



**Superintendent:**  
Darrel Robertson

**Assistant Superintendent:**  
Kent Pharis

**School Trustee:**  
Marcia Hole

## PRINCIPAL'S MESSAGE

Greetings Ross Sheppard High School community,

Since the first newsletter, we successfully accomplished many tasks lending to the amazing spirit at Ross Sheppard High School.

December had a focus on celebratory events that took us right into the holiday season. We ended the final day of classes with our annual Muffins and Music, capped off by a talent show for the ages. Many extracurricular events in December set the tone for an amazing accomplishment of volunteerism at Shep. Students and staff had a well-deserved break, followed by a return to academics in January.

January got us back into the thick of it, as we experienced some frigid cold temperatures and jumped into diplomas, with students writing English and Social Studies Part A exams during week two. By January 22<sup>nd</sup>, we were into full assessment/exam mode. This process was remarkably successful and a huge congrats goes out to staff for their hard work and dedication preparing Shep students for their succession plans. Extending another shout-out to the students, who really immersed themselves into coursework to finish off a fabulous first semester.

February kicked off the second semester and we did it in fashion, with the launch of our Black History Month celebrations. School started well, as students were focused on getting closer to attaining their high school diploma. You could see the dedication and commitment in the building. As a Principal, I was thrilled by the positive student conduct and work happening in and out of the classroom at Ross Sheppard High School. We began the second semester with 2310 students, the highest population seen in many years, and launched into our pre-enrolment phase, registering students for the 2024-2025 school year. For the first time in the history of the school we are an official Growth Level Two school, meaning that Shep is closed to students outside of our catchment area, unless they qualify. More information about the Growth Control Model is available at [epsb.ca](https://epsb.ca) and our school website.

To focus on any one particular aspect of our school would be unfair to the many that are doing amazing things. As a Principal in my fourth year at Ross Sheppard High School, I couldn't be more proud of the accomplishments that have been achieved to date. I have personally witnessed some amazing growth at Shep, with engagement at an all-time high. Our staff are working extremely hard to support students and I am able to visualize many succession-oriented students possessing growth mindsets, due in part to our Career Pathways programming.

I want to thank our School Council and families for some very engaging monthly meetings, with growth in the number of parents attending. These meetings provide parents with a chance to discuss how they view high school through their child's lens. Our meetings help bring conversations to the table that may never otherwise surface due to challenges around connecting in-person. Without any doubt, for me, one of the most important aspects of leadership is connection with parents. I continue to be cliché with this statement, but please know that my door is always open. I have learned that much about the success of students in school comes from a intact, triangulated relationship between parents, children and school.

The true spirit of WE ARE SHEP lives in our halls and is certainly practiced by all. The foundational principles that our school lives by include the ability to show LeaderShep and MentorShep, build RelationSheps, and strive to achieve ScholarSheps. These principles highlight that we are a community working in unison to embrace challenge with rigour, celebrate success, and model the pride, tradition and excellence that truly make our school a wonderful place to be. If you ever need a conversation or want to come by to check out the fabulous day-to-day actions at Shep, please feel free to make an appointment to come visit. Your voice is important to us. If we can support anything you need, please do not hesitate to ask.

A handwritten signature in blue ink that reads "Rick Stanley".

Rick Stanley  
Principal



Rick Stanley  
PRINCIPAL

# MATHEMATICS

For the Mathematics department, this time of year is about looking forward to the upcoming season of math contests. We start to seek out interested and skilled students who might want to try their hand at contests individually, or perhaps join our big team math competition that will be happening April 11<sup>th</sup>.

This year, our team competition is promising to be very exciting. The first indicator was that the University of Waterloo began planning on sending an individual to speak to us without us approaching them first. Our event is already on their radar as one to participate in. In fact, the representative of the Centre for Education in Mathematics and Computing (CEMC) is planning on coming out earlier to present at local schools during the days leading up to the competition.



