



ONCE A FALCON, ALWAYS A FALCON!

JANUARY 2024

IMPORTANT DATES & INFO

Jan. 8-12	ECS/Grade 1 Swimming Lessons
Jan. 10	ENGLISH 30 DIPLOMA (PART A)
Jan. 11	SOCIAL 30 DIPLOMA (PART A)
Jan. 12	Pajama Day
Jan. 13	Grad Bottle Drive
Jan. 23	ENGLISH 30 DIPLOMA (PART B)
Jan 24	SOCIAL 30 DIPLOMA (PART B)
Jan. 26	Movie Night
Jan. 31	Grade 10-12 Report Cards School Council Meeting 6:00
Feb. 2	No School—PD Day

Attendance/Absences

Please contact the school if your child is going to be absent.

If we do not receive a call from home, someone from the school will be contacting You.



Thank You!



Thank you to families for their generous donations to the food bank throughout December. Congratulations to Isabelle Houle for winning the prize draw!



SAVE YOUR CANS & BOTTLES OVER THE BREAK FOR OUR

GRAD BOTTLE DRIVE FUNDRAISER

SATURDAY, JAN. 20
10:00 - 2:00
STOP BY TO DONATE AND HELP OUR GRADS OUT



Winter Weather!

After a mild start to winter, the cold weather has arrived! Recesses will be outside so dress for the weather!



ASHMONT SCHOOL
PO BOX 330
ASHMONT, AB
TOA OCO



FOLLOW OUR ASHMONT SCHOOL
FACEBOOK PAGE!

PHONE: 780-126-3177
FAX: 780-126-3818

Cultural Studies: Braided Journeys

The Moss Bag

Today we see mothers using disposable diapers.

Long ago, Cree people were using a disposable diaper that did not harm the environment. Cree mothers made diapers from the moss and cattails that grow in muskeg areas.

In the fall, the mothers would pick the moss and cattails. They wanted to have a supply of diapers that would get the through the cold winter to come.

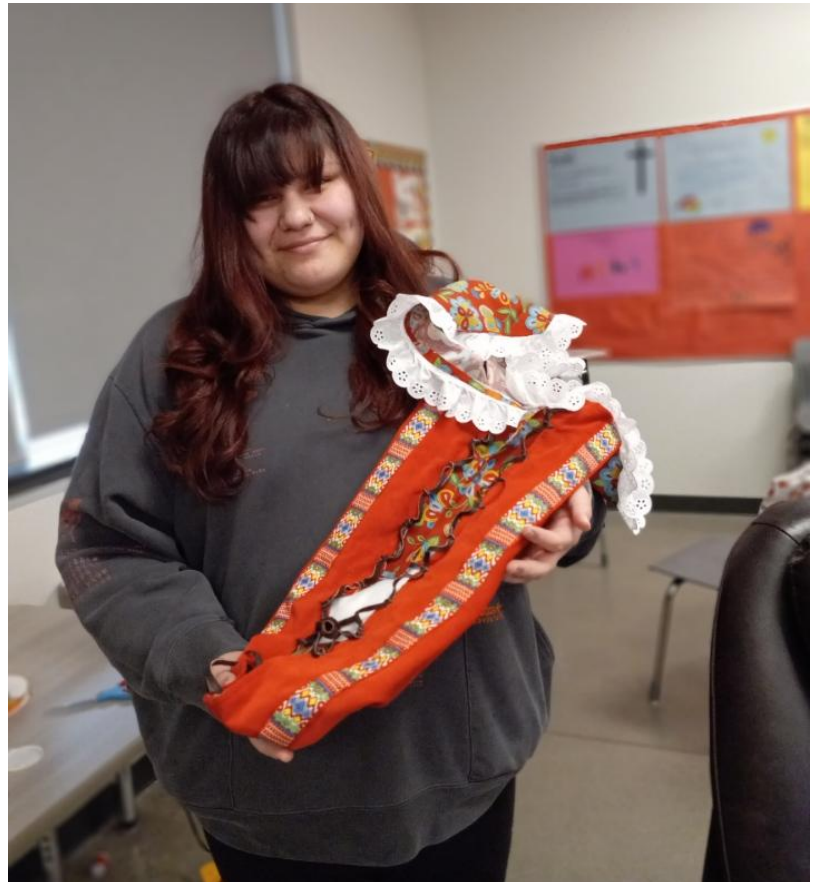
The moss was cleaned and dried. The mothers were very careful to pick out all of the little sticks and pine needles that could bother the baby's delicate skin.

