JOHN MALAND HIGH SCHOOL

2025-2026



DECEMBER 8-12, 2025

DECEMBER 10 - band concert (7pm)

DECEMBER 11 - Student/Parent Grad meeting at 6pm

DECEMBER 22 to JANUARY 2 - Christmas Break (no school)

JANUARY 5 - school resumes

JANUARY 8 - PTA meeting

JANUARY 30 - PD Day (no school)



2025-2026 BGSD Division Calendar



POST-SECONDARY OPEN HOUSE INFORMATION

Post-secondary open house info is available on the digital billboard in the JMHS student lounge!

<u>2025 - Alberta Post-Secondary Open House Info</u>

FOLLOW US!

















OFF-CAMPUS PROGRAMMING AND WORK EXPERIENCE

To sign-up for work experience during the school year, RAP or the Green Certificate program, please see Mrs. van Steenis during block 2 in the office or contact her by email at: kim.vansteenis@blackgold.ca

Sign-up for the Registered Apprenticeship Progam (RAP) presentation on September 25 in the office!

JOHN MALAND HIGH SCHOOL

DECEMBER 8-12, 2025

PARENT TEACHER ADVISORY COUNCIL

Parents/Guardians - If you are interested in a role on the parent teacher advisory council, please contact the principal, Jon Ganton, at jon.ganton@gshare.blackgold.ca for more information. All parents, guardians or current JMHS students are welcome to attend!

The next PTA meeting will be held on Thursday, January 8 from 6-8pm!

Future PTA meeting dates are:

January 8 February 12 April 9 May 7 June 4

STUDENTS' UNION

Students' Union will be hosting their meetings every Thursday at lunch in room 105! Anyone who missed out on signing up or the first meeting can still join!





SCHOOL FEES

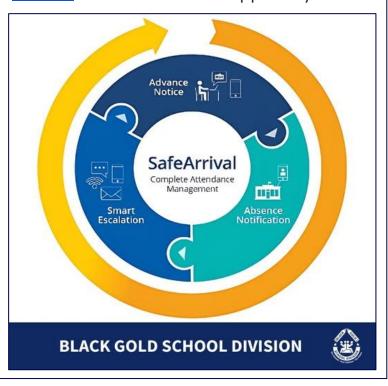
School fees have been posted to your <u>PowerSchool account</u>. Your semester 1 fees are now overdue.

To pay fees, you must log-in to PowerSchool on a browser and not the app. If you haven't set-up a PowerSchool account, please do so as soon as possible.

ABSENCE REPORTING

BGSD will be implementing a new absence reporting system this year with SafeArrival starting August 27!

For more information, please visit the <u>JMHS</u> <u>website</u> and download the app today!





FOLLOW US!

click for links













GRAD INFO



The JMHS 2026 convocation ceremony will be held on May 23, 2026 at Hope City Church (2225 66 St NW) at 11am.

Grad parents - please check your email for the grad planning survey!

The next student/parent planning meeting will be held on Thursday, December 11 at 6pm in the JMHS library.

We hope to see you there!

THANK YOU to the parents that volunteered and attended the last meeting!

A big thank you to Marie Murray and Jamie Zimmer for your help with the Growing Smiles fundraiser!



Graduation photos will be held on February 10-11 at JMHS.

The booking link will be available closer to the date!





JOHN MALAND HIGH SCHOOL

DECEMBER 8-12, 2025







We have opened the JMHS store to purchase school spirit wear! You can order at anytime and have the gear shipped to your house.

JMHS ENTRIPY SHOP

If you would like to place an order through the school to save on shipping, please email us!



Sign out a Family Pass to the Leduc Recreation Centre at the Library!











How does the pass work?

