

# BANDIT NEWS



Hays School Newsletter

MAY 2022

## HAYS SCHOOL MESSAGE FROM PRINCIPAL

It is hard to believe that April is over. This month went by so fast. May is here and hopefully we will get some rain to settle the dust down. It is wonderful to see all the farmers out in the fields seeding. Our next Theme of the Month is "Caring for the Environment". We will be preparing our gardens and planting some flowers and vegetables. We have been talking about putting some fruit trees here at Hays for everyone to enjoy.

We are very proud to announce that Ella Macatuggal and Susy Bueckert have made it to the zone playdowns in Girls grade 9 Doubles badminton. Susy is unable to attend so Eva Wolf is stepping in to play with Ella. Also Trudy Hamm has made it to the Grade 8 Singles in Zones in Medicine Hat. So proud of our students at Hays as this is a very hard to get this far from a small school like Hays. Fabulous!!!!

We want to "Celebrate our Mom's" for being the wonderful people they are. We are having a Spring Tea and hope that all ladies from our community can come. All the school children will be inviting a Mom, Grandma, Auntie or Babysitter to come to the Tea. It will be Thursday May 5, 2022 from 2:30 to 3:30. See you then.

Just another note, if parents want to know about the new curriculum Mrs. Nadeau will be available to answer questions at the Spring Tea on Thursday May 5, 2:30-3:30. Wow, our school year is flying by this year. The Grade 9 students will be writing their PAT's for English May 17 in the morning.

### Exciting News!

Hays School will be having an Open House for Parents and Community Members to come see at the beginning of June to view all the wonderful things we do here at Hays School. The Open House will have different classes to observe such as:

- Gym Class
- Woodworking
- Technology
- Art Class
- Cooking
- Reading Comprehension
- Preschool Program- we will have registrations available.
- Counseling Services
- Gardens

Happy Spring Everyone.

Tracey Nadeau  
Hays School Principal



HATS ON FOR MENTAL  
HEALTH

MAY 4

MOTHER'S DAY TEA

MAY 5

HOT LUNCH

MAY 10/19

JUMP ROPE 4 HEART

MAY 24

JR HIGH TRACK MEET

MAY 25

ASCENSION

MAY 26

Hays School

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Hays, Alberta  
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**Jump Rope for Heart** is a family-friendly way to get kids active, practice healthy habits, and teach the importance of giving back. **Students learn life-long good habits:** about healthy living and being active. Did you know that healthy habits today help reduce kids' risk of heart disease and stroke later in life?

**Kids feel good by doing good:** students learn the importance of giving back, as they collect donations that fund critical research that's saving lives, preventing heart disease and stroke, and supporting survivors and their families.

Students have already been brining in money! The first 3 students to bring in money were Rudy Giesbrecht, Jacob Siemens & Cristina Giesbrecht. They each won a mystery prize bag, We will be having Jumping Rope for Heart on May 24 at school.



**Matthew:** What did the digital clock say to its mother?

**Jim:** What?

**Matthew:** "Look, Ma! No hands!"

**Jackie:** What kind of flowers do yellow jacket mothers like?

**Billy:** What?

**Jackie:** Bee-gonias

Junior High students will be traveling to Barnwell by bus for the Science Olympics on May 12th. Thank you to the Hays PAA for providing the bus for our students.

**Mother's Day Tea**  
**May 5th**  
**2:30pm**

Theme of the month:

**CARING FOR THE ENVIROMENT**



**On May 4, Albertans are invited to wear a hat to raise awareness of the importance of good mental health. We encourage all staff and students to wear**

*There will be 2 hot lunches this month.*

**May 10 - Hickory Street BBQ**

**&**

**May 19 - Hot Dogs**



### "Track Meets"

It is required for all Jr. High Students to participate in the Divisional Track Meet held at DA Ferguson School in Taber on May 25. Students will be traveling by bus. Thank you Hays Parent Council for paying for the bussing to make this possible for our students to participate.

Our own sports day will be held in June and the Elementary students will be traveling to Vauxhall to participate in their annual track meet on June 13th.

# MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 PAA Meeting 7pm	3	4 Hats On for Mental Health	5 Mother's Day Tea	6 NO SCHOOL  Happy Birthday Ms. Sidam	7
8 Mother's Day	9	10 Hickory Street Food Truck for Hot Lunch	11	12 Science Olympics Staff Meeting	13 NO SCHOOL	14
15	16 Happy Birthday Henry Fehr	17	18	19 HOT LUNCH	20 NO SCHOOL	21
22	23 Victoria Day NO SCHOOL	24 Jump Rope for Heart	25 Jr. High Track Meet	26 Ascension	27 12:30pm Dismissal	28
29	30	31 Track & Field Zones				





## Vaping 101: What it is, and how to help your child

*Vaping rates have surged among young people recently. As a parent or caregiver, it's natural to want to learn more and to wonder how to support your child. In this edition, we'll answer common questions about vaping and offer tips for fact-based, meaningful conversations.*

### What is vaping?

Vaping is a common term for using electronic cigarettes (e-cigarettes), devices that heat liquid containing nicotine, flavours, and chemicals to create an aerosol. When someone vapes, they inhale the aerosol into their lungs, and exhale it into the air. Vaping mimics the experience of smoking conventional cigarettes.

E-cigarettes go by different names, like *e-cigs*, *vapes*, *vape pens*, *mods*, or *e-hookahs*. They're also known by brand names. In this article, we'll call them **vapes**.

### What do vapes look like?

Vapes come in different shapes and sizes. Disposable vapes look the most like cigarettes. Rechargeable ones look more like pens or USB flash drives, which makes them easy to conceal. Some vapes are hidden in stealth products, like watches, hoodies, or gaming devices.

Vapes have batteries, a heating element, a mouthpiece, and a place to hold vape liquid.

## What is a vape liquid?

Vape liquid is a mix of chemicals, flavours, and different levels of nicotine. It usually comes in small pre-filled or refillable cartridges or pods.

Vape liquid goes by names like *e-juice*, *e-liquid*, *vape juice*, *vape liquid*, or *oil*. It often has flavours that entice kids and teens, like fruits, candies, tropical drinks, or desserts.

## How harmful is vaping?

Vaping is relatively new, so scientists are still learning about its long-term effects on health. Here's what we know right now:

- Most vapes have nicotine, which alters brain development and can affect memory and concentration. Nicotine is also highly addictive. It causes intense cravings and nasty withdrawal symptoms. Young people tend to get hooked on nicotine more easily than adults.
- Both vaping liquid and the aerosol created by vaping contain harmful substances. Some are known to cause cancer and lung disease.
- In rare cases, defective vapes have caused fires and explosions. Vaping comes with a risk of burns and other serious injury.
- Young people who vape may be more likely to start smoking than those who don't vape.

## Is vaping illegal?

Vaping is illegal for anyone under the age of 18 in Alberta. There are fines for minors who possess or use vaping products, and for adults who sell or give vaping products to

minors. This matters because most teens who vape report getting vapes and e-juice from their acquaintances, friends, and family.

## How common is vaping in young people?\*

The vaping rate among young people in Alberta has spiked recently. In 2014-15, 8% of Alberta students in grades 10-12 reported vaping in the last month. In 2018-19, that number jumped to 30%.<sup>1</sup>

Research shows that vaping is also a concern among younger students. In 2018-19, 23% of students in grades 7-9 said that they had tried vaping.<sup>2</sup>

## What do young people have to say about why they vape?\*

Research tells us that kids and teens often underestimate the harms related to vaping.

As well, teens say they vape because it's enjoyable or like the buzz it gives them. Others vape out of curiosity or to try different flavours. Some vape because they believe it will help them reduce stress, or help them fit in with friends.<sup>2</sup>

## How can I talk to my kids about vaping?

Talking about vaping isn't a one-time thing. Think of it as a conversation that happens in bits and pieces. With time and practice, talking about vaping will strengthen the relationship you have with your child, and boost the chances they'll come to you with questions or when they need help.

