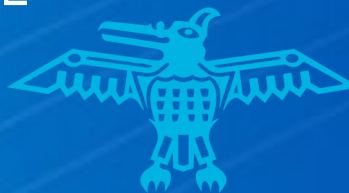


T-BIRD TIMES


 EDMONTON
PUBLIC SCHOOLS

Superintendent:
Darrel Robertson

**Assistant
Superintendent:**
Kent Pharis

School Trustee:
Marcia Hole

Rick Stanley
PRINCIPAL

PRINCIPAL'S MESSAGE

Greetings Ross Sheppard High School Community,

We are off to a great start this year at SHEP as things are stabilizing following the September kick-off. We began the 2022 - 2023 school year with just under 2200 students, and as of today we sit at 2174 students (764 Grade 10s, 727 Grade 11s and 683 Grade 12s). The start to this school year has certainly been one of what we knew pre-pandemic. A lot of activities and larger scale events have come back to life. Student life outside of the classroom has really been most inspiring, as students are engaged in all kinds of clubs and committees, but what is really evident is their ability to interact with each other and socialize the way it should be.

Although the year started off with some great momentum, it is without question that we are always aware of influenza season. It tends to hit schools at times when cold weather starts or there have been interactions for lengthier periods of times. As the first few months have progressed, I am really in awe of some spectacular achievements. Each week in the Parent Bulletin, I get to share with you the numerous successes, achievements and pursuits that our school carries forward. To be a part of such excellence, and watch our community utilize our school as a pillar and relay hub, becomes a very surreal experience.



The Graduation Executive has been announced and they are now in the process of starting to plan out what the end of the year will look like. Graduation 2023 is a work in progress and really takes a full year to plan. Our dedicated Graduation Executive, featured to the left, are true leaders in our school.

As a third year Principal at Ross Sheppard High School, I have continued to work in a community with incredible empathy and support. Our Ross Sheppard School Council, featuring our parents who come together and work with admin, has been a phenomenal group to work with. Their countless efforts and pursuits behind the scenes to support our community is second to none. On the third Wednesday of each month, we meet at school to discuss various happenings, ongoing, celebrations or challenges at school. I am often very transparent about the functions of the school and I always appreciate engaging our families so they have understanding.

There is much to be proud of at Ross Sheppard High School and one committee that is in its second year is our 'Speak Up Shep' group. This group is the voice of Shep and puts forth motions for change in our school that meet the needs of our students. Currently, we have our 2nd and 3rd floor washrooms being revitalized to be common areas of washing hands, while allowing students to have private stalls as an all gender area. Most recently, our Speak Up Shep committee has shifted the Learning Commons parameters with more of a liberal approach for eating and drinking while studying. Meeting with this group each Thursday has really given me great understanding and context of needs through a student lens.

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, MentorShep, RelationShep and ScholarShep. 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. I want everyone to know that my door is always open for a conversation. Please feel free to make an appointment and come to visit if you ever need anything from our school, as we are here to support our community. Your voice is important to us.

ENGLISH

We have had a lot going on in English this month!

At the end of October, Mrs. Perry, with the support of Matt Whittman, visited four English classrooms to teach about writing personal land acknowledgements. It was a very empowering experience and we are looking forward to seeing what our students produce.

A number of our English 30-1 classes completed a unit looking at art as social commentary. As a final activity, the students had five minute rapid shares to talk about the songs they chose and how they related to their chosen global issue.

In English 30IB, students created art about one of the poems they studied by Irish poet Eavan Boland. The class then had a gallery walk, where classmates explained the art that they created and how it connected to their chosen poem.



MATHEMATICS

The beginning of this year presented a host of challenges for the Math department, but hey, we're problem solvers. We have had to work around resource issues, student placement issues, adjusting our lessons to accommodate the slightly shorter class time and more performance anxiety among students than we have witnessed in earlier years. The trick was to keep moving forward one student at a time. We are excited to be back in class and feel the energy in the school building.

Our annual run of math contests has recently begun. For our monthly Mathleague Contest, students come in at lunch and have a half hour to solve a set of six problems that range from fairly straightforward to real head scratchers. The real joy of math contests is watching students talk about the problems afterward. They work over each other's shoulders, saying what they did, while writing things down and arguing. It is incredibly rewarding to witness them engaged in problem solving activities like this, and be so passionate about it.

