



# High School 101

Building Blocks for High School Success



Calgary Board  
of Education

Crescent Heights  
High School



learning | as unique | as every student



Calgary Board  
of Education



# Welcome Future Cowboys!

1. Getting Ready to Start School
2. Resources and Support
3. Words of Wisdom: Student and Teacher Tips & Tricks
4. Checklist for Students and Parents
5. Rest of the Night

Follow us!

Instagram: @crescent cowboys



@chhsathletics



# Introductions- Student Learning Teams

Who is my Guidance Counsellor and Assistant Principal?

Students are assigned to an SLT Team based on their last name.



**Principal: Mr. Leavitt**

**Assistant Principal:**  
Robyn Jacobi

Contact if your last  
name is from  
A to G

**Assistant Principal:**  
Lis Martinez

Contact if your last  
name is from  
H to O

**Assistant Principal:**  
Peter Zajiczek

Contact if your last  
name is from  
P to Z

**Guidance Counsellor**  
Byron Dancey  
btdancey@cbe.ab.ca

**Guidance Counsellor**  
Jennifer Moar  
jlmoar@cbe.ab.ca

**Guidance Counsellor**  
Dayna Barnes  
dmbarnes@cbe.ab.ca  
Nadim Najand (EAL)  
nanajand@cbe.ab.ca

# Getting Ready to Start School

## The First Week of School

- **Thursday August 29:** Homeroom, Get to know your teachers and the school and Day 2 Classes
- **Friday, August 30:** Homeroom, Welcome Back BBQ, Clubs Fair and Day 1 Classes
- **Tuesday, September 3:** Homerooms, Pictures (if missed), Food Trucks and Day 2 Classes



**BBQ**  
party

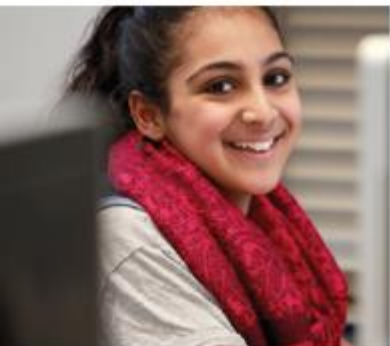




# The Typical Day of a CHHS Student

## Bell Times

Times	Monday	Tuesday	Tuesday Homerooms	Wednesday	Thursday	Friday
8:30 – 8:50		Tutorials	Tutorials	Tutorials		
8:50	Warning Bell					
8:55 – 10:25 (90 minutes)	<b>1</b>	<b>2</b>	<b>2</b> 8:55-10:18 (83 minutes) Home Room 10:20-10:49 (29 minutes)	<b>1</b>	<b>2</b>	<b>1</b> 8:55 – 9:51 (56 minutes)
10:28 – 11:58 (90 minutes)	<b>2</b>	<b>1</b>	<b>1</b> 10:51-12:14 (83 minutes)	<b>2</b>	<b>1</b>	<b>2</b> 9:53 – 10:49 (56-minutes)
11:58 - 12:31 (33 minutes)	Lunch	Lunch	Lunch 12:14-12:46 (32 minutes)	Lunch	Lunch	<b>3</b> 10:51 – 11:47 (56 minutes)
12:31 – 2:01 (90 Minutes)	<b>3</b>	<b>4</b>	<b>4</b> 12:46-2:09 (83 minutes)	<b>3</b>	<b>4</b>	<b>4</b> 11:49 – 12:45 (56 minutes)
2:04 – 3:34 (90 Minutes)	<b>4</b>	<b>3</b>	<b>3</b> 2:11-3:34 (83 minutes)	<b>4</b>	<b>3</b>	Team Meetings 1:00-2:30





# The Typical Day of a CHHS Student

Transportation – we have a student parking lot (application info to come out each fall) or students can map out their route on the City of Calgary Transit Website/App.





# The Typical Day of a CHHS Student

Getting involved!

