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Catholic Middle School

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GHP Sports Academy offers both Cheer and Hockey! Students meet two afternoons a week, (Tues. & Thurs.) with trained coaches to grow in their sport.



HOCKEY

- Two 1 hour ice sessions each week from September - March
- On Ice sessions will include technical skill development, specialty coaches and tactical concepts
- Small area skill development to enhance players skills and game understanding
- April - June: additional excursions that compliment hockey specific dryland training and additional athletic activities (i.e. wall climbing)

CHEER

- 10 month program with 2 training sessions per week.
- Training will be skill development for Cheer athletes
- Includes additional excursions to try different activities (i.e wall climbing)

Key Dates

Please take note of the following important 2021 dates from now to September:

February 18th

Parent Information Night

7 pm on Google Meet. All parents & guardians are welcome!

March 3rd

Open House

7 pm- Students and families are invited to meet the staff via Google Meet and tour the school virtually.

April (TBD)

Follow Up Visits

Ms. Kushniruk and Mr. Pedersen along with the Grade 6 team will meet with grade 5s to answer questions and talk more about next year.

May (Day TBD)

Option Registration

Families will receive information about option choices for next year and submit student preferences via Google Forms.

August 31st & September 1st

Staggered Entry

Based on grade & last name, students will ease into classes on one of the two days. This includes meeting teachers, getting their schedules and learning about their classes.

September 2nd

First Day of School- 8 am

First day of regular classes with all students.

How is Middle School Different?

Lunchtime



Grade 6s & 7s eat in our newly renovated cafeteria. During nicer days, students may also eat outside **and** if they have parent/guardian permission, starting in

October, they may go to Circle K for a treat. Lunchtime is broken into the eating period and lunch recess. During recess, grade 6s play outside in the field or on the playground. Sports equipment is also available.

Timetable

Students enter the building at 8:00 am. All students are expected to be in their homerooms when announcements begin at 8:10 am. There are 7 blocks each day; two morning blocks followed by a 10 minute Nutrition Break, two classes followed by lunch and three classes before the end of the day at 2:39 pm.



Please note that revision to school schedules can occur from year to year.

Switching Rooms for Classes



Grade 6 students spend the majority of their day in their home classroom. They may move for options and spend Phys. Ed. Class in the gym, the fitness room or outside. Grade 7 & 8 students change classes more often for their various subjects. Students are expected to plan ahead by having the books and supplies needed for each part of the day.

Lockers

Grade 6s & 7s are assigned half lockers outside of their homeroom class. Students are expected to store backpacks, jackets, phones and winter gear in their lockers. Students can access their lockers before school, at lunch and after school. School supplies and books are stored in homeroom classes in desks or bins.



FREQUENTLY ASKED QUESTIONS

We asked our students what they were most concerned about before coming to GHP. The following were their questions/concerns as well as what they found once they started middle school.

Q: Will the schoolwork be hard?

A: The work is manageable. Teachers know a lot about the subjects they teach which makes it fun. Often it is easy.

Q: I am nervous about being around the grade 7s and 8s. Will I be okay?

A: The older grades were once grade 6s. They remember what it was like and are very nice.

Q: If I have health problems will I be safe?

A: There are teachers and office staff who are trained and well informed that I can count on to help if I need it.

Q: With students from different schools coming to GHP, am I going to make new friends?

A: YES- People are so nice and everyone is excited to meet new people. It is easy to make new friends.

Q: What if I go to the wrong class or get lost in the halls?

A: I have a homeroom class and will get to tour the school to find my way. If I get lost, there are lots of staff & students to help me.

Q: Am I going to have problems with my locker or forget my combination?

A: My teacher helped our class learn how to use locks and even write down my code for me. By the end of the first week I had the hang of it.

Q: Will I be able to get up and start school so early?

A: Yes, it takes no time at all to adjust to the new schedule.

Q: Am I allowed to use my computer or tablet?

A: Yes I am. Depending on the situation, teachers allow students to use their devices for research, notes and more.

Q: I am in Sports Academy. Do I get to take options?

A: In grade 6, Academy takes place during Dynamic options but I still got Art, Phys Ed & FSL. In Grades 7 & 8, Academy students get three options in addition to Academy.

Q: I am a little nervous and embarrassed to change in the changeroom.

A: Nobody is going to judge you since we are all in the same position and if you are still nervous there is a change stall in the room and alternate places to change.

GHP offers a range of organized athletics including volleyball, basketball, track & field, Journal Games, cross country running, and badminton. Boys and girls are encouraged to try out for any and all sports.

Need more? You got it! We have lunchtime activities including class intramurals in the gym ranging from basketball to dodgeball. We have Student Council, Library activities, video game competitions and MORE! If we don't have it, ask for it. This is your school!



Contact Us

Feel free to call or email us with any questions or concerns at 780-939-3593.

PRINCIPAL	VICE-PRINCIPAL	COUNSELLOR	SUCCESS COACH	FRONT OFFICE	FRONT OFFICE
CHARLENE	LORNE	JESSICA	MARY	COLLEEN	LEANNE
KUSHNIRUK	PEDERSEN	O'GORMAN	MORIN	DURAND	VAN LERSBERGHE