Try these tips for respectful conversations:

- Talk about vaping when it comes up in real time—like when you see it on TV or

# Healthy Children

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when you drive by a vape shop. Ask open-ended questions like *what have you heard about vaping?*

- Get your child thinking about the consequences of vaping in ways that are meaningful to them. For example, try talking about how vaping could affect the amount of money they have, their sport goals, or their friendships.
- Help your child spot vaping-related advertising in movies, music, video games, and the like. Talk about what's being shown, and why. The tobacco industry is known for using unethical tactics to persuade young people to smoke or vape.
- Have conversations about what it means to be an independent thinker, and to make good decisions. Help your child reflect on their values and judgments. This boosts their ability to resist the influences around them, like pressure from peers.

If you find that your child won't engage in conversations about vaping with you, make sure they have a trusted, supportive adult they can talk to—for example, a teacher, coach, Elder, or faith leader.

## What should I do if I find out my child is vaping?

Tell your child that you love and care about them, and that you're there to help.

Use open-ended questions to get a feel for why they're vaping, like *tell me some of the reasons you vape*. Listen to their answers, and be there to support them. Try not to criticize or lecture.

If your child needs help to quit vaping, talk to your health care provider or call 811 to speak with a Registered Nurse. If you need support to quit vaping or smoking, go to [AlbertaQuits](#) for information on phone-based quit counselling, text messaging, support groups, and more.

### For more information, go to:

- [Electronic cigarettes and vaping products](#)
- [Learning about how to talk with your child or teen about vaping](#)
- [Preventing kids and teens from vaping](#)

<sup>1</sup>Government of Alberta, 2021. [Addressing the health harms of smoking and vaping](#).

<sup>2</sup>Government of Canada, 2020. [Detailed tables for the Canadian Student Tobacco, Alcohol and Drugs Survey, 2018-2019](#).

\*Research in younger students is limited in this area.





## Vaping and teens: Your questions, answered.

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Try these tips for respectful conversations:

- Steer your teen toward credible sources on vaping, and use it to kick-start family conversations.



# Healthy Teens

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Try [Consider the Consequences of Vaping](#), a national campaign with youth-friendly videos, virtual games, and other resources.

- Talk about vaping when it comes up in real time—like when you see it on TV or when you drive by a vape shop. Ask open-ended questions like *what have you heard about vaping?*
- Get your teen thinking about the consequences of vaping in ways that are meaningful to them. For example, try talking about how vaping could affect the amount of money they have, their sport goals, or their friendships or romantic relationships.
- Help your teen spot vaping-related advertising in movies, music, video games, and the like. Have conversations about what's being shown, and why. The vaping industry is known for using devious tactics to persuade young people to vape.
- Have conversations about what it means to think and act independently, and to make good decisions. Help your teen reflect on their values and judgments. This boosts their ability to resist the influences around them, like pressure from peers.

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### For more information, go to:

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- [Learning about how to talk with your child or teen about vaping](#)
- [Talking with your teen about vaping: A tip sheet for parents](#)

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runjumpthrow  
athletics canada

# Run Jump Throw T&F Meet

for children ages 7 through 14.

**FRIDAY, JUNE 10TH**

**Medicine Hat Rotary Track**

REGISTRATION DEADLINE : Tuesday, June 7, 2022

click here for the [RJT Registration Form](#) and here for the [RJT Schedule](#)  
please email the Registration Form to [mderb@shaw.ca](mailto:mderb@shaw.ca)

Run Jump Throw is sponsored by Medicine Hat Kiwanis Club.