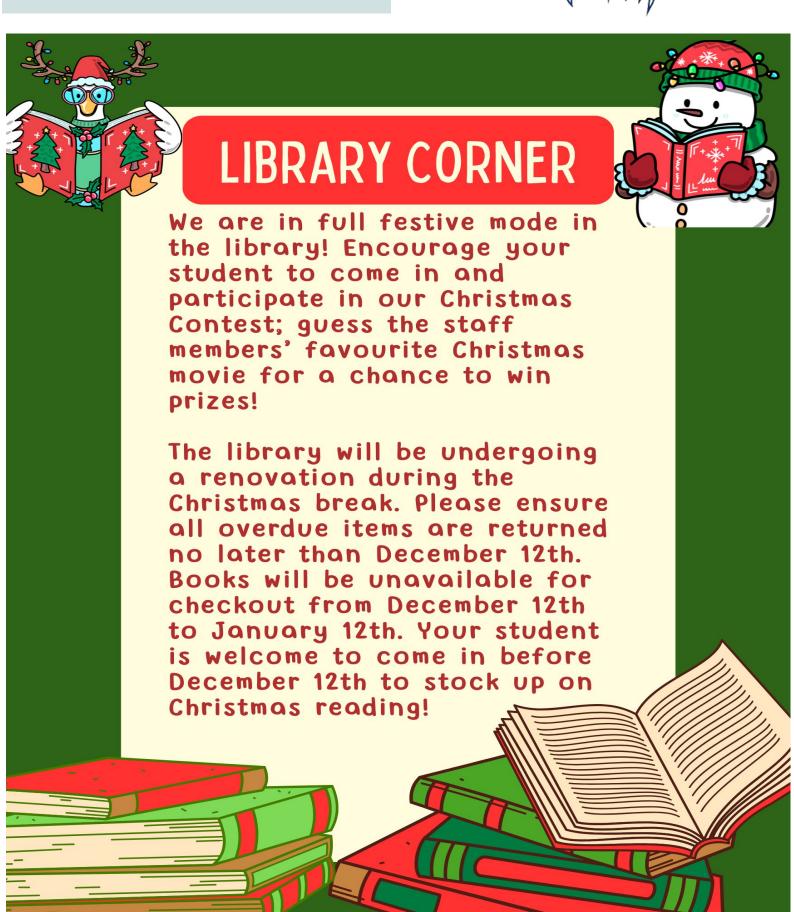
- The LRC Family Pass is valid for 2 adults and all children living in the same household.
- . Sign out your LRC Family Pass for FREE from the Library.
- This pass will provide you and your family with access to all of the amenities at the LRC. Enjoy the Aquatic Centre, Arenas, Courts, Fieldhouse, Fitness Centre and Indoor Track.
- · Passes are valid for a one week time period.
- After your one week rental, return the LRC Family Pass back to the Library for other families to enjoy.

Visit Live.Leduc.ca for the latest drop-in activity schedule. Get moving. Start having fun. Be connected - today!





SIGN OUT THE LRC PASS IN THE LIBRARY!







DISNEP

DECEMBER 11-13, 2025 MACLAB CENTRE FOR THE PERFORMING ARTS

> Performances DECEMBER 11 AT 7:30 PM DECEMBER 12 AT 7:30 PM DECEMBER 13 2:00 & 7:30 PM

Music & Lyrics by Kristen Anderson-Lopez & Robert Lopez Book by Jennifer Lee

Based on the Disney film written by Jennifer Lee and directed by Chris Buck and Jennifer Lee

TICKETS ON SALE FOR \$20 FROM CAST MEMBERS OR BY CALLING LCHS AT 780-986-2248



2025-2026

YOUTH

This whole life thing.

SORTED.





4th Tuesday. 6:30-8:30pm **DEVON COMMUNITY CENTRE**

BOARD GAMES. CARD GAMES. GROUP GAMES.

Whether you are a whizz or a newbie, by yourself or with a group, with over 100 games to choose from - there will be something for







ALL AGES (under 14 must be accompanied)

COME ALONE OR WITH FRIENDS & **FAMILY**

> Home & Vehicle Maintenance. Healthy Relationships & More! WEDNESDAYS FROM SEP 24, 6-8PM. FREE. OPEN TO AGES 13-17 **UPSTAIRS, 1949 BUILDING, 5 JASPER COURT S.**

Money & Financial. Cooking & Nutrition. Communication. Social

Skills. Employability. Health & Hygiene. Mental Health & Wellbeing.

