



Career Exploration Sessions



Get Involved

Hello from Career Transitions!

Sail & Bail 2024; Cardboard Boat Race is quickly approaching on November 14 at the University of Lethbridge (*back up location is the Lethbridge YMCA*). 50 Teams/200 students are locked in and ready to compete. Look forward to seeing you there! Sponsorship opportunities still available - please see attached information.

Ed-venture Post-Secondary & Training Fair (formerly known as our Post Secondary Fair)! Mark your calendars for November 21 - 5-8 pm. We are proud to be partnering with the YMCA this year. This event will be held in their incredible facility at #140, 74 Mauretania Road (Cavendish Farms Centre). Please see attached poster for more information.

Career Exploration Sessions 6 more planned for this fall and January 2025. (posters attached for November sessions).

- November 6 - [Paleontologist](#)
- November 7 - [Community Planner](#)
- December 11- [Navigation Officer](#)
- December 12 - [Marine Engineering Officer](#)
- January 14 - [Defence Counsel](#)
- January 15 - [Roofer \(rescheduled to this date\)](#)

Trades Exploration Day - (formerly known as Skills Discovery Day) will be held at Lethbridge Polytechnic on December 18. Stay tuned for more details.

We are currently in the process of launching our new website (www.careersteps.ca). Please be patient our CES recordings are not available yet. We are getting closer!!

Thank you for promoting these great learning events to your students! .

We enjoy connecting with your students through these sessions. Per usual, any questions, please just send them our way.

Your Career Transitions Team

For more information visit:

www.careersteps.ca

If you have any questions regarding career or post secondary information contact Garth Mouland at:

garth.mouland@horizon.ab.ca

Or stop by the office to set up an appointment.

Garth is at VHS every Wednesday!



CAREER EXPLORATION SESSION

PALAEONTOLOGIST

NOVEMBER 6TH
4:30 PM



A palaeontologist is a scientist who studies ancient life, including past ecosystems, diversity, evolution, and behaviour. Palaeontologists learn about ancient life by studying fossils, and also compare fossils to living organisms and modern ecosystems. Work can include fieldwork collecting fossils, and laboratory, collections, and computer work researching fossils. Palaeontologists have broad training in biology and geology. Most palaeontologists work at universities (where they also teach) or museums (where they also help develop exhibits).

Join Dr. Caleb Brown from the Royal Tyrrell Museum of Palaeontology to find out more.

Register now for this **FREE** virtual session!

Once registered, you will receive an email with the link, plus additional information regarding the event.



Questions? Email office@careersteps.ca



CAREER EXPLORATION SESSION

COMMUNITY PLANNER

NOVEMBER 7TH
4:30 PM



While considering the economic, social, and environmental impacts, Community Planners prepare plans and bylaws for communities that are used to guide development. These documents ensure the needs of the community are met now and steer the community towards desired outcomes into the future.

Join Kattie and Diane from the Oldman River Regional Services Commission as they tell how each day as a Community Planner offers new challenges and unique opportunities, making every day different from the last. With needs and technology constantly evolving, the learning never stops.

Register now for this **FREE** virtual session!

Once registered, you will receive an email with the link, plus additional information regarding the event.



Questions? Email office@careersteps.ca

GET READY TO TAKE NEXT STEPS ON
YOUR CAREER JOURNEY!
JOIN US AT . . .



ED-VENTURE

POST-SECONDARY & TRAINING FAIR

NOVEMBER 21, 2024

YMCA OF LETHBRIDGE - #140-74 MAURETANIA RD W
5:00 - 8:00PM

OVER 40 POST-SECONDARY INSTITUTIONS AND TRAINING PROVIDERS
(LOCAL, PROVINCIAL AND NATIONAL)
WILL BE ON HAND TO HELP YOU PLAN YOUR FUTURE!

PLUS, 3 VALUABLE PRESENTATIONS:
FINANCING FURTHER EDUCATION - 5:30PM
TRANSITIONING TO POST-SECONDARY - 6:30PM
KEYNOTE SPEAKER AND AUTHOR OF "MANIC MAN"
JASON WEGNER - 7:30PM



DESIGN BY: GLAIZA MAE TAMPUS



Triple P

Positive Parenting in a Nutshell

Most of the time, parenting is fun. But there are times when things get a little tricky.

WHAT ARE TRIPLE P SEMINARS?

Triple P Seminars, in the format of a larger group, are an introduction to Positive Parenting. There are three seminars in the Triple P series. You can choose to attend one, two or all three.

SEMINAR 1

The Power of Positive Parenting

Helps you understand the reasons kids do what they do, so you can guide their behaviour, see more of the behaviour you like, and less of the behaviour you don't like.

