



H. HARDCASTLE SCHOOL

Challenging the Future



Principal: Darren Nordell

Vice Principal: Roberta Moriarty

December 2023

Webpage: <http://www.edline.net/pages/hardcastle> Twitter: @HHS_Royals Facebook: www.facebook.com/H.HardcastleSchool

Bows & Bouquets

- Thank you to Ashley Suderman and family for the donation of children's books. They will be put to good use in our classroom libraries. Your donation is appreciated.
- Thank you to Roger & Mary Elliott of All Season's Resort at Turtle Lake. They supplied pop to the Canteen for our Senior Volleyball Tournament.
- Thank you to the Poole Family for the donation of the Ping Pong table. Our students are enjoying it and have already put in many hours of use.
- Thank you to the School Community Council for providing a meal for staff during Student/Parent Conferences. This was very much appreciated during such a busy week.
- Thank you to Michael St. Amant and Zoey Pollard for representing the Air Cadets and being flagbearers at our Remembrance Day Service.
- Thank you to Strathcona Resources for sponsoring and providing volunteers to cook our school wide breakfast last month.
- Thank you to the RM of Turtle River for their generous donation to our Breakfast Program. We greatly appreciate your support.
- Thank you to Alice Stuart, Cheri Frey, Carol Baillargeon, Leah Mahan, Evelyn Cooper, Rachelle Bourrier and Jolene Sittler for taking time out of your busy schedules to read with our students. We are grateful to have community members who volunteer their time so graciously and our students are enriched because of it.



Excessive Sugar

Dear HHS Parents and Guardians,

We hope this newsletter finds you well. As part of our ongoing commitment to the well-being of our students, we would like to draw your attention to an important matter regarding their nutrition at school.

Recently, we have observed an increasing trend of students consuming excessive amounts of sugary snacks and beverages during school hours. While we understand that occasional treats are a part of a balanced diet, it is crucial to emphasize the importance of moderation and making healthier choices. Our concern lies in the direct impact it is having in the classroom, as it relates to learning that occurs.

Excessive sugar intake can lead to various health issues, including but not limited to:

1. **Reduced Concentration and Focus:** High sugar levels can result in energy crashes, making it difficult for students to concentrate on their studies. We are seeing this impact, especially early in the morning, and after lunch. Limiting this unnecessary sugar, and calories will have a direct impact on increased concentration and maintained focus in class.
2. **Weight issues:** Regular consumption of sugary snacks and drinks can contribute to weight issues, which may have long-term health implications.
3. **Dental Problems:** Increased sugar intake is associated with a higher risk of dental cavities and other oral health issues.

To address this concern, we kindly request your support in promoting healthier eating habits at school and what your child is spending their money on, when they make choices for themselves. The only way that we can address this, is by working together, school and home.

As a staff, we have also been looking at what we can do to support this within our school as well, and we will continue to look at ways to address this. Together, we can make a change.

Thank you for your continued support.



Have plenty of vegetables and fruits

Make water
your drink
of choice

Choose whole grain foods

 Health Canada Santé Canada

Canada

Have plenty of vegetables and fruits

Make water your drink of choice

Choose whole grain foods



Be mindful of your eating habits

Cook more often

Enjoy your food

Eat meals with others

Be mindful of your eating habits

Cook more often

Enjoy your food

Eat meals with others

Use food label

Limit foods high in sodium

Be aware of food marketing

 Health Canada Santé Canada

Canada

A Note to Parents/Guardians Regarding Shoe Removal

All students are expected to remove their outdoor shoes when entering our school. Especially with winter weather and wet conditions approaching, we want to remind students and visitors that when entering the building, outdoor shoes must be taken off. Please ensure that your child has indoor shoes to be worn at school. Not only does this help keep our school clean, it helps avoid wet floors which create slipping hazards. Thank you for your cooperation.

SRC – Mrs. Moriarty

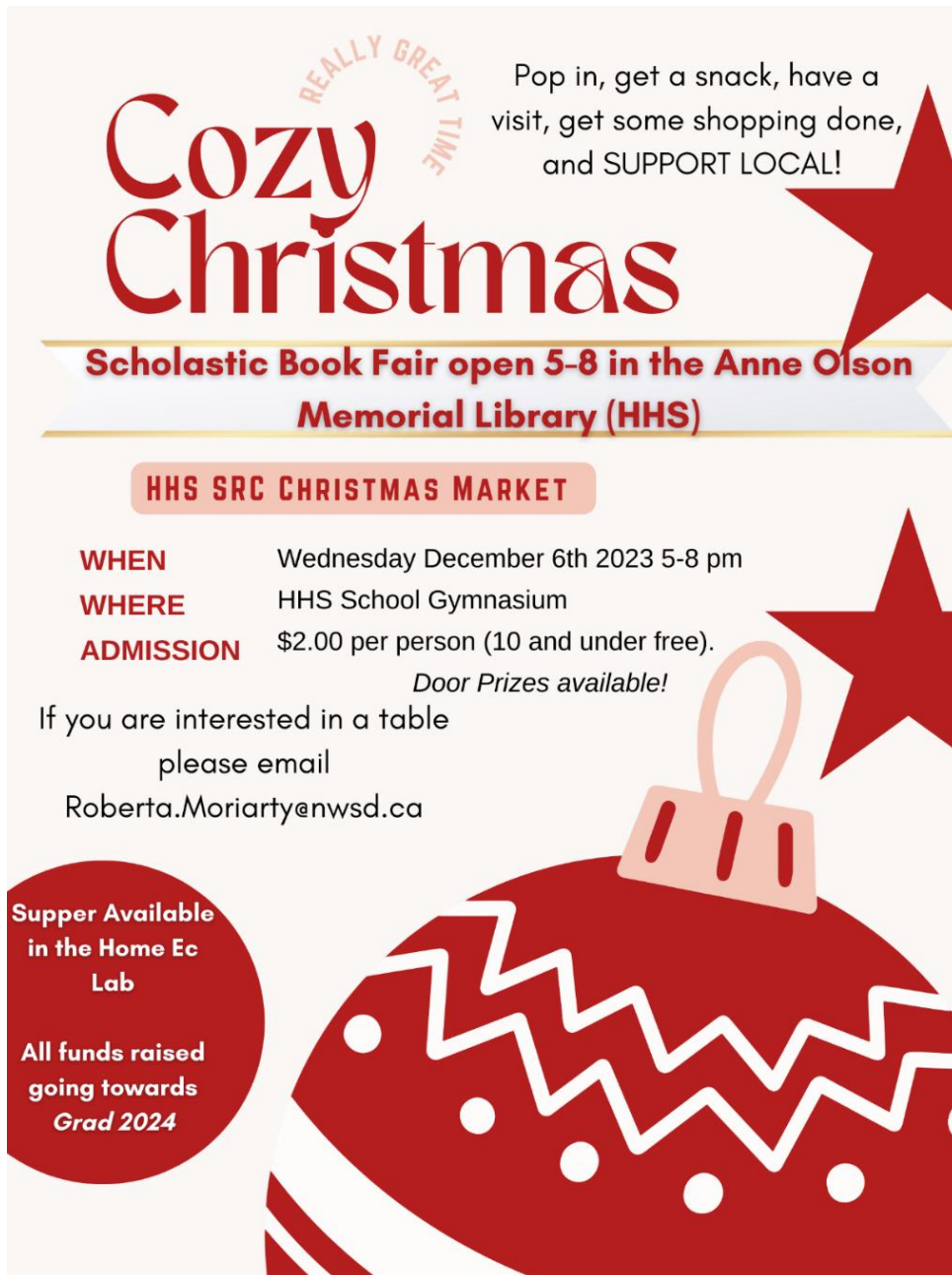
Thank you to everyone who supported the Purdy's SRC fundraiser. Not only were we able to meet our goal, but we exceeded it! All funds raised will go directly towards supporting initiatives in our community, as well as our school. We will be running a "Food Raiser" campaign for the Food Bank. Information will be coming out next week about the guidelines for the "Food Raiser". We are also holding "Hats on for the Food Bank" each Friday until Christmas will all funds raised going to the Food bank. Students may pay a toonie to wear a hat on Fridays in December. Thank you in advance for supporting this important initiative to support families in our community.

