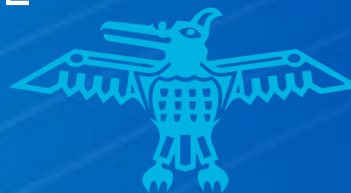


## T-BIRD TIMES

PRIDE · TRADITION · EXCELLENCE

EDMONTON  
PUBLIC SCHOOLS**Superintendent:**  
Darrel Robertson**Assistant  
Superintendent:**  
Ron MacNeil**School Trustee:**  
Shelagh Dunn

## PRINCIPAL'S MESSAGE

Greetings Ross Sheppard High School community. Wrapping up Quarter 2 had us looking forward to a fresh start in February, where we kicked off the halfway point of the year.



We began by being treated with three fabulous speakers in that had a definite impact. A line up with Elder Patrick Powell, Mardi Bernard and George Couros was a fabulous way to support our learning. A few fitting and meaningful quotes from these sessions have been shared within this message.

February brought us a time to dig down and really show our resilience, as COVID was still impactful. Both staff and students worked hard to power through. Following are 5 positive thoughts from Jon Gordon that energized us:

- 1) Mondays are a great day to focus on what we GET TO do instead of what we HAVE TO do. Life is a gift, not an obligation.
- 2) There's nothing more powerful than a humble person with a warrior spirit who is driven by a bigger purpose. Be that person today.
- 3) Failure is not meant to define you, it's meant to refine you. Remember, sometimes you have to lose a goal to find your destiny.
- 4) Don't let the negativity bring you down today. Focus on the positive. This doesn't mean we ignore the challenges, it means we work to overcome them. We rise above the drama. We don't listen to the lies of fear and doubt. We choose to be a positive influence on those around us.
- 5) Three things you control every day are your ATTITUDE, your EFFORT and your ACTIONS. It doesn't matter what others are doing or who you think is being unfair. Every day you can focus on being positive, working hard, and making others around you better.

Rick Stanley  
PRINCIPAL

"Don't settle for average. Bring your best to the moment. Then, whether it fails or succeeds, at least you know you gave all you had. We need to live the best that's in us."

Angela Bassett

Closing February took us to a time where we said farewell to a couple of impactful teachers. Thank you Mr. Dan Scratch for your incredible work developing the base of our Connect Hub. Your support for students and staff will continue to show strength, as your work will leave a lasting impact on us. To see the great work through our Social Justice, Anti-Racism, Student Leadership and academic programming has really given us a gift during a modified year where we looked for creative ways to interact with students. Ross Sheppard's loss is Ontario's gain. Thank you to Mr. Craig Schatz as he will be focusing on family for the remainder of the school year. Mr. Schatz has been an instrumental part of the Science team and really helped to stabilize teaching

and learning during this challenging year. In a time when athletics was somewhat active, Mr. Schatz was actively coaching our Senior Volleyball boys team and his leadership in the school most certainly was evident when it was needed. We are wishing both Mr. Scratch and Mr. Schatz warm wishes in their next steps. We will see Mr. Schatz back in September.

The beginning of March showcased our first ever virtual Open House week of welcome. What a great event it was, featuring over 80 videos highlighting offerings from departments throughout the school. Thank you to Alvin Lee, Nicola Fullylove, the rest of the staff, and students, for their contributions to Open House activities.

Mid March 2021 definitely triggered my memory as I shared this walk down memory lane with staff: "One year ago we shut down in-person teaching and learning. I remember being in Calgary, and the downtown was eerily quiet. We raced home, pulling our girls out of their university residence, as everything was closing.

*Continued on next page ...*

On the Sunday evening, schools announced that they were changing teaching and learning situations. It's really surreal to even fathom what we have accomplished, faced, and dealt with in 365 days. Keeping things in perspective really resonates with me at this time. Let's see where the next steps take us as we continue to make progress to healthier days. Please take time for yourself and your colleagues/ students. We need to value our time together, and communicate effectively, so that when we come through this we will be stronger in the end."

It was during March that Marnie White, Assistant Principal, was asked to become an 'Acting for Principal' at a nearby Junior High. We know that her value is great and she was missed in our building. Many other staff members stepped up to the plate to assist in her absence, exemplifying teamwork and collaboration.

April became a time of registration, pre-enrollment, course selection for 2020-2021, budgeting, planning, and visionary thinking. We took government direction moving back into Step 1, and modified some of our routines at school. It was a time where we continued the valuable practices of wearing masks, sanitizing, social distancing and staying at home if we experienced any symptoms.

"Old does not equal bad and  
new does not equal good.  
What works is what works, no  
matter the era it comes from."

