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MESSAGE FROM THE HEAD OF SCHOOL

GIVING THANKS

Thanksgiving is perhaps the best named holiday on our calendar as its actual purpose is so clearly embedded in its name – similar to Remembrance Day. It is our custom in Canada, not only to come together to celebrate the harvest with a family feast, but also to pause and consider the many blessings that we enjoy and to give thanks for those in one form or another. The STS community has so much to be thankful for as we enjoy a shared purpose around education and an environment that motivates students to achieve their full potential. Together as a community, we have created the conditions that empower and enable teachers and students; providing them with the facilities, resources, social climate, inspiration, and the values, traditions and school culture that together enable success. We are extremely fortunate to have such a wonderful place in which to learn and to work.

Speaking of learning, as our families enjoy this extended long weekend, teachers are continuing to expand their knowledge and skills in a variety of professional development sessions on Thursday and Friday. The Elementary School and Fine Arts teachers are continuing to focus on how best to utilize the learning spaces in the new building. They are working with Chris Hazelton who is an educational consultant with our architectural firm, Fielding Nair International. Chris has worked with our teachers from the very beginning when we began to design the new facilities and has had ongoing interaction as we contemplate instructional strategies that will leverage the new design. We also have guest presenters on creating a culture of respect for gender and sexual diversity and on mental health issues. Senior School teachers are also working on the self study for our IB Diploma Programme evaluation and Middle and Senior School teachers are collaborating on technology topics that they have identified. It is a full two days of robust learning as part of our ongoing commitment to excellence in teaching and continuous professional growth.

We look forward to welcoming students back on Tuesday. In the meantime, please accept our best wishes for an enjoyable and meaningful Thanksgiving holiday.

Dr. William Jones
Head of School
IMPORTANT DATES
Be sure to check for new events throughout the year online.

OCTOBER
October 6-7, 2016
Professional Development Days – no school for students

October 10, 2016
Thanksgiving Day – School closed

October 11, 2016
Non-Formal Uniform wear begins

October 12-13, 2016
Open Houses

October 12-15, 2016
STS hosts the Western Canadian Independent School Volleyball Championships (WCISVC)

October 17-21, 2016
Marti McKay Week at STS

October 28, 2016
Photo re-take day (formal uniforms)

SCHOOL CALENDARS
For more important dates and upcoming events, the following school calendars can be found on the STS website:

2016 – 2017 School Calendar

Upcoming Events Calendar
UPCOMING EVENTS – MARK YOUR CALENDAR!

OPEN HOUSES - OCTOBER 12 and 13

If you or anyone you know is interested in enrolling a child at STS, please join us at one of our upcoming Open Houses on October 12 and 13. To RSVP visit http://www.sts.ab.ca/Admissions/OpenHouse

WESTERN CANADIAN INDEPENDENT SCHOOL VOLLEYBALL CHAMPIONSHIPS AT STS – OCTOBER 12-15

This year, Strathcona-Tweedsmuir School will be hosting the Western Canadian Independent School (WCIS) Volleyball Championships. With eight teams from across Western Canada competing for the sought-after Spartan Cup, we are looking to our invaluable community to ensure the tournament is a resounding success.

In 1972, the WCIS Volleyball Championships was established by Strathcona-Tweedsmuir School. STS Head of School, Sandy Heard, along with Spartan Coach Brad Kilb and other coaches like York House School's Jandi Johnstone, had a vision for this event. In the early years, the tournament was always held either here at STS, YHS or College Mathieu in Gravelbourg, Sask.; in more recent years, the tournament has been on a 7-year rotation between the eight teams which consistently participate. STS is proud to once again host the tournament first envisioned 44 years ago.

For any tournament to continue annually for 44 years, there must be something very special about it. The WCIS Volleyball Championships provides an incredible opportunity for athletes and coaches to share in a highly competitive volleyball experience as well as enjoy a cultural exchange. Players will develop the fellowship and friendship that evolves in a situation where athletes live together and share experiences outside those of volleyball. They are also able to enjoy the competition because, as is tradition with the WCIS, the rules of volleyball and the spirit of sportsmanship have been adhered to.
In 1977 the Spirit Award was introduced to reflect this focus on sportsmanship. The WCIS Volleyball Championships has impacted thousands of players over the past 44 years and those players look back fondly at these experiences.