Wednesday,
November 13
1:00-3:00 pm

SEMINAR 2

Raising Confident, Competent Children

Help your child become confident and successful - at school and beyond.

Wednesday,
November 20
1:00-3:00 pm

SEMINAR 3

Raising Resilient Children

Learn how you can help your child manage their emotions so they cope well with disappointment and stressful situations. Get the strategies that will allow them to recognize positive and negative emotions - and deal with them in a healthy way.

Wednesday,
November 27
1:00-3:00 pm

WHERE

Online
Zoom

REGISTRATION REQUIRED

Penny
403-915-4017
Penny.Pittman@fcss.ca



Trades 4U for students and parents/guardians

WHY?

Lethbridge School Division, Holy Spirit School Division, Palliser School Division, Horizon School Division, Coaldale Christian School, Providence Christian School and Calvin Christian School, are planning a similar event in November. The best way for students to pique their interest in the skilled trades is to try them. It will be an evening event to accommodate parents/guardians.

WHAT?

A unique opportunity for students interested in careers in the trades to get some first-hand experience in real-world settings with local employers. Students and their parents will spend an evening at various sites learning from skilled tradespeople in a hands-on environment. Students will receive a brief orientation and tour of the site and proceed to learn some new skills related to specific trades in a small group setting.

WHEN?

Wednesday, November 27, 2024,
from 4:00-6:00 p.m.

IMPORTANT POINTS

- »»» The students will be covered for WCB by Alberta Education.
- »»» You determine how many students you can accommodate and the length of the evening.
- »»» We will create a sign-up platform and will inform you by November 21 how many students have signed up for your business.
- »»» The event will be open to students in Grade 9 to Grade 12.
- »»» We would like to have participating businesses from throughout southern Alberta, as we are involving the area school divisions.
- »»» If you are receiving this through the LCA newsletter and you would like to be involved, please contact Andrew Krul at 403-894-0375 or email at andrew.krul@lethsd.ab.ca

MORE INFORMATION:

Call/Text Bryan @ 587-370-7187, or by email bryan.pritchard@horizon.ab.ca

Or, Scan this QR Code Link



Discover Strengths Ignite Passions - Realize Dreams

Hello Supporters of Career Transitions,

In recognition of the critical role that business and industry plays in the delivery of our career exploration programs and in the development of our region's future workforce, the Board of Directors is seeking forward thinking, engaged business representatives to contribute expertise and insights to our group.

If you are interested in making a difference by joining our Board of Directors, please contact Judy Stolk-Ingram, Executive Director at 403.330.6130 or judy.stolkingram@careersteps.ca for more information.

In support of inspiring students to graduate from high school and take positive steps to construct their dynamic future, we invite you to join us for our AGM.

Career Transitions 2024 AGM
When: Friday, December 6, 2024
Time: 9:00-10:00am

Where: 2nd Floor Conference Room, Lethbridge School Division
Board office (433 15 Ave S, Lethbridge)

Please RSVP to Judy: judy.stolkingram@careersteps.ca
See attached agenda and supporting documents for more details.

We hope to see you there!

Judy and Holly
Your Career Transitions Team

STUDENT COUNCIL

Student Council was busy in October, hosting 2 advisory activities; Pie in the Face and Head Shaving on October 9th as our student body reached a donation goal of raising over \$800 for the Terry Fox Run.

Student Council also hosted a Halloween costume contest on Oct. 31st.

We are still planning our November activities and events, so please STAY TUNED!

ADVISORY ACTIVITY

The Clubber' advisory group is organizing a Food Drive during the month of November! Please bring in non-perishable food items to your advisory group. On November 20th each advisory group will be building food sculptures using the food they brought in, these will be judged and points will be awarded to the top 5 groups. The food will then be donated to the Vauxhall Food Bank.

DRAMA CLUB

Drama Club rehearsals are underway and we are excited to announce our production of "Peter Pan" this spring — stay tuned for updates!

