



BARRHEAD COMPOSITE HIGH SCHOOL

5307 53 Avenue
Barrhead AB T7N 1P2
Phone: 780.674.8522
Fax: 780.674.8543
www.barrheadcomposite.ca

February 18, 2020

Dear Grade Eight Parents/Guardians;

Re: COOL Camp

At Barrhead Composite High School, the human sexuality portion of the grade eight health program is covered through presentations by guest speakers and senior high students in the form of a two-day workshop. This workshop takes place in a camp setting, away from the school environment, where students are encouraged to discuss and participate in activities around the topic of human sexuality.

As coordinator of the program, I train senior high students to become teen leaders. They are responsible for leading many of the sessions. Topics range from assertiveness skills to risk taking, birth control and many more (see attached descriptions). An Aspen Health Nurse trains the leaders on STIs and Birth Control to ensure accurate and up-to-date information is given.

The cost of the Camp is \$110/student. While the school covers most of this expense we do require, as in the past, parents to pay \$35 to offset some of these costs.

In the information package given to your child please find the following:

Parent Cover Letter	This sheet
Session Descriptions	Information about each session covered at the workshop
Parent Info Letter	Letter informing about workshop, time and location, required materials and rules
Pertinent Info Form	
Form 6-20 (2 pages)	Informed Consent related to content of the workshop (note that if you want your child to attend Cool Camp that you only sign the bottom of this form)
Form 6-6 (1 page)	Informed Consent for co-curricular trips

Please read the information, **sign and return the blue forms**. \$35 fee can either be paid to your child's LA teacher or through the PHRD on-line system by **March 9th**. The **white sheets** are for you to keep.

I hope you find this information helpful. If you should have any questions or need further clarification, please feel free to call me at 780- 674- 8522 or the principal, Darcie Eamor at 780 -674- 8521/22.

Sincerely,

Kelsey Hutchinson
Program Coordinator

2020 COOL Camp Sessions

Heads or Tails: Deciding About Sex

The decision whether or not to have sex is an important one which many teens face at some point. Students participate in activities designed to get them thinking about the responsibilities and decisions that come with becoming sexually active.

Tell It Like It Is/Anatomy

Teens are faced with a barrage of slang terms depicting various aspects of sexuality. This session encourages students to be aware of what they are really saying when they use slang and profanity and encourages them to use appropriate terminology. Students are then taught reproductive anatomy, hygienic practices, and the reproductive system.

Birth Control

Students are shown a video, do activities and have the opportunity to view different birth control methods. Aspen Health trains the teen leaders in advance and attends this session to ensure accurate information is given.

Famous Lines

Students have fun learning how to resist peer pressure and “famous lines”. This popular session uses role-play to practice assertiveness skills.

Assertiveness Skills

Students are taught the difference between assertive, aggressive, and passive responses. Role-play is used to reinforce using assertive messages.

Personal Safety

A presenter will give a brief overview on how to stay safe if someone finds themselves in an unsafe situation.

Reshaping Body Image

This session is run by the teen leaders to open up a discussion and have activities on how society and media give messages on body image.

Risk Taking

An AADAC counsellor put students through activities and discussions that help youth think about the consequences of taking risks.

Sexually Transmitted Infections

Students are shown a series of overheads debunking the myths about STIs. They also play a game which educates students on the various STIs and their symptoms. Aspen Health trains the teen leaders in advance and attends this session to ensure accurate information is given.

Resources

Students generate a list of supports and resources in the community and are given contact numbers.

Physical Intimacy Funnel

Teens will increase their understanding of relationships, particularly levels of physically expressing affection in relationships.

Healthy Relationships

Students will learn what a healthy relationship is comprised of and look at the risks involved leading to date rape with a presenter.

YWCA - Previously Compass/Options

Through activities, guest speakers will lead students through activities that examine the risks and consequences of having sex. The presenters will touch on STIs and birth control in relationship to making sexual decisions.

7th Step

We will be bringing in a guest speaker from the 7th Step Society. Our presenter has been involved with the criminal justice system and gives a candid talk on the dangers of heading down this path.

The After Party

This is a video that is shown and discussed by the leaders on the risks involved in combining alcohol and sexual activity.

LGBTQ

This session will explore student's gender identity, gender expression, physical attraction, and sexual attraction. Students will explore how this may be different for everyone.

Consent

This session will provide students with information on what consent is, and how to express it, or not, in a variety of situations.

Photo Sharing Seminar

Students learn about photo sharing, its prevalence, and the issues of consent surrounding it. In addition, students are informed about the legality of sharing and possession of images.

IT'S COOL TO KNOW YOUR WAY IN A RELATIONSHIP

As you know, young teens are under continual pressure to make important decisions regarding such things as drugs, alcohol and sexual behavior. The decisions they make today may have lifelong effects for them and our community. We, as parents and community members, cannot make these decisions for our children, but we can do our best to prepare them and teach them the skills necessary to make these choices.

Each year we organize a workshop called "It's Cool To Know Your Way In A Relationship". This program is based on abstinence being the best choice for teens. Students discuss such topics as assertiveness training, self esteem, social influences and peer pressures. They learn how to say **NO** and learn how to improve family communication.