Athletics Seasons of Play

## Fall

Football – 0

Volleyball

Swim – 0

Cross Country – 0

Girls Soccer



## Winter

Basketball

Wrestling – 0

Badminton

## Spring

Rugby

Boys Soccer

Track & Field - 0

Field Hockey



*0- inclusive team/open teams*

*Check our website and Instagram for more info*





# The Typical Day of a CHHS Student

## Clubs!

- Clubs Fair – September 6
- Check out our list of all potential clubs we will offer
- Connect with Ms. Liu or Ms. Martinez if you have any club ideas
- Check out our clubs table today!



**Cooperation**  
Work together and support each other as a community!

**Compassionate**  
Find your passion in school and build long lasting friendships!

**Caring**  
Build a caring community at Crescent Heights focused on kindness!

**Creative**  
Explore your boundless potential through your creative side!

**Confident**  
Build your confidence in areas you've always wanted to explore!

Why join a CHHS club?

Scan me!

Questions? Check out our school website: <https://www.theglobe.ca/schools>





# The Typical Day of a CHHS Student

## Fine Arts!

- Jazz and Instrumental Band
- Choir
- Drama
- Dance
- Ceramics
- Guitar





# Stay Connected Digital Resources



CBE EMAIL



POWERSCHOOL



D2L



MY PASS ACCOUNT



REMIND APP



INSTAGRAM  
@CRESCENTCOYBOYS



# Lockers

Lockers will be distributed in the first two weeks of classes. Watch for more info in the fall!





# Textbooks

- You will pick up your textbooks/novels with your classes (you will need your student ID)
- You are to return your books at the end of the semester to be able to sign you out textbooks for the new semester
- Textbook pick up will be out of the Learning Commons



# School Photos and ID

- Monday, August 26 (Aux Gym 9-3pm)
- Tuesday, August 27 (Aux Gym 9-3pm)
- Wednesday, August 28 (Aux Gym 9-3pm)
- Tuesday, September 3 (Aux Gym 9-3pm)

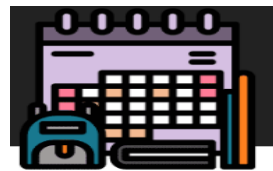
Pictures Retakes

Thursday, October 24 (The Stage 9-3pm)





# Schedule Changes



*Classes at Crescent Heights next year are full; therefore it is difficult for counsellors to adjust timetables. Students are asked to ensure that guidelines below are adhered to before submitting a request.*

Course changes will **only** be made for the following:

You didn't meet the outcomes required for the course

You passed a Summer School course

**\*\*Timetables will not be changed for teacher preference or to be in classes with other students**

If a student would like to submit a change request for one of the listed reasons, please **watch for a school email in early August with an online change request form.**

Counsellors will work through these when they return to work the last week of August. Please know that we will also do a final balance of class sizes at this time so your schedule is subject to change until the end of the day on August 28th.





# Student Support

- ✓ Subject Teachers
- ✓ Coaches
- ✓ Homeroom Teachers
- ✓ Completion Center
- ✓ Resource Room 211
- ✓ Guidance Counsellors





# Academic Support



**YMCA Tutoring Table** - As a part of the United Way's All in for Youth initiative, the program aims to remove the financial barrier of private tutoring to assist students in passing their registered math courses. Applications open online in the fall. CHHS is one of the sites available.

## **Calgary Public Library Solaro**

Each subject includes a list of topics, lessons, and practice tests to take along the way. Free online with your library membership.



## **Calgary Public Library Brainfuse**

Free online tutoring for students and support for adult learners, whether you are going back to school, switching jobs, or brushing up on your skills.

## **U of C K-12 Tutoring**

Tutors provide individualized support to K-12 students. They draw on content knowledge, teaching and learning strategies, and the Alberta Programs of Study to enhance student success and develop their own skills as educators.