Below are some examples of the questions they worked on:

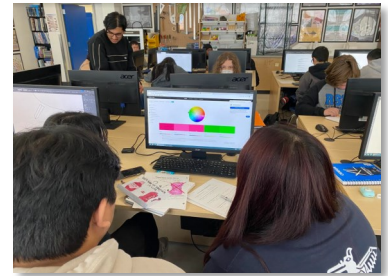
- 1) What is the least possible length of one side of a square whose perimeter is the square of a positive integer?
- 2) What is the least positive integer n for which the sum of the digits of both n and $n + 1$ are even numbers?
- 3) After I wrote each of the first n positive integers on a different card, I split the cards into three piles (which may or may not contain different numbers of cards). For how many distinct values of $n \leq 2022$ can the numbers written on the cards in each pile have the same sum?

Answers: 1) 0.25, 2) 19, 3) 1346

SOCIAL STUDIES

The year is well underway in Social Studies! In addition to learning more about the world of social studies and working on various skills in class, we are grateful to have enhanced learning opportunities such as the online Holocaust Education Symposium, and two exhibits looking at Residential Schools and the Métis Residential School Experience. Both the symposium and exhibits will be taking place in November.

Ms. Filan's Social Studies 20-1 class has started a project with students taking Ms. Van Leeuwen's Graphic Design 25 and 35 class. They will be consulting on a piece of propaganda that the graphic design students will create as a final product. This project is a great opportunity for students to learn more about techniques frequently used in the development of propaganda. We look forward to viewing the finished product!



SCIENCE

In October, Biology 20 classes attended an all-day field trip to the Huestis Demonstration Forest near Whitecourt, AB. This curricular field trip allowed students to perform a field study of the forest ecosystem. Students selected a plot within the forest and identified vegetation using a dichotomous key. They also looked for evidence of wildlife activity. The abiotic components of this ecosystem were also observed by taking soil samples, measuring soil and air temperatures, and measuring the amount of sunlight reaching the forest floor. Even though our field study days were chilly to start with, this hands-on learning experience supported topics that students study in the classroom, and was a fun way to learn about Alberta's ecosystems.



GLOBAL LANGUAGES

Español 10-3Y

¡Hola a todos!

Our students in Spanish Language and Culture were quite busy at the start of this semester!

Grade 10 students are starting their travels through the Spanish speaking world as they discover México. They learned about Lucha Libre, Quinceañera and the Día de los Muertos celebration, while designing their own luchador mask and building an ofrenda.

Grade 12 students continue to travel through Latin America, arriving in Chile. In this South American country they are discovering the country's political history, literature and music. They are looking forward to writing their own Fotonovela and continuing their travels to Argentina, where they will experience the Tango and learn about the revolutionary Ernesto "Che" Guevara.



Chinese Bilingual Program & Chinese Language and Culture

Students from the Ross Sheppard Chinese program participated in many community functions this summer. They volunteered in the Chinese Pavilion during Heritage Days, and performed at the K-Day parade, Canada Day celebration and many other events around the city.

Students from the Chinese Bilingual program are leading the Shep Asian Alliance, a group aiming to raise awareness of the contribution of Asian Canadians, and the challenges and discrimination they are facing in Canadian society.



FINE ARTS

Drama 10

Drama 10 students enjoyed the sunny fall weather as they performed scenes from *Toronto at Dreamers' Rock*, by Drew Hayden Taylor, in Mâmwatowin, our Indigenous land space. The play is a moving portrayal of a teenage boy who is torn between the traditions of his people, which he only vaguely understands, and the lure of modern life. They've also been exploring various forms of movement, improvisation and speech techniques. For Halloween, students and staff participated in a costume fashion show!



Drama 20/30

Drama 20/30 students completed an exciting playwriting unit with the #writesofpassage program from Workshop West Playwrights' Theatre. One of the guest teaching artists, Will McIntosh, is a Ross Sheppard graduate. Students had the unique opportunity to workshop their original scripts with professional actors in-person. Student directors, playwrights, technicians and actors will now work towards staging their original plays for Shep Fest, our One Act Festival, which will take place December 14th-15th in the Ross Sheppard Performing Arts Theatre.