George Couros

Congratulations to our incredible students who were recipients of very prestigious awards that were announced in April. This past autumn, 6084 students applied for the 2021 Loran Award which recognizes character, service and leadership. Eman Shayeb was one of 72 finalists from across the nation. This was quite an honour, as it's the second year in a row that a Ross Sheppard student has qualified. The scholarship is worth \$100,000 of bursary funding. Congratulations to Eman, as she certainly is an incredibly deserving candidate. Eric Au was nominated as Ross Sheppard's candidate for the Division's Michael Strembitsky Award. I had the privilege of writing a reference letter for Eric, and was humbled by his accomplishments and achievements. Through a great conversation with Jenny Li-Mitra, it was shared that some of her Grade 12 students participated in the World Overseas Chinese Students Writing Competition organized by the Chinese Language Education Foundation. There were over 1600 students from 33 countries participating in this contest. Echo Cheng and Jinna Ma won first place; Megan Huang won second place. Megan Huang also received a full scholarship offer from one of the top universities in Beijing. The Grade 12 Chinese Journal Award recipients from Shep are: Megan Huang, Eric Au, Kelly Wu and Carmen Yap. This award was based on a strong commitment to learning Mandarin, along with exemplary academic achievement, and community citizenship. Each student was presented with \$300. Also, special thanks to Julie Nguyen, Lauren Chen and Kym Bahandi, for their participation in Edmonton's Asian community anti-racism forum.

As April drew to a close, we bid farewell to our student teachers who had a blast and made the most of their practicum experience during this uncertain time. Mrs. Holly Macdonald took on a ton of work in this area, mentoring and facilitating the process. Thank you staff, for taking on these young aspiring student teachers and thank you to Mrs. Macdonald for taking the lead.

During the last week of Quarter 3, we celebrated "Support Staff Appreciation" week, and want to send a huge shout out to the many people behind the scenes who really make things happen. As a Principal, I am so appreciative of the great work that our support staff do. We are in really great hands at Shep, as I have been introduced and been able to get to know some high quality professionals who take great care of our school. Thank you for all you do, and please know that you are valued and appreciated.

Congratulations to all of our staff who are recognized for their Years of Service Award. Your dedication and commitment is appreciated.

**5 Years**

Jose Isidoro  
Matt Oosterhuis  
Kyle Palmer  
Jacquelyn VandenBorn  
Renee Waldie  
Iola Yuen

**10 Years**

Heather Bergland  
Dinah Isherwood

**15 Years**

Angela Hernandez  
Diane Jomha  
Carol Sordo  
Jines Vasquez

**20 years**

Darryl Braye  
Sebastian Manavalan

**25 Years**

Louis Branco  
Lance Burns  
Roberta Cannon  
Jenny Li-Mitra  
Marnie White

The quarter ended with us being moved to online teaching and learning for the next several weeks of our journey together this year. I am thankful for the great work that I see happening at Ross Sheppard. Our resilient attitude is second to none. Have a great Quarter 4 everyone!



# MATHEMATICS

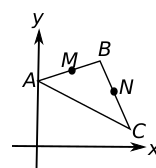
Although March is behind us, it would be remiss if we didn't take a moment to recognize Pi Day! March 14<sup>th</sup>, or 3/14, occurred on a Sunday this year, and we hope you all took some time to enjoy a piece of pie. To truly celebrate the day, you had to sing Happy Birthday to Albert Einstein at 1:59 PM!



Spring is a time of new growth, fresh beginnings, and math contests. The wonderful thing about math contests is that they can be done individually, and people can be easily socially distanced. Most students would agree that part of the contest fun is the interactive discussion that comes afterwards. Our present situation makes this aspect difficult. In fact, with a portion of our student population online, and classes working on the quarter system, it has been challenging to get as many students writing math contests as we typically would. Ross Sheppard's annual Totem Torus competition will unfortunately not be held this year due to current restrictions, however interested students may still access and attempt the questions.

That said, we did compete in the Euclid contest, the Grade 12 competition sponsored by the Center for Education in Mathematics and Computing. This year's contest was tough! See if you agree. Below are a few of the questions asked.

In the diagram to the right, A has coordinates (0,8). The midpoint of AB is M(3,9) and the midpoint of BC is N(7,6). What is the slope of AC?



Prove that the integer  $\frac{(1!)(2!)(3!) \dots (398!)(399!)(400!)}{200!}$  is a perfect square. (In this fraction, the numerator is the product of the factorials of the integers from 1 to 400, inclusive.)

# ENGLISH

Theatre Prospero, an Edmonton based theatre company, offered an Interactive Design Workshop as well as a virtual performance of Shakespeare's *A Midsummer Night's Dream* to Mrs. Cannon's and Mr. Birrell's English 10 IB classes in Quarter 3. During the Interactive Design Workshop, one of the theatre company's designers provided some history on what design was like in the Elizabethan era. Through the virtual performance, students witnessed the uniqueness of a distanced theatre production, where each actor worked from a different location. The technical aspects involved were amazing to see. Check out their website at <https://www.theatreprospero.ca/>.



English 20-1 students completed "Identity Projects" that represented the many facets of their individual identities. The projects for this assignment were incredibly unique and beautiful, ranging from mixtape playlists, memory boxes, time capsules, and portraits to tissue box TV's. Ms. Movold was very impressed with the level of creativity and hard work.