# Community Supports at CHHS



[WWW.GROWWITHTRELLIS.CA](http://WWW.GROWWITHTRELLIS.CA)

**FearIsNotLove**

**Alex Youth Centre Bus:** It's a doctor's office on wheels.

The Alex Youth Health Bus visits high schools weekly during the school year. Sign up through a link in our bio on CHHS IG, the QR code outside of Guidance or through your counsellor.

**All In For Youth Success Coaches:** support students by identifying, navigating, and/or removing barriers to school completion, ensuring access to basic needs, addressing academic needs, and connecting to other physical and emotional supports. Visit Tom, our success coach in Guidance.

**Healthy Relationships/Fear is not Love Therapist:** We know youth may be experiencing struggles in their close relationships, and may feel like they would like to talk to someone about these challenges. This is why we enable youth aged 12 and older to access judgment-free counselling in schools where it's convenient (parental consent is required).

Sign up in Guidance or through your counsellor.



# Community Supports at CHHS



## Kindred (RICS)

Free counselling at CHHS for 1st and 2nd generation refugee and immigrant students. One time or longer. See your guidance counsellor to sign up.



## CIWA

Culturally responsive free counselling for Permanent Resident Girls. General counselling for all youth. See your guidance counsellor to sign up.



## Summit

Walk-in services for anyone under 18 years of age and their family who would like to speak with a counsellor. Walk in services do not require a referral. Available from 10 am – 10 pm, 7 days per week.

1015 - 17 Street NW, Calgary





# Reality Teacher Advice for Academic Success

- Finding an **organizational system** is key. The semester moves quickly and missed classes/not keeping up with assignments compounds twice as fast as junior high.
- Log in to the **Power School** account weekly to keep track of assignment, test completion and attendance
- **Regular attendance** and active participation are key
- Keep your notes for the next level for you to review
- Set short and long-term **goals** to keep you motivated
- **Talk to your teachers!** They want to help you and you can email them ahead of time to discuss when it's a good time to connect
- Stressed about a test? Remember, these are there to let you know how you are doing and that is a **positive stress**. Just try it and find out where any gaps are to work on.
- You should be in the habit of completing **homework** for learning purposes every evening.
- Catch up... if you are away check **D2L** & talk to your teachers!



*"Avoid leaving stuff till the last minute and stay organized!"*

- *"Be prepared for a big change."*
- *"Get involved. SERIOUSLY, get involved. Join whatever extracurricular activities that interest you, you will not regret it!"*
- *You are either going to love or hate certain subjects or assignments, either way be prepared to put the effort in."*
  - *"The seats you choose in class could literally change your life."*
- *"Talk to your teachers and counsellors more! They really are helpful people that want the best for you."*
  - *"Do not worry about the little insignificant things"*
    - *"GET SLEEP!!!"*

What We Wish We Knew in Grade 10 – Student Advice



## Save the Date(s)

- Meet the Teacher Night – Thursday, September 26
- Picture Retakes – October 24 (9-3pm)
- Parent Teacher Interviews – October 24 & 25
- Parent Teacher Interviews – March 20 & 21



## Checklist for Parent(s)/Guardian(s)

- Download PowerSchool App
- Review Student Handbook with your student
- Review Welcome Package
- Review transportation plans
- Find out how to contact teachers
- Basic school supplies (backpack, binders, pens)
- Save the important dates
- Watch for school council meetings
- Watch for our weekly Stay Connected emails
- Check out our swag!





# Checklist For Students

- Download PowerSchool App
- Review Student Handbook with your guardian
- Check out Sports and Clubs
- Follow us on Social Media
- Check out our swag!
- Save the date for your locker and ID





# The Rest of the Night

1. Make sure you have a map and complete the mini scavenger hunt
2. Check out the Student Centre for a number of booths
3. Check out the Swag Store!
4. Come meet your Guidance Counsellor and AP

**Ps. This presentation will be on our website! & keep an eye out for a summer email with more info! Follow us on insta :)**

learning | [as unique](#) | as every student



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