Once the moss was ready, it was mixed with the fuzzy part of the cattails. The mixture was then stored. Baby would have a dry bottom, without any diaper rash, all through the winter.

After the baby's bottom was padded with nature's diaper, the baby was placed in a moss bag. Moss bags were made of a soft cloth. A mother told me that she used those soft grey blankets like we get at the surplus store nowadays.

The laces that hold the moss bag shut were made of leather. To make the moss bag pretty, mothers would sew beads in a flower pattern.

Gloria Half



Polar Express Entertains Ashmont!

This year the theme for our Christmas Concert was the Polar Express. This musical performance was a combination of grade 6 students enthusiastically acting out parts from the book/movie and classes giving spirited renditions of songs from the movie and traditional Christmas carols. A special thank you to Ms. Sarah Warholik for all her hard work in putting this production together.



Thank you to our Grade 6 performers!

Character	Grade 6 Actor
Narrator 1	Scarlett Hunter
Narrator 2	Taya Jackson
Hero Boy	Roman Jackson
Sarah/Child	Arianna Favel
Mom/Child	Taylor McConnell
Dad/Santa	Lexson Kakeesim-Cardinal
Conductor	Taysen Willier
Hero Girl	Tatum Jackson
Know-it-all Kid	Brinley Rosychuk
Billy	Drayson Favel-Scanie
Child 1	Dehlay Cardinal
Child 2	Callia Dion
Bell Ringer	Dastan White
Train Whistle	Arnold Crowshoe



Falcons Sports

IMPORTANT DATES & INFO

Jan. 11	Jr Basketball vs Glendon @ Ashmont
Jan. 16	Jr Basketball vs Mallaig @ Ashmont
Jan. 17	Sr Basketball @ SPRHS
Jan. 19-20	Jr Boys Basketball @ Glen Avon
Jan. 23	Jr Boys Basketball @ FG Miller
Jan. 25	Jr Basketball vs Myrnam @ Ashmont
Jan. 31	Sr Boys Basketball @ Mallaig



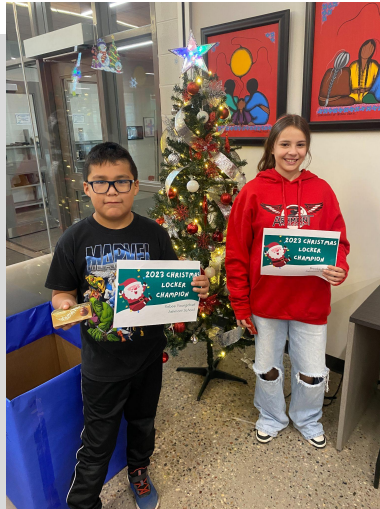
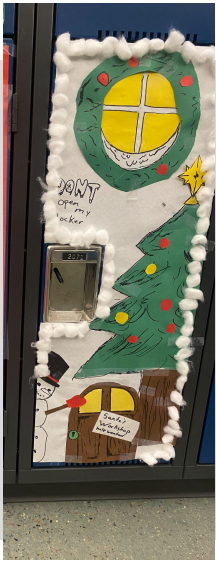
Polar Express

Falcons Student Council

The Ashmont School Student Council hosted our Christmas Spirit Day on December 21st! It was a great day and we loved seeing all the outfits and celebrated the holiday season a few days early.

Congratulations to our locker decorating winners: Brianna Knight, Brooke Delver, Dante Knight, and Kobee Youngchief.

Congratulations to our dress up day winners: Kylie Lapatak, Lexi-Faye Quinney, Everly Cardinal, Lainey Bull



Our next spirit day is Friday, January 12th!
It will be Pajama and Teddy Bear Day.

