



VPHS/LASP WELCOME BACK BBQ



@ Vic Park Gym
Tuesday, Sept 20
5-7 pm

A CASUAL SOCIAL OPPORTUNITY FOR ALL
STUDENTS/PARENTS/GUARDIANS TO
MINGLE & MEET THE 2022-2023 STAFF

Welcome Back BBQ

By Hannah & Jaeden

The staff of VPHS are excited to announce the school-wide barbeque is back after a two-year hiatus!

The barbeque will be held in the school's gymnasium on September 20th, 2022.

All staff, students and their families are welcome to join at any time from 5-7 pm.

The school's staff will be serving a variety of different foods such as barbequed hamburgers, salads and desserts. There will be vegan and gluten free options, as well.

An estimated 200+ people are expected to arrive and enjoy the barbeque.

There will be multiple chances to connect with staff and fellow peers.



Meet Tami Van Cleave

Hot Lunches are Cheap Because the Teachers Care for Students!

By Dawson & Akaiyah

Tami is the foods teacher and Elaine is the educational assistant in the foods class. They make the hot lunches \$1 so that more students can afford it and students that cannot afford it, can get it for free because "its hard to learn on an empty stomach," Tami says.

The first few lunches will be spaghetti with meat sauce, and on the second day strawberry feta salad with many various meals to come. Tami and the students plan the meals a week ahead and shop for the ingredients. They even go picking for some of the freshest ingredients as well. Some foods will also be non-GMO and vegan friendly!

Tami, Elaine, and the students are excited for the upcoming BBQ event as they will be preparing tomatoes, onions, and other vegetables as well as some condiments. And most importantly Tami holds her students to the highest standard when preparing foods and they will never take risks when it comes to the freshness and cooking of the foods.

One Stop Question Shop

By Berkley and Danii

Larinda and Melanie are in the main office at Victoria Park High School.

These two are in the office Mon-Thurs 7:30 AM-4:00 PM and Fri 7:30 AM-1:00 PM. You can reach them at 403-327-3945 if you are absent, late, or have any questions.

Help is there whenever you need it. For example, get you a locker or a schedule, a bus pass, water bottle, or even to get a new password. As Larinda says the main office "is a one stop question shop".

They always look forward to seeing students every day and conversing. So never be afraid to pop in and say hi, they all love to talk, and maybe you'll get to see Larinda bossing around Rod Dueck, which is one of her favourite things to do.

Flex Friday Facts

By Joaquin & JC

You will not believe how many cool facts there are about Flex Fridays. Believe it or not, we are not like other schools because of our Fridays. We sat down with our Vice Principal Rod Scott and asked him questions about Fridays. His responses are included in this article.

Our first question that we asked Rod is, "what is the purpose of Flex Friday?" The purpose of Flex Friday is to give the students responsibility for their work and learning. Flex Friday also gives everyone a chance to catch up on any unfinished, skipped, or forgotten work that sometimes builds up throughout the week.

"Is it optional to attend Flex Friday?" The answer is yes and no. What does this mean? Well, if you have work left to do or any thing needed to be done then you need to be at school on Fridays. If you are all caught up on all of your courses and if your teachers give you permission, you may not attend if you so please. Staff want to see students arrive even if they have no work left to do. Staff like it when students are participating in Friday activities, when they have breakfast, and to see the students form or improve the friendships between other classmates and their teachers. It is encouraged that students should attend on Fridays to finish work and build friendships.

There are school activities and events that will take place on Flex Fridays later this year! In the upcoming month of October, there will be a Turkey Trot. Contestants will run, jog, or walk a specific distance around a lake or field. The winners for this event will win a free Thanksgiving turkey. Any Friday where an event is not taking place, breakfast is available in the school foyer for any hungry hardworking students.

Flex Friday starts at 8:30 AM and ends usually around 11:30 AM. And breakfast will always take place at 10:00 AM.

The final question is "are there any other points that you would like to remark?" Rod tells us four facts about our school.

1. Flex Friday is unique to VPHS, no other school does this.
2. It is based on trust that students will use their time effectively.
3. Kids can focus more on their work.
4. They build friendships with other school mates and their teachers.

This is interesting because these are answers to questions that we did not think about asking, and the fact that our school is the only school to use the Flex Friday concept.

Vic Park's DL Program

By Collins



Some students at Victoria Park High School are able to learn without entering a classroom.

Karla Wright is the Distributed Learning (DL) Coordinator at Vic Park. She said "It's for students to work through whatever course they personally need at their own pace." Vic Park offers a full selection of core classes in DL as well as some option classes. Students have access to the subject teachers, but Karla provides additional support. "They can get help from me to stay on track and finish that course," she said. "This year I'm hoping to add a little more contact to help students get through. I want to reach out more to (encourage) students to come in so I can get them through."

Karla said it's easy to sign up for DL. "You go to your advisor and see how the courses would work with your timetable and then you come see me to get started."

"DL is very doable," Karla added. "If you have a course that you are just trying to add on to a semester, it's worth your time to do that. You just need to ask for help when you need it."

Learning with Renee

By Austin, David & Hiram

We went to the Learning Commons to ask Renee a list of unique questions about her life and what it was like to be her.

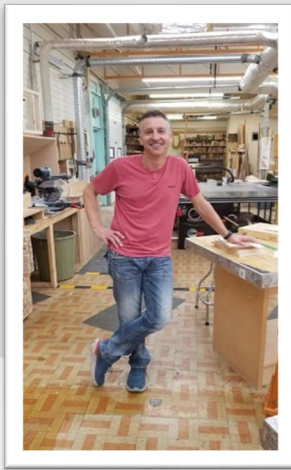
Where it all started for Renee was being born and raised in Lethbridge, Alberta. Later in life she began schooling and went to Fleetwood Bawden School for grade 1 - 6 then moved to Raymond and graduated with 75 others in 1992 before going on to better things.

As a child Renee loved cats and had one as a pet for about 10 years named Kimi. Kimi was fat, and fluffy. But in her adult years after she got married to her husband she found out he had allergies towards cats, so unfortunately she couldn't get another cat as a pet.

After she got married to her husband, she had two boys who are now 18 and 22 years old. The youngest lives in Toronto and takes school there. The oldest likes to collect tattoos and for work he is currently a bartender.

During university one of Renee's biggest weaknesses was procrastinating but it wouldn't affect her that much because after school she went to work at Wilson Middle School for 15 years.

Special thanks to Renee for letting us tell others about her life story from birth to now.



Construction with Luke

By Asher & Cody

Are you interested in building a career in the trades? Construction teacher Luke Anderberg talked to us about being a carpenter.

He said carpenters need a high school diploma and then four years of technical training before they can get their carpenter ticket.

Students at Vic Park who are taking construction will experience hands on learning, skill development and sense of accomplishment, Luke said. He offered students some advice, "If you have an open mind and willing to fail (in the process of learning) you will succeed in this class."

Having a lot of patience is essential to teaching construction, said Luke, as time goes on "everybody starts to mature and gets easier to teach." He added, "Sometimes it's stressful, but most of the time it's fun!" He started teaching in the early 2000s. He taught some core classes and then started teaching shop in 2016.

Luke said his favorite thing he ever built was a handmade bowl that he turned himself. His worst injury was when he accidentally cut his hands with a tool.

The Wellness Team

By Trinity, Jemma & Adi

Our wellness team is filled with helpful and supportive staff. We have Taylor, Garth, Tessa, Dixie, Val and Nikki. Our student guidance counselors and support workers can get you connected to outside supports such as psychiatrists, therapists, and other help that you may require. You can access food, school supplies, funding, and they even offer rides to appointments if needed! The wellness center offers different forms of counselling, you can decide whether you would prefer group counselling or one on one. Students may drop in any time and receive help without an appointment. In the past the wellness team has helped students improve their attendance and guide them on a healthy and successful path!



Back row: Dixie, Garth, Val, Taylor
Front row: Nikki, Tessa



School Expectations

By Xara, Sam & Maddy

Have you ever wondered what Victoria Park High School policy is? We interviewed Vice Principal Rod Dueck to find out.

Dress Code

No clothing promoting drugs, drug use, profanity or any kind of inappropriate art.

Where can you go to smoke?

Anywhere off school grounds; make sure you clean up after yourself, be respectful of the space and others around you.

Are you allowed to have a vape out/on you?

There's no tolerance for vaping in the school or on school property. Keep it in your pocket.

What are the consequences for fighting and starting drama?

You can go back to the school you came from; it is a privilege to be here.

Is there any other information students should about VPHS?

At Vic Park we want everyone to feel safe, it is a privilege to be here. If there is too much time being spent dealing with issues and drama you will lose your privilege of being here. Teachers will help us as much as we need to get to where we want to be.

Where are kids allowed to hang out during breaks & spares?

Please don't hang out in washrooms. There are benches along the halls and there's a lot of outside spaces to sit.