

Kitimat City High



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UPCOMING EVENTS

Jan 8 – 11 – Foodsafe

Jan 15 – Concert at MET

Jan 18 – Skiing at Shames

Jan 24 – Snowshoeing

Girl Talk every Tuesday starting Jan 9

PRINCIPAL'S MESSAGE

Happy New Year!

I hope everyone had a relaxing and fulfilling holiday spent with family and friends.

We are excited to be back providing wonderful learning opportunities for your child.

Staff at KCH:

Kathy Bell – Senior Math and Fine Arts

Chris Blain – First Nations Youth Support Worker

Mat George – Junior Program and Science

Tom Hartl – Senior Humanities and PE

Patricia Lange – Junior Program, Foods and Social Studies

Stacy Rolica – Meal Coordinator and Youth Support Worker

Analisa Simpson – Youth Support Worker

Cheryl Skender – Administrative Secretary

Breakfast Program

We are fortunate to have the Breakfast Club of Canada Grant once again. We have been offering a variety of hot and continental breakfasts five days a week. Thank you to the amazing Staff at Kitimat City High that volunteer their time to make this program successful. Breakfast is served daily from 8:10 a.m. – 8:40 a.m.



FOODSAFE

Mr. Reid Nelson will be here January 8 to January 11 delivering the Foodsafe program to interested students. We have ten students signed up.

SKATEBOARD PROGRAM:

In an attempt to find a project to fuse hands on learning with life applicable English language/English First Peoples skills/values the 'Skateboard Project' was born. Patricia Lange had brought to the attention of staff an opportunity to apply for a \$5,000 grant from Northern Health. The main requirement was that it had to be a "healthy community focused activity." So, with my (Tom Hartl) passion for skateboarding it was a natural choice to build our own skateboards. We had students write up proposals and ten students were chosen to participate in this project. The students have been working hard, and are looking forward to building their second skateboard. Next week, a grade four class from Nechako will be coming to see how the skateboards are made. In the spring, our students will be teaching the grade 4 class how to ride the skateboards safely.



Hike to North Cove – Patricia Lange

18 students, with staff Chris, Brady and Patricia, on a beautiful fall day on October 17th hiked down to North Cove. As the tide was coming up we hiked along the shorelines of 3 cute little coves. On our return the exceptionally high tide covered one of the pebble beaches and meant we had to scramble over slippery logs and through dense rainforest brush to get back. Students DID NOT COMPLAIN at the difficulty of this challenge and helped one another extremely kindly without complaint. Our next challenge was for groups to make fires out of very waterlogged wood. Once again, students stayed positive and cheerfully built 4 excellent fires. We all enjoyed a good old fashioned hot dog roast picnic with warm fires and lots of fun banter rewarding us for overcoming the challenges.