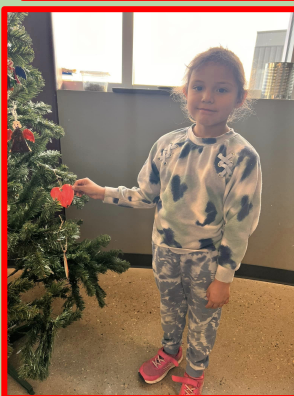
We will be having Saturday Morning Cartoons at 2:30pm for all students K-12 in the gym. Each student will be given a free bowl of cereal and milk from student council.

Stay tuned for our February Spirit Day and fundraiser which will be held on February 14th for Valentine's Day!





The month of December was full of Christmas Cheer! From the Christmas concert and meal to spirit week. The students of Ashmont had fun celebrating the holiday season.



TALKING WITH YOUR TEEN ABOUT VAPING

A TIP SHEET FOR PARENTS



BEFORE THE TALK: GET THE FACTS

Vaping has risks

- > Vaping can increase one's exposure to chemicals that can potentially harm your health.
- > Vaping can lead to physical dependence and/or addiction.
- > Vaping can increase coughing, wheezing and asthma exacerbations in teens.
- > The long-term health consequences of vaping are unknown.

Risks of nicotine

Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative health effects, as it can interfere with healthy teen brain development and can affect memory and concentration. It can also lead to physical dependence and/or addiction. Youth may become dependent on nicotine with lower levels of exposure than adults.

Although not all vaping products contain nicotine, the majority of them do, and the level of nicotine can vary. A vaping product can deliver more or less nicotine than a cigarette.

Quitting vaping can be challenging once one has developed a physical dependence and/or an addiction to nicotine. Nicotine withdrawal symptoms can be unpleasant.

Vaping nicotine can interfere with healthy brain development until the mid-20s.



Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other potentially harmful chemicals.

How it Works: From liquid to aerosol



1 Vaping liquid, which contains chemicals, is heated to become an aerosol

2 The aerosol is inhaled through the mouth and lungs where it is absorbed into the bloodstream

3 The remaining aerosol is exhaled



Health Canada Santé Canada



Did you know?

- > Data from the 2021 Canadian Tobacco and Nicotine Survey (CTNS) shows that reducing stress (33%) was the most common reason youth ages 15–19 reported vaping with and without nicotine; other reasons include because they enjoyed it (28%) and wanted to try it (24%).
- > Vaping products can be difficult to recognize:
 - Devices come in a variety of shapes and sizes, such as resembling a USB flash drive or a pen;
 - Vaping may not leave a lingering identifiable smell;
 - Add-ons like vinyl “skins” or wraps can also make these items harder to recognize; and,
 - Some types of clothing may hide the use of vaping products.
- > Vaping products have many names, such as: e-cigarettes, vape pens, vapes, mods, disposables, and e-hookahs. They may also be known by their brand names.
- > The Tobacco and Vaping Products Act (TVPA) prohibits tobacco and vaping products to be sold or given to anyone under the age of 18. Be aware of the laws in your province or territory, as some have increased the age to 19 or 21.
- > The TVPA also sets out other limits on vaping products such as a maximum nicotine concentration of 20 mg/ml and restrictions on promotions, flavours and other ingredients.



Vaping and quitting smoking

Nicotine vaping products have not been approved in Canada as a quit smoking aid, so they are not available as a prescription at this point. However, a number of Canadians are trying to quit smoking by vaping nicotine, and have said it has helped. While the science is evolving, evidence suggests that vaping nicotine (using e-cigarettes), can help adults quit smoking.

For adults who are unable to quit smoking using approved methods, completely replacing cigarette smoking with vaping will reduce their exposure to many of the harmful chemicals from tobacco smoke. Learn more Canada.ca/quit-smoking.

It is not safe for youth to use any nicotine or cannabis products, including cigarettes and vaping products. The use of vaping for smoking cessation has only been studied in adults and there is no information currently available on the effectiveness in teens. If you suspect your child is struggling with addiction or physical dependence, talk to your healthcare provider.

Vaping liquids

The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine.

The heating process can cause reactions and create new potentially harmful chemicals. Some contaminants, such as metals, might also get into the vaping products and then into the aerosol.