What's on each week: www.devon.ca



Life. Skills. Worth. Knowing.



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TUTORS FOR AFFORDABLE EDUCATION

`utoring Sessions



Need help with Math, Physics, Biology, Chemistry, English, Social Studies or any class in your school?

AT THE UNIVERSITY OF ALBERTA

Starting: TBD

Connect with a tutor in person during one of our sessions run by university student volunteers! Our sessions are completely free - check our website for dates and locations!

ONLINE VIA GOOGLE MEET

Starting: Now

If you're unable to make an in-person session, you can also arrange 1 hour online sessions directly with a tutor. Use the link on our website to access the booking site or email usl



Visit our website or email for more information! www.tutorsae.ca|tutorsae@ualberta.ca

NOTE: Have your homework/resources available



Caregiver Education Team Newsletter

December 2025



Recovery Alberta is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session

December Education Sessions

More than Just a Bad Day Understanding Depression

For adults supporting their own wellness or the wellness of a loved one.

Monday, December 1 12:00 – 1:00 pm

Resilience through Connecting, Caring, and Coping

For adults supporting their own wellness or the wellness of a loved one.

Monday, December 8 12:00 – 1:00 pm

January Education Sessions

Understanding Anxiety

For adults supporting their own wellness or supporting the wellness of children and teens.

Part 1: An Introduction Wednesday, January 7 12:00 – 1:00 pm

Part 2: Calming Our Bodies Wednesday, January 14

12:00 - 1:00 pm

Part 3: Settling Our Minds Wednesday, January 21 12:00 – 1:00 pm

Part 4: Overcoming Avoidance Wednesday, January 28 12:00 – 1:00 pm

January Education Sessions

Body Image and Eating Disorders

For parents and caregivers supporting teens (Grades 7-12

Tuesday, January 20 12:00 – 1:00 pm

Part 2: Tuesday, January 27 12:00 – 1:00 pm





Professional Practice & Education Services Edmonton

December Education Sessions



These free sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all.

More than Just a Bad Day Understanding Depression

In this session, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

Date: Monday, December 1, 2025

Time: 12:00 - 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

Resilience through Connecting, Caring, and Coping

Resiliency is something we want, but how do we foster it? Join us for this webinar where we look at stress and burnout, the power of resilience in getting through the 'tough stuff', and how self-compassion and self-care are essential to our well-being. We will discuss strategies for building our own personal supportive networks and inner coping skills to strengthen our ability to 'bounce back'.

Date: Monday, December 8, 2025

Time: 12:00 - 1:00 pm

For adults supporting their own wellness or the wellness of a loved one.

Recovery Alberta

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

Participant Feedback

"I think the virtual sessions are a fantastic way to reach people and get information out especially now when everyone can use the help."





Professional Practice & Education Services Edmonton



January Education Sessions

These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

Understanding Anxiety Series

Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their child/youth may be experiencing anxiety.

Date: Wednesday, January 7, 2026

Time: 12:00 - 1:00 pm

For adults supporting their own wellness or the wellness of children and

youth.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

Date: Wednesday, January 14, 2026

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and

youth.

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Wednesday, January 21, 2026

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and

youth.

Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will discuss ways to manage stressful situations in steps and effective coping skills.

Date: Wednesday, January 28, 2026

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and

youth.



Recovery Alberta

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click <u>HERE</u> or ao to:

www.cyfcaregivereducation.ca

Participant Feedback

"Was a good session, great reminders of the need for balance and reminded me of things I need to work on as a parent as well as my successes. Thank you."



Professional Practice & Education Services Edmonton

January Education Sessions



These free sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all.

Body Image and Eating Disorders

Struggles with self- esteem, body image and weight control are a common concern. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

Part 1: Tuesday, January 20, 2026

Time: 12:00 - 1:00 pm

For caregivers of youth grades 7-12; for adults only.

Part 2: Tuesday, January 27, 2026

Time: 12:00 - 1:00 pm

For caregivers of youth grades 7-12; for adults only.

Recovery Alberta

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

Participant Feedback

"I am so happy this session was available. Many great tools were offered and will be used. Very thankful for the succinct and useful information."