The second indicator of excitement is the fact that we have had many other schools demonstrate a desire and plan to come and attend. It will be the first year that this competition becomes a provincial event. We have had schools from Sherwood Park, Camrose, Hinton, Red Deer, Medicine Hat and Calgary express an interest in participating. It's just so exciting! What a tremendous opportunity for students who are interested in mathematics to get a sense of the larger community they are a part of. At one point during the competition, guaranteed, we will have students recite the first few digits of pi, and when everyone starts reciting this together, they realize that they are not the only ones who cared to memorize them.

With this sort of growth, we are excited to look for ways to reward our winners in a more significant way. Hands down, the biggest reward that students get from our competition is bragging rights, but this year we are hoping to get some help so we can provide our winners with a bit more. There will be efforts made to connect with the local community to see what they might be willing to offer to support our competitors.

It is all very exciting! I hope to share news with you all of a Ross Sheppard victory on April 11<sup>th</sup>, but win or lose, we are going to have an amazing day!

# SOCIAL STUDIES

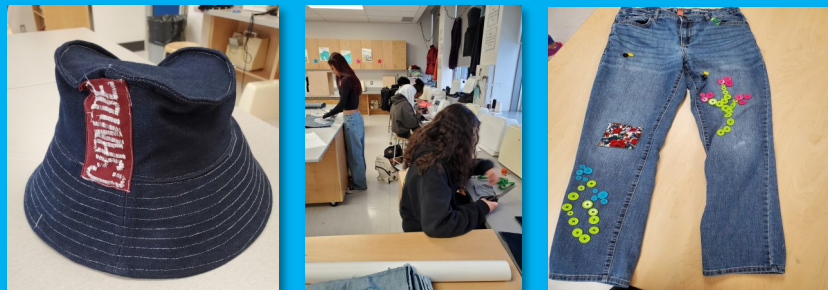
This term has already been a busy one in Social Studies, as we start new courses and dive into current events and the curriculum. Our full-year IB classes finished the first semester with two exciting experiential learning activities. The 30 IB class participated in a socratic seminar that had them debating the different facets of authoritarianism in Nazi Germany. The Social 20 IB classes completed their Napoleon unit and put "Napoleon on Trial", debating in a court simulation as to whether Napoleon upheld the ideals of the French Revolution and nationalism in Europe. Students role-played the various leaders, citizens and lawyers, and of course Napoleon! With fabulous costumes, acting and use of historical knowledge in both classes, the result was the exile of Napoleon!



Coming up, our High School Model United Nations club will be participating in the University of Alberta MUN at the end of February and our Reach For the Top club will have their first competition in March.

# FASHION STUDIES

The Fashion 10 classes finished the semester strong with a very fun project in the Redesign, Reuse and Recycle unit. We worked on simple, and more complicated repairs, all on a single pair of blue jeans. While many students worked on a donated pair of jeans, several chose jeans of their own and designed for themselves or family members. Some lovely work was done! We finished the semester with accessories - making hair scrunchies, keychain lip balm holders and bucket hats.



# FOOD STUDIES

## Foods 10

Another semester, and even more creative cooking! Foods 10 ends each term with a project to create a meal with limited time and carefully selected groceries. Highlights included Vietnamese spring rolls, Greek-style kabobs, tacos and lots of pasta. We introduced something new this year, encouraging students to come up with their own recipes for Potato Day and the Ramen Challenge. Students researched and developed recipes, including ones for gnocchi and stuffed potato pancakes. Our new classes of Foods 10 started in February with Foods Basics, learning how to work in our kitchens, master measurements and safely handle the larger chefs knives.



## Foods K&E

The Foods 20/30 K&E class had an exciting semester. Foods 20 students continued to develop their confidence in the kitchen and were challenged with more complex recipes. While the task of a larger ingredient list seemed daunting, they were able to trust in their skills and cooked some fantastic dishes. Foods 30 students were given a cake challenge. They needed to plan a cake design, create an ingredient list to be purchased and decorate their cake. As the first group of Foods 30s to do this challenge, they set the bar high for the next group to follow!

