

HJC LAKERS



Dates to Remember

- January 22: Last day of classes
- January 23-29: Final Exam Week
- January 30: Professional Learning (No School)
- January 31: Non Instructional Day (No School)
- February 3: First Day of Semester 2
- February 17-21: Winter Break

Happy New Year, Lakers and Laker Families!

We were excited to welcome our students back to the halls of H.J. Cody this week. As we move forward, we are entering the final stretch of the semester with only 9 class days remaining. January 22nd is the last regular scheduled day of the first semester with exam break running from January 23-January 29th.

In-class exams, performance assessments, and focused review sessions are now in full swing. It's essential that students attend class each day to ensure they receive the instruction they need to successfully complete their courses.

If you haven't already, please take a moment to review the **January Exam and Tutorial Schedules** by clicking [here](#). Marking the dates for exams and tutorials in advance will help students stay organized.

Tutorials offer additional review sessions where our teachers provide targeted support to students. Attendance at all in-school tutorials is mandatory, and evening and weekend sessions are highly encouraged. There is a strong correlation between consistent tutorial participation and improved final exam performance. Your support in ensuring your child attends these sessions will be instrumental in their success.

For students who have audio files for assessments, please remind them to bring wired headphones to their final assessments. It's a good idea for students to keep a set of wired headphones in their locker for convenience.

If your child needs to request a course change for the second semester, please have them reach out to the appropriate staff member listed below:

Grade 9: Mr. Heppell, cheppell@cesd73.ca

Grade 10: Mr. Payne, jpayne@cesd73.ca

Grade 11: Ms. Donaghy, tdonaghy@cesd73.ca

Grade 12: Mr. Payne, jpayne@cesd73.ca

Thank you for your continued support of your child's success and our school community. Should you have any questions or need further information, please do not hesitate to reach out.

Wishing you all a Happy New Year!

Alex Lambert, Principal

January 2025 Exam Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
		ELA 10-1/10-2 Part B	SS 20-1/20-2 Source Analysis ELA 10-1/10-2 Part B	SS 20-1/20-2 Source Analysis ELA 20-1/20-2 Part B SS 10-1 Written	ELA 20-1/20-2 Part B SS 10-1 Written	
12	13	14	15	16	17	18
		ELA 30-1 Part A ELA 30-2 Part A	SS 30-1 Part A SS 30-2 Part A FLA 9 Part A	SS 10-2 Written FLA 9 Part B	Math 30-1 Math 30-2 SS 10-2 Written ELA 9 Part A ELA 9 K&E Part A	
19	20	21	22	23	24	25
ELA 30-1 Part B ELA 30-2 Part B ELA 9 Part B ELA 9 K&E Part B	SS 30-1 Part B SS 30-2 Part B SS 20-1/20-2 Position Paper Math 9 Part A	*Last Day of Classes Biology 30 Math 30-3 FLA 20/30 SS 20-1/20-2 Position Paper Science 24 FLA 10 Science 14 Math 9 Part B Math 9 K&E		Chemistry 30 am ELA 20-1 Part A am ELA 20-2 Part A am Science 10 pm Science 9 am Science 9 K&E am	Bio 20 am Chem 20 pm ELA 10-1 Part A am ELA 10-2 Part A am Social 9 am Social 9 K&E am	
26	27	28	29	30	31	
Science 30 am Science 20 am Physics 20 am Math 10C am Math 10C Prep am Math 10-3 am	Math 20-1 am Math 20-2 am Math 20-3 am SS 10-1 Part B am SS 10-2 Part B am		SS 20-1 Part B am SS 20-2 Part B am	Organizational Day	Non-Instructional Day	~pm exams start at 12:30, all other exams from 23-29 begin at 9:00

January 2025 Grade 9 Tutorial Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
			FLA 9 Part A	FLA 9 Part B	ELA 9 Part A ELA 9 K&E Part A Math 9 3:30-4:30 (Sk)	
19	20	21	22	23	24	25
ELA 9 Part B ELA 9 K&E Part B Math 9 3:30-4:30 (M)	Math 9 Part A Science 9 3:30-5:00	*Last Day of Classes Math 9 Part B Math 9 K&E		Science 9 am Science 9 K&E am SS 9: 9-11	Social 9 am Social 9 K&E am	
26	27	28	29	30	31	
				Organizational Day	Non-Instructional Day	Exams from 23-29 begin at 9:00

January 2025 Grade 10 Tutorial Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2		3
						4
5	6	7 ELA 10-1/10-2 Part B	8 ELA 10-1/10-2 Part B	9 SS 10-1 Written	10 SS 10-1 Written	11
12	13	14	15	16 SS 10-2 Written	17 SS 10-2 Written	18
19	20	21	22 *Last Day of Classes FLA 10 Science 14 Science 10 3:30-5:00PM	23 10C prep 9:30-11AM (S) Science 10 (74) pm	24	25 ELA 10-1 Part A (88) am ELA 10-2 Part A (24) am Math 10C 2:00-3:30 SS 10-2 1:30-3:00
26	27 Math 10C (69) am Math 10C Prep (58) am Math 10-3 (25) am SS 10-1 1:30-3:00 SS 10-2 1:30-3:00	28 SS 10-1 (80) am SS 10-2 (48) am	29	30 Organizational Day	31 Non-Instructional Day	~pm exams start at 12:30, all other exams from 23-29 begin at 9:00

