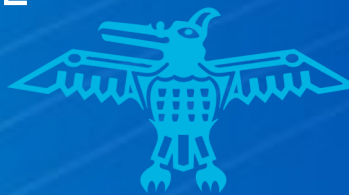


T-BIRD TIMES



 EDMONTON
PUBLIC SCHOOLS

PRINCIPAL'S MESSAGE

Greetings Ross Sheppard High School community. We are ready to wrap up the year and say farewell to our community after a year that will be one for the success books. Although we had some challenging and impactful moments to deal with, I am appreciative for the incredible heartfelt solidarity of the staff, students and community this year. As the year unfolded, we started to regain what normalcy looked like, with a very busy April through to June 2023 to close us out. During our year there was incredible growth with many successes along the way. We always strive to be masters at problem solving and sometimes don't get it 100% correct, but we know that we most certainly look to improve everything we set forth so that our community understands where our intentions lie. It was a year to really showcase character, establishing we had much resiliency to continue to grow with optimism moving forward.



Superintendent:
Darrel Robertson

Assistant Superintendent:
Kent Pharis

School Trustee:
Marcia Hole



Rick Stanley
PRINCIPAL

April kicked off with a ton of field trips and completing pre-enrolment that will see almost 2300 students attend Shep next year. May brought us more field trips, Bike-a-thon that raised almost \$120,000 for our charity, Mama Mia with sold out performances and IB exams that were in full flight. June started off with a multicultural event that showcased almost 30 countries and identities from around the world, where we came together to enjoy delicious food and some incredible entertainment. Extra-curricular activities closed after a busy year in many out of classroom pursuits. June was a time to start focusing on the rigour of our academic side, where final assessments that include diploma exams were on the schedule. June is such a transitional month, where we look at finalizing one school year while preparing for the following year.



Congratulations to our Grad executive, lead by Mr. Bryan Buffi. With outstanding efforts from students and staff, GRAD 2022 was a pure hit. We wish our staff executive a huge THANK YOU for all the incredible work that was accomplished. Grad 2023 was phenomenal in so many ways. Between the commencement and banquet that catered to 6000 over two nights, we were really hard-pressed to find any flaws. Those who took part in our Indigenous Honouring Ceremony were treated to a very special event. Thank you to Dianne Perry, Ryan Dunkley, Shannon Degenhardt and many more for their added touches to pull this off. Our Honouring Ceremony was held in our South Gym with almost 500 people in attendance. Guests gathered outside in māmawatowin for pictures and a visit to our reconciliation centre. Our Indigenous graduation rates continue to climb at record pace. This is a true testament to the incredibly hard work that our community is committed to.

We say farewell to our incredible grade 12 students. We also say farewell to several staff that have served us well this year. In such a large and complex school, there is always transition. On the other side of our farewell is the welcoming of new staff and 730 plus grade 9 students, that will join the Shep culture and help make a splash in our community with new adventures. It's always a sentimental and visionary time of the year with many emotions.

Summer is here and ready to bring us the remedy we all need after a great effort during the 2022-2023 school year. I know that all of our staff and students need a well-deserved break, where they launch into summer fun plans but also get ready for the next phase of their journey. A little holiday planning and some well-deserved rest will be the mission before it's time to get busy again.



I want to thank the Ross Sheppard community for a fabulous year. The outpouring of simple thank-yous and gratitude that we have received really puts things in perspective. As I am finishing my third year principalship at Ross Sheppard High School, I am filled with very positive emotion for the community's support and want everyone to know that there isn't a day that goes by where I do not appreciate the opportunity to serve our community and really embrace this incredible journey. Maya Angelou states, "People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Have a wonderful summer and on behalf of Ross Sheppard, we wish everyone much good health, happiness and great success.

Mr. Rick Stanley

SCIENCE

Biology students are at it again! Biology 20 IB, 30 IB and 20 set out into Edmonton's own creek system and river valley to complete an ecological field study of the area.

In the middle of May, the IB students completed a terrestrial and aquatic study of the Millcreek Ravine. They made quadrants on north and south facing slopes of the ravine where they identified plants, looked for signs of animals and observed the abiotic components of the environment. The IB students then completed water tests for the creek running through the ravine so they could determine the health of the creek.