## Foods 20

Foods 20 classes are excited to start with the Milk, Eggs and Cheese unit. Some of the recipes include; meringues, lasagna, strawberry cheesecake, cream of potato soup, frittatas and custard pies. Yum!

## Foods 30

Food Studies 30 is a time to be together in the kitchen. We began with the Food for the Life Stages module. Classes learned how to make baby food, kid snacks, teenage and senior meals, and develop special menus that included diabetes friendly, low-sodium, heart-healthy and high-fiber diets. The students were engaged and had fun in the classroom discussing the stages of our lives.





# FINANCE

January was a whirlwind of excitement as Finance 10 students dove headfirst into the world of business simulations, showcasing their entrepreneurial prowess and strategic ability. The competition was fierce, the stakes were high, and the results? Nothing short of extraordinary!

In this tightly contested battle of wits and strategy, students took the reins of their own virtual companies, navigating market fluctuations, making crucial decisions and demonstrating their financial finesse. The energy was palpable as teams vied for the top spot, each determined to outmaneuver their rivals and emerge victorious. After weeks of intense simulation gameplay, only one individual from each class took home the title of Business is War Champion. The winners proudly hold aloft their giant cheque, showcasing their achievement.



# CHINESE

Before the Christmas break, all Chinese classes went to a Chinese restaurant in Chinatown for dim sum lunch. Students enjoyed the food and the experience. Grade 12 students designed their own grad hoodies and received the final products before the break.

In celebration of the coming Chinese New Year, our Chinese Lion Dance, Chinese Traditional Dance and Chinese Yo-Yo teams have been performing around the city in many different community functions.



# PHYSICAL EDUCATION

As the new semester kicked off, the excitement in our Physical Education department grew. Physical Education teachers have been dedicated - getting to know their students, understanding their interests and assessing their levels of engagement. The positive buzz surrounding our department has been infectious, with both students and teachers eager to embark on a journey of physical well-being and personal development.

In Phys Ed 20 and 30, anticipation has been building as we plan exciting field trips that promise to blend adventure and activities outside of the school, developing a passion for activities that cannot be done in a gymnasium. In class, we've introduced a variety of excellent and engaging games that strike the perfect balance between competition and fun, ensuring that our students not only enhance their physical abilities, but enjoy the process.

The fusion of camaraderie, skill-building and a zest for physical activity has set the tone for a dynamic and fulfilling semester in our Physical Education program.

# DRAMA

## Drama 10

Semester one Drama 10s finished off with a production of *The Audition by Don Zolidas*; a hilarious and heartbreaking look at the madness of auditioning. Friends and family were delighted to see them shine!

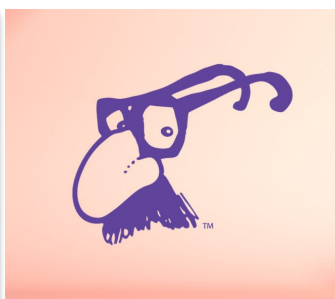
## Drama 20/30

Semester one Drama 20/30 students completed their first ever musical playwriting workshop with the #writesofpassage program from Workshop West Playwrights' Theatre. It was led by local writers, Josh Languedoc, Jesse Arden and Althea Cunningham. At the end of the workshop, students had the unique opportunity to workshop their original scenes with professional actors. Current Drama 20/30 student directors, playwrights, technicians and actors will soon be working towards staging scenes at our Shep Fest, One Act Festival.



# IMPROVISATION

The Improvisation class is having a busy month of competitions! They'll be competing in Rapid Fire Theatre's Nosebowl and Canadian Improv Games! Wish them luck as they represent Shep with that thunderbird spirit!