January 2025 Grade 11 Tutorial Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2		3
						4
5	6	7 SS 20-1/2: 3:30 - 4:30	8 SS 20-1/20-2 Source Analysis ELA 20-1: 3:30-4:30	9 SS 20-1/20-2 Source Analysis ELA 20-1/20-2 Part B	10 ELA 20-1/20-2 Part B	11
12	13	14 Physics 20: 3:30 - 4:30	15	16	17 Bio 20: 3:30 - 5	18
19	20 Physics 20: 3:30 - 4:30	21 SS 20-1/20-2 Position Paper	22 *Last Day of Classes FLA 20 SS 20-1/20-2 Position Paper Science 24 ELA 20-1: 3:30 - 4:30	23 ELA 20-1 Part A am ELA 20-2 Part A am Physics 20: 3:30 - 4:30 Math 20-1(B): 3 - 5	24 Bio 20 am Chem 20 pm Science 20: 1 - 2 Math 20-1(B): 2 - 3:30 Math 20-1(S): 3 - 4:30	25
26 Math 20-1(S): 1-3	27 Science 20 am Physics 20 am Math 20-1(B): 1 - 3 Math 20-1(S): 1 - 3 Math 20-2: 1 - 3	28 Math 20-1 am Math 20-2 am Math 20-3 am SS 20-1/2: 1 - 2:30	29 SS 20-1 Part B SS 20-2 Part B	30 Organizational Day	31 Non-Instructional Day	~pm exams start at 12:30, all other exams from 23-29 begin at 9:00

January 2025 Grade 12 Tutorial Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11 Math 30-1: 9-1
12 Chemistry 30: 1-3	13 ELA 30-1: 3:30-4:30	14 ELA 30-1 Part A (9-3) ELA 30-2 Part A (9-3) SS 30-1: 3:30 - 4:30 SS 30-2: 3:30 - 4:30	15 SS 30-1 Part A (9-3) SS 30-2 Part A (9-2) Math 30-2: 5 - 6:30	16 Math 30-1: 3:30-5	17 Math 30-1 (9-3) Math 30-2 (9-3) ELA 30-1: 3:30 - 4:30 Bio 30: 3:30 - 5:00	18 Chemistry 30: 9-1
19 Biology 30: 10-2	20 ELA 30-1 Part B (9-3) ELA 30-2 Part B (9-3) SS 30-1: 3:30 - 4:30 SS 30-2: 3:30 - 4:30	21 SS 30-1 Part B (9-2) SS 30-2 Part B (9-2) Bio 30: 4 - 6	22 *Last Day of Classes Biology 30 (9-3) Math 30-3	23 Chemistry 30 (9-3) am	24	25
26	27 Science 30 (9-3) am	28	29	30 Organizational Day	31 Non-Instructional Day	~pm exams start at 12:30, all other exams from 23-29 begin at 9:00

PLEASE RETURN ALL TEXTBOOKS

All students
must return
textbooks on the
day of their
final exam.



Advanced Esthetics is looking for clients in Block 2 to receive the following services:




- Manicures
- Facials
- Hair curling / Styling
- Make-up




Clients need to be from our school or over 18 and able to sign themselves into the school.

Please contact Katelyn Hart if interested: khart@cesd73.ca



2025




ROCK THE DIPLOMA

A power weekend of Diploma Exam prep for Central Alberta high school students.

January 10, 11, 12	January 17, 18, 19
Fri 6pm-9:30pm Sat 10am-4:30pm Sun 10am-4pm	Fri 6pm-9:30pm Sat 10am-4:30pm Sun 10am-4pm
English 30-1 Social 30-1 *Math 30-1 Math 30-2	Biology 30 Chemistry 30 Physics 30
*Sat & Sun 9:45am start for Math 30-1 only \$135	\$135

Scan the QR code for more information or go to our website at:

www.rdpsd.ab.ca/lindsaythurber/page/6620/rock-the-diploma



Certified teachers with significant curriculum experience provide the tools and expertise for these sessions. Along with study notes and practice exams, this program provides a very effective Diploma Exam review.

Registration is online and all courses are in person at Lindsay Thurber Comprehensive High School in Red Deer. For more information call 403-356-5315

WOMEN'S RUGBY AT HJ CODY???



IF YOU ARE INTERESTED IN PLAYING WOMEN'S RUGBY,

SCAN THE QR CODE BELOW




Practices start in February
Games start in the spring.

CESD proudly presents the 4 Seasons of Reconciliation Course

What is 4 Seasons of Reconciliation?

4 Seasons of Reconciliation is a unique 3-hour online course that promotes a renewed relationship between Indigenous peoples and Canadians through transformative learning about truth and reconciliation.