FINE ARTS (CONTINUED)

Advanced Acting and Technical Theatre

The Advanced Acting and Technical Theatre class is thrilled to announce their upcoming production of *Alice in Wonderland (And Back Again)*, by Randy Wyatt. The show will be performed in the Ross Sheppard Performing Arts Theatre, November 23rd-26th, at 7:00 PM each evening. Tickets are available through [Eventbrite](#).



Alice in Wonderland (And Back Again) is a madcap adaptation of Alice in Wonderland and Alice Through The Looking Glass. The show will feature an elaborate set, moving projections and film components to compliment all of the familiar characters, such as the Mad Hatter, the Queen of Hearts and the Tweedles, as well as characters and events not usually dramatized, including the Pigeon, the Nanny in Duchess' kitchen and the White Knight. Check out our actors and technicians at work!



Improvisation 15/25/35

Congratulations to the Improvisation class! They performed at their first in-person improv competition in two years! The Northern Alberta Improv League, or NAIL competition, is an opportunity for students to compete against other high school teams and receive feedback from professional improvisers. They embodied the spirit of "We Are Shep" and represented Shep with style!



CAREER & TECHNOLOGY STUDIES

Fashion Studies

Our Fashion classes for this term are in full swing!

Fashion 10 classes have finished the sewing fundamentals unit, where they learned the basics of sewing with a machine and ended the unit with some fantastic projects. Students chose their final project, and had fun making tote bags, boxers and teddy bears.

For the past month, we have been working on two units at the same time - Fashion Illustration, and Reduce, Redesign and Recycle. Students have been learning to draw fashion croquis (flat, figure sketches) and in between, have been working on common repairs and reusing scrap material. Many of our teachers were kind enough to offer some of their own clothes for the students to practice on, and there has been a plethora of repaired tears, replaced hems and reattached buttons. Next, students will apply these design ideas to recycle an existing garment into a totally new garment and into a new household product.

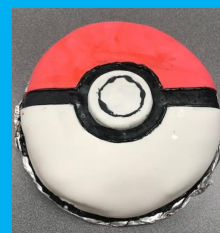
Foods

The foods labs are always a flurry of activity. All our food classes, 10, 20 and 30 had a ton of fun last week creating Halloween cookies. Sugar rushes and food colouring spills were common, but it was two days of entertaining chaos!

Foods 10 students have done a fantastic job finishing foods basics and the baking unit, and have moved into a month of learning how to properly cook vegetables and fruits. New this year, students will learn to make cucumber rolls and bake up some fresh spanakopita. They are excited to try some new recipes and the teachers are excited to learn from the experience too!

Foods 20 is learning all about nutrition and dietary needs, so they really enjoyed the cookie break last week!

Foods 30 has just finished the Cake Boss Challenge, a favorite where students spend several days baking, icing and decorating cakes. This year, we had a tie for winners - the popular Poké Ball and a haunted house scene!



INCLUSIVE LEARNING

Inclusive Learning "Giving Thanks" Lunch

We brought back our Thanksgiving lunch for the first time in three years. However, this year we extended the lunch to the entire Inclusive Learning department, which included 300 students and 26 staff.

A huge thank you to Bernadette and her team for cooking the turkeys and providing everything we needed to make this lunch a success! We had:

- 8 turkeys
- pounds and pounds of potatoes
- a gallon of gravy
- 5 lbs of corn
- homemade cabbage rolls
- brussel sprouts
- 4 different stuffings
- buns, buns, buns
- 20 boxes of Kraft Dinner
- pumpkin pie, apple pie, whipped cream
- 200 + students fed
- 30 + staff fed

This was by far the biggest lunch we have ever served and it was so lovely to see all the students smiling and eating together! For many of our new Canadians this was their first Thanksgiving experience and although a few weren't sure what to think, the majority had seconds and thirds!

Thank you again to absolutely everyone who helped out. We couldn't be more grateful to work with this group.