Hosting teams, running a round robin tournament, celebrating talents at a banquet, and competing against some of the best teams in Western Canada is what this tournament is a rewarding and monumental task. To support the success of this event, we have been posting requests for volunteers in past STS Express issues, and it is essential that we have enough billeting families. Billeting has long been one of the most exciting and rewarding aspects of the WCIS tournament. The experience has proven to be enjoyable for the host family and educational for the visiting students. For further information on how to volunteer during this tournament, please refer to last week’s STS Express: https://www.sts.ab.ca/my-sts/sts-express/VolunteersNeeded.

We are very honored to be hosting such a fine group of teams and athletes and are looking forward to some outstanding competition throughout the tournament. Please mark your calendars to come out and support the STS Senior Varsity team as they battle against an amazing community of volleyball players and coaches.

OIL AND SOIL CONFERENCE - THURSDAY, OCTOBER 13

On October 13, 2016 STS will hold its first ever Oil and Soil Conference. The objective of the Conference is to showcase the shared objectives and spirit of cooperation that readily exists between the energy industry (“oil”) and the environment community (“soil”). The “Oil and Soil” Conference will hear from representatives from both sides and there will be an opportunity to ask questions and engage in a spirited debate. Panelists include representatives from The Pembina Institute, Canada’s largest and most prestigious environmental think-tank, Pembina Pipeline, Tourmaline Oil Corporation and the Association of Canadian Petroleum Producers, also known as CAPP.

The Oil and Soil Conference has been organized by Liam Waterous ’17. The idea for the conference came about this past summer when Liam visited Fort McMurray to help out with the clean-up effort after the devastating wild fires.

"In talking to many of the locals it was brazenly clear to me that energy companies and environmental groups are not dueling forces that are out to annihilate each other. Rather, the people I spoke to explained it was not an “either or situation” and one shouldn’t have to take sides. I learned that you can be an environmentalist and a big supporter of an industry that ensures jobs and economic and national security. It struck me how different this perspective was than the one we all hear of in the media and so I thought it might interest others at STS as well. My expectation is that the Conference will make it clear that neither side is perfect. After all, movie stars who visit Fort McMurray have called it an “environmental eye sore” and then proceed to fly home in their private jets. Oil Companies proudly flash their green credentials yet are responsible for numerous oil spills that kill precious fauna and wildlife. Clearly, we must focus on solutions where both sides can be winners. My hope is that the “Oil and Soil”
Conference will assure all of us present that progress in this direction is well underway." Liam Waterous '17

Oil and Soil Conference
Thursday, October 13, 2016
STS - C.A. Smith Arts Centre (theatre)
11:00 am - 12:00 noon

The conference is intended for Grades 7-12, however there will be plenty of room for parents, staff and faculty to attend.

RSVP TO YOUR GRADE SOCIAL(S)
We are pleased to invite all STS parents to your child(ren)’s grade social where you can socialize with returning parents, welcome new families, and find out how you can be involved with the STS community. Join us for an evening of delightful conversations and cocktails, 7:00 – 9:00 pm. You should receive an e-invitation from your grade’s parent host four to six weeks prior to each grade social.

If you have any questions regarding the socials, please contact Caroline Banadar at 403-938-8344, banadac@sts.ab.ca.

<table>
<thead>
<tr>
<th>Grade 3</th>
<th>Thursday, October 20</th>
<th>Cameron and Susan Brauer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 6</td>
<td>Saturday, November 12</td>
<td>Moez and Salima Lakhani</td>
</tr>
<tr>
<td>Grade 7</td>
<td>Saturday, October 22</td>
<td>Ali ’84 and Soraryah Bhojani</td>
</tr>
<tr>
<td>Grade 8</td>
<td>Friday, October 28</td>
<td>Will Matthews and Michele Williams ’85</td>
</tr>
<tr>
<td>Grade 9</td>
<td>Friday, November 4</td>
<td>Jonathan and Val Robins</td>
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<tr>
<td>Grade 10</td>
<td>Friday, November 18</td>
<td>Kent and Andrea Cochrane</td>
</tr>
<tr>
<td>Grade 11</td>
<td>Thursday, October 27</td>
<td>Sean and Debbie Messing</td>
</tr>
<tr>
<td>Grade 12</td>
<td>Saturday, November 5</td>
<td>Alec Clark and Sloan Pipella-Clark ’81</td>
</tr>
</tbody>
</table>

Are you interested in getting involved? We are currently looking for parent volunteers to join our STS Community Ambassador and Mentor Committee. If you’d like to find out more about this opportunity, please contact Caroline at 403-938-8344 or banadac@sts.ab.ca.
FULL SCHOOL ANNOUNCEMENTS

FIRST-EVER KINDERGARTEN PROGRAM WILL OPEN IN SEPTEMBER 2017
We are excited to announce the opening of the first-ever STS Kindergarten program in September 2017!