This multimedia course provides a basic, foundational knowledge on truth and reconciliation that nearly all Canadians missed during their education journey, and is intended for Indigenous and non-Indigenous learners. The course and its bonus video library shine a bright light on the contributions of Indigenous peoples, debunk myths, stereotypes and racism while meeting the Calls to Action in the workplace and our lives from the Truth and Reconciliation Commission of Canada (TRC). Watch this [video](#) to learn more.

How can I access this learning opportunity?

- CESD staff have been engaged in this learning for the past year and **we are pleased to be able to offer this amazing online learning experience free to our School Council members and parents in this final year of our contract with 4 Seasons of Reconciliation!**
- **You can sign up for the fall intake to this course by clicking on and completing this [Winter Intake Registration form](#) by January 23, 2025.**
- Your name and email address will be shared with 4 Seasons of Reconciliation and you will **receive a welcome email with login information and instructions on how to access your course from 4 Seasons of Reconciliation by the end of January. Check your junk/spam folder as it may go there.**
- Simply follow the instructions and dive into the course. You may complete the course in one sitting (yes, it's that engaging!) or go in and out as many times as you like.
- **You have until June 27, 2025 to complete the course.**
- This is the final opportunity for you to take this course.

On behalf of CESD and the Indigenous Learning Team, we thank you for taking the time to join our staff in this learning and the work of reconciliation. If you have any questions about the course, please feel free to contact your school administrator or myself at cmuncer@cesd73.ca.

Respectfully

Carolynne Muncer, CESD Indigenous Learning Coordinator



Men's Shed Sylvan Lake
Logo Design Contest!

Do you have an eye for design?

We need to create a logo for our NEW Men's Shed Group, and we want YOU to design it!

- Submit our designs to seniorsoutreach@sylvanlake.ca
- Designs due by January 6, 2026

Want to learn more about Men's Shed?
Visit www.albertamenssheds.ca

 Sylvan Lake

The poster features a blue background with a white dashed border around the central text area. At the bottom right, there is a stylized logo consisting of several overlapping, curved, light green and yellow shapes that resemble a sun or a wave. The Sylvan Lake logo at the bottom left consists of a small circular icon with a stylized 'S' and the text 'Sylvan Lake' next to it.

Dear Chinook's Edge School Division Students, Parents & Guardians,

We've partnered with Castle Rock Research to offer discounted Exceleator Diploma Preparation Courses to help students excel in diploma exams. Chinook's Edge School Division will fund \$50/student/course and families will pay the remaining \$50/student/course. Led by top educators on the SOLARO platform, these courses provide interactive learning, immediate feedback, and essential test-taking strategies. Each 20-hour course, delivered over 5 days, is fully aligned with Alberta's Program of Studies, offering device compatibility and interactive Q&A options. Click the button below to sign up or learn more.

Exceleator Diploma Preparation Course Chinook's Edge School Division Price \$100.00

Mathematics 30-1



- Mathematics 30-1 focuses on algebra, functions, trigonometry, and problem-solving using graphing calculators. This course builds confidence and enhances exam readiness.

Mathematics 30-2



- Mathematics 30-2 emphasizes logical reasoning, probability, and practical applications. It equips students with strategies for exams without requiring calculus knowledge.



Chemistry 30

- Covers thermochemical, electrochemical, and organic reactions. Hands-on practice and feedback enable students to grasp complex concepts and perform well on their exams.



Biology 30

- Explores biological systems, genetics, and population dynamics. The course strengthens students' scientific understanding and exam skills, emphasizing scientific literacy.



Physics 30

- Focuses on momentum, forces, and atomic physics. Interactive lessons build problem-solving and critical thinking skills essential for diploma exams.



English 30-1

- Enhances skills in analysis, comprehension, and communication. Includes practice for written responses and exam strategies, helping students construct strong, clear arguments



Social Studies 30-1

- Covers citizenship, identity, and ideologies, developing analytical and essay-writing skills. This course equips students with strategies to manage time effectively on exams.

[Place Order](#)

<https://castlerockresearch.com/exceleator-for-cesd>



Connect is a 10-week program to support parents and caregivers of teens (ages 14-17) with behavioural and emotional problems. Parents meet in small groups with two trained group leaders for 90 minutes each week, with 30 minutes to eat supper together. Each session provides parents with a new perspective on parent-teen relationships and adolescent development. Parents watch role-plays and try exercises that encourage more choices for responding to their teens' difficult behaviour.

Wednesdays
February 12 - April 16
6:00 PM - 8:00 PM



Meals Provided

Wellness & Community Connections Centre
4725 43rd Street

Registration is required for all programs
Call: 403 864 5583



Caregiver Capacity Building



Triple P Teen Discussion Groups



January 9, 1:00 PM - 3:00 PM Getting Teens to Cooperate
January 16, 1:00 PM - 3:00 PM Reducing Family Conflict

Parents/Caregiver who have youth 13 - 18.

The discussion groups are designed to provide an overview of the positive parenting principles for all parents/caregivers who are interested.

Registration required for all programs.

Contact 403 864 5583

Wellness & Community Connections Centre
4725 43 Street



Caregiver Capacity Building

