

International News

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FALL 2008

SEMESTER ONE, 2008-09 – WELCOME!

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THE LAST WORD

- Welcome New and returning Students

ACTIVITIES

- Laser Tag
- Banff Trip
- Pizza lunch
- Potluck supper
- Come Back Session

This semester, Red Deer Public Schools International Program welcomed fifty-four new and returning students from Brazil, China, Czech Republic, Japan, Kuwait, Mexico, South Korea, Taiwan, Thailand and Venezuela.

- If you have any questions or concerns regarding life at school or at home, please feel free to contact us.

For homestay concerns, please contact

- Mrs. Jane Davies jdavies@rdpsd.ab.ca 342-3729 or cell 352-2823.

You can also contact the Director of International Services

- Mr. R. Porkka, 342-3726, or rporkka@rdpsd.ab.ca

- Mrs. S. Ainscough, 357-3990, sainscough@rdpsd.ab.ca

Mrs. Ainscough is in the office on Tuesdays, Wednesdays, and Thursdays.

For academic concerns, please see your international school counselor.

- Mr. Doug Rowe, Lindsay Thurber
- Ms. Lisa Ryckman, Hunting Hills

ALL STUDENTS TO ATTEND

"Come Back Session"

Monday, Nov. 17, LTCHS, ESL room –

3:30 p.m.

OR

Tuesday, Nov. 18, HHHS ESL room. -

3:50 p.m.



Lindsay Thurber High School, Red Deer, Alberta
www.rdpsd.ab.ca/ltchs



Hunting Hills High School, Red Deer, Alberta
www.rdpsd.ab.ca/hhhs

RENEWING YOUR STUDY PERMIT

Student Corner

How to Renew

If your study permit is expiring before your study time is completed, please read carefully:

A STUDY PERMIT is a document that allows you to study in Canada. It is the document that was stapled to your passport when you arrived in Canada.

You may contact our office for a

copy of the study kit and to obtain copies of necessary documents.

APPLICATION KITS TO RENEW YOUR STUDY PERMIT are available at the CIC call centre at 1-888-242-2100 (no charge). Press "0" to speak to a Call Agent.

OR

The kit may be downloaded from your computer. To do this, go to the following website and follow the links:

www.cic.gc.ca/english/information/applications/visitor.asp

Unfortunately, International Services cannot complete your study permit application for you.

SEND COMPLETED APPLICATION TO:

CIC – Study Permit
CPC Vegreville, Unit 101
Vegreville, Alberta
T9C 1X5 CANADA

Important – INSURANCE INFORMATION

If you require medical treatment, please follow these instructions.

You MUST always show your card so that you do not have to pay out of pocket for your treatment.

The INGLE insurance card is grey and red and was included in your insurance package.

For those students who are NOT with INGLE Insurance, (students with Interprograms, GPI, or German students) you will have to pay to see the doctor and submit a claim form to YOUR insurance company to get your money back.

These facilities do not require up-front payment from students who are insured with INGLE INSURANCE.

• RED DEER REGIONAL HOSPITAL
3942 -50A Avenue, Hospital
switchboard: (403) 343-4422

• ASSOCIATE CLINIC
4705 48 Ave,
Phone: (403) 346-2057

• Central Alberta Medical Imaging Services Ltd
4312-54th Avenue,
Phone: (403) 343-6172

• DYNACARE KASPER Medical Laboratories 4755 49 Street,
Phone: (403) 347-3588

• THE MEDICINE SHOPPE PHARMACY 3805 Ross Street
Phone: (403) 343-8088

• SHOPPERS DRUG MART
Bower Mall 403-343-3355

For a complete listing of medical services in Red Deer, please go to the following website:

<http://www.ingleinternational.com/rdpsd>

If you have any questions, please contact our office.

Make the most of your time in Canada, and don't forget to take lots of pictures to share with your family and friends!



BE HAPPY!

It is important to become part of your host family. Your host family is not a hotel.