CARDBOARD BOAT RACES

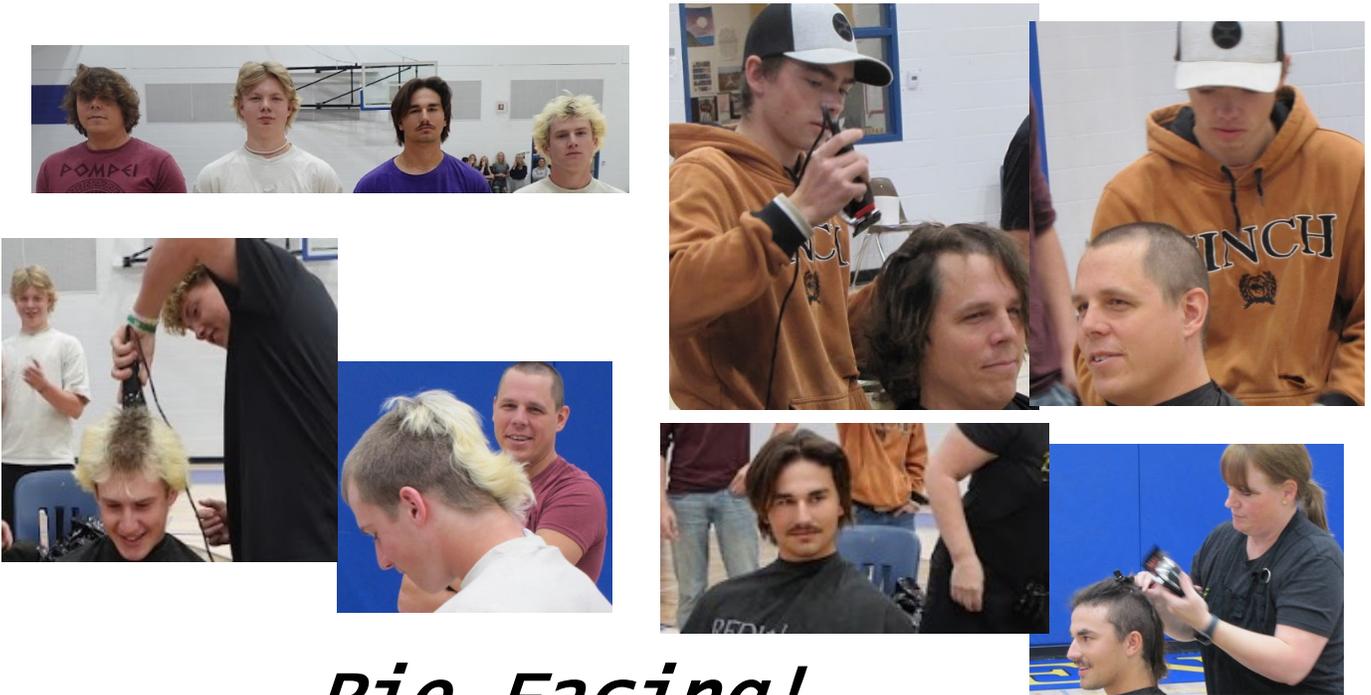
In October, Mrs. Astalos took the Grade 7's and a team of Grade 8's & 9's to a "mock cardboard boat race" at the Taber pool. They got to build a cardboard boat with limited materials and then race it in the pool. This event was to help determine who would get to attend the "Sail & Bail 2024 Cardboard Boat Race" event on November 14th, hosted by Career Transitions where schools from around Southern Alberta compete to build and race a cardboard boat. The chosen team for this year consists of Cody Haag, Maddox Graf, Mason Bueckert & Bradly Bunning. These students were chosen through a variety of factors including demonstrating skills in communication, teamwork, safety, design and precision. Best of luck to these students this year!



Terry Fox Run!



Head Shaving!



Pie Facing!



Pumpkin Carving 2024



Cell Phone Reminder

Cell phones are not permitted during instructional/class time, so please be reminded, if you have an emergency and need to contact a student, please call the office @ 403-654-2145.

REMINDER!!

Just a reminder to parents who drive their child(ren) to school to please stay out of the bus loop. You may use the east side street or the south parking lot to drop off or pick up your child(ren). You may also use the north side parking lot, but you **MUST enter and exit** to the east.

Safety is our first concern!

YEARBOOK

The 2023-2024 yearbook will be available soon. Cost is \$40. Cash, check or e-transfer vauxhallhigh@horizon.ab.ca

Don't miss out on all the school memories!

Anyone wishing to volunteer to help create the 2024-2025 Yearbook, please see Miss Karmann.

SAMARITAN'S PURSE

The Christian Spirituality class is participating in Samaritan's Purse again this year. It is a great way to give without having to go out of your way. All it takes is one shoebox to make a world of difference in a child's life! Crayons, small teddy bears and jump ropes are great ideas to include in your shoebox. There will be boxes at the school office early in November, in which to place your toys in or pick up a shoebox to fill yourself. Shoeboxes must be returned to the office by Dec. 11th.

LIBRARY



Come to the library and check out the new books that are available!

Read It!
Renew It!
Return It!

SCHOOL COUNCIL

NEXT MEETING

NOV. 18TH, 2024

@ 3:30pm

VAUXHALL HIGH SCHOOL

SCHOOL FEES

School fees can be paid thru School Cash Online, cash or cheque at the office or by e-transfer @ vauxhallhigh@horizon.ab.ca

Please call the school office at 403-654-2145, or email marlene.tower@horizon.ab.ca, if you have any questions or concerns.