Studies show that the peer group is the number one influence on young teen's attitudes and values. For this reason, this program uses a peer counseling concept. Trained High School teen leaders act as role models while leading the activities. The latest statistics also show that programs based on abstinence presented by parents and teenagers have the best long term positive effects on young people.

The COOL program has been successfully presented over the last thirty years and we plan to continue to run the program as part of the grade 8 Health curriculum. This truly is a community project with many volunteers from community agencies giving their time.

TIME AND LOCATION

The teen sessions will be held at Camp Nakamun in the Lac La Nonne area. Students will be bussed to and from the camp. Cool Camp will be on **March 11 & 12**. A bus will depart from the school at 9:00 a.m. on the first day and return at approximately 3:15 p.m. the second day.

Please note they should be back in time to catch their bus after school on Thursday.

REQUIREMENTS

Participants are required to bring personal items including:

- sleeping bag and pillow
- towel, face cloth, soap, toothbrush, etc.
- inside and outside shoes (MANDATORY!)
- Optional item: loonies for pop machine (no place to get change at camp)
- swim wear and/or gym wear
- **two** pencils
- clothing appropriate for the weather

RULES

As this is a school event it goes without saying that school rules are in effect; this includes no non-prescription drugs, alcohol or weapons. We must emphasize that there is **no smoking or vaping** anywhere or any time at the camp. We must also warn students that all bags and containers are subject to inspection if a concern arises. **No electronics larger than a tablet will be allowed at Cool Camp.** If they are brought, they will be confiscated and put into a teacher's room. All items brought to camp are not supervisor's responsibility if lost or stolen so be cautious what you chose to bring. Also the *Camp Nakamun* rules state that there are to be **no hats worn at the camp.**

If you have any questions, please feel free to call us at school.

Sincerely,

Kelsey Hutchinson

Program Coordinator

Darcie Eamor (780) 674-8521/22

Principal



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COOL CAMP- Eligibility Criteria

Cool Camp is a great experience for grade 8 students to learn from older peers about healthy relationships and human sexuality. Because this is an overnight camp and is supervised and facilitated by high school leaders, the behavioral eligibility criteria are as follows:


- 1) Any student with more than 2 out of school suspensions during the school year is ineligible to attend Cool Camp.
- 2) Any student suspended during semester 2 is ineligible for Cool Camp.
- 3) Students with only one suspension prior to semester 2 may attend Cool Camp as long as the Administration is confident the student's behavior has improved.
- 4) Any student deemed to demonstrate unsafe or defiant behavior during the school year may be excluded regardless of suspension history.

Students ineligible to attend Cool Camp will still be required to attend school and will be given similar curricular assignments to those at Cool Camp.

The behavior expectations at Cool Camp are the same as at the school. Any student noncompliance with staff or volunteers will lead to immediate removal from Cool Camp. Parents will be responsible for transportation.

If you have any questions or concerns please contact the school.

Sincerely,


Greg Ferguson
Associate Principal
Barrhead Composite High School

PERTINENT INFORMATION FORM

My child _____ will will not be attending the
(Please print)
Grade 8 'IT'S COOL TO KNOW YOUR WAY IN A RELATIONSHIP' Camp.

Dated this day, _____
(parent or guardian signature)

If you checked that your child will be attending, please **complete the information below** as well as the attached **Informed Consent/Permission for Education Trips form, \$35 cash, cheque made out to Barrhead Composite High or on-line and return prior to March 9, 2020.**

Name of student _____

Name of parent/guardian _____

Home Phone Number _____

Work Phone Number _____

Emergency Contact (if neither of above is available) _____

*Student's Alberta Personal Health Care Number _____

Necessary Medical Information: (Allergies, diabetic, medications, etc.)

Necessary Dietary Information: (If a special diet is required, please list below. We will try to accommodate the diet. However, you may have to provide the food if it is something that is not easily acquired.)

*Optional



Informed Consent/Permission for Extra-Curricular or Co-Curricular Trips, Field Trips and Excursions
 (Students Under 18 Years) To be completed for all off-campus trips including extra-curricular trips, co-curricular trips, field trips, excursions within Alberta, and excursions within Canada

School	Barrhead Composite High School		
Class/Group	Grade 8s	Number of students:	140
Lead Teacher Name	Kelsey Hutchinson	Dates of Trip:	March 11 + 12
Event and Destination	Cool Camp at Camp Nakamun		
Post-event Pick Up Procedure (Teacher)	Bus arriving back at school at 3:15 either for parent pick-up or for scheduled buses	Other Pick-Up Arrangements	(to be completed by Parent, if required)

THIS FORM MUST BE READ AND SIGNED BY EVERY STUDENT WHO WISHES TO PARTICIPATE AND BY A PARENT OR GUARDIAN OF A PARTICIPATING STUDENT.

A. MODE OF TRANSPORTATION: School Bus Volunteer Vehicle Other (specify)

PARENTS, please note: Please call (780) 674-8509 to ensure that the bus driver is aware of any concerns or conditions specific to your child.