Phone your host parent if you are going to be late for supper or arriving home.

Help out with household duties.

Make your bed and keep your room clean.

No phone calls after 9:30 at night. That is usually quiet family time.

Remember - your host family is providing your home away from home.

Being an active family member of the household will make for a positive experience for everyone ;-)
Be Happy!

The Honour Code

International students are expected to understand and follow the Honour code:

1. I will not copy from another student and claim the work to be my own.
2. I will not allow another student to copy my work.
3. I will not plagiarize*. Plagiarism is a serious offense and is not acceptable.
4. I will not use any electronic equipment such as a computer, calculator, or cell phone to give me an unfair advantage.
5. I will not cheat in any way. As an International Student, I agree to the conditions of the above Honour code.

* Plagiarism, as defined by Gage's Canadian Concise dictionary, is "to take and use as one's own the thoughts, writings, etc., of another".

More often than not, plagiarism is the deliberate theft of another's ideas and using them as one's own.

Credit must ALWAYS be given to the originator of the words or idea.



Students enjoying the view from the bridge at Sulfur Mountain in Banff National Park.



Students pose for a photo after participating in a Lazer Tag event.



International students who participated in 2007-08 graduation ceremony with Mrs. Lesley Young, ESL Instructor. Posing with the group are two RCMP officers in full dress uniforms.

ACCESS Your Grades On-Line with E-Link

- Open up Internet Browser
- In the Address Bar type <http://elink.rdpd.ab.ca>
- Type your user ID and password
- Click Enter Gradebook

NOTE: Your user ID and password are the same as used to access your school email account.

Deepening the Relationship

Homestay Corner

The school year is well underway. You have an international student living in your home, so it is quite normal for you and your family to question your reasons for wanting to host an international student.

Another person is using the bathroom, competing for the telephone and the computer, and is compromising your usual routines.

It is time to set realistic goals for hosting and discard unattainable ones. For example, you may have taken a student in order to learn a second language only to discover that your student cannot provide language instruction.

ATTAINABLE GOALS

- Hosting for the purpose of lifestyle sharing.
- Hosting in the hope of developing a friendship with a person from another country.
- Hosting so that your children are exposed to cultural diversity.

DEEPEN THE RELATIONSHIP

There may be some clearly expressed rules, but the majority of family patterns are unspoken. Silent rules reflect culturally based assumptions about what constitutes acceptable behaviour.

Certain topics that you may take for granted often need open discussion:

- How do we express appreciation/thanks in our family?
- How do we express disagreement in our family?
- What does it mean to be 'on time'?
- When and where can students entertain friends in our home?
- What is appropriate bathroom etiquette and hygiene?

DON'T USE RULES TO 'CANADIANIZE' YOUR STUDENT

You may want to educate your student about the patterns and procedures in your family. In doing so, your student can temporarily adjust to your family's patterns. However, your student may have to 'unlearn' these rules when he/she returns to their own country. For example, they may upset the household staff in their home country by making their own bed or cleaning their own bedroom if they have hired help to perform those tasks.

DISCUSS rules in terms of what they reflect about our culture's beliefs and standards.

AVOID presenting a lecture on 'rights and wrongs'.

EXPLAIN rules thoroughly.

REMEMBER your student will use judgment to decide how and when to apply the rules. This judgment is based on experiences in his/her own culture with natural parents.

RESPECT that learning rules take time, and there will be a period of adjustment.

Being unaware of our cultural patterns, international students can easily break our 'unspoken' rules.

It is easy for the host family to assume the student's behaviour is a deliberate insult when quite likely it is a simple mistake.

Cultural rules affect every aspect of our daily lives. Negative reactions to the breaking of minor cultural rules can escalate into a serious breakdown in the relationship between the student and host family.

ENCOURAGE OPEN DIALOGUE

LISTEN to your student and **VOICE** your acceptance.