Finally, SRC will be hosting their 'Cozy Christmas' event on Wednesday December 6th from 5-8pm. We will have a baking table full of delicious treats donated by our SRC families. Come on down, check out the market, and get some items checked off your Christmas list!



Cozy Christmas – Mrs. Moriarty

We are eager to share another year of “Cozy Christmas” with our school community. Our vendors have something to offer everyone, from baking to leatherwork, or crocheting to hand bound books. Please come down to the school Gymnasium for our “Cozy Christmas” event on December 6th. This popular event will be hosted by our HHS Student Representative Council. The school will be open from 5-8pm and promises to offer opportunities to get some shopping done for Christmas, including an opportunity to stop in at the Scholastic Book Fair. All funds raised from entry will go to the HHS SRC. Supper options will also be available in the canteen with proceeds going to support the Graduating class of 2024. Thank you in advance for your support!



Cozy Christmas

Pop in, get a snack, have a visit, get some shopping done, and SUPPORT LOCAL!

Scholastic Book Fair open 5-8 in the Anne Olson Memorial Library (HHS)

HHS SRC CHRISTMAS MARKET

WHEN Wednesday December 6th 2023 5-8 pm
WHERE HHS School Gymnasium
ADMISSION \$2.00 per person (10 and under free).
Door Prizes available!

If you are interested in a table
please email
Roberta.Moriarty@nwsd.ca

**Supper Available
in the Home Ec
Lab**

**All funds raised
going towards
Grad 2024**

Scholastic Book Fair – Mrs. Weber

Due to shortage of stock in the warehouse, we were unable to host the Scholastic Book Fair during our Parent-Teacher conferences. Instead, we have secured dates and will have the Scholastic Book Fair at our school December 5th – 8th. Students are able to preview the Book Fair and will have time to shop with their classes.

Please join us at the Anne Olson Memorial Library where the Book Fair will be open in conjunction with “Cozy Christmas” on December 6th from 5:00-8:00pm. With Book Fair being so close to Christmas, you just might find something to wrap and put under the tree.

HHS Drama presents Dessert Theatre – Mrs. Moriarty

Our Drama crew has been busy this fall practicing in the gym, the classroom, the hallways, the science lab, and the gym. We are EAGER to share with you our two fall plays at our semi-annual Dessert Theatre. We are presenting our two new plays on Monday, December 18th at 6:30pm, with the first play beginning at 7:00pm, and the second play beginning at 7:45pm. Tickets are available through School Cash online, or through the school office. We can’t wait to share some laughs and make some new memories.



Adult Book Swap – Mrs. Weber & Mrs. Moriarty

We would like to invite parents and community members to join us in an Adult Book Swap. Many of us have books sitting in rooms or on shelves that we have already read and are no longer using. To participate in the Adult Book Swap, please drop off your gently used books (maximum of 10) before December 15th. We already have a great assortment of novels to share and would love to grant community members access to “new” books to read over the holidays. If you bring in books to swap, please try to choose books that you would recommend to others. We hope you will join us in this event and find some new to you books to enjoy this holiday season.

Adult Book Swap

Model a love of reading for your child.