B. ELEMENTS OF RISK:

Educational activity programs, such as Cool Camp involve certain elements of risk. Injuries may occur while participating in these activities. The following list includes, but is not limited to, examples of the types of injury which may result from participating in Cool Camp:

List all Elements of Risk:

Bruises/Sprains/Drowning/Broken Bones

The risk of sustaining these types of injuries result from the nature of the activity and can occur without fault of either the student, or the school board, its' employees/agents or the facility where the activity is taking place. By choosing to take part in this activity, you are accepting the risk that you/your child may be injured.

The chance of an injury occurring can be reduced by carefully following instructions at all times while engaged in the activity.

If you choose to participate in Cool Camp on March 11 + 12, you must understand that you bear the responsibility for any injury that may occur.

Pembina Hills Regional Division No. 7 does provide student accident insurance on behalf of the students participating in this activity. The student accident insurance policy is purchased through Industrial-Alliance Pacific (Box 5900, Vancouver, BC V6B 5H6) and policy details are available at the school, board office and/or by calling Industrial-Alliance Pacific at 1-800-556-7411.

C. ACKNOWLEDGEMENT

WE HAVE READ THE ABOVE. WE UNDERSTAND THAT BY PARTICIPATING IN THE ACTIVITY DESCRIBED ABOVE, WE ARE ASSUMING THE RISKS ASSOCIATED WITH DOING SO.

Signature of Student: _____

Date: _____

Signature of Parent/Guardian: _____

Date: _____

D. PERMISSION

I give _____ permission to participate in the Cool Camp
(name of student) (description of activity)

To be held on or about March 11 + 12
(date)

Signature of Parent/Guardian: _____

Date: _____

This information is collected under the Authority of the *Freedom of Information and Protection of Privacy Act* Section 33 c. This information will be used to identify practices or conditions which may affect the safety and care of the students. For further information you may call the Principal or FOIP Coordinator at 674-8500.



Notice Form Under Section 58.1 of the
Alberta Education Act
FORM 6-20

Date: February 18, 2020

Dear Parent/Guardian:

Your child is currently enrolled in a course or program of studies that *[circle one]*:

- a) includes subject matter that deals primarily and explicitly with human sexuality and relationships *[specify religion, human sexuality or sexual orientation]*; or
- b) uses an instructional material or exercise that includes subject matter that deals primarily and explicitly with human sexuality and relationships *[specify religion, human sexuality or sexual orientation]*.

The subject matter is contained in the following areas:

[identify the theme/outcome of the course or program of studies, the exercise or the instructional material that contains the subject matter]

The purpose for the inclusion of this subject matter in the course or program of studies is:

Grade 8 health curriculum

[identify the learning outcome associated with the identified subject matter].

Instruction involving the subject matter will be provided on March 11 + 12
[specify date and time].

Pursuant to section 58.1 of the *Alberta Education Act*, you as a parent/guardian may request that your child be excluded from the above-identified instruction, without academic penalty, by having your child either:

- a) leave the classroom or place where the instruction is taking place or where the instructional material is being used for the duration of that part of the instruction; or
- b) remain in the classroom or place where the instruction is taking place without taking part in the instruction or use of instructional material.

In order to exercise this option, you must sign and return the attached exemption form to LA teacher [specify individual] on or before the date of the instruction indicated above. If this form is not returned before that date, your child will be included in the instruction above.

If you would like additional information about the content of this notification, please contact:

Kelsey Hutchinson *[specify individual]*

Teacher *[identify Principal/Teacher and school board]*

STUDENT EXEMPTION UNDER SECTION 58.1 OF THE ALBERTA EDUCATION ACT

TO: Principal/Teacher of [identify school], of
Pembina Hills School Division.

In response to the notice provided to me by the Board of Trustees of Pembina Hills School
Division dated [date of notice] indicating that a course or
program of studies in which my child is enrolled, or an instructional material or exercise used
in a course or program of studies in which my child is enrolled, includes subject matter that
deals primarily and explicitly with [specify religion, human sexuality or sexual orientation],

I, [name of parent/legal guardian],
in accordance with section 58.1 of the *Alberta Education Act*, hereby request that my child,
 [name of child] be excluded from the instruction,
exercise or the use of instructional material identified in the notice.

I request that my child: (check relevant box)

- A. Leave the classroom or place where the instruction is taking place or where the
instructional material is being used for the duration of that part of the instruction.
OR
 B. Remain in the classroom or place where the instruction is taking place without taking
part in the instruction or use of instructional material.

I confirm that I am the legal guardian of [name of child] and have
chosen to exercise my option to have my child excluded from the instruction described in the
notice from School [name of school] on the dates indicated in
the notice. I also confirm that it is my obligation to ensure that this form is returned to the
school principal/teacher on or before the date of the instruction indicated in the notice.

The child to whom this exemption notice applies is: [name of child]

Grade:

Parent/Legal Guardian signature:

Date:

Student signature (if 18 years or older):

Date:

If you are in agreement with your child's participation, please sign on the line below to verify
that you have received this notice.

Parent/Legal Guardian signature:

Date: