

Taking the



Pulse

of Palliser Regional Schools

SUPERINTENDENT'S MESSAGE



This month's Pulse features some of the innovative projects Palliser teachers have initiated to offer students wonderful opportunities to expand their classroom learning experiences. Featured this month are: a teacher at Champion School offering extra assistance to his students outside of the regular classroom; the Sports Performance course (Hockey Academy) at Kate Andrews High School; the hovercraft project undertaken at Coalhurst High School in the new CTS mobile unit; and the DISHing it Out partnership at Dorothy Dalglish School.

Palliser is only as strong as the school communities it serves. During the month of February, the Palliser Board is seeking input from our parents, students, community members and staff in assisting the Board to plan future budget priorities. Input will be gathered through four service area meetings aimed at focusing our attention, planning and spending on key priorities to provide the best education possible for our students.

Kevin Gietz, Superintendent of Schools

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NATHAN JACKSON TUTORS ABOVE AND BEYOND

Sock-footed, he scribbles on the chalkboard as five children attending Champion School's Grade 9 math class focus on his lesson. "When we have a number to a negative exponent, to simplify it we... And to evaluate it we would..." Mr. Jackson takes the lead, waiting for one of the students to finish his sentence.

Except for the absence of teacher footwear, this would not be exceptional, except for the fact that the teacher is providing extra help to his students during a class held after school on Wednesday.

"He's been doing it since the beginning of the year. Whenever someone needs help, Mr. Jackson gives it after school," one of the students in his class offered.

Student attending Palliser Regional schools get a top-

notch education that begins with teachers who value children and are willing to go the extra mile to meet the needs of students. Mr. Jackson is just one example of many teachers who take their commitment to children to the next level by offering extra help outside of regular school hours.

"We meet after school any day they need it from about 4-5 p.m.," mentioned Nathan. "The make-up of the group changes as different students need extra help learning different concepts in math." This program has also blossomed into Grade 9 students offering tutoring assistance to students in the Math 4 class.

"Always show your substitutions inside brackets. Negative 2 times negative 2 would equal positive 4," taught Mr. Jackson, as one of his students entered the room and jockeyed for a front row seat.

For more information, contact Dan Ryder, District Principal, at Palliser Regional Schools.



DISHing it Out at Dalglish

Dorothy Dalglish School and Chinook Health have created a partnership aimed at improving the overall health of all the students attending Dorothy Dalglish School. This partnership enables the school to offer a unique healthy snack program (where students are involved in picking and making their own snack) and physical education activities such as swimming, skating, curling and archery.

Another part of this program revolves around students giving back to the community. Already this year, students from Dorothy Dalglish School have been out raking lawns of residence in the community and plans are in place to help community members with snow shoveling this winter.

Chinook Health will be providing the school with professional development opportunities and resources around physical fitness, body image, nutrition, and healthy fundraising. Along with these resources, Chinook Health will be helping Dorothy Dalglish School work through the "Alberta Nutrition Guidelines for Children and Youth" and use this document to look at current school practices and policies regarding nutrition.

This partnership will allow students at Dorothy Dalglish School to try physical activities they may never have had the opportunity to participate in. Students will also be taught how easy it can be to make a healthy snack or help out a neighbor.



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HOVERCRAFT PROJECT GIVES STUDENTS AT COALHURST HIGH A LIFT



Students eager to brave the cold Alberta winter crowd into the Career and Technology Studies Mobile Unit at Coalhurst High School and wait for Mr. Sanderson to outline the final safety instructions needed to test the hovercraft. This is not some model hovercraft that will often lay waste after a few tries on Christmas Day. This is a life-sized vehicle built by Coalhurst High School students during after-school sessions over the past 3 months, and it will be registered as a watercraft.

“Dream big,” is Ken Sanderson’s motto. As a CTS teacher at Coalhurst High School, Mr. Sanderson gives students the opportunity to create a working hovercraft that integrates many skills used in the trades. “When kids first started this project, they had no construction exposure, and now they’ve had the chance to learn basic building skills...especially how to use equipment safely,” said Ken, as the students lift the craft and ease it outside into the cold north wind. “It introduces students to the trades, like mechanics, woodworking, fiberglass and metal work, not to mention learning about aerodynamics, design and safety.”

In future years, students will still be involved in the project by improving the hovercraft. Propeller design, and making it lighter and stronger will all be initiatives next year. One of Sanderson’s goals is to have students race hovercrafts created by students at other schools in Palliser. By spring, Noble Central, Coalhurst High and Picture Butte High Schools will all have their own crafts and be ready to begin racing each other.

“Students worked really hard on this project by coming out after school. I can’t say enough about them,” praised Sanderson. We all know teachers who have inspired us to have big dreams, and Ken Sanderson is one of those teachers who creates project-based learning experiences that inspire students to develop their skills in the trades while fulfilling their dream of driving a hovercraft of their own creation. One student started the thrust engine, while another got on board and tried their hand at maneuvering the hovercraft above the snow covered field on a cold January Friday afternoon.

For more information regarding the hovercraft project, contact [Ken Sanderson](#).

COMING IN MARCH . . .

- Palliser is being considered to host an amazing videoconference opportunity with the International Space Station through a project of the Canadian Space Agency. A public presentation will take place 7:00 p.m. on February 26. Watch school newsletters for more information regarding locations to participate in the public meeting. More information regarding this opportunity will be provided in the March issue of *Pulse*.



FAMILY APPROACH MAKES HOCKEY PROGRAM A SUCCESS

If the old adage of “It takes a village to raise a child” is true, then it takes a family to create and maintain a successful hockey program at Palliser Regional Schools. Lawrence Thiessen, teacher Liaison with the Kate Andrews Hockey Academy, is quick to complement the efforts of the hockey family that continues to put in tremendous effort on behalf of kids. “Many people have worked very hard to ensure that this program succeeds,” Thiessen noted.

The Kate Andrews Hockey Academy was initiated in September 2008 and continues to grow. Students log 100 hours of ice time and 25 hours of nutrition and land training as part of their program. The Hockey Academy is getting a lot of interest from students who would like to

develop their hockey skills to a higher level. “We couldn’t have asked for a better coach than Bruce Bell, a former NHL player who has a passion for the game,” added Thiessen.

Bruce enjoys developing hockey players, including the early morning coaching four times each week. “I enjoy seeing kids succeed at both hockey and school,” said Bell. “The response from kids and their families has been excellent.”

Parent Bob Bannab, whose son participates in the program, volunteers each morning to drive the bus that picks up students and takes them back to school so they won’t be

late for class. “It’s really helped my boy focus in class,” he remarked. “He’s really enjoying being a member of the Kate Andrews Hockey Academy, and it’s a great way to start his day.” And as for his volunteering to drive every morning, Bob added, “Parents then don’t have to drive their children back to school after they practice,” Bob said.

The Kate Andrews Hockey Academy is a full-year program for both boys and girls. It is growing because of the efforts of a large community-focused family that asked the question “What’s best for kids?” and the words “hockey” and “school” have come together to ensure success for students.



For more information regarding the Hockey Academy, contact [Danny Roberts](#), Principal of Kate Andrews High School.