

Newsletter

Welcome back to Onoway Junior Senior High School! We are excited to kick off the 2023-2024 school year after the Labour Day weekend. As we have in the past, we will have a staggered start again this year with Junior Highs starting back Tuesday the 5th and Senior Highs returning on Wednesday the 6th.

Starting a new school year can be exciting and a little stressful all at the same time. I know for our incoming Grade 8s it is particularly trying for a little while. For other students who have been at OJSH previously, there is a lot going on in the first week or so, including some changes in staff or school procedures to become accustomed to. This goes for our staff too. It is a higher-energy month regardless of your age or how long you have been here! It will not be long, though, before all of us are into a routine and able to focus on learning!

There are changes students will become familiar with soon, and for parents to be aware of.

First of all, our staff has changed a bit. At the end of June, we said a fond farewell to Mrs. Dundas, Mrs. Tyschuk, Ms. Neufeld, Mrs. Levesque, and our SRO Constable Rusk. We also said, "We hope to see you soon," to Mrs. Elliott, Ms. Gylander, and Ms. Mack. With the departure of these wonderful people, we have some new faces joining us at OJSH.

We are excited to be welcoming Mr. Hallows to our Phys. Ed. Department. Mr. Hallows was teaching in Parkland previously, but was excited to take on more athletics which OJSH was able to offer. We are very happy to have him join our team and he is looking forward to kicking off a cross-country running club at OJSH this year. With Mr. Hallows taking on a significant amount of Phys. Ed., this has provided OJSH with the opportunity to move Ms. Deacon into our counseling department part-time. Ms. Deacon will still be seen in the gym part of the day, but the other part of each day she will be available to students in the wrap-around to support them in a variety of ways.

Mr. Millar has returned to us after some time away raising his own family. He will teach in junior and senior high humanities. We are thrilled he has come back to us at OJSH!

Mr. Giesbrecht will also be joining us to teach Grade 8 math and science. He has a wealth of experience and loves OJSH, so it's a great fit! We know our Grade 8 students will benefit from his expertise and caring demeanor.

In our library will be Mrs. Thiessen, who has spent much of her life in libraries and claims it is her "dream job". We are very happy to have her working in our library. She will typically be found among the books and students there on Tuesdays through Thursdays.

Our new SRO is Constable Steve. He is new to the SRO role, but has spent several years as an RCMP member, and is eager to work with the students and staff of the OJSH community. Welcome to all our new staff members!

If you'd like to see who else works at OJSH, a full listing of our staff is available on our website under "About" and "Staff listing".

September 2023



Please Note

Our doors are locked for the most part of the day for security and safety of our students and staff. If you need to come to the school, there is a doorbell you may ring for our office staff to hear - but it is always a good idea to phone ahead and book an appointment

(780) 967 2271

Find us on



@ngpsohs



@Onoway Jr/Sr High School



@onowayjrshighschool

Or please visit our website onowayhigh.ca for all information and updates



Regent Driving School

September 23 & 30 (2 Saturdays), 2023 from 8:30am-4:30pm

February 3 & 10, 2024 (Thursday & Friday) from 8:30am-4:30pm

April 6 & 13, 2024 (2 Saturdays) from 8:30am-4:30pm

Registration can be done at www.regentdrivingschool.ca

Must have a minimum of 5 students to hold a class.

Athletics

OJSH is pleased to announce that it will be starting up a Fall Cross-Country running program for both junior and senior high athletes. There will be weekly practices and races - our first practice will be Friday September 8th from 3:45 to 4:45pm. See Mr. Hallowes in the Gym for more information.



Students have started preparing and training for the Terry Fox Run that will be happening again this year at OJSH! Students will be working their way up to completing the 5km Terry Fox Run around Onoway the morning of Tuesday October 3rd. Please support Onoway Jr/Sr High School in their fundraising and raising money to help in cancer research.

Our school donation page is <https://schools.terryfox.ca/30656/donate>.

OJSH Volleyball will be starting up right away this year. Tryouts for the Senior and and JV teams (Grades 10-12) began in June and will wrap up the first week of classes. Jr high tryouts (Grade 8's and 9's) start the second week of September. We are excited to be offering 4 Sr teams and 3-4 Jr Teams at our school this year. We are, however, looking for one more coach for a second Jr boys team. If you are interested in getting involved please contact Mr Lougheed at the school. For the specifics on dates and times please see the info listed under athletics on the OJSH website.



Reflections on Back to School



This article was written by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support and advocate for students and families promoting wellness and success in school. Tammy has been a Registered Social Worker for more than 24 years and is a mother to 4 children; 1 in high school and 3 in university.

I am one of those parents that feel all the things, big, small and everything in between! Perhaps not everyone can relate, so this is for those that also feel big when it comes to their kids. My husband thinks I am strange, being such an emotional human. Yet, I am grateful his feet are firmly planted on the ground. He is my buffer and shield when I feel too much. For those parents who feel all the things, I hope you have someone in your life that gives you a safe place to land, especially at this time of year when there are many new changes, hard goodbyes, see-you-laters, and letting go.

There is a saying that when you become a parent your heart is forever walking outside your body. This is so true, particularly each September when it is time to send kids back to school. Whether you are dropping your "baby" off for their first day at junior kindergarten, or a new school, to junior high or high school when you are certain you are feeding them to the wolves. That feeling may come over you when you watch them at their piano recital, at their first race for track and field, at their Christmas concert, or delivering a speech at a school assembly. You may feel it profoundly when you watch them nervously bite their lip or play with their fingers, scanning the crowd for your familiar face and smile. That feeling may come in strong and fierce when you watch them walk across the stage to receive their high school diploma, or say goodbye at the airport, or leave them at a university campus and drive away. That feeling is a part of your heart, raw and tender, that is physically outside of your body. It is vulnerable and exposed. That feeling is pieces of your heart which leaks unconsciously out your eyes and down your cheeks. That feeling is love, pride, joy, excitement, heartache, perhaps a little guilt or regret.

I don't know what it is like to not feel these things and I sometimes envy those parents (like my husband) that can meet such milestones with nothing but happiness, elation and relief.

No matter what you feel as a new season starts, know and trust that you have loved, taught and prepared your kids for the next chapter. They are ready. You have done your job and have done it well. For those like me, I see you with your red eyes, the tissue crumpled in your clenched fists, the deep sighs as you desperately put on a brave face. I see you.



Significant Dates

Sept 5	First day of school - Junior High only
Sept 6	First day of school - All students
Sept 8	School picture day
Sept 13	Grad Parent Meeting - 6:30PM at OJSH
Sept 14	School Council Meeting - 6:30PM at OJSH
Sept 20	'Get the Scoop' - 5:00-8:00PM at OJSH
Sept 29	Orange Shirt Day/Recognition of National Day of Truth and Reconciliation