The long-term health effects of vaping nicotine and cannabis are unknown and continue to be researched.

Vaping and cannabis

Cannabis can be vaped using either dried cannabis, liquid, or solid cannabis extracts. Cannabis vaping products containing cannabis extracts (disposable vape pens, for example) can be very strong and contain up to 95% THC. THC, one of the substances in cannabis, can interfere with healthy brain development until the mid 20s. The higher the THC consumed, the greater the risks to mental health, including the development or worsening of cannabis dependence, and feelings of anxiety and depression.

Risks of illegal vaping products

The use of cannabis products including cannabis vaping accessories outside of the legal market can pose additional risks to health and safety. In 2019, an unregulated cutting agent, vitamin E acetate, was used in illegal THC-containing vaping products and was associated with an outbreak of Vaping-Associated Lung Illness which caused thousands of hospitalizations and dozens of deaths in the United States.

SET A POSITIVE EXAMPLE

If you use tobacco, cannabis or vaping products, be honest with your teen about the risks, and any regrets, difficulties and health effects resulting from your experience. Talk with your teen about when and why you started to smoke/vape and explain how you thought it would make you feel, and how it is affecting your health.

It is never too late to quit smoking. If you are vaping to help you quit smoking, talk with your teen about it. Talk with them about addiction and dependence and how hard it can be to quit smoking. And remember, quitting smoking is possible. For free help, visit [Gosmokefree.gc.ca/quit](https://gosmokefree.gc.ca/quit) or call 1-866-366-3667.

START THE CONVERSATION

Before you start the conversation, learn some of the various words that teens use to describe vaping to better relate with your teen. Check out the [Learn the lingo](#) video.



Find the right moment

Take advantage of situations where you can talk about vaping. It doesn't have to be formal. For example, when passing by a group of teenagers who are vaping, take the opportunity to have a non-judgmental conversation with your teen about it. Find out if your teen has friends who vape or if they considered trying it or felt pressured to try vaping.

Talk with your teen about ways to refuse vaping in a way that makes them comfortable. You can help them to make a plan and think-through what they will say, or do.



Be patient and ready to listen

- › Avoid criticism and encourage an open dialogue.
- › Remember, your goal is to have a meaningful conversation, not to give a lecture.
- › Thank your teen for being honest with you if they tell you that they have tried vaping or vape regularly. Then offer to share some information about the risks of vaping, and discuss the benefits of being smoke- and vape-free.
- › If your teen tells you they are interested in quitting or reducing their use, help them come up with their own goals and support them in achieving them.

Get support

- › Ask your healthcare provider to talk with you and your teen about the risks of vaping and ways to be smoke- and vape-free.
- › Consider suggesting that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counsellors whom you know are aware of the risks of vaping. These supportive adults can help reinforce your message.

KEEP THE CONVERSATION GOING

- › Don't expect to have just one conversation with your teen. Odds are you will probably need to talk about it many times. Remind your teen that you are always available to chat about this issue.
- › Keep in mind that talking about it can also set the stage for important discussions about tobacco, alcohol, cannabis, nonmedical use of prescription drugs, like opioids, or other risky behaviours.



For more information on vaping or cannabis, visit:
Canada.ca/vaping or **Canada.ca/cannabis**





Hot Lunch Menu

January 2024

ECs-Grade 6 Hot Lunch \$5.00

Grade 7-12 prices as advertised daily.
There will be morning snack handed out daily.



Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8 Grilled ham and cheese with tomato soup	9 Chicken quesadilla with fruit	10 Chili & a bun	11 Chicken burger with veggie sticks	12 Pancakes & sausage	13
14	15 Turkey sandwich & soup or fruit	16 Ribs, rice & peas	17 Chicken caesar wrap with a cookie	18 Pizza burger with carrot sticks	19 Roasted chicken dinner	20
21	22 Ham sandwich & soup or fruit	23 Pizza and salad	24 Pulled pork with coleslaw	25 Chicken fingers & potato wedges	26 Spaghetti & garlic toast	27
28	29 Chicken salad sandwich & soup or fruit	30 Perogies & sausage with cabbage	31 Nachos & cheese with celery	1	2 No School PD Day	