A large part of this hosting experience will have the student sharing daily activities and routine tasks. It is through these everyday activities that people come to know each other.

EXPLAIN these everyday activities and tasks. Some families refer to them as "chores".

CHORES are customary in Canadian families.

- It is believed that performing chores develops character traits of responsibility and dependability.
- Our culture expects individuals to clean up after themselves

WAYS TO HELP EASE YOUR STUDENT'S DISTRESS

- *Encourage 'reaching-out' behaviour*. It is common for international students to look for friends and confidantes among other exchange students who are going through similar experiences.
- *Allow for 'time-out' periods*. When you sense that the student is having a difficult time, avoid complicated discussions and avoid teaching new routines or customs. *People do not function well when they are anxious*.
- *Expect periodic withdrawal*. Your student may need time to be alone, rest, think things through. Try not to view this behaviour as rejection.
- *Be prepared for judgmental remarks*. Often these reactions are an indication your student is struggling with cultural differences. When you hear this kind of remark, it is time to postpone discussion and show empathy.

(continued on next page)

Deepening the Relationship (continued)

- Encourage extra rest. Students will often feel physically drained and need extra rest.
- Don't create 'no-exit' situations. One of the most tempting and also one of the least helpful responses any parent can make to a difficult situation is to issue an ultimatum. To avoid this, discuss the matter openly with the student so that underlying issues can be clarified and changes gradually implemented.
- Tolerate your student's intense feelings. Sometimes after a phone call home, your international student may seem more agitated than relieved. Contact with loved ones can evoke intense emotions.

- Minimize Complications. Just coping with simple things like getting up in the morning, being civil with the family, or concentrating on homework assignments can require a lot of energy.

Try not to create additional stress by

- pressuring the student to get high grades.
- prohibiting the student from calling home or talking to other international students.
- teasing or joking about different or cultural behaviours.

Your student's reaction to cultural changes is part of an intense learning process. Growth from cultural learning may be painful at times, but can also be very rewarding for both of you.

RECIPE CORNER

INDONESIA

Chicken Satay

- 1 1/2 lb. boneless chicken breast or boneless pork
- 1 tsp. each coriander seeds, cumin seeds
- 1 tsp. ground turmeric
- 3-4 shallots, peeled and sliced thin crosswise
- lemongrass, sliced thinly
- 1/4 inch piece ginger, grated
- 1 clove garlic, minced
- 1/2 tsp. sea salt
- 2 tsp. sugar
- 20 bamboo skewers
(soak 10 mins. in water before cooking)
- 2 Tbsp. cooking oil, canola or peanut



PREPARATION

- Slice meat into long thin slices, approximately 1/4" thick and 2" in length. Pat dry with paper towels.
- Dry roast seeds for a minute or two in a wok over medium heat to roast lightly, stirring often.
- Grind seeds in a mortar and pestle or electric coffee grinder (reserved for spices).
- Combine all the spices with the shallot, lemon grass, ginger and garlic together in a bowl.
- MARINADE meat in mixture for at least an hour or overnight.

Skewer 2 to 3 pieces of marinated meat onto each stick.

Grill over a hot fire until cooked through. Baste with cooking oil after turning.

Serve with rice or noodles, and peanut sauce. Excellent served with shredded cucumber salad.

CHINA – Cashew Chicken

INGREDIENTS

- 250g Chicken (boneless, skinless) diced
- 50g Salted Cashew Nuts
- 1 Carrot, peeled and diced (about 100g)
- 1/4 Brown Onion, diced (about 50g)
- 50g Green Bell Pepper, diced & seeded
- 50g Baby Sweetcorn, sliced
- 2 Tbsp Oyster Sauce*
- 1 tsp Sugar*
- 1 Tbsp Light Soy Sauce*
- 1 Tbsp Chinese Wine*
- Dash of Pepper*
- 1 tsp Cornstarch in 150ml Water (mixed)



PREPARATION

- MARINADE chicken pieces with seasoning ingredients*.
- COAT a non-stick frying pan or wok with a thin layer of cooking oil. Heat.
- FRY onion and garlic until fragrant.
- ADD chicken and vegetables.
- STIR-FRY until chicken is cooked.
- ADD cashew nuts and cornstarch mixture.
- STIR until the sauce thickens.