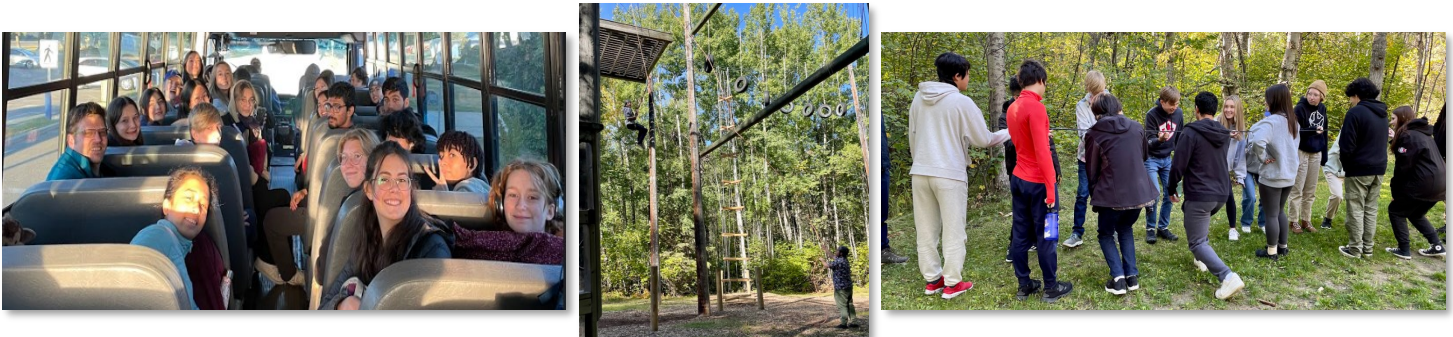


INTERNATIONAL BACCALAUREATE

Ross Sheppard is excited to welcome all of the new IB students, including our Grade 10 pre-IBs, and to welcome back our Grade 11 and 12 IBs. This year, we have an incredible 23 students registered to complete the full IB Diploma Programme in Grade 12, and we couldn't be more proud of them continuing this challenging program during challenging times. We currently have 79 students registered to write IB exams. Good luck to all of you in your work!

We were thrilled to take our Grade 11 and 12 IB Diploma candidate students on an overnight retreat to Camp YoWoChAs. Grade 12 students mentored the Grade 11s with some sage IB advice. All students learned more about IB, took risks and bonded through a number of exciting activities.

If you're looking for answers to your IB questions, please see Ms. Gross in 2100/2102 or email her at jennifer.gross@epsb.ca.



STUDENT SERVICES

Ross Sheppard students have been busy learning more about post-secondary programs and planning for their futures since September, and many of our students have already been accepted into their program of choice. We believe that the transition from high school to post-secondary helps to maintain student focus, and builds hope and excitement for life after Shep. Edmonton institutions such as the University of Alberta, Macewan University, Concordia University and NAIT, and out-of-province institutions such as the University of British Columbia and the University of Toronto have visited Shep to get our students interested in new and exciting programs they have to offer.

After three years, Shep was proud to offer two major events in-person again - the Out-Of-Province Fair (October 17th) and the Post Secondary Morning (October 19th). In a trade show-like format, students were able to meet representatives from 20-30+ institutions and gain valuable knowledge about specific programs.



On November 23rd, all students will take part in our Career Morning at Shep. Community members working in 60+ occupations will share their expertise and advice to help our students make informed decisions about career pathways. Any students looking for more information about our monthly post secondary visits can access them through the following QR code.



PHYSICAL EDUCATION

Physical Education has had a busy first few months of school, with new courses and guests coming in to incorporate new and exciting activities into our classes! This year, we implemented an ELL/K&E combo class to accommodate and welcome many new students from all over the world. They, along with many of our other Physical Education classes, got to see what it was like to be a lacrosse player when teachers and student athletes from Vimy Ridge Academy took time out of their schedules to teach our students for two days. We extend a huge thank you to Ryan Dunkley for organizing such a cool and unique experience for our classes! Not only did the students learn how to handle a lacrosse stick, they were also taught about the very important Indigenous history of the game and how it came to be. In addition to lacrosse, several of our classes also got to experience Indigenous dancing during Métis week, when Ivy came in and had students jiggging up a storm!



It has been a wonderful experience for both teachers and students to have the opportunity to try new activities and find new passions! Looking forward to what the rest of the semester and school year will bring!

SPORTS MEDICINE

Sports Medicine 15 students have been learning all about the musculoskeletal system and are currently working on a self-directed study on a topic of their choice. In **Sports Medicine 25**, we now have 16 more students certified in Standard First Aid. They are also practicing their taping and are getting ready to use their skills during their practicum for this course. The highlight for most **Sports Medicine 35** students is their practicum. Fall sports are a great way to jump in and start getting experience. Students work alongside the school's athletic therapist covering practices and games for our athletics' teams. They must complete 50 hours to complete their practicum and it is a great way to apply what they've learned in a real life setting.