# MUSICAL AND TECHNICAL THEATRE

The Musical and Technical Theatre class is thrilled to announce that *Chicago: Teen Edition* will open on May 15<sup>th</sup> and run until May 18<sup>th</sup> in the Ross Sheppard Performing Arts Theatre. Set in the 1920s, *Chicago* is a dazzling and satirical look at fame, justice and the media machine. For a sneak peak at "All That Jazz", pop by the theatre during Open House on March 7<sup>th</sup>.





# ATHLETICS

There has been a lot to celebrate in Shep Athletics.

All four of our basketball teams are having seasons to be proud of as they prepare for a push to the playoffs. They are battling it out for the top seeds in their division; all while having tremendous success in the tournaments they are competing in. Both our senior boys' and girls' teams traveled to Orlando, Florida in December to hit the courts with strong American teams.

Our Cheer team is continuing to put in hours of practice each week from their season start in September. They competed in Calgary, finishing first at the Imagine Cheer and Dance competition.

Wrestling is having another strong season, as they have now competed in three different competitions and are preparing for cities coming up on February 27<sup>th</sup> and 28<sup>th</sup>.

Badminton, Indoor Track and Rugby are getting ready to have their seasons begin, while Handball season is still a couple of weeks away. All our athletes are continuing to prepare and put in the hard work to continue what has been a very successful athletic school year.



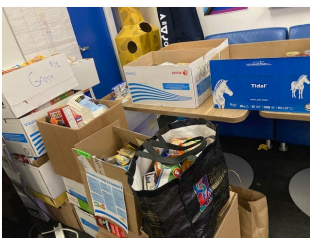
# KIKINAW EVENTS & ACTIVITIES



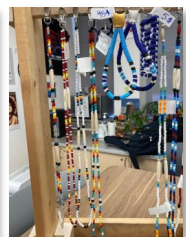
Jennifer Wilkison, on behalf of Larga Ltd., an Indigenous-run medical boarding home for patients that come from NWT, made a donation to support our kikinaw programming. Hiy hiy/nitataminân



Jennie Bearhead, Indigenous Leadership student, is the proud winner of this year's Sheps Got Talent!



Indigenous Leadership partnered with Interact this November to hold a **Food Drive** at Shep during Totem Hoop. Indigenous Leadership supported Bent Arrow and Métis Child and Family Services. We are nanâskomowin to the Shep Community for their support!



Indigenous Leadership held a **beading and bake sale** in November to support kikinaw/Indigenous Leadership programming. Thank you to all the Leadership beaders, bakers and volunteers for their many hours of diligent work to make this possible. Many new entrepreneurial skills were gained. Thanks to the Shep community for your support.



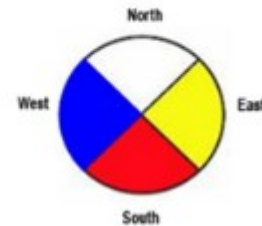
**Four Seasons Land-Based Learning**

**Medicine Wheel**

The Medicine Wheel is added to our newsletter as a gentle reminder of the importance to take care of yourself, and to see the ways we can help and take care of ourselves in the upcoming semester.

Striving for balance within your school, work and personal life, and among family, relations, rest and play is "good Medicine." When struggling in one area, look at the other areas to see if there is work to be done to return to balance and wellness. We are grateful that there are many people, places and resources at Shep to seek support. kikinaw, Elder, Student Services and the Connect Hub are some resources that can offer guidance.

North - Spiritual    East - Mental  
South - Emotional    West - Physical



On February 3<sup>rd</sup>, a **Round Dance Ceremony** was held at the University of Alberta, hosted by First Peoples' House and supported by Indigenous Leadership students who assisted firekeepers, sang, drummed, made sandwiches, and supported elders and community members. Students had the opportunity to partner with a university student to hold rich conversations about their pathway and experiences at university, and make new friends. Thank you to Dalene O'Chiese, Lyle Tootosis and BAM for this opportunity!

