade 12 parents or community members wanting to participate in the Grade 12 vs Staff/Parents Blue Cup Football Game on Thursday, September 8th are welcome! Please let us know if you are interested!

TERRY FOX

Please bring a Toonie for the Terry Fox Foundation! We ask students bring them to their advisory group leaders! Terry Fox run is Wednesday, September 28th!

YEARBOOK

The 2022-2023 yearbook is for sale now. Cost is \$30. Don't miss out on any school memories.

REMINDER - School picture day is Wednesday, October 5th

School Re-takes are scheduled for Wednesday, November 9th

BACK TO SCHOOL BBQ

SAVE THE DATE! On Thursday, September 29th at 5:30p.m. Vauxhall Jr./Sr. High School is hosting a back to school BBQ for all students and their families. The staff thought it would be a great idea to have an evening that we could meet and mingle with you and your families. The Show n Shine was such a big hit in the Spring that we wanted to do another one except we want to make it even bigger and better. Please stay tuned for more details.

We hope to see you all there!

VOLLEYBALL TRYOUTS

(Right after school)

Junior High Girls try outs—Tuesday, September 6th

Jr High Boys try outs— Wednesday, September 7th

Dress Code

Good social judgment includes knowing what is appropriate to wear. Dress should be clean, neat and modest and will not include profane gestures, inappropriate language or advertising of alcohol or illegal substances. Tank tops must have shoulders wide enough to cover brassiere straps. Halter tops or any backless tops are unacceptable. Tops must be long enough to cover the midriff. Shorts and skirts should be at least as long as arms at your sides with fingers outstretched. Muscle shirts are unacceptable.

MYPASS

Any students in High school who haven't signed up for MYPass, please stop by the office and see Mrs Deleeuw.

28TH ANNUAL HIGH

SCHOOL FUNDRAISER

For the past 27 years our High School Fundraiser has helped support our students. Our Fundraiser enables us to better meet the needs of our students by enhancing and supporting our programs. Some examples of things we have been able to purchase in the past are: a pressure cooker, baking dishes for Home Ec, routers and monitors for our Computer classes, a metal bender and vices for the shop, microwaves and stands for the student common area, uniforms and equipment for our Gym classes and sports teams.

This year our fundraiser will be held using an online platform. **We are asking all students to bring in at least one donation.** Donations can be brought in to the school office before November 17th. All donations will be posted online on November 21st and the items can be bid on until November 29th.

Horizon School Division is eligible to issue tax-deductible receipts for cash/cheque donations to our school, but cheques **MUST** be made to Horizon School Division (with VHS Fundraiser in the memo line).



Harold (Mr. Hornberger) grew up in Wainwright and got his physics teaching degree in Utah. He has taught a combination of junior and senior high science and math for over 12 years in Alberta and Southern Utah. He loves hands-on science, experiments and demonstrations. Flashes and booms are not too uncommon when he gets into cool concepts! He is also a family man who loves spending time with his wife and kids building things, gardening, watching shows together and going on road trips to see family in the States. He is excited to be joining the Vauxhall school community!

CAREER TRANSITIONS

CAREER EXPLORATION SESSION

THERAPIST & COUNSELLOR

OCTOBER 6, 2022
4:30pm



Therapy is a form of counselling where psychosocial interventions are used to address or treat mental and emotional concerns.

Counselling is a collaborative process between counsellor and client to meet goals, address problems, and foster personal growth. By helping clients with mental health issues, communication and relationship skills, it can resolve traumatic experiences, and improve quality of life.

Join Amy and Heather to find out more!

Register now for this FREE virtual session!

Once registered, you will receive an email with the link, plus additional information regarding the event.

Questions? Email office@careersteps.ca




For more information visit:

www.careersteps.ca

If you have any questions regarding career or post secondary information contact Garth Mouland at:

garth.mouland@horizon.ab.ca

Or stop by the office to set up an appointment. Garth is at VHS every Wednesday!

CAREER TRANSITIONS



POST-SECONDARY FAIR

Wednesday, October 12, 2022
6:00-8:30pm

Winston Churchill High School (1605 15 Ave N, Lethbridge)

Students, parents, teachers – Come and talk with representatives from local, provincial and out of province institutions at this fair. Registered institutions can be found at <https://www.careersteps.ca/post-secondary-fair/>



PRESENTATIONS

- 5:00 – Transitioning to Post-Secondary
- 5:45 – Finance and Scholarships
- 6:30 – Transitioning to Post-Secondary
- 7:15 – Finance and Scholarships




Transitioning to Post-Secondary
The transition from high school to Post-Secondary can be daunting. Learn what to expect, plus tips and tricks to navigate the switch.

Finance and Scholarship Presentations
Learn how to finance your post-secondary education. Student finance representatives from University of Lethbridge and Lethbridge College will be on hand to answer specific questions.

Questions? Call 403-328-3996 or email office@careersteps.ca

CAREER TRANSITIONS

CAREER EXPLORATION SESSION

FINANCIAL SECURITY ADVISOR

OCTOBER 4, 2022
4:00pm




A Financial Security Advisor meets with clients to listen and learn about their client's financial goals. They help guide clients to build wealth over time, in the most tax-effective way possible. Advisors also help clients protect their wealth with various types of insurance.

Learn more with Gina, as she shares how a Financial Security Advisor often has the opportunity to create long-lasting relationships with clients as their needs change over time.

Register now for this FREE virtual session!

Once registered, you will receive an email with the link, plus additional information regarding the event.

Questions? Email office@careersteps.ca



September 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|----------------------|---------------------------|---|---|-----|
| | | | | 1 | 2 | 3 |
| 4 | 5 NO SCHOOL | 6 TEAM TUESDAY | 7 WESTERN WEDNESDAY | 8 SCHOOL SPIRIT THURSDAY | 9 COMFY COZY FRIDAY | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 School Based PD Day No School | 23 School Based PD Day No School | 24 |
| 25 | 26 School Council AGM 7:00pm VHS Foyer | 27 | 28 Terry Fox Run | 29 Orange Shirt Day School BBQ 5:30pm | 30 School Based PD Day No School | |


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