ATHLETICS

It has been a very exciting start to the year in Athletics. The year kicked off with a beautiful day for golf, where one of our athletes, Ella Dolan, placed in the top 10 at cities qualifying her for provincials that were held in southern Alberta. Cross Country was the talk of the town as they had an outstanding season. Alison Mackie and Carson Young both captured gold however, the highlight of the season was the overall team success which saw the entire team come in first place and bring a city championship back to Ross Sheppard.



Volleyball has also had a strong season, as our senior boys are currently in the playoff mix with a strong possibility of a provincial birth. Both our senior and junior girls teams showed consistent improvement all season long, and our junior boys completed their season after winning two very competitive tournaments.

In other sports, both senior and junior Football teams have had their season come to an end, which saw the junior boys lose a semi final playoff game in overtime. Meanwhile, both our Swim and Cheer teams are hard at work as they continue preparing for upcoming meets and competitions. Sports that are getting ready to begin include Basketball, Curling, and Indoor Soccer. It has been a great start to the athletic season, let's keep it going T-Birds!

COMMUNITY LIVING SKILLS PROGRAM

With the exceptional weather in October, our class has made every effort to get outside and enjoy the warm days. Students took a trip on an ETS bus to the University of Alberta for a walk around campus. We visited the Van Vliet Complex and the Centennial Centre for Interdisciplinary Science. Students stopped in the Quad for a photo and enjoyed the beautiful fall colours of the trees surrounding us. We also visited the Royal Alberta Museum.



The "Giving Thanks" lunch with all students and staff in the Inclusive Learning department was one of the highlights this month. CLS students did a great job making the table centerpieces.

Academically, we continued our study of plants and explored why leaves change colour. Google Classroom activities continue to give everyone a great opportunity to work on computer skills. Mathematics included practice with addition and subtraction facts, patterns and money. Students learned how to make waffles and healthy Halloween treats in Food Studies .



CAREER PATHWAYS AND RAP

The Career Pathways office is centrally located in the Learning Commons and offers students avenues to receive high school credits while working or volunteering in the community. The school year has been hopping, with over 80 students registered in Work Experience and 3 students currently hired for fall placements in RAP. These students started Apprenticeship opportunities in the millwright, automotive service technician and chef trades. Thirteen students have submitted application packages to start apprenticeships at the start of Semester 2. We have been very fortunate to work with community partner, Careers the Next Generation, which has helped place students in trade jobs in the Registered Apprenticeship Program (RAP), Information Communication and Technology internship, Summer Health internships and the Indigenous Career Pathways program.

The Career Pathways office would like to acknowledge the following Ross Sheppard students who received awards worth \$1000 each for their successful participation in the RAP program.

Nicholas Porter
(Welder - Element Steel Inc.)

Tyrell Brooks
(HVAC - Empire Mechanical Contractors Inc.)

Joseph Fagan
(Carpenter - Ackard Contractors)

John Gibbons
(Carpenter - Habitat Studio & Workshop Ltd.)

Matthew Italia
(Heavy Equipment Technician - Calmont Truck Centre Ltd.)

Austin Martinez
(Plumber - Petrin Mechanical Ltd.)

Layne Pedersen
(Motorcycle Mechanic - Twisting Steel Inc.)

Hailey Ross
(Autobody Technician - IROC Custom Auto Ltd.)

John Sadden (Heavy Equipment Technician - Southland Transportation Ltd.)

Madison Heslinga (Cook - Earl's Restaurant (170th Street) Ltd.)



The Career Pathways office also offers help with resume writing, job searches and career advice. For all your Career Pathways guidance, please see Mr. Lynagh in the Learning Commons or contact him via email at Mike.Lynagh@epsb.ca.

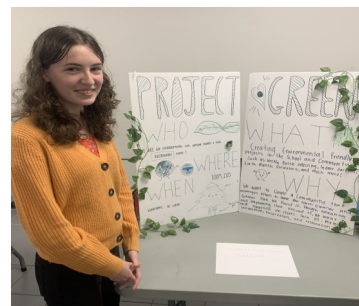
LEADERSHIP

It has been a busy start for the Leadership program! We started the year by working with the Indigenous Leadership program to help honour Orange Shirt Day. We helped assemble booklets of The Truth and Reconciliation Commission's 94 Calls to Action for each classroom. Orange Shirt Day was powerful and we were happy to help.