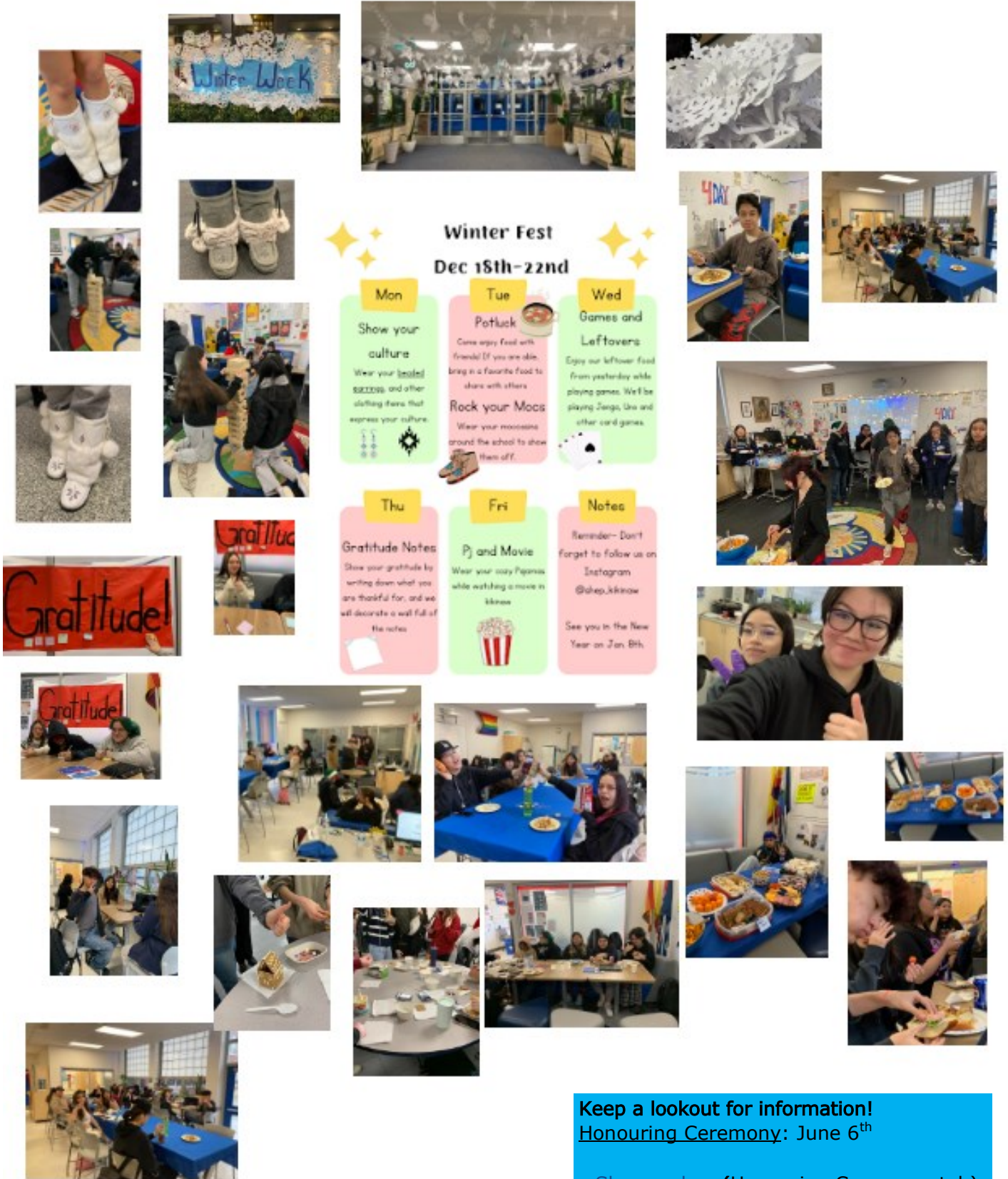


**Round Dance 101:** The Round Dance ceremony illustrates the néhiyaw ᑕᐱᐱᐅᐅ philosophy of death and its relationship between us and Spirits. The Northern Lights are said to be our relations who have passed on; Elders say the people that have passed on come to dance with us at the Round Dance; in that respect, our relatives are always here with us. In this dance, people move like the Northern Lights, in an up and down motion as they dance around the drum. We join hands in a circle and dance clockwise with the drum and singers sitting in the middle.