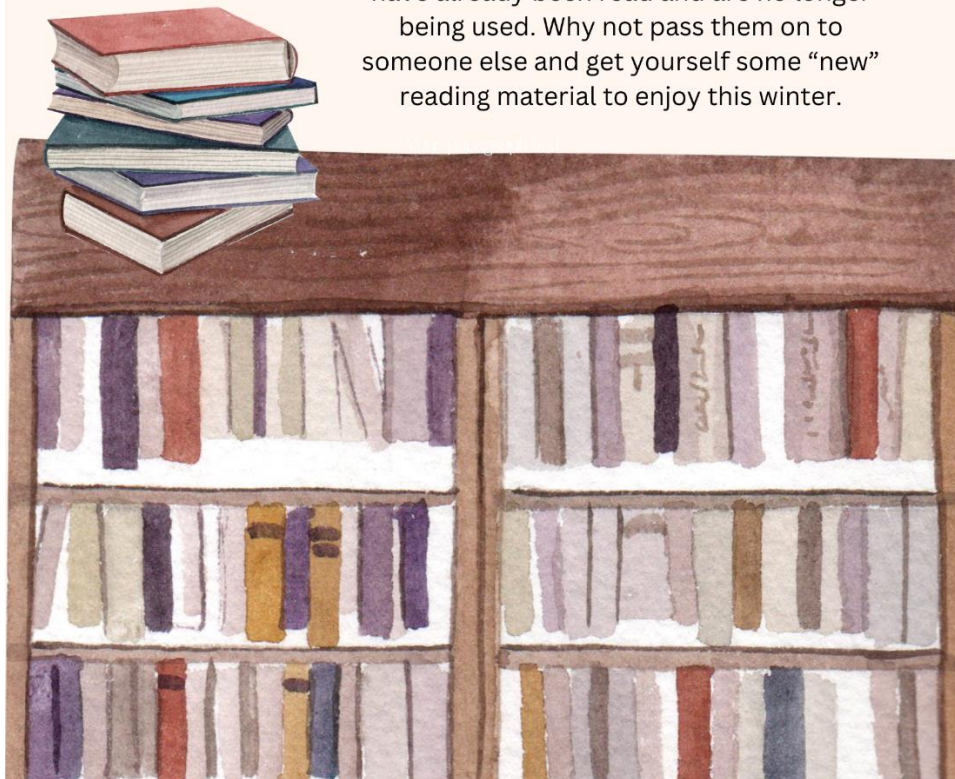
Book Drop Off: December 11th - 15th

Book Swap: December 19th

5:00-7:00pm

Where: Anne Olson Memorial Library

Most of us have books sitting on a shelf that have already been read and are no longer being used. Why not pass them on to someone else and get yourself some “new” reading material to enjoy this winter.

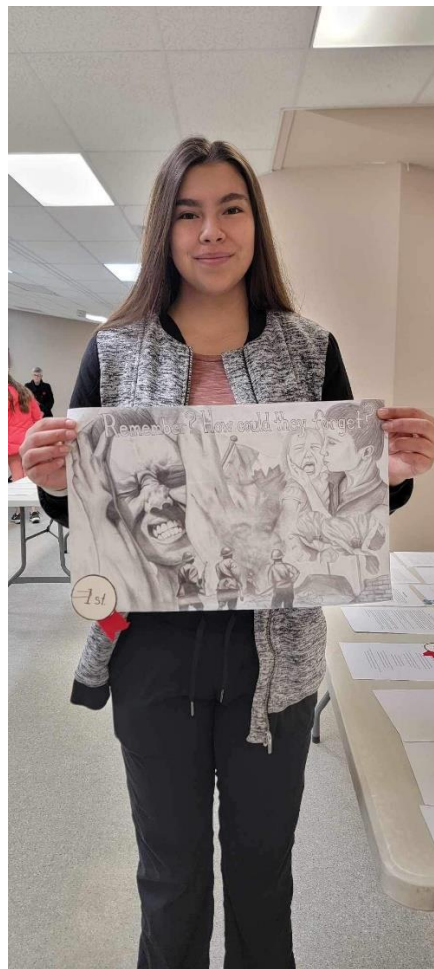


Remembrance Day Winners

Congratulations to the following students who won for their Remembrance Day Poster, Poems, and Essays.

| | Coloured Poster | Black & White Poster | Poem | Essay |
|---------------------|--|---|---|---|
| Grades 1-3 | 1 st : Jax Welin 2 nd : Aria Norgaard | 1 st : Sophie deMontarnal 2 nd : Gavin Li | | |
| Grades 4-6 | 1 st : Brynlee Weber 2 nd : Halle Baillargeon | 1 st : Erica Blanchette 2 nd : Ella Grant | 1 st : Maxwell Bourrier 2 nd : Chase Day | 1 st : Taylor Buitenhuis 2 nd : Jay Thom |
| Grades 7-9 | 1 st : Elie Blais 2 nd : Kendra Letwinetz | 1 st : Olivia Moriarty 2 nd : McKenna Wall | 1 st : Madison Mack 2 nd : Kale Carver | 1 st : Chloe deMontarnal 2 nd : Reid Olson |
| Grades 10-12 | 1 st : Kobi Weber 2 nd : Kiana Weber | 1 st : Zoey Pollard 2 nd : Hailey Robllin | 1 st : Amy Stuart 2 nd : Karis Latendresse | 1 st : Karis Latendresse 2 nd : Ashton Harty |

Thank you to Mrs. Mannix for all her help with organizing and collecting Essays and getting them to our Legion Members on time.



Zoey Pollard pictured with her 1st place Black & White Poster

Senior Boys Volleyball – Mrs. Deobald & Ian McDonald

This year the Senior Boys Volleyball team consisted of 7 players:

Kasen McDonald, Aiden Lascelle, Kye Thom, Graydon Troesch, Beckett Rogers, Kesler Wall and Reid Olson.

Throughout the season these boys attended 4 tournaments:

Maidstone Mega Volley – 4th place

Glaslyn Jets Tourney – 1st place

Turtleford Titan Tourney – 1st place

Home Tourney – 1st place

On November 10th the boys began their playoff run with conference playdowns in Leoville. They finished second place and advanced to regional playdowns.

On November 18th the team travelled to Choiceland to compete in Regional playoffs. There were 6 teams present and the boys played well enough to advance to the next level.

On November 24 & 25th the boys competed at the SHSAA Provincial Championships in Anaheim and Lake Lenore. It is here that the boys played their best volleyball of the season. The format of the championship is two pools of 5. Edam was ranked 5th in Pool B, and 9th overall. The boys disagreed with this and proved it. They battled hard to place 2nd in their pool which granted them the crossover match against the 3rd place team, Yellowgrass. They defeated them in 3 sets and were then required to play Rouleau, the first place team (and Gold medal winners) of Pool A. The boys lost in two sets but had the opposition worried. Regardless of the loss, they were able to challenge for the Bronze medal against the home town favorites, Anaheim. The gymnasium was buzzing. The teams split the first two sets which required the third and final set to be played. The boys were down by 8 in the third set when they launched an incredible come back. Unfortunately, they were not able to capture the bronze medal as they fell short by a score of 20 - 18.

The boys represented Edam and H. Hardcastle School very well. They should be very proud of their performance. It is a weekend they will never forget.



Senior Girls Volleyball – Mr. Long

Regular Season

Congratulations to the Senior Girls for completing a successful volleyball season. We had a large team this season with the bulk of players coming from grades 10 and 12. Below is a list of players and grades.

Grade 12: Kylie Wall, Delainee Rogers, Meadow Carver, Zoey Pollard, and Aleesa Sharp

Grade 11: Brook Mack

Grade 10: Leah Frey, Addison Poole, Amy Stuart, Hailey Roblin, Kiana Weber

Grade 9: Madison Mack (home tournament and playoffs)

In addition to practices twice a week and league games on Tuesdays, the team attended 5 tournaments during the season. Below is a list of tournaments and results.

Sept. 15-16 St. Walburg Tournament (lost in the playoffs)

Sept. 21-23 Mega Volley in Maidstone (lost in the playoffs)

Sept. 29-30 Paradise Hill Tournament (Silver Medal)

Oct. 20-21 Home tournament (Gold Medal)

Oct. 27-28 Makwa/Loon Lake Tournament (lost in the playoffs)

Home Tournament

The senior girls hosted a home tournament on Oct. 20-21. We were able to enter 2 teams and Loon Lake, Paradise Hill, and Turtleford rounded out the 5-team round robin tournament. The Grade 9-10 team improved steadily as the tournament progressed. They became more confident on the court and pushed the older teams in some close matches but missed out on the playoff round. The Grade 11-12 team finished first after the round robin and went on to win the tournament defeating Paradise Hill in the final.

The team would like to send out a huge thank you to all the people that worked hard to make the tournament run smoothly. Graydon Troesch and Beckett Rogers did an excellent job officiating the entire tournament. Thank you to the parents that provided food for the canteen, helped with scorekeeping, and stayed to help with clean up at the end of the tournament. Thank you to Mrs. Moriarty and the SRC for providing workers for the canteen and for covering the cost of the first place plaque. Thank you to Vanessa Mack and Stefanie Rogers for picking up food and organizing parent workers. A special thank you to Allison Blanchette for volunteering her time to help coach both teams.



Road to Provincials

On Nov. 4, the girls traveled to Glaslyn to compete in the 1A Conference Playoffs. To advance to regionals, the girls needed to finish in the top 2. With only 5 teams, it was a round robin format with no playoffs. All the matches were close, but the girls finished the tournament as conference champions with a 5-0 record. This made them one of the top seeds advancing to regionals.

On Nov. 10-11 the team traveled to Maymont to compete in the 1A Regional Playoffs. Once again, the team needed to finish in the top 2 to advance to the provincial championships. The girls finished first in the round robin defeating Kerrobert and Loon Lake in close matches. This set up a semi-final match with a scrappy Medstead team. The team traded wins, setting up a third and deciding set with the winner advancing to the finals and earning a guaranteed spot at provincials. Things seemed bleak with Medstead jumping out to an 8-1 lead, but the girls battled back and won the set 15-12. In the final, the girls beat a tough Maymont team in 3 close sets to earn the gold medal and the title of Regional Champions!



On Nov. 17-18, team travelled to Anaheim and Watson to compete in the 1A Provincial Volleyball Championships. This was the third consecutive year the team advanced to provincials. With silver and bronze medals at provincials the last two years, expectations were high and hopes of a third provincial medal was the goal. Despite playing hard all weekend, the girls were unable to advance to the playoff round.

There were 58, 1A teams in the province this year, so advancing to Provincials is an accomplishment to be proud of. For Delainee, Kylie, Aleesa, Meadow, and Zoey, this was the end to a very successful volleyball career. Not many students get to experience the success these girls have had with school volleyball. For Brook, Kiana, Amy, Leah, Hailey, Addison, and Madison they gained some valuable experience this year and will be ready to lead the team next season.

Thank you to the players and parents. I couldn't have asked for a better group of people to work with in my last year of coaching volleyball.

Mr. Long

PLEASE COME CELEBRATE WITH US

WHO: YOU AND YOUR FAMILY

WHAT: COMMUNITY "LIGHT EM UP" EVENT

WHERE: The Village Tree at the East end of Main

WHEN: Friday, December 22nd @ 5:00 pm

WHY: WHY NOT ??

Sleigh Rides
Snow Hill

Bonfire and Weiner Roast
Hot Chocolate
Street Hockey

Santa Goodie Bags
Scavenger Hunt

If you would like to participate or donate to the cause, please contact:

Tina Deobald

Angela Blanchette

Wanda Mosmann

All donations can be made to the Village of Edam
(Village will issue a receipt for donations over \$20)

Any funds raised above and beyond expenses will
be used to complete the power/street pole lighting
around the village of Edam

ADMISSION : FREE !!



THE COMMUNITY OF EDAM
WOULD LIKE TO THANK THE FOLLOWING
SPONSORS FOR THEIR FINANCIAL SUPPORT
TO THE
LIGHT'EM UP EVENT



December 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------------------------------------|--|---|---|---|----------|
| | | | | | 1 Day 1 Pizza Lunch | 2 |
| 3 | 4 Day 2 K | 5 Day 3 Soup Lunch \$4 | 6 Day 4 K Gambling Awareness Presentation Gr. 4-12 | 7 Day 5 ELC's Lunch | 8 Day 6 K | 9 |
| 10 | 11 Day 1 Grad Pictures | 12 Day 2 K Soup Lunch \$4 Steve Harmer Motivational Magician Christmas Show K-6 | 13 Day 3 Hot Dog Lunch | 14 Day 4 K Sugar Joe's Sandwich Lunch | 15 Day 5 | 16 |
| 17 | 18 Day 6 K | 19 Day 1 Soup Lunch \$4 | 20 Day 2 K | 21 Day 3 Sugar Joe's Chicken Caesar Salad Lunch | 22 Day 4 K High School Movie @ Theatre Last Day of Classes for 2023! | 23 |
| 24 | 25 Christmas Day | 26 Boxing Day | 27 | 28 | 29 | 30 |
|  NO SCHOOL | | | | | | |

Upcoming Dates:

January 8th – Classes Resume, Day 5

January 25th – 30th – Final Exams

January 31st – No School, Semester Turn Around Day

**The Staff at H. Hardcastle School would like to wish you all
a safe and happy holiday season.**

See you back in class on Monday, January 8th.