Biology 20 students headed out with the CreekWatch team into the Whitemud Creek area to complete their field study at the end of May. They tested the chemical components of the water for the North Saskatchewan River and completed an invertebrate study, looking for indicator species to assess the health of the river. Students had the opportunity to hike through the forest in the Whitemud Creek Ravine, identifying local flora and looking for signs of animals that live in the ecosystem. This program was a brand-new pilot program for CreekWatch and the feedback provided by our students and staff will be used to shape the program as it grows.

Spring is a wonderful time to get outside and experience the beautiful river valley that we have here in Edmonton. A field study is a great hands-on way to learn about ecology.



MATHEMATICS

Every year in April, the hearts and minds of Ross Sheppard students turn towards mathematics. The Center for Education in Mathematics and Computing out of the University of Waterloo has been preparing math contests for years to help address this desire - they have been producing the Canadian Team Mathematics Challenge since 2011 and Ross Sheppard started hosting the team challenge for high schools throughout the Division in 2014. Ross Sheppard's contest is called the Totem Torus and, for many of the Division's mathematically-talented students, it has become the highlight of their school year.

The Totem Torus team challenge started with 30 students in 2014 and has grown to 217 participants this year. The event was initially held in the school library and ran for a half day and now it's a full day activity held in the gym! The contest has also started to draw attention from schools outside the Division and the hope is it continues to grow.



Here is what the day looks like:

Students, in teams of six, are welcomed to Ross Sheppard at 9:00 am and directed towards the gym. There they stake out two tables for each team, with three chairs per table. By around 9:30 am, the teams have all arrived and the day can officially begin with a welcome from Principal Rick Stanley and an outline of the day from Department Head Jeremy Klassen (the host of the competition). The first activity is a poster making activity, where students spend 30 minutes coming up with a team name and poster. The posters are then put up so teams can enjoy one another's creative math puns.

Students then get down to business, starting with the 45-minute individual competition. This is a 10 question contest for each student and they are allowed to use their calculators. The 45-minute team competition follows - this is a 25-question contest and calculators are not allowed. The teams have to be strategic in how they work on the problems if they want to get as many done as they can. While all of the problems are designed to be accessible by high school students with no knowledge of calculus required, there are questions that require some knowledge of Grade 12 material.

After a break for a pizza lunch, there is a presentation on a mathematical topic from someone outside the school. Former students used to come and share what they were learning in post-secondary, but a representative from The Center for Education in Mathematics and Computing has been coming for the last few years. This is always a highlight for students, as they get to meet and ask questions of a real mathematician.

After the presentation, the really exciting part of the day begins with three math relays. Students sit at their tables in groups of three, each with a question to solve - but the person in seat 2 requires the answer from the person in seat 1 to finish and the person in seat 3 requires the answer from person in seat 2 to finish. Once the third person has their answer, they run to a teacher to see if they are correct. If they are, hurray; if not, they have to return and start again, because they are not allowed to talk about their work. To make it a bit more fun and to even the playing field, the teachers make last year's winners seek out only one teacher of 20 who will check their work for them and even make them run to the second floor to have their answers checked!

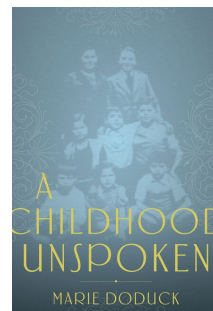
At the end of the day, the coveted Totem Torus trophy is awarded together with medals for the teams in first, second and third place. This year, the team in third place received bronze medals and white pocket protectors; the team in second place received silver medals and colourful pocket protectors; and the first place winners received gold medals and blue leather pocket protectors.

The winners this year were from Lillian Osborne School - it looks like they'll be the ones running during the relays next year!

SOCIAL STUDIES

Holocaust Symposium Field Trip

On May 9th and 10th, 100+ Social Studies 20 and 30 students had the opportunity to attend the Holocaust Survivors Symposium hosted by the Azrieli Foundation. This symposium served as an educational tool for exploring the history of the Holocaust through the first-hand experience of Marie (Mariette) Doduck, 88, a street survivor of the Holocaust. Mariette was only five years old when the Nazis invaded her hometown of Brussels, Belgium, in 1940. Soon her family was torn apart, and Mariette and her siblings were scattered across the city and countryside, hiding with non-Jews and in convents and orphanages or working for the resistance. Seeing violence and death all around her, Mariette learned the skills she needed to survive - how to throw a knife, jump from a moving vehicle and, most importantly, stay silent. Mariette emerged from the war quick-thinking, fiercely independent and ready to start a new life in Canada. Now known by Marie, Doduck spoke about her experience through moderated audience questions while telling her story of survival, detailed in her book that every student received, titled "A Childhood Unspoken". The reviews from students and teachers about this experience have been phenomenal and many students were fortunate enough to talk to her and get their books signed as well.



CIVIX Student Vote

Social Studies students participated in a student vote on May 29th through CIVIX Canada. CIVIX Student Vote uses the election as a teachable moment and enables teachers to bring democracy alive in the classroom. This hands-on learning program empowers students to experience the voting process firsthand and cast ballots for the official candidates running in the riding of our school.

Results:

- David John Bohonos (Solidarity Movement of Alberta) - 31 votes
- Melissa Crane (United Conservative Party) - 169 votes
- Sarah Hoffman (Alberta NDP) - 398 votes
- Julian Schulz (Green Party of Alberta) - 60 votes

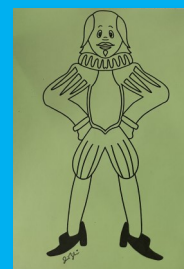
- Total number of valid votes - 658
- Total number of rejected ballots - 22
- Total number of declined ballots - 320



ENGLISH

The English department had four classes complete a workshop learning about and creating personal land acknowledgements. It was a very powerful experience for our students and teachers. We had some amazing work with literacy support happen in a number of our classes, helping our students gain confidence in their reading and writing skills as they move through high school.

The Creative Writing class finished their class anthology, and enjoyed reading and signing their personal copies in our last class together. Mrs. Charpentier's grade 10 classes had a ton of fun on their Shakespeare Scavenger Hunt, searching the school for hidden clues. It has been a great year full of reading, writing, speaking, listening, viewing, and representing and we can't wait to do it all again next year! Have a safe and fun-filled summer, and don't forget to find a good book or two to enjoy as you soak up some sun.



FRENCH IMMERSION

What a fantastic year it has been for our French Immersion program, with the success of our 170+ students continuing with the program this year - the highest since the program has started at Shep.

We now bid farewell to our 53 grade 12 students who have now finished the program with us and wish them all the best with their future endeavors, some of which are continuing their education at Faculté St. Jean in the fall. We are also excited for a few of our students who won French scholarships this year, or who are embarking on an exciting summer with the Explore program in Quebec.

Last but not least, we would like to wish Monsieur Thibeault a wonderful retirement as he commences a new adventure in his life! Monsieur Thibeault has been at Shep for over 20 years, debuting the French Immersion program at Shep with twelve students and helping to grow it to the current enrollment numbers we have today. Félicitations Monsieur et on vous souhaite de belles aventures à la pêche pendant ta retraite!

Bon été à tout le monde! Have a great summer!



CHINESE BILINGUAL PROGRAM & CHINESE LANGUAGE AND CULTURE

Many students completed their IB exam in May and began to prepare for Chinese Grad immediately afterwards. Chinese Grad was held at Dynasty Century Palace Restaurant on June 3rd. Over 230 students, staff, families and friends joined the party. Everyone enjoyed the food and entertainment.



MUSICAL THEATRE, TECHNICAL THEATRE & DRAMA

Mamma Mia! was a huge success! We sold out the entire run of the show! Congratulations to our incredible **Musical Theatre** and **Technical Theatre** class! These students preserved through smoky, hot weather to dazzle audiences, receiving standing ovations as the audience sang along to their favorite ABBA tunes! Our Shep community shared in the laughter, joy and tears as our cast and crew came together to showcase their incredible talent on the stage and behind the scenes, while telling a beautiful story of love, community and friendship.

Mamma Mia! reviews were featured in the [Edmonton Journal](#).



Drama 10

Our Drama 10s entertained family and friends with a hilarious performance of A Seussification of a Midsummer Night's Dream for their final class showcase. In this playful adaptation, Shakespeare's most beloved comedy gets the full Dr. Seuss treatment. Congratulations Drama 10s! It's been an incredible term and we're so proud of how you came together as an ensemble to put on a great show!

Drama 20/30

For their final project, the Drama 20/30s presented their original student written and directed one acts that were created during our playwriting unit with the #writesofpassage program from Workshop West Playwrights' Theatre. Congratulations Drama 20/30's!



IMPROVISATION

The Improvisation 15/25/35 class had a fabulous year creating spontaneous scenes, collaborating, representing Shep at various competitions and having a ton of laughs! At their most recent event, they joined improv students from Strathcona, Lillian Osborne and Victoria School of the Arts at the Power of Four Improv Showcase featured at Nextfest. Shep students had the opportunity to meet and perform with students from the other schools, having a great time in the process. Congratulations!



ART

Art 30 IB Exhibition

On April 13th, we hosted our annual Art 30 IB Exhibition, in conjunction with a Ceramics 20/30 Showcase. The show was an enormous success! Thirteen IB students exhibited a culmination of two years of coursework. It was a busy night with many people in attendance.

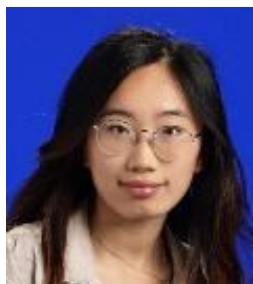


Congratulations, Nina Sun!

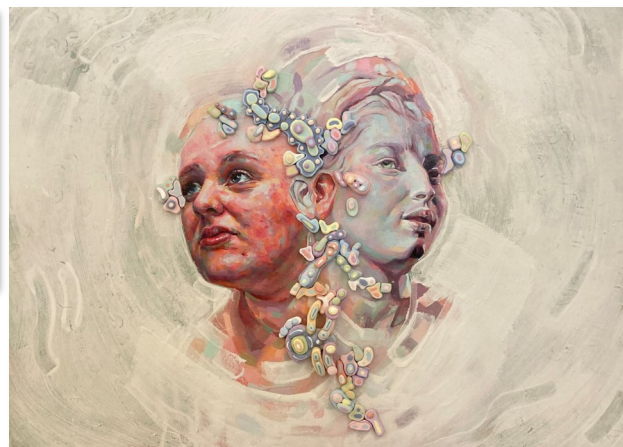
Congratulations to Shep student Nina Sun, for her acceptance to the prestigious School of the Art Institute of Chicago in pursuit of a Bachelor of Fine Arts. It has been a childhood dream of Nina's to study at the Chicago Art Institute and the dream is finally coming true! The Art Institute has offered her a generous scholarship of \$64,000 USD. Nina has also been accepted into the school's Scholars Program, due to her exceptional application and art portfolio. The Scholars Program is akin to an honors program and will pay for her to study abroad in Siena, Italy for a semester. Nina is currently a student in our Art 30 IB program.

Art 30IB Class

From left to right: Theron Lund, Cora Ewart, Ainsley Eerkes, Kate McCormick, Mariana Dzenick, Sofia Sejutee, Mila Pesevic, Lia Candler, Valeria Pasaran Ugarte, Nina Sun, Helen Wu and Melody Wu.



Nina Sun
Amalgamation
Acrylic, oil, polymer clay on paper.



FASHION STUDIES

It has been an amazing term for our Fashion Studies students here at Shep and we have finished with some outstanding projects. Our Fashion 10 students created their own piece of clothing, learning to read patterns and cut out pattern pieces without wasting fabric. We always allow our students to choose their own clothing for this project. A wide variety of pieces were selected including crop tops, t-shirts, jeans, hoodies and pajama pants.



In Fashions 20/30 there have been some absolutely fantastic projects made this term! Highlights include a commencement dress for graduation, custom digital embroidery pieces featuring student designed art work and cultural clothing - from kilts to abayas.

FOODS

Food Studies classes have been interesting this year, as the lovely heat wave made cooking in our kitchens quite a challenge. The students beat the heat by eating freezies, drinking lots of water and cooking in shifts. Our grade 10 students finished off the term with a meal planning unit - and we really had students exploring new recipes and cultures this year. They learned to make and roll dumplings, make pasta from scratch as well as plan and create custom meals for their groups. The Foods 10 students are excited to join us next year for Foods 20!