The beat of the drum is like the heartbeat of the community - all members move as one. The Round Dance was a healing ceremony that became a social dance for Indigenous people and a dance held in the winter season. A Round Dance is for everyone, children, friends, families, youth and Elders. This is a time to swap stories, catch up on the latest news, break bannock and share some tea. And even better, to hear both the old and new songs sung. It's a time to honour traditions and memories of our ancestors dancing around their starry campfires, flickering against the dark blanket of the night sky.



# Winter Fest: Indigenous Leadership Festivities



**Keep a lookout for information!**  
**Honouring Ceremony: June 6<sup>th</sup>**

- [Shepgrad.ca](http://Shepgrad.ca) (Honouring Ceremony tab)
- Invitation distribution in May
- Contact Mrs. Perry with questions



# CONNECT HUB

The Connect Hub has continued to be a bustling place! Students are working hard in their semester 2 module-based courses taken through LearnWrite and offered in-house.



Many Ross Sheppard students are capitalizing on having access to regular, free tutors to study for exams and complete homework from 3-4 PM in our daily Homework Club. Great job T-Birds!

As semester 1 came to an end, we celebrated the students that completed courses through modules. Our team is very proud to work with such amazing students every day! During semester 1, our team included Mr. Smith (Social Studies), Ms. Dovall (Math), Ms. Filan (English and Social Studies) and Mr. Lynagh (Work Experience/RAP and Social Studies), in addition to Ms. Jacobsen and Ms. Degenhardt. These teachers supported students in their subject areas and worked to develop online in-house course materials.

The Connect Hub team is honoured to work with Ms. Perry, Indigenous Leadership students and all students in kikinaw. Our rooms are attached and tutoring support flows between our spaces. We are a family and we grow from our interactions and experiences each day.

Staff working in the Connect Hub during semester 2 include: Ms. Degenhardt, Ms. Perry (in kikinaw), Ms. Jacobsen, Mr. Smith (Social Studies in block 2 each day), Mr. Scaber (Math in block 3 each day), Mr. Lynagh (Social Studies in block 4, Day A) and Ms. Filan (English and Social in block 4, Day B).



We are grateful for daily tutoring support from our Educational Assistants: Mr. Vasquez every morning from 8:30-8:55 AM, and Ms. Hannan and Ms. Tharuna Woosaree ("Miss T") every afternoon from 3:00-3:45 PM. Other tutors are volunteers from the University of Alberta.



We look forward to continuing to support Shep students in the Connect Hub! Everyone is welcome to drop by for some hot chocolate, coffee or homework help with a tutor ... and always a friendly smile! You brighten our day!



Land-Based Learning at Miquelon Lake  
Fall and Winter



First to Finish a Core  
Subject in Modules



kikinaw Winter  
Feast

# INTERNATIONAL BACCALAUREATE

---

To help our IB students out, we have created an IB Time Management Google Classroom for all of our partial IB, full IB and pre-IB students. Every "Time Management Tuesday", we release a new video, app, website, strategy or other resource to help students improve their time management, organization, focus and/or study skills. The classroom code is [zgfqj7x](#) for folks who may have missed it.



We will be hosting three IB information sessions during our upcoming Ross Sheppard Information Evening for current grade 9 students coming to Shep next year! If you have children coming to us next year in grade 10, or have friends or family who fall into this category, please let them know that this will be on Thursday, March 7 from 6:00-8:00 PM.