From there, we began planning our first Shep Rally for the year and the first one in three years! We were able to celebrate the diverse talent in our school community: with Kyann Trapp helping to host; Zoe Yee performing on the piano; Jamie Spurell singing Oh Canada; Naomi Saskatchewan performing a beautiful land acknowledgment; the K-Pop dancers, Murray Bull and Kaycee Houle, and Chinese Lion Dance performing; and our fall sports teams. It was wonderful having all of our students together and really celebrating the "We Are Shep!" community all together again.

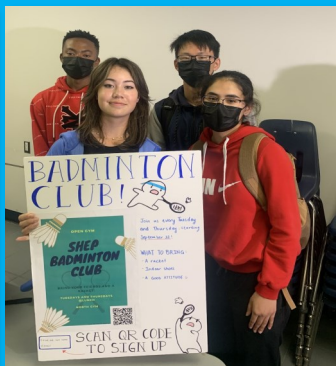
We also had our Halloween carnival this fall. Students showed off their Halloween costumes as they walked down the orange carpet, struck a pose at the photo booth, participated in numerous Halloween-themed carnival games, and of course, got some candy!

No matter the event, Leadership students have been dedicated to putting in many hours after school to help ensure things go smoothly. They all continue to exemplify what it means to be a leader in our school community!



STUDENT CLUBS

Shep is the proud home to a diverse range of clubs for students to join! At the beginning of the year, we held a well-attended clubs fair for students to learn more about the clubs offered and how to join. Clubs offered range from Social Justice, to Dungeons and Dragons, to Hip Hop Dance, to Project Green, to Interact. If a student is interested in creating a new club, they can come by room 2207 to speak to Ms. Kidd.



CONNECT HUB

The Connect Hub is a diverse learning environment that supports academic and personal growth. It is located in room 1101, a bright work space which opens onto one of the two courtyards at Shep. Our caring team of teachers, EAs and tutors are enthused and ready to help! Students can be scheduled to work in the Connect Hub on modules and catch up in other courses on a regular basis, or they can drop in for homework help and tutorials on their spare, at lunch time or after school.



Offerings in the Connect Hub include:

- Independent courses offered through LearnWrite modules and in-house courses
- Teachers in the subject areas of English Language Arts, Social Studies, Math and Science
 - Ms. Filan (ELA) Block 1, Day B
 - Ms. McAthey (Math) Block 1, Day B
 - Mr. Smith (Social Studies) Block 4, Day B
 - Ms. Woosaree (Math EA) Block 4, Day A/B
- U of A Tutors - see current schedule below
- Customized individual learning supports - set up by the student's administrator
- Support and tracking of student progress toward graduation
- Space for extra support and homework completion
- Food and drinks
- Space for extra-curricular activities such as Speak Up Shep! and field trips

Day & Time	Name of Tutor
Monday & Wednesday 2:00 - 4:00 PM	Aleeza - Humanities
Tuesday 1:30 - 4:00 PM	Tehani - All Subjects
By Request - see Mr. Dunkley	Dani - Math
Monday, Wednesday, Friday 11:00 AM - 2:00 PM	Liam - Physics/Math
Wednesday 3:00 - 4:00 PM Friday By Appointment	Kirsten - Social, English, Indigenous Studies
Every Morning 8:30-8:55 AM	Mr. Vasquez - Math
Every Monday 3:00-4:00 PM	Kayla - Social

Students! Parents! Teachers!
Follow us on Instagram:
@shepconnect

Connect Hub Team:
Mr. Dunkley, Ms. Degenhardt,
Ms. Perry, Ms. Filan, Ms. McAthey,
Mr. Smith, Ms. Woosaree,
Mr. Vasquez, Ms. Jacobsen,
Ms. Hutskal



KIKINAW

Kikinaw was buzzing with activity during September and October, and we are so excited to share our cultural experiences and connect with our Shep family community!

Tânisi 

In September, we welcomed approximately 80 new First Nations, Métis and Inuit Grade 10 students to a drop-in Kikinaw Open House for our first open fire and hotdog roast in the courtyard. Students had the opportunity to meet other new students and spend time with Elder Kirk Buffalo, who shared stories and his message to new high school students.