Foods 20 had the wonderful experience of baking bread in the middle of a heat wave! One of our classes learned to feed and grow sourdough starters in order to make a simple loaf of bread. The other class practiced shaping dough and making whole wheat buns, braided bread, perogies and crazy bread sticks. The last unit explored international meals, with recipes from all around the world. Highlights included cannolis, Ukrainian perogies, crepes, vegetable korma, shepherd's pie, pasta Amatrice and Thai chicken. Yum!



The Foods 30 class was in full swing with the Entertaining with Food module, perfect for planning grad parties, 18th birthday bashes and summer get-togethers. We concluded with the Innovation unit which focused on food budgets, food waste, planning and education. We had a wonderful group of grade 12s this year and we wish them all the best!

ATHLETICS

What an end to a great season of Thunderbird Athletics.

Both the boys' and girls' Handball teams had impressive regular seasons and qualified for the playoffs. The boys suffered a tough playoff loss, while the girls made it to the City Championship and won a silver medal in a very close final.

The Badminton team battled each and every week on the court this year. Although they lost a heartbreaker in the playoffs, they did have three players qualify and compete in Lloydminster for provincials. Vincent Nguyen came in fourth at provincials, while Nathan and Gabriel Ching won a Provincial Championship, securing Gold in their Intermediate Doubles division.

Soccer once again had a group of very talented players, as both the boys and girls qualified for the playoffs. The girls dominated their opening round playoff match before losing a close semi-final match; the boys won a thrilling shootout playoff match before losing their next playoff game in another shootout. With many players returning on both teams, the boys and girls both look poised to have more success next season.

Rugby had a very exciting season at Shep this year. Once again, we hosted our annual Rugby Tournament on a beautiful weekend in May. The boys and girls both went undefeated for a combined 6-0 record, with success continuing into the season. The boys eventually lost a close playoff match, while the girls made it to their first City Final in over 10 years. In a hard fought game, the girls came away with a silver medal. Although some key contributors to the team will be graduating this year, a lot of the team will return and look to compete once again next year.

Shep had inaugural seasons in both Slo-Pitch and Flag Football. The athletes had almost as much fun as the staff who come out to watching these brand new sports in action. We are very excited to continue and build these programs next year.

The Track and Field Provincials were held on June 2nd and 3rd at Foote Field in Edmonton. We had 20 athletes who went to represent Ross Sheppard. There were a lot of outstanding performances from all the athletes. A special congratulations to the following:

- Christina Ngandu Ye - Gold in both 100m and 200m
- Taran Naidu-Barrett - Gold in 200m
- Ben Miller - Silver in long jump
- Solomon Shepherd, Jierdy Fraser, Ridley Verbeek and Marlon Miller - Silver in the 4x100m relay
- Mia Thero-Soto - Bronze in long jump
- Carson Young - Bronze in pole vaulting

Shep wants to thank and recognize the 400+ athletes that took part in Athletics this year. As well, thank you to all of the coaches, sports medicine and scorekeeping volunteers, and parents. We look forward to another successful year of Athletics that will begin with Football camp on August 16th. Be sure to follow @Shep_athletics on Instagram to stay informed with all upcoming events.



PHYSICAL EDUCATION

This year, we piloted a combination PE 10 and CALM 20 class. Moving forward, we have decided as a school to separate these classes. In PE 20 and 30, we had a busy semester with many field trips including golfing at the Victoria Driving Range, playing squash at the Royal Glenora, bowling at Plaza Bowl, roller skating at Rollers, wall climbing at Boulders and scuba diving at the Bonnie Doon pool. Some students had never gone scuba diving before, let alone even knew how to swim. Following the scuba field trip, one such student said this was the first time that they felt comfortable in the water. Phys Ed is a great place to try new activities. Come with an open mind and willingness to try, and you'll probably end up surprising yourself. Students in Grade 12: Good luck as you move onto your next chapter in life. The Phys Ed department staff are proud of you and thank you for allowing us to be a part of your journey.



LEADERSHIP

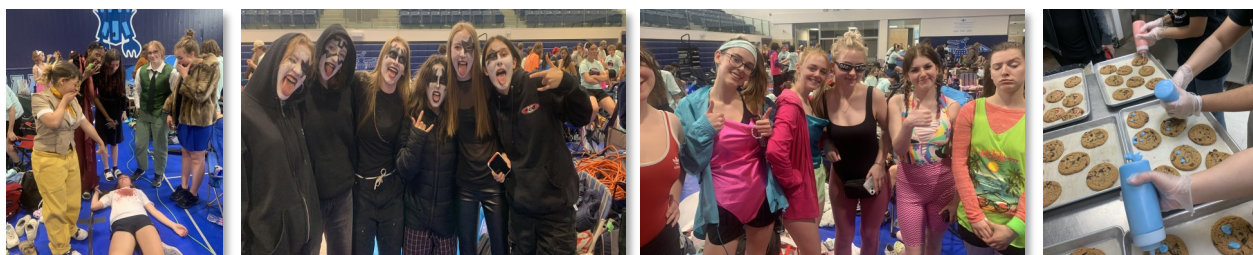
It has been a busy time for Leadership! We wrapped up our semester with a bang between Bikeathon, Staff Appreciation Day and Last Class Bash!

Our Totally Tubular 80's themed Bikeathon was an action packed 24 hours filled with biking, activities and tons of fun! Our school demolished our previous fundraising record by fundraising \$85,000 for Alberta Dreams. Some highlights include our Real Life Hungry Hungry Hippos, our 80's costume contest, a splashin' good time at our water fight, a building wide Amazing Race style scavenger hunt and an all important midnight pizza party! The Bikeathon Planning Committee put in well over 200 hours for this event which had over 100 student volunteers, 40 staff volunteers and over 460 student participants. Students were so excited for the first 24 hour Bikeathon after Covid and are counting down the days until next year!

Leadership was able to reflect and show gratitude to the staff members who make Shep such a wonderful community. Leadership students handmade over 120 cards for every valued member of the staff. It was a touching way to end the year.

Last Class Bash was a new and exciting event to end our year! Students were able to celebrate their last day of classes with a number of food trucks and their delicious treats! The lines were long despite the rainy weather and a great time was had by all!

This year has been such a rewarding period of growth for our Leadership program. We are looking forward to bringing the WE ARE SHEP family spirit to the 2023/2024 school year! See you in the fall!



KIKINAW

Tansi Ross Sheppard Community! kikinaw is ready to wrap up the year and say both congratulations and farewell to an amazing group of students who are graduating and continuing on their journey. We are so proud of all the Grade 12s and their accomplishments during continually changing times.

Our Honouring Ceremony celebrated 70 graduates, as well as 400 family members and guests. After our ceremony, families gathered outside in māmāwatowin for pictures and visits with Elder Phillip Campiou, Elder Dennis Allen and Vice President of the Métis Nation of Alberta, Dan Cardinal. We are grateful to Adrian LaChance who emceed our ceremony, as well as Dalen Cardinal and many cultural performers who blessed us with the gift of their dance. Graduates received special honouring gifts, including a signed print from artist Angela Hall, a member of the Métis Nation with Cree and Stoney ancestry.

May and June brought many events including:

- #MMIWG2S fire offering and sharing circle,
- Beading Circle,
- End of the year overnight retreat for Ways of Knowing,
- Raising our tipi and stripping tipi poles,
- Multicultural Day,
- Two-day personal land acknowledgement workshops,
- Lip sync video,
- Attending Westglen powwow with Indigenous Studies 30
- Honouring Ceremony and Indigenous Graduation
- Fire Food Drive
- Tutoring and grad support
- Launching of our kikinaw Instagram @shep_kikinaw

We want everyone to know that we are filled with gratitude for the community’s support. Each day we are grateful to serve our school community and embrace this incredible journey with our students. We wish everyone a restful summer, good health, happiness and great success.



Stripping Poles and Raising our Tipi



Multicultural Day Celebration

KIKINAW EVENTS



Powwow - June 1st



Personal Land Acknowledgement Workshop



Grad Lip Sync Video



Year-End BBQ



#MMIW2S

Graduation at the Expo Centre



Honouring Ceremony and Indigenous Graduation at Shep



SHEP GRAD 2023



CONNECT HUB

It has been another busy, rewarding and full year in the Connect Hub. As we wrap up the school year, we have hundreds of students finishing courses through our room in many ways ... all part of the customized education that our space aims to offer our fabulous students!