In addition, we will be offering virtual sessions for current grade 10 and 11 students, and their parent(s)/guardian(s) to help them transition into next year on Wednesday, March 13 with Google Meet code [dac-mxxp-fcy](#).

- Current **grade 10s transitioning to grade 11** will be from **5:30-6:30 PM**.
- Current **grade 11s transitioning to grade 12** will be from **6:30-7:30 PM**.

If you can't attend your session or would like more information, you will be able to find the slideshows, videos and more information after the event on our IB website: <https://rosssheppard.epsb.ca/academics/ib/>

Theory of Knowledge (TOK), an IB subject where we learn about truth and how we know what we know, has been full of amazing guest speakers. In TOK 35, we've had scintillating presentations from Mr. Piotrkowski about Knowledge and the Natural Sciences, Mr. Lund about Knowledge and the Arts, Ms. McCready about Knowledge and History, and Mr. Klassen about Knowledge and Mathematics. In TOK 25, Ms. Li-Mitra and Señora Erker helped our students to better understand Knowledge and Language.

Our grade 12 IB students have finished some of their IB assessments, but this is definitely crunch time as many of their Internal Assessments are coming due. Congratulations on the completed work you've done so far!

Coming up in May are IB Exams. Please ensure that you've reviewed the [IB Exam Schedule](#). Ms. Gross will be hosting an information session for exams in April.

While rewarding, IB is a challenging program. If any students are looking for extra support or a chat about their classes or programming, Ms. Gross is available in her office at 2100 or next door in room 2102, or you can email her at [jennifer.gross@epsb.ca](mailto:jennifer.gross@epsb.ca).

## CAREER PATHWAYS

---

It was a busy first semester, with over 150 students accessing Work Experience and RAP programs here at Ross Sheppard. The Career Pathways office is located in the Learning Commons and is the place to go to for students wanting to access credits while working outside school in a part-time or volunteer basis. The RAP program is geared towards students interested in pursuing a career in the trades. We work in conjunction with the non-profit organization *Careers* to place trade interested students, allowing them an early start on their career journey while still in high school. Students intending to access credits in either the RAP or Work Experience programs must first complete a prerequisite workplace safety module called HCS 3000. It can be accessed using the following link: <https://sites.google.com/epsb.ca/hcs3000> Students with a passing mark of 50% will be awarded a single CTS credit at the grade 12 level. Check out the job board located outside our office designed to help and encourage students access part-time employment. Students are encouraged to drop by our office and talk to Mr. Youngs or Mr. Lynagh about all their present and future Career Pathways questions. We are here to help students with their resumes, cover letters and interview skills. For further information on any of our programs, feel free to contact us at [mike.lynagh@epsb.ca](mailto:mike.lynagh@epsb.ca) or [david.youngs@epsb.ca](mailto:david.youngs@epsb.ca).



# LEADERSHIP

Leadership has had a blast the past few months putting on Shep's favourite events! We have been hard at work with an incredible Winter Week, Shep's Got Talent and Pancake Breakfast. Winter week was filled with fun daily events such as gingerbread house construction, making holiday cards for seniors, and Muffins and Music. This year's Shep's Got Talent featured some amazingly talented students! Our judges had a tough time deciding who took home the top prize, with Jennie Bearhead winning a pair of AirPods for her beautiful dancing. Finally, we kicked off the start of semester two with a pancake breakfast for students and staff! We have a busy semester ahead, so make sure to follow us on Instagram @shephighschool to keep up-to-date with everything Shep!



# STUDENT SERVICES

We have just begun the pre-enrolment process with our grade 9 feeder schools and are excited to visit all of our junior high feeder schools to promote the pride, tradition and school spirit that is Shep! Pre-enrolment for students who qualify for entrance to Shep will begin February 1<sup>st</sup> and end March 22<sup>nd</sup>, just before Spring Break. We will return to these schools to complete course selections in April and are looking forward to welcoming all of our new T-Birds for the 2024-2025 school year!