The excitement of September continued to grow as we welcomed almost 40 new and returning Grade 10,11 and 12 students to Indigenous Leadership. We started to work immediately, planning our acknowledgment and commemoration for Orange Shirt Day and the National Day for Truth and Reconciliation. Orange Shirt Day preparations began in the spring, with the design of our own Ross Sheppard orange t-shirt by two of our alumni. Leadership students prepared Truth and Reconciliation cards with the 94 Calls to Action and presented them to all our teachers. Students and staff were encouraged to visit our mini hallway exhibit that included a residential school timeline and survivor stories, from Sept 27th-29th. Knowledge Keeper and residential school survivor, Mavis Moberly, supported the exhibit. NLL Head Coach of the Saskatchewan Rush, Jimmy Quinlan, and the Vimy Ridge Lacrosse program visited Shep for two days providing a cultural introduction to lacrosse and workshops.



KIKINAW – CONTINUED

On September 29th, our acknowledgement began with a small ceremony led by Elder Kirk Buffalo who spoke to administration and leadership students in Mâmâwatowin about his experience as a residential school survivor, and his message to school leaders. Following this, he laid a plaque and made a dedication for Ross Sheppard's new Residential School Memorial Garden. He led us in prayer, blessing our garden with a smudge. During block 2, in a live stream presentation from Kikinaw, Elder Buffalo, joined by his wife Pam Tailfeathers Buffalo, also a residential school survivor, presented his message to staff and students. The whole school presentation closed with jingle dancers Kaycee Houle and Shaye Hunter. During the afternoon, Elder Buffalo held a pipe ceremony with a large group of boys in our tipi. Students were invited to join Elder in Maskwacis in the spring for a sweat. The afternoon concluded with Pam Tailfeathers Buffalo, a Medicine Woman and nurse of 43 years, leading a pipe ceremony for the girls.



Other highlights:

- October 14th Medicine Walk in the River Valley with Leadership students
- Elder Phillip Campiou visited for our tipi lowering in October
- Leadership supported events in the school including Shep Rally, Remembrance Day, Awards Night, Remembrance Day Virtual Ceremony, Parent-Teacher Conferences and Métis Week
- Full-day Cultural Camp in Onoway with Elder Campiou



KIKINAW – CONTINUED

Land Based Learning: Elder Campiou's October 27th Cultural Camp by Shanelle Hogger

"I woke up excited to know today I was going to learn something new!"

I was on a bus headed to Elder Campiou's property in Onoway. The bus was full of twenty-three Indigenous Leadership students, Mrs. Perry and our Assistant Principal, Ms. Ingram-Dabgotra, who was pleased to join us for land-based learning as well as team building! We all were thrilled to be taught by one of our favorite Elders. The first story that was told to us was that a bear visited Elder Campiou earlier that morning! Elder showed us around his ceremonial property and his beautiful home. He told many stories and even invited all of us to a winter solstice sweat and feast. After getting comfortable at his property, we made a fire with Dale and Aisha, who were named our "Fire Keepers". Shortly afterwards Elder brought out the raw fish! We learned how to scale, properly prepare, fillet, marinate and smoke a fish! The white fish was made with soya sauce, brown sugar, smoke with apple pellets and diamond willow fungus. Shhhh!!! It is Elder's secret recipe.



It was an amazing experience to prepare the fish with our hands! I'm very excited to make beautiful handmade art with scales from a fish and learn about this art form! We continued our experience with making bannock from scratch and cooking it on an open fire. It was super good with hot chocolate, treats and apples, with more inspirational stories from the students and Elder being shared as we cooked and ate. Once all our bellies were filled, we got to meet two spirit horses, Lighting and Cupcake, with a special teaching about them. Elder also spoke on language and more interesting teachings! All of us spent more time with Elder and I got to make new bonds with my Leadership group! An Indigenous student in Grade 10 said, "It was one of my most favourite field trips." Her favourite part was meeting the spirit horses! We hoped to saddle up the horses, but maybe next time. We ended the special day with a sharing circle and smudge. On the way back to Ross Shep I can say we all were laughing, singing and chatting about how much fun we had! It was definitely a day to remember and I would so want to do it all over again!"

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 via Google Meet. If you have any questions, please email rsschoolcouncil@gmail.com.

STAY CONNECTED



- ShepHighSchool
- ShepSUevents
- Shep_Athletics



- @shepfootball
- @shepsmed



- Shepsmed



- Shep Grad 2023 Information
- shepgrad.ca