

Delburne Centralized School

Weekly Update

December 8, 2022

VAPING AND TOBACCO SAFETY

Our vaping and tobacco safety presentation entitled “An Influential Generation: Creating Conversation about Vaping”, will take place on Monday, December 12th. Students in grades 7-12 will take part in this presentation.

CHRISTMAS CONCERT

Our Kindergarten-Grade 6 Christmas Concert will take place Thursday, December 15th at 7:00 p.m. in the small gym. We are asking for all students to be in their classroom by 6:30 p.m. to allow enough time to get ready for the concert. Doors will open at 6:00 to allow everyone time to check out our Parent Council Silent Auction in the school library. Just a reminder that if you are able, please bring a donation for the Food Bank.

There will be a dress rehearsal at 1:15 p.m. on the afternoon of Wednesday, December 14th. Although things may not be perfected at this time, please feel free to join us for the dress rehearsal.

MADD Presentation

On Friday, December 16th Delburne High School students will have a Mothers Against Drunk Driving (MADD) presentation. MADD Canada's 2022-2023 School Presentation is a powerful dramatization about the tragic consequences of impaired driving. Please see the attached letter for more information pertaining to this presentation.

MENTAL HEALTH AND WELLNESS PRESENTATION

We are very excited to announce that over the next few months, Brett Gardiner will be doing a series of mental health and wellness presentations for our students in grades 7-12. Brett is a highly regarded and recognized western sports announcer and he will share information, lessons and learning pertaining to mental health and wellness. Please see the attached letter for more information.

CILANTRO & CHIVE ICE CREAM SANDWICH PROGRAM



From December 1, 2022 to February 28, 2023, Cilantro and Chive Red Deer will be selling **Marshmallow Popcorn Ice Cream Sandwiches** (*House-made vanilla marshmallow popcorn cookies served with chocolate salted caramel and vanilla ice cream, garnished with fresh whipped cream, and house caramel sauce*). \$1 from every sandwich bought at the Red Deer location will be donated to Delburne School. On January 16 we are offering these specialty ice cream sandwiches at the school. The cost will be \$4 and are available to order online. Order deadline is January 5, 2023. Full proceeds from these sales will be donated back to the school. The proceeds will go towards athletics.

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ON THE CALENDAR

MONDAY December 12	TUESDAY December 13	WEDNESDAY December 14	THURSDAY December 15	FRIDAY December 16
<p>Vaping and Tobacco Safety Presentation (Gr. 7-12)</p> <p>Jr Boys Basketball Practice 3:15-5:00</p> <p>Sr Girls Basketball vs Alix 6:00-7:30n (home game)</p> <p>Sr Boys Basketball vs Alix 7:30-9:00 (home game)</p>	<p>High School Leadership @ Lunch</p> <p>Jr Girls Basketball Practice 3:15-4:30</p> <p>Sr Boys Basketball Practice 5:00-6:30</p>	<p>Christmas Concert Dress Rehearsal 1:15</p> <p>Jr Boys Basketball Practice 3:15-4:30</p> <p>Sr Girls Basketball vs PAA 6:00-7:30 (home game)</p> <p>Sr Boys Basketball vs PAA 7:30-9:00 (home game)</p>	<p>ACDCS Climbing Trailhead 12:30-3:00</p> <p>Jr Girls Basketball Game vs MTS (home game in large gym) 4:00-5:30</p> <p>Jr Boys Basketball Game vs MTS (home game in large gym) 4:00-5:30</p> <p>Christmas Concert K-6 @ 7:00 Students need to be in classrooms at 6:30</p>	<p>Kindergarten Friday</p> <p>MADD Presentation (Gr. 9-12)</p> <p>Jr Girls & Boys Basketball Tournament @ Lindsay Thurber</p>



NATIONAL OFFICE

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Dear Parents,

The school will be hosting a MADD Canada School Assembly Presentation of ***Final Play*** on December 16, 2022.

On average, every year in Canada **hundreds** of people are killed and **thousands** are seriously injured as a result of crashes involving alcohol and/or drugs. Impaired driving is the number 1 criminal cause of death in Canada. The devastating impact on victims/survivors and their families is immeasurable. In an instant, their lives are changed forever.

It's never too early to teach our youth about the dangers of impaired driving and getting in a vehicle with an impaired driver. Traffic crashes remain by far the largest single cause of death among 16-25 year olds. Amongst the age group, almost 56% of all motor vehicle fatalities are alcohol and/or drug-related. While young people are significantly overrepresented in alcohol-related deaths as drivers, they are overrepresented to an even greater extent as passengers. The problem of impaired driving among youth in Canada is very real.