Remove from heat and serve with rice.

Prices for 2009-2010

All Fees are in Canadian Dollars

Tuition Fees	Full Year	One Semester (Half Year)
	\$9850	\$4925
Application Fee (non-refundable)	\$200	\$200
Homestay Placement Fee	\$400	\$400
Medical Insurance	\$580	\$300

PLEASE NOTE: *Monthly Homestay: \$700. For additional nights, please add \$25 per day. Homestay fees include all meals.*

Homestay Applications

The STUDENT should provide the following if homestay is required:

- Complete a homestay application form
- Include an attached letter of introduction to host family
- Include photos of the student in a variety of settings with family and or friends.

REMEMBER – a detailed homestay application with extra details helps to better match student with host families.

The PURPOSE of the homestay application is to help present the student to the potential host families.

Well presented and organized portfolios give a better first impression to potential host families.

HOW TO PAY FEES:

Payment Method #1 - Preferred Method

Payment of funds from outside Canada can be made using **Custom House* StudentPay**.

StudentPay is available in various languages to assist you with your transfer and provides you with bank details from over 25 countries worldwide, so you can directly transfer funds from bank accounts in your own country.

StudentPay offers excellent exchange rates and helps you to avoid some or all bank service charges.

Since 1992, Custom House has provided foreign exchange solutions to businesses and individuals around the world.

Custom House **StudentPay** is a safe & secure method of paying invoices to Red Deer School Board.

For complete instructions on how to use this new method, please go to the following link:

www.rdpsd.ab.ca/internationalservices/bank

Agent Corner

REMINDER

Complete, detailed applications ensure quicker processing.

Student Applications should include the following:

- A complete and accurate RDPSD student application
- Certified copy of birth certificate and passport
- Letter of intent stating why student wishes to study in Canada and long-term academic goals
- If homestay is required, a completed Homestay information form
- Two references (recommendation letters) with full names and telephone numbers
- Transcript of marks for past two years
- Two recent photographs

Payment Method #2

If you cannot use the **StudentPay** system from your country you can transfer to our bank directly.

Contact a local bank in your country and provide them with the banking information given here. They will deposit the money for you in our bank account, in trust. *Services and transfer fees will apply.*

Account Holder:

Red Deer Public School Board

Bank Name:

Community Savings -Taylor Plaza Branch
(Credit Union Central of Canada)

Bank Address:

#400- 6730 Taylor Drive
Red Deer, Alberta
Canada
T4P 1K4

Telephone number (country code)+ 403-347-0731

Account Information:

Account Number: 4517280

Transit Number: 11629

Bank Number: 899

Swift Code: CUCXCATTAL

Visa, MasterCard, Amex as well as bank transfers and travelers' cheques are accepted.

Travel Policy

FOLLOWING IS THE TRAVEL POLICY FOR RED DEER PUBLIC INTERNATIONAL STUDENTS:

1. Students may travel out of town *with their* host families.
2. Students may travel out of town *with another* host family.

Under *any* other circumstances, ALL of the following conditions must be met:

1. Student must be under the direct supervision of an adult 25 years or older.
2. Student's natural parents must provide written consent.
3. Student must provide details of proposed trip with contact info of supervising adult, etc.
4. Student must receive consent from Mr. Rob Porkka before incurring any costs associated with the proposed trip.

This policy applies to all students studying in High School or Middle School, even those over the age of 18.

- Our travel policy is a School Board policy.
- Students risk being removed from the program should they not follow guidelines.
- Should the above conditions be met, students are welcome to travel outside of Red Deer.

Agent Corner

HOMESTAY AND INSURANCE

NOTICE:

Effective for the 2009-2010 School Year

ALL students in our homestay program must use our insurance provider.

For details about our provider, go to the website at

www.ingleinternational.com/rdpsd

and follow the links.



A "Welcome to Canada" Pizza Luncheon for International Students was hosted by the Leadership Executive and the World Languages Department at Lindsay Thurber.

MORE STUDENT ACTIVITIES...

Student Corner



Hunting Hills international students pose together before embarking on a school trip to Banff National Park.

Sharing a moment of creativity in sewing class.



Students and host families enjoy a potluck supper at Hunting Hills.

EXTRA CURRICULAR ACTIVITIES

- Sayuri Kubo joined the cheerleading squad at Hunting Hills. *Wonderful!*
- Jose Liso will be playing on the Lightning Football team. *Way to go!*
- Jaqueline Wu won a silver medal in volleyball at a recent tournament in Red Deer. *Congratulations!*

Wear a Poppy!

Veterans' Week – November 5-11

The poppy is the symbol of Remembrance Day.

Each year, Canada marks Veterans' Week from November 5 to 11. Veterans' Week is a time to honour and remember those who served Canada in times of war, military conflict and peace.

Throughout the week, commemorative events and activities will be held in communities across Canada and in Red Deer.

Remembrance Day is a day to reflect on the sacrifice of others so that we in Canada can enjoy a free, peaceful and safe country today.

The Last Word



Welcome NEW and RETURNING International Students to the 2008-09 School Year!

HUNTING HILLS:

Nina Adamcova, Czech Republic
Alexandre Beuzeville, France
Rafaely Dal Bosco, Brazil
Francisco Dantes Filho, Brazil
Matheus De Paula, Brazil
Kim Gentle, Italy
Carolina Gonzalez, Mexico
Felicia Jian, China
Anna Kong, China
Sayuri Kubo, Japan
Jaesang Lee, South Korea
José Liso, Brazil
Julia Marques, Brazil
Juan Osorio, Venezuela
Michelle Park, South Korea
Pedro Porto Alegre, Brazil
Bamboo Qin, China
Murilo Quiroga, Brazil
Luiza Salvadori, Brazil
Gregor Sinn, Germany
Taiki Tatsumi, Japan
Eddie Ting, Taiwan
William Wang, China
Jaqueline Wu, Brazil
Haiying Xu, China
Wenchu Zhu, China

LINDSAY THURBER:

Aaron Bernal Lee, Mexico
Yuri Costa, Brazil
Rafael dos Santos, Brazil
Jason Han, South Korea
Laura Hernandez Priego, Mexico
Merle Hermann, Germany
Ayumi Kaminaga, Japan
Rafael Koga, Brazil
Andy Lau, Hong Kong
Jae Lee, South Korea
John Lee, South Korea
Alberto Mejia Garcia, Mexico
Alan Moreira, Brazil
Lucas Naufel, Brazil
Duke Pruengpanyanont, Thailand
Juliana Rodrigues, Brazil
Alexandra Seibel, Germany
Marian Tokai, Japan
Yuka Ujiie, Japan
Alexander Von Werne, Germany
Edwin Wong, China
Itsuki Yamaguchi, Japan
Rui Yao, China

MOUNTVIEW:

Abdul Al Salem, Kuwait
Hamad Al Salem, Kuwait
Sana Al Salem, Kuwait

Thanksgiving ...



A CANADIAN TRADITION

Students at both Lindsay Thurber and Hunting Hills High School were introduced to some of the foods enjoyed over the Canadian holiday celebrated in October.

Thanksgiving Day is a time to give thanks and to share a festive meal with family and friends.

For many students, it was their first opportunity to taste pumpkin pie, the traditional Thanksgiving dessert, and of course, a Canadian favourite, roasted turkey.

Thanksgiving is the first holiday of the fall season.

We'll see you at your school on Monday, November 17 and Tuesday, November 18.
Get ready for Winter!