Ms. Marshall's and Mrs. Cannon's English 30-1 classes were blessed with a guest presentation from Reel Canada that covered careers and the production process in Canadian filmmaking. Our virtual livestream was hosted by [Tila Datta](#), a Reel Canada moderator and consultant in the film industry. Guest speaking was actor, writer and producer, Dana Abraham. Check out his biography at <https://www.iamdanaabraham.com/>. We were very grateful for this opportunity!



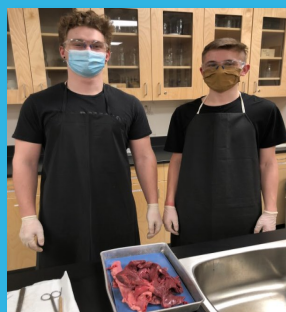
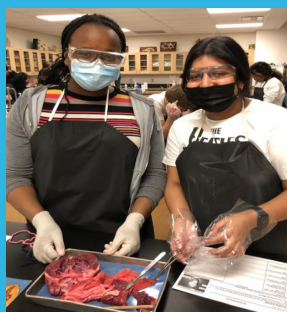
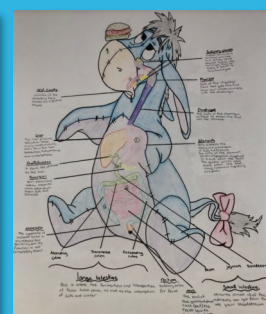
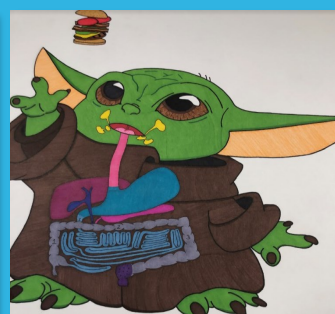
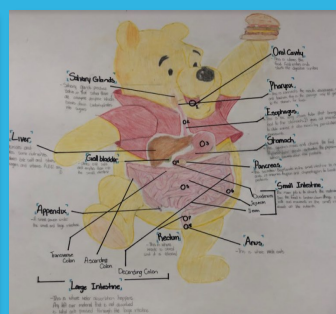
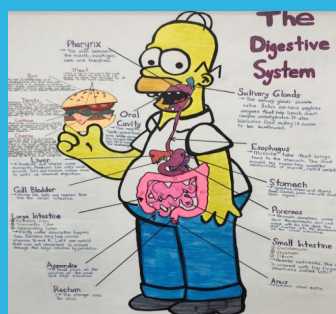
Ross Sheppard extends a huge thank you to the dedicated and hard working English department student teachers who completed their practicum at the end of Quarter 3. We wish you all the best in your teaching careers!



# SCIENCE

## Feature Spotlight: Biology 20

What do Biology 20, Homer Simpson, Winnie the Pooh, and Grogu (Baby Yoda) have in common? Digestion! Biology 20 students used well known characters to demonstrate their knowledge of the digestive system. Not only were the digestive systems of each character drawn into their bodies, but students described the sequence of digestive events that would occur following the ingestion of a delicious cheeseburger! The projects created were colourful, detailed, and demonstrated a high level of understanding.



To continue their investigation of human body systems, Biology 20 students spent time in the lab dissecting a pig heart. Students explored the structures of the heart, and mapped out blood flow through the chambers and vessels. It was an exciting hands-on learning experience that brought concepts taught in class to life. Biology 20 students capped off Quarter 3 with a rat dissection!

# SOCIAL STUDIES

There is never a shortage of current events to discuss in Social Studies! Lucky for us, many current events have been closely linked to our program of studies. Whether it is seeing the impact of the blockage of the Suez Canal on global trade, or vaccination nationalism, highly interesting connections to the curriculum have been occurring every day.

In Mr. Smith's Social Studies 20-2 class, students were tasked with representing different nations from the UN's General Assembly. They prepared opening statements, identifying their nations position on important international issues such as climate change, the use of child soldiers, and government response to the global pandemic. Students engaged in thoughtful debate and discussion, concluding with a classroom vote on each topic, and the creation of a resolution.

We are looking forward to our Shep delegation attending the virtual University of Alberta High School Model United Nations at the end of April. This group will represent Ross Sheppard, showcasing their diplomatic, and speech and debate skills over the three-day conference.

Keep your eyes and ears open for issues that you would like to be discussed in your Social Studies classes!

# INCLUSIVE LEARNING – CLS

February and March were busy months in the Community Learning Skills (CLS) program!

In academics, CLS students started two new subject areas of study; Social Studies: Political and Physical Regions of Canada, and Science: Habitats. They have enjoyed learning about our city, province and country, and the special places/features that make Canada so great.

In Food Studies, students spent February reviewing measurement skills with the metric and imperial systems. In March, they participated in taste tests of various canned and prepared meals. This is always a lesson that students thoroughly enjoy! During Art classes, held on Monday afternoons, students have worked on various art media projects with seasonal themes. Physical Education classes continue 3 times per week, on Mondays, Wednesdays, and Fridays. Our dedicated P.E. teacher, Ms. Berglund, has developed a Challenger Baseball (T-ball) unit, as well as a virtual Special Olympics Unified Bean Bag Toss Tournament.