You may not have been aware that Canadians between the ages of 14 and 25 have one of the highest rates of cannabis use in the world. Therefore, the combination of drugs and driving is also a major concern for our young people.

The film being shown this year is called ***Final Play*** and it opens with a fictional story that illustrates the tragic consequences of driving while impaired by alcohol and/or drugs. Throughout the film, students are shown times when this tragedy could have been prevented by making different choices. The second half of the movie contains real testimonials from victims/survivors of impaired driving. These are very emotional and powerful.

So why is it important for students in grades 7-12 to view *Final Play*? Although your child might not be driving yet, he or she will soon be thinking about the possibility of driving. They may already find themselves in situations where alcohol and drugs are present. As well, they may have opportunities to ride with an inexperienced teen driver. As they learn to be more independent, they need to know the facts and be ready to avoid dangerous situations involving impaired driving.

Did you know that the 2015 Ontario Student Drug Use and Health Survey published by the Centre for Addiction and Mental Health indicates that 15.5% of grade 8 students drank alcohol within the last year? Those percentages represent thousands of young people. So before students even reach high school and begin to drive, many are already exposed to or participating in risky behaviors that could lead to impaired driving, among other harmful consequences, in later years.

Here are some of the testimonials we have received from Grade 7-12 educators who have recent hosted our School Assembly presentations:



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"This was an amazing video! Very moving and many of the students and teachers in the room were touched and became emotional. Even at this young age of 11 for the grade 7s it is very important to begin the important though process that goes along with the decisions around drinking and driving. The presenter did an amazing job! Her tone and voice was excellent and engaging. The personal story made it more memorable and I feel all students will reflect on her and this film. Thank you so much."

- Pearce Regional Jr. High

"I am very glad we went ahead with the decision to show this presentation to our grade 7 and 8 students. They are at the age when they begin to need to make serious decisions and this film will impact what they do and how they think. All students and staff were engrossed with the film. The presenter did an excellent job speaking to the students before and after the presentation. She was also very good with our volunteers, making them feel needed and valued!"

- Harkins Middle School

"GREAT SHOW. Good program for junior high aged students as in a few years they will be of age to drink or drive. Important for the students to know the possible consequences of drinking and driving. Students need to know the options that they can have when faced with friends, family that have been drinking and thinking about driving. The presenter did a great job at asking questions and having the students involved. True stories including the loss of his mother. It can happen to anyone of us. The entire program is extremely worthwhile as it helps the students be responsible citizens of society."

- Cardinal Leger Jr. High



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Delivered through Canadian schools since 1994, MADD Canada's School Program presents students with solid information and best practices to help them understand the issue of impaired driving from alcohol and drugs. The hi-tech presentation has proved to be an effective method to raise awareness and for providing safety strategies.

Final Play has an enormous impact on Canadian students and will influence their own decision-making for years to come. We hope that after your child sees this presentation that you will be able to have a family discussion about what they have learned. By educating our future generation about impaired driving, lives will be saved and injuries prevented. Impaired driving is a totally senseless crime and is 100% preventable.

Sincerely,

MADD Canada

P.S.

For additional information and resources for parents go to:

<https://maddyouth.ca/school-program/>

Brett Gardiner: Supporting Mental Health and Wellness at Delburne School

We are beyond excited to announce that Brett Gardiner will be coming to Delburne School for a series of six presentations focused on the area of mental health. Brett will be presenting to the Grade 7&8 students, the Grade 9&10 students and the Grade 11&12 students once every month beginning in December and ending in May. This is an amazing opportunity to listen and learn from an individual who is highly respected and educated in the field of mental health.

Brett Gardiner is the most awarded western sports announcer in Canadian history. As the reigning Canadian Pro Rodeo Announcer of the Year, Gardiner has educated and entertained audiences all across North America. Brett has been behind the microphone at some of the most celebrated events including the Canadian Finals Rodeo, the Calgary Stampede and since 2016 he has been on the PBR Canada Cup Series featured on TSN.

Brett was a High School teacher for 14 years and worked with some of our school systems' most complex learners. Over that time Brett learned first hand the importance of building relationships and fostering connection with both students and adults. After his successful teaching career, Brett would continue on his journey of helping others and obtain a Masters of Counseling Psychology Degree and is currently working towards his doctoral degree in Sport and Performance Psychology. It is this combination of experiences and accolades that have made Brett a strong advocate for mental health. As a mental performance consultant to many individuals, athletes and organizations he is one of the most sought after public speakers in the area of mental health and motivation.

Our first presentation will take place on Tuesday, December 20th. Brett will join us for the entire day to allow time to build connections and answer any questions that the students may have. If you have any further questions, please contact Mrs. Pennock at 403-749-3838.