February and March are big months for post-secondary visits. Students can come and speak to representatives from the following institutions in the main foyer:

- February 22<sup>nd</sup> - SAIT
- March 15<sup>th</sup> - King's University
- March 18<sup>th</sup> - Norquest College
- March 19<sup>th</sup> - Concordia University
- March 20<sup>th</sup> - MacEwan University
- March 21<sup>st</sup> - NAIT

Have you applied to the U of A or MacEwan?

One-on-one advising appointments will be offered on the following dates:

- February 15<sup>th</sup> - University of Alberta (9-11 AM)
- March 20<sup>th</sup> - MacEwan University (9-11 AM)

Sign up sheets will be available in Student Services. Space is limited and is first come, first serve!



**UNIVERSITY  
OF ALBERTA**



**MacEwan  
UNIVERSITY**

# SUPPORT STAFF

The support staff at Ross Sheppard are vastly different and incredibly amazing at the same time. Each one brings an element of experience and expertise to our school.



Our team consists of Educational Assistants that work tirelessly each day with our students, Administrative Assistants who support areas in the school such as Student Services and the Main Office, Clerks who support student records, finance, the library, our fine arts/technical areas, our photocopying needs and the science department, and Exempt Staff who support our students with their physical well being, our IT department and the finance area. A huge shout out and much gratitude to:

- Hanan Ali - *Educational Assistant*
- Roxanne Appelt - *Administrative Assistant*
- Olu Ayodeji - *Educational Assistant*
- Lorena Barajas Moreno - *Educational Assistant*
- Pat Basaraba - *Student Records Clerk*
- Jesse Cruchley - *Educational Assistant*
- Maria David - *Science Lab Technician*
- Kurt Decker - *Educational Assistant*
- Carol Fowler - *Library Technician*
- Caleb Hudjik - *IT*
- Lisa Hutskal - *Office Administrator*
- Toni Jacobsen - *Administrative Assistant*
- Diane Jomha - *Administrative Assistant*
- Mandy Lawlor - *Financial Clerk*
- Sebastian Manavalan - *Educational Assistant*
- Linda Megyesi - *Educational Assistant*
- Medias Musabimana - *Educational Assistant*
- Judy Nicolas - *Educational Assistant*
- Shannon Parks - *Educational Assistant*
- Kennedy Sembaliuk - *Theatre Technician*
- Lauren Smart - *Administrative Assistant*
- Janet Stuart - *Financial Clerk*
- Fatima Syeda - *Photocopy Clerk*
- Alex Tonsi - *Strength and Conditioning Coach*
- Jacquelyn VandenBorn - *Administrative Assistant*
- Jines Vasquez - *Educational Assistant*
- Matthew Wischlinski - *IT*
- Linda Whitaker - *Administrative Assistant*
- Tharuna Woosaree - *Educational Assistant*
- Lynde Yu - *Photocopy Clerk*
- Mike Zeggelaar - *Educational Assistant*

# SCHOOL COUNCIL

The Ross Sheppard School Council invites and encourages all parents of Ross Sheppard students to attend our monthly meetings, held on the third Wednesday of each month. Our meetings are an opportunity for parents to meet and advise the Ross Sheppard administrative team, as well as for parents to become familiar with programs, staff, resources, and events at our school. All meetings are held at 6:30 pm. If you have any questions, please email [rsshoolschoolcouncil@gmail.com](mailto:rsshoolschoolcouncil@gmail.com).

Upcoming Meetings: March 20<sup>th</sup>, April 17<sup>th</sup> and May 15<sup>th</sup>

# STAY CONNECTED



- ShepHighSchool
- ShepSUevents
- Shep\_Athletics
- shep\_kikinaw
- shepconnect



- @shepfootball
- @shepsmed



- Shepsmed



- Shep Grad 2024 Information
- shepgrad.ca