

# Reaching Out

September 2009 Term 1

Welcome back after the hiatus of the warm summer months!

We have our new time table, some new staff members (Mary Pfeffer and Carolyn Davies at the Front Desk and Huiy Tang in the Science Classroom), new yellow registration forms, some new students, but the pretty much the same student-friendly comfortable environment you've always enjoyed.

In this new academic year we want to schedule HAPPINESS as an important part at Boyle Street Education Centre. It can be so easy to get caught up in the rigors of modern life that we tend to forget that happiness need not come with stipulations. Happiness becomes something we must schedule and strive for - a hard-won emotion - and then only when we have no worries to occupy our thoughts. In reality, overwhelming joy is not the exclusive province of those with unlimited time and no troubles to speak of. Many of the happiest people on earth are also those coping with the most serious challenges. They have learned to make time for those simple yet superb pleasures that can be enjoyed quickly and easily.

Cultivating a happy heart takes no more than five minutes. The resultant delight will be neither complex nor complicated, but it will be profound and will serve as a reminder that there is always a reason to smile and one can always have some or the other reason to be happy about at Boyle Street Education Centre.

You can enjoy an aromatic cup of favourite tea or coffee at the **RED ROOM**. Look around school, take a stroll and sit down to write about day's happenings in a journal, doodle while daydreaming, or breathe deeply while you listen to the silence around yourself.

While in the company of a good friend or your favourite staff, share a few silly jokes, enjoy a waltz around the gymnasium room with Ken. Stroll through the newly painted floor of shop. Tunefully walk towards Jerad to reconnect through musical conversation.

Listen to the soothing Scott and Valerie's poetic musings. Experience Hui and Michael's scientific conversation. Let Sue trim your unhappiness and learn to create the happy hairy aura around your head. Learn to stitch happiness from Noreen. Colour the happiness on the canvas of your life with Donna. Ken and Stephanie can share few tips with you to be socially happy. Learn to be a happy workaholic and see how you can carry a happy tune in your bucket with Neda. Tim provide an opportunity to weld happiness permanently or crave happy woody thoughts in the shop.

Walk to Math room to get a formula for happiness from Lyle and Dianne. When everything seems boring, get telepathic happiness from Amber. Knock on Brandy's office door to gain youthful happiness. Are you still looking for happiness? Sit with Cliff and analyze what's wrong where and how you can get connected to happiness. Meet Chris and Pamela and see how they counsel happiness for you.

If you meet Leslee, she will needle the blocking points of the flow of happiness. If you have an appetite for happiness then walk to kitchen and Darcy will let you taste the happiness. When something is bothering you, quietly knock on the office doors of Shirley and Mavis and talk about your issues or innovative ideas and let things happen the way you want them to happen. Be prayerful with Elder La Swisse Dave.

Make happiness a priority. Indulge in the things that inspire elation within you. Eventually, your happiness breaks will become an established part of your routine like taking a shower or having a bite to eat. Start by pursuing activities you already enjoy and then gradually think up new and different ways to fill your cup of happiness, you will never be without something to smile about. After all, you are an important part of Boyle Street Education Centre!

**!HAVE A GREAT 2009-2010 SCHOOL YEAR!**

### ATTENDING A SWEAT LODGE OR PIPE CEREMONY

(Speak to your class room teacher for registering your name)

**As sweat lodge or pipe ceremonies are sacred events, it is important that you do your best to practice the following protocols prior to and during the ceremony you are attending:**

Do your best to abstain from drug and/or alcohol use 4 days prior to the ceremony (from time to time exceptions can be made – see Cliff or the Elder)

Do your best to abstain from using profane language (swearing) the days leading up to the ceremony and, more so, on the day of the ceremony itself

Think good thoughts on the days leading up to the ceremony and, more so, on the day of the ceremony itself

Do not eat or drink water in excess on the morning of the ceremony (sweat)

Do your best to stay away from drinks or foods with sugar and/or caffeine on the day of the ceremony (sweat)

Remove all jewellery and/or eyewear (glasses)

Females: If you are on your moon period you will be asked not to attend due to the powers you possess as a female during your cycle (sweat). In some cases for pipe ceremonies women on their moon period may be allowed in the vicinity, just not within the inner circle where the pipe is being passed (Elder's discretion).

Females: In ceremony you are asked to not sit cross legged as a sign of respect to your womanhood and the sacred items in the ceremony

### SWEAT

**You will be required to bring a few items with you on the day of the sweat, these items are as follows:**

A large bath towel to use in the sweat lodge

A smaller towel to dry off with following the sweat

Girls: A full length gown preferably of flannel material (sweat pants or t-shirts are not recommended)

Boys: A pair of gym shorts preferably of cotton material (cut-offs are not recommended)

Boys: You may wear a t-shirt into the sweat lodge but you will be expected to remove it when the ceremony starts

All clothing worn in the sweat lodge should be either cotton or flannel – avoid wearing satin or other fine materials as these materials do conduct heat

An offering of tobacco (one cigarette will do) for special prayers for loved ones or yourself.

**September 21 SWEAT**

**Elder: La Swisse Dave**

**September 28 PIPE CEREMONY**

**October 19 SWEAT**

**November 16 PIPE CEREMONY**

While it can be challenging, attending a sweat lodge is a wonderful opportunity. Doing so can give participants some insight into the cultural tradition it is a part of, as well as provide a unique opportunity to meditate, pray, release all sorts of unwanted influences and begin to feel more grounded.

**Boyle Street Education Centre students and staff engaged in capital city clean up project.**



**REACHING OUT**

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**The Boyle Street Education Centre believes** that socially, economically and otherwise disadvantaged students deserve the opportunity for full and equal participation in the life of Alberta. The Centre further believes that the provision of a holistic education program within the context of a multi-disciplinary community model and a supportive environment will maximize opportunities for students and that such education must be student centered and student driven.

Tuition-free courses in English, Math, Science, Social, Music, Fashions, Cosmetology, Shop, Foods, Computers, and Art.

Small class sizes and low student/teacher ratio

Work readiness and Work-based Learning Opportunities (Work Experience).

Provincial Financial Assistance for those who qualify (Student Finance and Advancing Futures)

Books and materials at no charge to the student

Daily transportation incentives (Bus Tickets) for adequate attendance and work completion

Monthly bus passes to top attendance achievers

No charge for fieldtrips, year-end camp, and other exciting extra-curricular activities

**New School timings. Now our start time is 0850 am and dismissal time each day is 0330 pm (except Thursday dismissal time is 2.07 pm).**

**Literacy is a school wide objective and every student's attendance for the READING BLOCK is very IMPORTANT.**

**REGISTRATION FORMS for 2009-2010:**

**It is very important that a new registration form for the year 2009-2010 is filled out for each student (including the returning students). We need to make sure all of your information is current for the 2009-2010 school year. Have a Great School Year!!!**

From our files