We were fortunate to have the school provide each student in the CLS program with their own dedicated Chromebook computer. As such, we have used these to access the EPIC reading program on a daily basis. We are pleased to report that since the inception of this program in January 2021, CLS students have completed (listened to and/or read) 250 books! This is a tremendous accomplishment, and we are so pleased with the growth in reading shown by our students.

We are now moving into the final quarter of the school year, and look forward to enjoying our new outdoor classroom spaces.

In closing, we want to thank all our students' parents and guardians for their continued support, as we work to keep COVID-19 out of our school. Please remember to review the AHS checklist daily and stay at home if you are feeling unwell. Your cooperation in this matter is greatly appreciated.

## INTERNATIONAL BACCALAUREATE



Last month, we had the pleasure of announcing that Eman Shayeb, an IB Diploma student, was selected for a 2021 Loran Scholarship valued at \$100,000. Although only 30 Canadian students win this prestigious award each year, this is the second year in a row that a Ross Sheppard student has been recognized for their integrity, courage, compassion, grit, and high level of personal autonomy. Congratulations, Eman!

Grade 12 IB students have been busily handing in all of their submissions for IB: Extended Essays, papers, presentations, oral examinations, and Internal Assessments in all courses have been completed. Congratulations!

Up next for these students are the IB exams, which run from April 29<sup>th</sup> to May 20<sup>th</sup>. Please see the Ross Sheppard website or the 2021 IB Google Classroom for the examination schedule. Good luck on your exams, T-Birds!

Grade 10 pre-IB and Grade 11 IB students have been registering for their courses next year. If there are any lingering questions, please visit Ms. Gross in room 1202, or email her at [jennifer.gross@epsb.ca](mailto:jennifer.gross@epsb.ca).

# ROSS SHEPPARD'S LORAN AWARD RECIPIENT

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We are delighted to share that Eman Shayeb from Ross Sheppard High School is a recipient of the Loran Award, Canada's largest and most comprehensive undergraduate merit award granted to young Canadians.

Out of 6084 applicants from across the country, the Loran Scholars Foundation selected 30 exceptional young Canadians to join its 32<sup>nd</sup> class of Loran Scholars. These recipients demonstrate a firm commitment to character, service, and leadership potential; breadth in academic and extracurricular interests; integrity and a high level of personal autonomy.

In a time of intense change and challenge, the newly selected scholars have shown grit and resilience, finding ways to make the most of these extraordinary circumstances, and meaningfully serve their communities. Congratulations, Eman!

Eman has always enjoyed engaging in social justice efforts and reading activist literature. Currently, she is co-authoring a book on stigmas in Muslim households. At Ross Sheppard, she has been involved with the Social Justice Club since Grade 10. She believes in community involvement at the ground level, and has founded her own community-based organization in an effort to make feminine hygiene products accessible to those who need them. Her aspiration to become an aerospace engineer has fostered her love of Math and Physics, which are her favorite outlets for creativity and problem-solving. She also channels her creative energy into her art, particularly her annual spring and summer commissions. One day, she hopes to illustrate a graphic novel.

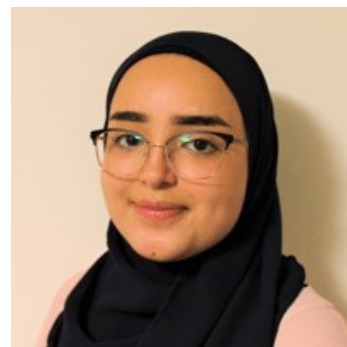
When asked her thoughts on being named a Loran Scholar, Eman said: "Being named a scholar is a truly incredible opportunity. I am very grateful to be a part of a community of such incredible individuals. It still feels a bit unreal, but being a scholar has opened a lot of doors for me, and I can't wait to find ways to return these opportunities to my community."

Eman expressed that her experience at national selections was unforgettable. "Even though national selections was virtual, I had a wonderful time. I got to talk to the interviewers about a range of topics that I was interested in, which is quite unusual for interviews, so it felt like they were really trying to get to know me as a person, rather than just trying to get me to talk more about my application. Some of the questions that were asked still stick with me to this day, and help me reflect on the ways that I can be a better activist. I also got to speak with other finalists, and previous scholars to really get an idea of what the Loran has to offer. Overall, national selections was a really enriching experience!"

The Loran Award is Canada's largest and most comprehensive four-year undergraduate award. What makes this award unique is that it is not a reward for past accomplishments, but an investment in a potential future path of high impact. Loran poses a lifelong challenge to its scholars to live outstanding lives of character, and take on significant leadership roles which will positively impact their communities, Canada, and the world around us.

Loran Scholars receive a renewable four-year award comprising an annual living stipend and matching tuition waiver from one of the foundation's 25 partner universities; tri-sectoral summer internship funding (enterprise, public policy, and community development); one-on-one mentorship; and the opportunity to connect with other high-potential youth through scholar gatherings. Following their undergraduate studies, Loran Scholars are welcomed into an engaged alumni community, in which former scholars connect and collaborate through regional hubs, and larger reunion events.

Congratulations, Eman! Ross Sheppard is so proud of you, and excited to see where your Loran experience takes you.



# GLOBAL LANGUAGES: CHINESE

Grade 12 students participated in the World Overseas Chinese Students Writing Competition organized by the Chinese Language Education Foundation. Over 1600 students from 33 countries were involved. Ehco Cheng and Jinna Ma won first place; Megan Huang won second place.



Ehco Cheng

Jinna Ma

Megan Huang also received a full scholarship from one of the top universities in Beijing. Kelly Wu was awarded a scholarship to study in China for one year, but declined due to the pandemic. The Grade 12 Chinese Journal Award recipients from Shep receiving \$300 each, are Megan Huang, Eric Au, Kelly Wu, and Carmen Yap. This award is for strong commitment to learning Chinese, along with exemplary academic achievement, and community citizenship. Special thanks to Julie Nguyen, Lauren Chen and Kym Bahandi, for their participation in Edmonton's Asian community anti-racism forum!



Megan Huang

## FRENCH IMMERSION ALUMNI

Hello there! My name is Casey Shunock. I am a proud alumnus of the French Immersion Program at Ross Sheppard. It was great to be part of this program at Shep; I found that the smaller community within a large school setting gave me the best of both worlds. During my time as a T-bird, I took as many core subjects in French as possible, including the sciences Biologie 30, and Chimie 30. These courses allowed me to enter into the Electrical Engineering Technology program at NAIT. Even though I did not continue my post-secondary education in French, I found that my French Immersion foundation was very valuable, and had a smooth transition into an English technical program. After the completion of my program, I worked in a field position, testing and commissioning high voltage equipment within electrical substations. I also sat on NAIT's Advisory Committee for Women in Technology and Trades. Currently, I design and deliver powerline construction projects. Even in the utility industry, my French skills come in handy. I am always proud to say that I was a Thunderbird!



## CAREER PATHWAYS

The Career Pathways office is centrally located in the Learning Commons, and offers students avenues to receive high school credits while working or being enrolled in one of the registered trades accredited by Careers: The next Generation and the Alberta Government. Thus far this year, we have had over 100 students access credits in our Work Experience program, which allows students to earn high school credits while working or volunteering in the community. Currently, Ross Sheppard has 8 students enrolled in the Registered Apprenticeship Program (RAP), working full-time or part-time to accumulate hours towards their trade tickets. Several of our T-Birds have applied for RAP internships in the trades this summer.

New this year to the Career Pathways program are paid internships in Information Communication and Technology (ICT), where students interested in high tech fields are matched with employers looking to harness young talent. Another new program being offered is the Indigenous Youth Career Pathways program, which assists Aboriginal students in making informed employment choices, and provides meaningful internships in many career fields.

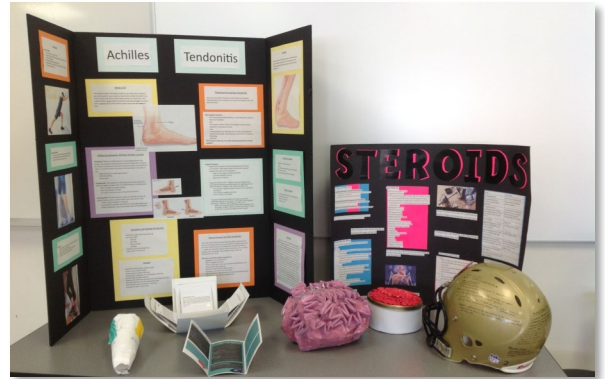
For Career Pathways guidance, including help with resume writing, job searches and career advice, please either visit Mr. Lynagh or contact him via email at [Mike.Lynagh@epsb.ca](mailto:Mike.Lynagh@epsb.ca).



# SPORTS MEDICINE

Students in Sports Medicine 15 took some time to dive deep into a topic of interest. They completed an individualized project proposal, followed by a final project. There was a lot of innovation in the projects this year, with multiple different formats submitted.

The final unit in Sports Medicine 15 is taping, so students finished up the quarter by learning how to tape each other for various injuries.



# SPORTS PERFORMANCE

Students taking Sports Performance were extremely motivated with their individualized training program last quarter. After taking time to learn the techniques of basic resistance training exercises such as the front squat, deadlift, overhead press, and bench press, students were safely tested to determine their 5 repetition maximums for each. They were also tested on other athletic performance exercises including the vertical jump, broad jump and the 5-10-5 shuttle run. This allowed instructors to determine a student's baseline strength level and physical capability, so that they could be prescribed appropriate intensities for weight training exercises.