Starting next fall, we will offer a new, full-day Kindergarten class which will allow students to begin their education journey on the STS campus.

Kindergarten at STS will be an innovative, collaborative and inquiry-based program that instills a joy and love for life-long learning, and promotes the development of the whole child in a safe and nurturing environment.

The program will be guided by the principles that all children have potential, curiosity, and creativity, and are connected to their environment. Our youngest learners will be a part of a wonderful community where learning will be personal and social. Each day should be filled with laughter, shared stories and learning experiences so students' unique talents will emerge and flourish.

STS Kindergarten fast facts:
- one class
- one teacher and one educational assistant
- 14–16 students
- Full day: 8:55 am – 3:35 pm
- Monday – Friday
- Core subjects and specialists: art, music, physical education and French
- Alberta Program of Studies and International Baccalaureate (IB) Primary Years Programme (PYP)

Additional information will be provided in the coming weeks and months. In the meantime, please contact the Enrollment Office (admissions@sts.ab.ca) if you are interested in having a child apply for September 2017 or in the future. The application deadline for Kindergarten (and Regular Decision for Grades 1-12) is February 10, 2017.

To learn more about the STS Kindergarten program please visit: https://www.sts.ab.ca/Kindergarten.

For application details visit: https://www.sts.ab.ca/Admissions/ApplicationProcess.

MARTI MCKAY WEEK – OCTOBER 17-21
This year Marti McKay Week takes place October 17-21 and we have three presenters booked for Wednesday (October 19) and Thursday (October 20).
This year’s line up are:

Wednesday, October 19 – **David Bouchard**

Mr. Bouchard will present on Wednesday October 19 to Grades 4, 5, 6 in the Peter B. Ditchburn Library and to Grades 7-9 in the C.A. Smith Arts Centre. Mr. Bouchard is a Canadian Metis author who has written over 50 books. He is such a well-regarded Canadian figure, that in 2014, a public school in Oshawa, Ontario was named after him. Mr. Bouchard is a storyteller and is passionate about inspiring young people to read.

Thursday, October 20 – **Renata Liwska**

Ms. Liwska will present to Grades 1-3 in the Peter B. Ditchburn Library on Thursday, October 20. Ms. Liwska is a children’s book illustrator whose wonderful drawings can be found in the New York Times best-selling picture books, The Quiet Book and The Loud Book. She has been a finalist for the Canadian Governor General’s Award for Children’s Illustration three times and was awarded a gold medal from the Society of Illustrators in 2010 for Original Art in Children’s Book Illustration.
Thursday, October 20 - **Chris Temple**

Mr. Temple will present to Grades 10-12 and select Middle School classes in the C.A. Smith Arts Centre on Thursday, October 20. Mr. Temple’s presentation will consist of a film screening of his newest documentary, *Salam Neighbor*, created with Zach Ingrasci, as well as a post-screening discussion and question period about the process of creating the film. Chris Temple and Zach Ingrasci founded Living on One, a social impact studio dedicated to creating films and educational videos to raise awareness and inspire action around pressing global issues. The goal of their film, *Salam Neighbor*, is to tell the story of our world's refugees, in this case Syrian, so that people better understand refugee life and how the right programs can support and empower refugees as well as reduce the stress on host countries.

**PEER TUTORING PROGRAM**

The Peer Tutoring Program at STS allows older students to mentor younger students. Tutors and Tutees establish a regular meeting time for one hour per week (before school, at lunch, or after school). During these sessions, they work on a variety of things including concept learning, study skills, organization skills, writing skills and note-taking skills.

To be matched with a tutor, or to receive more information, please contact Ms. Willmon. Matches can be made at any point of the year. Drop-in sessions are also available.