We've seen students putting in a lot of effort and working hard to achieve success. Event highlights included Multicultural Day, Speak Up Shep student initiatives, Indigenous Honouring Ceremony, Grad and our Connect Hub/kikinaw Wind-Up BBQ! The big push down the stretch has been filled with students working very hard to complete their courses in our space, and many students working with a variety of our tutors to get the job done. We are very proud of all those students who finished strong and completed what they started.

Finally, we would like to welcome our two new EPSB Student Senators, Christiane Deumeni and Parsa Shojai, who will represent our student body at the Division level for the 2023/24 school year. Congratulations to two amazing T-Birds! They have big shoes to fill, but we are very confident that they are going to do a fantastic job representing Shep and all of our students.

On behalf of all the Connect Hub staff, we would like to wish everyone an amazing summer and best of luck to our graduates. Make us proud!



At home in our space. Extra fancy with grad decorations!



Duaa Sudanese Dance



Amazing Cultural Celebrations at Multicultural Day



Student Senators Transition

CAREER PATHWAYS

Another big year in the Career Pathways office is about to come to a close, with approximately 150 students accessing the credits available in Work Experience 15, 25 and 35 courses. Students in all levels worked a variety of jobs in locations from Dairy Queen to the World Water Park. A reminder for returning students: Any paid employment can grant you access to high school credits. For every 25 hours of paid work, you can receive 1 credit. A minimum of 75 hours (3 credits) is required, up to a maximum of 250 hours (10 credits). We currently have 15 students enrolled in the Registered Apprenticeship Program (RAP)! These students are employed in all sectors of the trades taking on roles as electricians, plumbers, HVAC technicians, automotive service technicians, chefs and carpenters. We would like to extend special thanks to Master Mechanical and Weiss Johnson, for allowing multiple students to gain experience in the trades. A point to consider is that one of the biggest barriers stopping student entry into the RAP program is the lack of a driver's license. If you're interested in the RAP program, please get your learner's and driver's license as soon as possible. Mr. Lynagh and Mr. Youngs look forward to seeing you in September to assist with all your Career Pathways questions. You can find us in the northwest corner of the Learning Commons.



INTERNATIONAL BACCALAUREATE

Congratulations to all of our IB graduates! We had 68 students including a near-record 21 Diploma students in the Class of 2023. This was the first year back to the full range of assessments since 2019. Thank you for your hard work and resilience!

Final IB marks will be released on July 6th and can be accessed using your password and pin (emailed to Grade 12 IB students earlier this year by Ms. Gross) at <https://candidates.ibo.org>. If you have any questions or concerns about your final IB marks, please contact Ms. Gross.

To all of our IB students here at Shep, congratulations on the completion of another year. We couldn't be more proud of you!

If there are any concerns about transitioning to next year, Ms. Gross's door is open in room 2100/2102, or you can email her at jennifer.gross@epsb.ca.



STUDENT SERVICES

Student Services hosted a Wellness Week during May 15th - 19th. Activities included yoga led by our own Shep students, an introduction to Brazilian jujitsu, sidewalk chalk art, gratitude postcards for staff, mindful colouring, pet therapy, and musical chairs with great prizes from David's Tea and Cineplex. We plan on having Wellness Wednesday next year and offering Lunch and Learn sessions designed to improve mental health and well-being.



We have already been booking our post-secondary presentations for the fall of 2023. Below is a list of the institutions that will be visiting us in the new school year!

- September 11th - University of Alberta
- September 19th - University of Alberta (international students only)
- September 20th - NAIT
- September 21st - Concordia University of Edmonton
- September 22nd - King's University
- September 26th - Norquest College
- September 27th - University of British Columbia
- September 28th - MacEwan University
- October 16th - Out of Province Post-Secondary Fair (Outside of AB)
- November 2nd - University of Calgary
- November 22nd - Post-Secondary Morning (within AB)

STAY CONNECTED



- ShepHighSchool
- ShepSUEvents
- Shep_Athletics



- @shepfootball
- @shepsmed