After initial baseline testing was completed, students began a fully periodized resistance training program. They completed different fitness phases throughout the quarter, which included strength endurance training, maximum strength training, and power training. Within each of these phases of training, students learned and refined technique in Olympic weightlifting exercises, general upper and lower body strength exercises, core strength exercises, and when space and time permitted, speed, agility, and quickness training.

At the end of the quarter, students had an opportunity to retest each of the exercises assessed at the start of the quarter. Research, and our results in Sports Performance class continue to demonstrate that focusing on the development of strength leads to the improvement of various athletic abilities including sprint speed, jump height and distance, and change of direction ability, serving to decreasing the likelihood of injury, and even helping to improve cognitive function and focus. All and all, we were very pleased to see the development and commitment of our students in Quarter 3, and look forward to welcoming more students in Quarter 4.



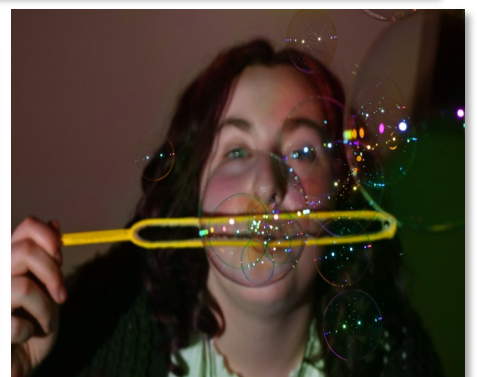


# PHOTOGRAPHY

In Photography 10, students learned the basics of how to use a DSLR camera, and spent the quarter focused on taking properly exposed photos, practicing framing, and learning how to use Photoshop to create fun, artistic compositions.



The biggest challenge in Photography 20, is the addition of specialty lighting and lens practices. This quarter, students were challenged to create a number of projects that used these skills to communicate a specific message.



# ANIMATION

Animation 10/20/30 students have been working hard on the creation of their final animations. Due to COVID restrictions for large gatherings, there will be no in-person showcase, therefore, all final projects will be uploaded to Mrs. Moreau's YouTube channel. To view them, please search Lorraine Moreau on YouTube, and look for the playlists named "Animation 10/20/30:Final Animation Film".



### **Lucky**

*Animation 10*

Category: Final Animation

Animator: Brendon Ma



### **The Little Piglet Turns into a Boy**

*Animation 20*

Category: Final Animation

Animator: Renee Collera

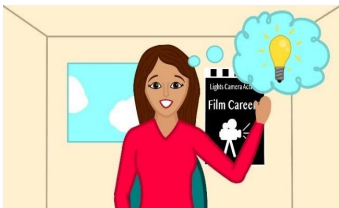


### **Aaah Beans!**

*Animation 20*

Category: Final Animation

Animator: Ellie Blevins



### **My Grand Plan**

*Animation 20*

Category: Final Animation

Animator: Marissa  
Madro-Ceccano

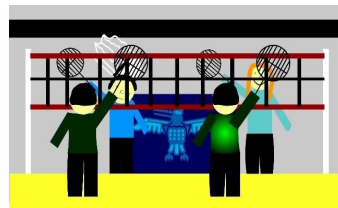


### **Very Valuable**

*Animation 20*

Category: Final Animation

Animator: Sancho  
Hernandez Arriaga



### **The Gym Class**

*Animation 30*

Category: Final Animation

Animator: Hamza  
Sulaiman



### **The Game of Chance**

*Animation 30*

Category: Final Animation

Animator: Jared Brookes

# FOOD STUDIES

With Quarter 3 ending, spring warmth is in the air! Foods 10 classes were grateful to be able to learn in-person for the entire quarter. Students worked to develop teamwork and communication skills in the kitchen in order to streamline their activities and avoid overlapping duties. Some excellent skills for life!

With some students opting for online classes, our in-person students were able to spend a bit more time in the lab. Longer blocks were divided up to include both theory and the preparation of good food. We recently wrapped up our final course, 1040 (Meal Planning), where students combined the knowledge gained from all their previous Foods courses to plan well balanced, budget friendly, healthy meals. Pictured below are some culinary creations from our lab days. We hope our Food Studies students continue to cook and practice the great skills they've learned!



Black Bean Brownie



Salsa

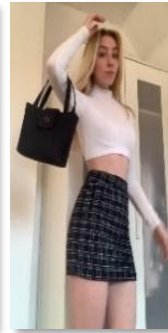
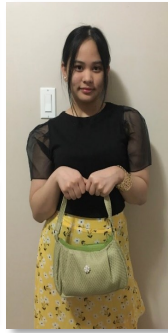


Apple Pie



# FASHION STUDIES

**Fashion 20** students have designing, creating and marketing fashion accessories. Backpacks and hand bags were been popular and look fantastic! All bags were made using recycled fabrics, so we are doing our part to reduce landfill waste. Win, win!