**RECENT EVENTS**

Don’t forget to check the *Recent Events* section of STS Express to see weekly activities that have happened and celebrated at STS. These events are also archived on the My STS parent portal – [check them out](#)! 
ELEMENTARY SCHOOL ANNOUNCEMENTS

GRADE 5 VACCINATIONS REMINDER
Reminder to Grade 5 parents to return their child’s vaccine consent form to the front desk or to homeroom teachers as soon as possible. Vaccinations take place at the School on Thursday, October 13.

ELEMENTARY CROSS-COUNTRY TEAM
Congratulations to all our Cross-Country Running Team members! The Spartans have already competed in two cross-country meets and have our final team meet coming up on Thursday, October 13 at Percy Peglar School in Okotoks. Good luck to all our athletes as they embark on the final team event of the year, we’re proud of each and every one of you! Parents, please contact Mr. Race, Ms. Ford or Ms. Boudens if you have any questions about your child’s participation on the team.

GRADES 5 AND 6 SCIENCE FAIR CLUB
The Science Fair Club, offered to Grades 5 and 6 students during Friday lunch hours, will begin on Friday, October 14 in the 5C classroom, and run until the first week of February. This club is offered to those children who are interested in working independently, or with a partner, to investigate an inquiry question of their passion. Although the projects are predominantly completed at home, Grade 9 mentors and Mrs. Duncan-Moore will be available during the weekly meetings to help guide the young scientists through the scientific process. Students may choose to focus on an experimental or a research format. For a week in February, students will share their project tri-folds in the Peter B. Ditchburn Library with the STS community. Three or four projects will then be chosen to represent STS at the Calgary Youth Science Fair (CYSF) in April. The CYSF, one of the largest in Canada, is a venue where many like-minded children share their love and understandings of science!

MIDDLE AND SENIOR SCHOOL ANNOUNCEMENTS

TERRY FOX HEAD SHAVE FUNDRAISER – OCTOBER 21
The Terry Fox Run was a huge success this year and a complementary initiative started by students hopes to expand on this success. There will be an upcoming pep rally on October 21 for Middle and Senior School students where if certain donation goals are reached, teachers and students will shave their heads or donate their hair for the creation of real hair wigs. The goals of this activity are to raise awareness for the great work that the Terry Fox Foundation does, show solidarity with people who have fought cancer in the past or are currently fighting cancer and to also raise valuable funds for the Foundation in support of its research efforts to find cures for cancer. If the student
body raises over $20,000 for the Terry Fox Foundation through the school, 7 students so far have volunteered to shave or donate their hair. If the school raises over $25,000 for the foundation certain faculty such as the Middle and Senior division principals Mr. Julian and Mr. Carlson as well as Mr. Schneider, Mr. Kerr, Mr. Mercer and even Ms. Kennedy will shave their heads. Students are not forced to participate in the shaving and/or donation but are encouraged and more than welcome to participate. If you are interested in donating to this cause– donation forms have been provided to students and online donations are welcome through the link below. If you are interested in participating in the head shave by shaving your hair or in donating 8 inches of hair for the creation of real hair wigs or if you have an electric shaver or experience in cutting hair, contact Kennedy Whitfield ’12 (WhitfiK@sts.ab.ca) at the email below.

CONGRATULATIONS TO OUR UNIVERSITY SCHOLARSHIP NOMINEES
A few major university scholarship applications require that a student be nominated by their high school. Students who wished to be considered for any of these nominations at STS submitted an application package to the Nomination Committee for review. There were many deserving applicants and we would like to thank everyone who applied for their effort and dedication.

Our 2016-2017 Nominees are:

Queen’s University Chancellor’s Scholarship nominee – Chanel Fu ’17  
Schulich Leader Scholarship nominee – Rhea Beauchesne ’17  
University of Toronto National Scholarship Program nominee – Kenzie Witschi ’17  
Loran Scholars Award nominees – Blaise Evelyn ’17; Heidi Frehlich ’17; Alexandra Sargent-Laskin ’17  
Western University National Scholarship Program nominees – Vicki Bruhjell ’17; Emily Neil ’17; Kennedy Whitfield ’17; Tony Yacoub ’17

GRADE 9 VACCINATIONS REMINDER
Reminder to Grade 9 parents to return their child’s vaccine consent form to the front desk or to homeroom teachers as soon as possible. Vaccinations take place at the School on Thursday, October 13.

SENIOR SCHOOL STUDENTS AND ALUMNI SPEED MENTORING EVENT – REGISTER TODAY!

Senior School Students are invited to attend the 6th Annual Alumni Speed Mentoring session on November 4, 2016, in the Peter B. Ditchburn Library from 1:30 to 3:30 pm. Alumni from various professional backgrounds will be on campus to talk about what to expect in university and the professional working world that follows.
Space is limited. [Click here](#) to register today.

For further information, please don’t hesitate to contact Mrs. Brenda Thompson, Alumni Engagement and Events at [thompsb@sts.ab.ca](mailto:thompsb@sts.ab.ca) or 403-938-8318.

**CLASS OF 2017 - BABY PHOTOS NEEDED**

In preparation for June’s Grad Breakfast slide show, we are asking parents of Grade 12 students to search their photo albums for two photographs of their graduate - one as a baby and the other in their early school days. Please scan and forward both photos to [GradBabyPics@sts.ab.ca](mailto:GradBabyPics@sts.ab.ca) by Monday, December 12, 2016. Please remember to indicate the students name in the subject line and on each photo. Thank you!

**UNIVERSITY PLANNING PARENT INFORMATION NIGHT**

Wednesday, October 19 at 7:00 pm in the C.A. Smith Arts Centre (theatre). All Senior School parents are encouraged to attend. For more information contact Ms. Caines at [universityadvising@sts.ab.ca](mailto:universityadvising@sts.ab.ca)

**OUT OF PROVINCE UNIVERSITY FAIR**

Friday, October 28 from 10:00 am-12:10 pm in the Sandy Heard Sports Hall (gym): Representatives from universities across the country will be here to share information about their programs. Senior School students and parents are encouraged to attend. For more information contact Ms. Caines at [universityadvising@sts.ab.ca](mailto:universityadvising@sts.ab.ca)

**VOLUNTEERS NEEDED**

POSTS welcomes all new and returning volunteers! Just a friendly reminder that all volunteers (new and old) must fill in the [volunteer registration form](#) prior to any volunteer duties.

**WCIS VOLLEYBALL CHAMPIONSHIPS - OCTOBER 12 – 15**

STS is excited to host the prestigious Western Canadian Independent Schools (WCIS) Volleyball Championships for Senior Varsity women. Eight teams from across Canada will compete at this four-day event and we will need extensive volunteer support in the following areas: parent hosts, hospitality room help, information table, and picnic basket committee. [Click here](#) to sign up.
ELEMENTARY YEARBOOK PHOTOGRAPHY ASSISTANTS
We require one or two parents per grade to assist Elementary School yearbook staff with taking photos throughout the year.

PHOTO RETAKE DAY - FRIDAY, OCTOBER 28, 2016
Two parents are needed for the day to assist the Life-Touch photographers with photo retakes.

BLACK WATCH 2017 – SPRING, 2017
Every two years, POSTS organizes a wonderful evening for the Strathcona-Tweedsmuir School parent community. If you are looking for a place to share your creative, organizational and event planning talents, and spend your time with a group of energetic, committed and social people, please volunteer for the Black Watch committee. We need your skills to help plan this major event including generating sponsors, organizing auctions, selling tickets, finding entertainment, marketing the event and much more.

Email volunteer@sts.ab.ca to indicate your interest to volunteer as soon as possible or if you have any questions. Please fill in and return this year’s volunteer registration form prior to any volunteer duties.

Details about all volunteer opportunities are available in the Volunteer Handbook.

RECENT EVENTS
TERRY FOX RUN
On Friday, September 30, STS held its 31st Annual Terry Fox Run to support cancer research. A good time was had by all and it was great to see the ‘tropical’ theme come to life! Visit the STS Facebook page to see more pictures.

Over the years the STS community has raised over $600,000 - making us one of the top fundraising schools in the Province. This year our goal is to get us started on the next milestone of $700,000.

WE NEED YOUR HELP. Pledge sheets have been distributed to the students and there is the option for electronic pledging. To use the electronic pledging option, follow this link to donate. From there click ‘Donate’.
There is a text field to put your son or daughter’s name. Grandparents, relatives and friends can also donate on your child’s behalf. Tax receipts are automatically generated using the online option.