Thank You!

SPORTS

Queen's

VHS Senior Girls Volleyball

November

Schedule

November 1 & 2 @ Vulcan

November 7 @ 5pm - Chinook @ Vauxhall

November 15 & 16 - Zones @ Coaldale Christian

November 22 & 23 - Provincials ?? @ Bonnyville



BASKETBALL TRY OUTS:

Monday Nov 4th—Jr. High Girls tryouts after school.

Wed. Nov 6th—Jr. High Boys tryouts after school.

Wed. Nov 6th— S.V. & JV Boys tryouts @5:30pm.



The winner of the Vauxhall Academy of Baseball Rafflebox was Lois Maloney!

A huge thank you to everyone for the support of the Marathon Game!



Parents and Guardians

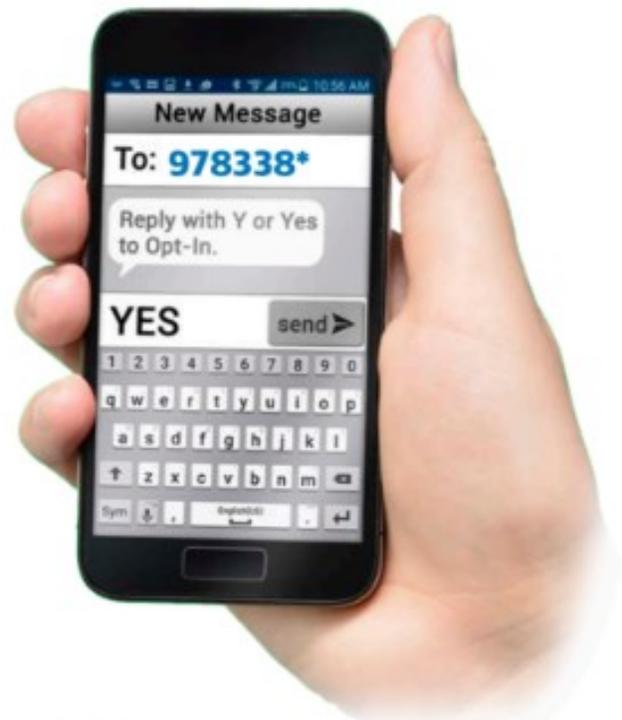
You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.

You can participate in this free service* just by sending a text message of "Y" or "Yes" to our school's short code number:

For **CANADA-BASED** numbers: **978338**

You can also opt out of these messages at any time by simply replying to one of our messages with "Stop".



*if your number is Canada-based.

SchoolMessenger is compliant with the Student Privacy Pledge™, so you can rest assured that your information is safe and will never be given or sold to anyone.

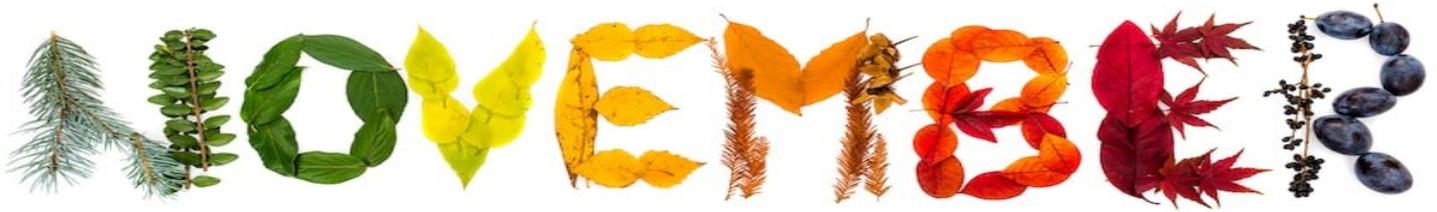
**Opt-In from
your mobile
now!**



**Just send "Y" or
"Yes" to
978338.**

(For Canada-based numbers).

*Terms and Conditions – Message frequency varies. Standard message and data rates may apply. Reply HELP for help. Text STOP to cancel. Mobile carriers are not liable for delayed or undelivered messages. See schoolmessenger.com/txt for more info.



Sun Mon Tue Wed Thu Fri Sat

					1 No School	2
3	4	5 Report Card #1	6	7 Remembrance Day Ceremony 10:45 am	8	9
10	11 Remembrance Day  No School	12 Parent Teacher Interviews 4-7pm VHS Gym	13 Parent Teacher Interviews 4-7pm VHS Gym	14	15 No School for students or staff	16
17	18 Online Fundraiser starts! Parent Council Meeting 3:30 pm	19	20	21	22	23
24	25 Online Fundraiser Closes! No School	26	27	28	29	30