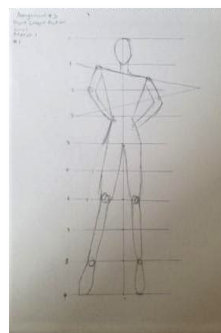


## Construction Fundamentals

Look at all these amazing upper and lower torso garments! Fashion 20/30 students created skirts, pants, tops, and jackets of their choice.

## Fashion Illustration

Fashion 20/30 students sketched figures, features, garments and fashion fabrics in Fashion Illustration. They each illustrated a 3-piece fashion collection of their own design. We have some talented illustrators amongst this bunch!



## Fashion 20 Activewear



**Fashion 30** students worked on their projects of choice. They created swimwear, outerwear and formal gowns, all out of specialty or cultural fabrics.

Well done T-Bird fashionistas!



# QUARTER 3 ARTWORK



**Courtney Craig**  
Analogous Color Study  
Art 10



**Nadia Duesling**  
Analogous Color Study  
Art 10



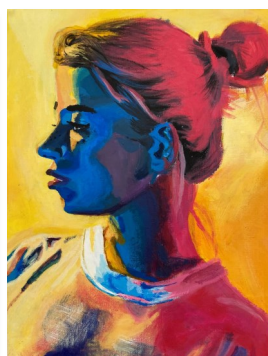
**Cora Ewart**  
Analogous Color Study  
Art 10



**Kate McCormick**  
Create Your Dream Room:  
Sculpture Diorama  
Art 10



**Kelly Hu**  
Color Study Portraits  
Art 30



**Adam Stringer**  
Color Study Portraits  
Art 30



**Lia Candler**  
Create Your Dream Room:  
Sculpture Diorama  
Art 10



**Noah Parker**  
Combine an Image  
and an Object  
Art 30



**Olivia Bjornson**  
Combine an Image  
and an Object  
Art 30



Interpret A Song: Painting on  
Record. Each student was asked  
to visualize and synthesize a  
songs sound and lyrics.  
Art 30



**Noah Parker,  
Bereket Tadesse  
&  
Megan Sobotiuk**  
Collaborative  
Murals  
Art 30



**Vanessa Tran,  
Kelly Hu &  
Olivia Dumont**  
Collaborative  
Murals  
Art 30



# DRAMA

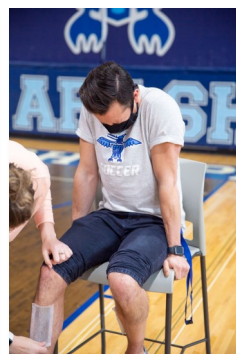
The Musical Theatre class is pleased to announce our upcoming musical revue, *Seasons, A Celebration of Shep Musicals*. *Seasons* will feature scenes and songs from the musicals featured at Ross Sheppard High School from 2010 - 2020. Due to the fact that we're unable to sing in-person for a live audience, the singers are pre-recording their songs, and will be lip syncing on stage to their own voices! The acting and choreography will be live! *Seasons* will run from May 19<sup>th</sup> to 21<sup>st</sup>, and will be recorded and live streamed from the Performing Arts Centre. Please join us in celebrating the incredible work of the acting ensemble and our technical crew! They're not letting COVID prevent them from creating a magical production that celebrates our Shep traditions and honours our graduates!



## STUDENTS' UNION & LEADERSHIP

Students' Union was busy this month, hosting our annual talent show "Shep's Got Talent" online via ShepTV. Congratulations to all our contestants, and to our winners, Zoe Yee, Zara Mahajan, and Demaris Moonwalker, for a stellar performance!

Students' Union also brought a whole month of fun to the school, collaborating with our school's Interact Club to host Positivity Week in March, and raise money for Edmonton's Food Bank. Students filled 7 boxes with 539 kilograms of food! As a reward, teachers performed many fun and creative activities over ShepTV in the following weeks with the Phys Ed department doing the 100-pushup challenge over a puddle of shaving cream, Crazy dancing, the ice bucket challenge, hairy leg waxing, pies in the face, and last but not least, dying Mr. Stanley's hair Blue! This quarter has definitely been fun-filled and action packed! We still find a way to have fun, despite these trying times with COVID. Look forward to more excitement as the weather warms up!



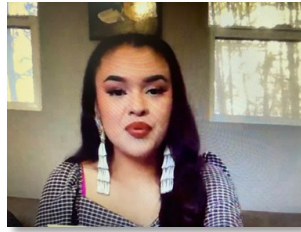
# INDIGENOUS YOUTH RISING CONFERENCE

## Oskaya Êkiskwayihtamowin Osihcikêwin - Indigenous Youth Rising Conference!

Ross Sheppard students extend a shout out and big thank you to Kihêw Waciston Macewan University, for hosting the virtual Indigenous Youth Rising Conference, followed by an evening virtual Round Dance. Young role models and speakers contributed to the success of this youth conference. Curtis Vinish, the MC of the conference, opened by introducing himself and sharing laughs. Elder Francis Whiskeyjack began with a morning prayer in gratitude and thankfulness of for all the people who were able to join this day. While smudging, he delivered a Cree prayer, translating the meaning afterwards.