FALL OE STAFF TRAINING 2016-2017

As an ongoing part of our efforts to run quality, safety-oriented outdoor education programs, STS faculty train ‘in-house’ as well as ‘out of house’ with various organizations, land managers and professional bodies. Most recently, faculty involved in fall OE trips spent time training with Kananaskis Country Public Safety and Wildlife Management personnel. Topics ranged from radio/satellite phone communication to bear safety and group management around helicopters. We spent time in the K-Country EMS office with dispatcher, Becky Webb, seeing/listening to what happens when a support or emergency call comes in by various means. We interacted with Conservation Officer and bear expert, John Paczkowski, on recently emerging understandings of bear behaviour based on current research, how to avoid unwanted bear encounters as well as hands-on training with bear spray. In addition, we spent time with Public Safety specialist, Mike Kopang, running through group management suggestions for safe operations in the backcountry including the basics of helicopter evacuation. To round out our day we did some ‘in-house’ work on map, navigation and route-finding skills on the flanks of Mount Baldy with senior faculty working through skills and problem solving with newer faculty.

ANNUAL ELEMENTARY CROSS-COUNTRY RUN

Spartan spirit was felt on Monday, October 3 at the Annual Cross-Country Run for all students in Grades 1-6. Students have been practicing their running technique in physical education classes this month and demonstrated outstanding commitment to doing their very best! Congratulations to all of our very dedicated students. We are very proud of you! Thank you to the parent volunteers for helping at the event.

GRADE 7 AND 8 GIRLS VOLLEYBALL TOURNAMENT AT STS

On September 30 – October 1, STS hosted a Grade 7 and 8 Girls Volleyball Tournament. There were six teams from each grade - about 38 matches in all. As always, the STS community came together to make it a huge success! One of the Grade 7 teams was Crofton House from Vancouver and they were incredibly impressed with how our parents stepped in to help them with details like getting food for their players, and helping them find their way around our community – they left thinking all Albertans are very helpful and organized. It was a great competition for both grade levels, with shows of sportsmanship consistent throughout and from all teams.

On the Grade 7 side, Crofton House won gold, Rundle College won Silver, and STS won Bronze! With every set, we could see and feel improvements both in skills and in teamwork. By the end of the round robin, our girls were in third place and met Rundle
once again for the semi-finals. After a disappointing loss to them in two sets, we moved on to the finals where we beat Chestermere for bronze quite handily. Our girls have some very essential background skills solidly in place now, are starting to play 3-hit ball more consistently, and have shown determination in being strong competitors, so we have great hopes for their continued success in league play.

The Grade 8 girls finished round-robin play with an excellent record of seven wins and three losses (five games with two sets per game). As a result, they ended up in third place heading into the play-off rounds. The team really came together during the tournament with all players getting lots of playing time. In play-offs, the team was defeated by Rundle who went on to place second behind a very strong team from Chestermere. The Grade 8 girls ended up finishing in 4th place. It will be interesting to watch the team develop after competing in such a highly skilled tournament.

All results can be seen on our athletics twitter feed - https://twitter.com/stsathleticdep

OE15 BACKPACKING 1 2016-2017

Backpacking 1, the second OE15 trip of the season, wrapped up this past weekend. Three groups of students over two weekends (September 23-25 for groups A and B and September 30 to October 2 for group C) explored the Kananaskis backcountry. Areas of instruction and development included self care (thermo-regulation, pacing, hydration, sleeping warm etc.), campcraft (stove lighting, meal planning, tent set up etc.), basic map reading and routefinding. The logbook, kept by each student, helps individuals observe and keep track of daily events, weather, distance, travel time and notable sightings / events. The logbook also provides a place for students to reflect on what has happened and what implications those happenings might have for future trips and life outside the backcountry. The questions, “What?”, “So What?” and “Now What?” provide a way for students to examine their own experience and to think of ways that learning might be transferred to other environments. As is so common for this time of year, weather ranged from clear, stable and cool to unsettled, turbulent and cold. This transition season is almost always a good time to see how different the world can be over short distances and to recognize the need for both planning and adaptability. Our final backpacking trips of the fall will take place October 14-16 (group A) and October 21-23 (groups B and C).