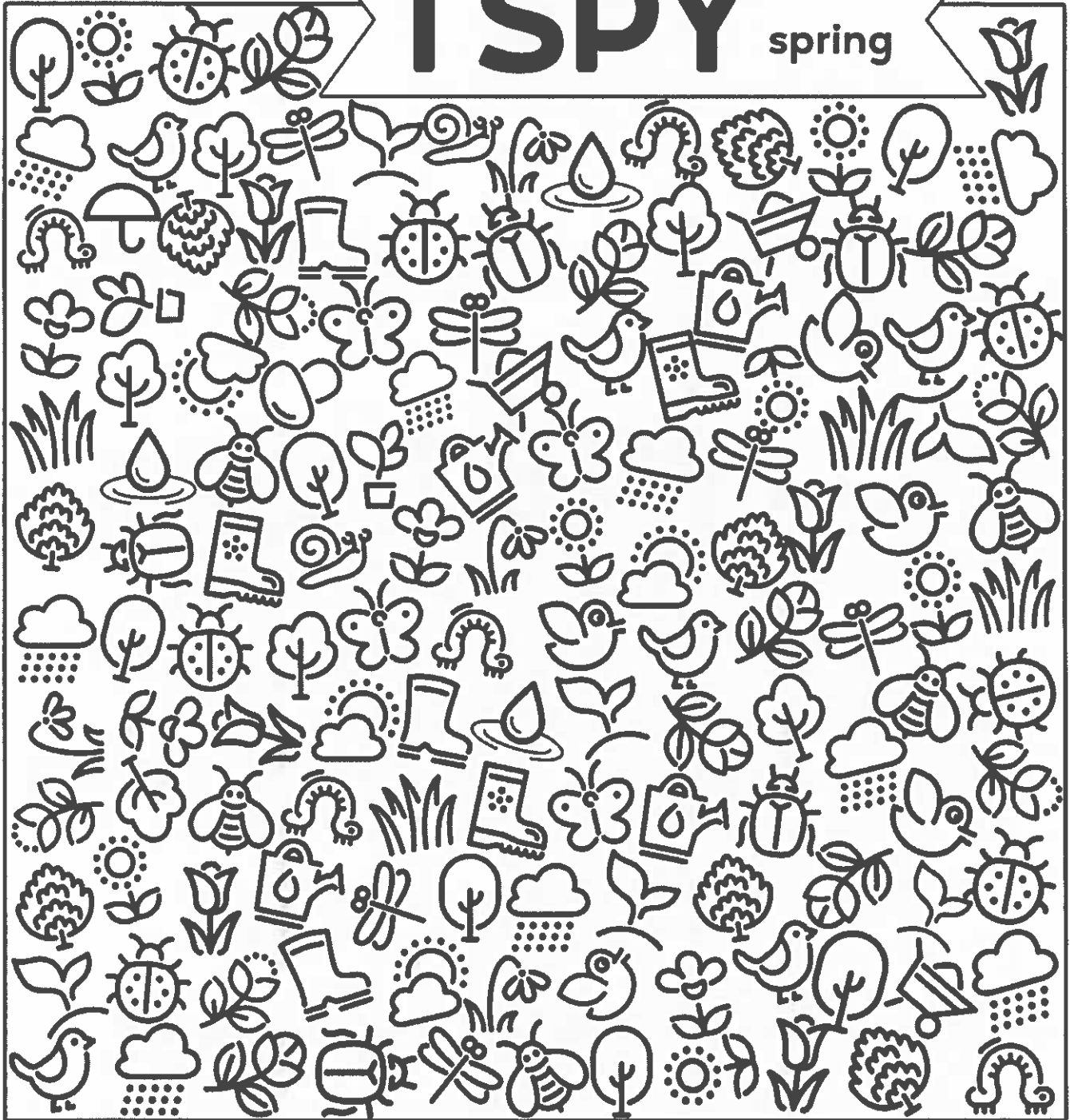
MEET DIRECTOR: Marg Derbyshire

THANK-YOU for supporting our Youth!!

<http://southzone.org/med-hat-rotary-track.html>

# ISPY

spring



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| 1 |  | 6 |  | 7 |  | 1 |  | 3 |  | 6 |  | 7 |  | 4 |  | 7 |  | 5 |  |
| 3 |  | 3 |  | 4 |  | 6 |  | 2 |  | 7 |  | 5 |  | 9 |  | 6 |  | 3 |  |