The first keynote speaker was Andre Bear, who shared personal stories from his educational and cultural journeys. He created a space of vulnerability, displaying power, strength, and resilience that allowed students to open up and relate through shared experiences. Andre ended his speech with inspirational and motivating words, encouraging youth to stay true to who they are and persevere!



Artist Mikey Harris shared his interest in music and dancing as a young child, and the positive outlet those hobbies provided him with. He expressed that they gave him space to grow in love, confidence, happiness, and strength. His message sang the importance of following your passion, regardless of obstacles. Another speaker, Michelle Nieviadomy, initiated a wellness exercise that gave students the opportunity to practice breathing and stretching, promoting balance in life. She talked in depth about the importance of mental health, providing tips for the improvement of mental health. Students enjoyed a lunch from McDonalds, and an opportunity to socialize, ending the conference with a smudge and sharing circle around the day's lessons that inspired them to "Rise Up".

Kinanâskomitin! (Thank you, I am grateful.)

### Ross Sheppard Student Voices:

*"Andre Bear was my favorite speaker. His younger self reminded me of my younger self. I could relate to his experience. More youth need opportunity to hear experiences, share community, and heal." – Rickal, Gr. 11*

*"The Indigenous Youth Conference was a great place to learn about my culture and other people's cultural experience."  
- Angela, Gr. 12*

*"I liked the cultural teachings and the stories shared." - Taven, Gr. 11*

*"I found it interesting when each speaker told their own stories, and how it made them who they are. Learning more about my culture made me feel more open to participate in ceremonies and attend powwows." - Brylee, Gr. 11*





# FIRST NATIONS, MÉTIS AND INUIT HUB

This year's Indigenous Legal Career Day was a special Zoom edition with 23 schools participating across Treaty 6, 7, and 8 territories, including our Ross Sheppard students. Youth listened to Elder Irene Morin's opening prayer and song featuring Northern Cree drummers and grass dancers.

Chief Justice Mary Moreau and Provincial Chief Judge Derek Redman provided opening remarks. Meaningful experiences were shared by Edmonton Police Chief Dale McFee, lawyer Jenna JJ Broomfield, and lawyer Richard Mirasty. An inspirational speech was delivered by retired Justice Tony Mandamin. The summit ended with an Elder prayer, a Flag song, and an opportunity for students to ask presenters questions. Thank you for making this event such a powerful learning opportunity!

## Scholarships and Awards:

- Belcourt Brosseau Metis Award
- Ted Rogers Scholarship Fund
- RBC 2021
- Indigenous Student Awards
- Inspire Scholarships and Bursaries



Check our school website under Student Services for general award and scholarship information, as well as First Nations, Métis and Inuit specific scholarships and resources. Drop in to the Indigenous Student Centre for more support!

## STUDENT SERVICES

Student Services has been busy registering new T-Birds to Ross Sheppard. If there are any current Ross Sheppard students, online or in-person, who have yet to pick courses for next year, please contact Student Services as soon as possible.

Mental Health Week is May 3<sup>rd</sup> to 9<sup>th</sup>, and in light of this event, we wanted to share some ideas on how you can take care of yourself during the pandemic.

1. Acknowledge the turbulence - Check in with yourself and express the sadness of not seeing friends or family, things you used to enjoy doing, etc.
2. Fuel your body with healthy food - Since we are eating at home more, try a new recipe.
3. Move your body - Take a walk and set SMART goals. "I will take a walk at 10 AM for 20 minutes and find three flowers with three different colours."
4. Prioritize sleep - Get a solid 8 hours. Go to bed and wake up at the same time every day.
5. Find ways to connect socially - Host a virtual dinner party. Zoom/FaceTime dinner with family or friends.
6. Build hope and resilience - Make a list of all the things you want to do when this pandemic is over. Or, create a vision board with a collage of pictures from magazines that remind you of all the things you want to do or achieve in the future when it's much brighter.

If you or anyone else you know needs extra support, please contact the following organizations:

- **Kids Help Phone:** 1-800-668-6868
- **Distress Line (24/7):** 780-482-HELP (4357)
- **Momentum Walk-In Counselling:** 780-757-0900
- **Access 24/7:** 780-424-2424 (adults only)

# SCHOOL COUNCIL

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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 via Google Meet. If you have any questions, or to send us your consent to contact form so that you get timely information from School Council, please e-mail [rsschoolcouncil@gmail.com](mailto:rsschoolcouncil@gmail.com).

## STAY CONNECTED

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- ShepHighSchool
- ShepSUEvents
- Shep\_Athletics



- @shepfootball
- @shepsmed



- Shepsmed



- **Shep Grad 2021 Information**
- [shepgrad.ca](http://shepgrad.ca)



# BEST FRIEND DAY

- DRESS UP AS TWINS!
- ACTIVITIES AND GAMES ON THE NORTH FIELD BY THE BUS STOP!
- BUY A TWIX FOR A FRIEND FOR \$2 FROM MAY 10 - JUNE 1!



# JUNE 8