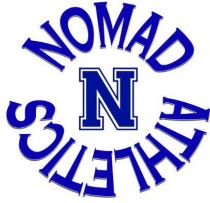




Peace River High School

peacehigh@prsd.ca

10001 91 Ave
Peace River,
AB
T8S 1Z5



Calendar of Events

March 4-5 - Teachers Convention/No School

March 9 - Grad Photo Retakes



March 22 - PD Day/No School

March 24 - Parent/Teacher Conferences



STUDENT REGISTRATION

If you have not filled in a registration form for the current school year (2020-2021). Please check your email for the link, or contact the school so we can help you complete the forms. If the form has not been completed, you will be contacted by the office.

Yearly registration forms are required by Alberta Education and allow us at the school level to confirm important contact and medical information for students.

2021-2022 Registration is coming soon!

Peace River School Division has moved to a fully online registration system that can be access through our website. Contact us if you have any questions.

Just a reminder that masks are a mandatory policy. Don't forget yours at home! Please review the included COVID Checklist and Stay at Home Guide

MENTAL HEALTH / WELLNESS CONTINUUM

Use this tool to promote good mental health. By recognizing when we are experiencing the physical or emotional effects of stress. We can take steps to return to a healthy and regulated state of mental wellbeing.



HOW ARE YOU?

I'm THRIVING	I'm SURVIVING	I'm STRUGGLING	I'm in CRISIS
<ul style="list-style-type: none"> Taking things in stride Normal changes in mood Laughing when it's funny Doing the things I usually do Physically active and connecting with people Confident in myself and in those around me Drinking alcohol or consuming cannabis in moderation, if at all 	<ul style="list-style-type: none"> Nervous, irritable Sad, overwhelmed Displaced sarcasm Procrastination Forgetfulness Trouble sleeping Low energy Muscles tense, headaches Dismissing responsibilities Activities and relationships that I usually enjoy seem a lot less interesting Drinking alcohol and consuming cannabis regularly or in binges to manage stress 	<ul style="list-style-type: none"> Anxious, angry Ongoing sadness, crying, hopelessness, worthlessness Negative attitude Difficulty concentrating Having trouble making decisions Decreased performance at work or school Regularly missing appointments Not sleeping well Avoiding conversations with friends or family Increased use of alcohol or other substances - hard to control 	<ul style="list-style-type: none"> Excessive anxiety Panic attacks Easily angered Depressed mood/numb Cannot concentrate Cannot make decisions Cannot sleep/exhausted Continually feeling tired or ill with no known reason Withdrawing from contact with friends and family Suicidal thoughts or intent to harm myself Hearing or seeing things that are not there Alcohol or other addiction
HEALTHY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> Keep doing what you are doing Stay focused on the positive things in your life If you start to feel stressed call or text 211 	<ul style="list-style-type: none"> Recognize your limits Take breaks Seek support by talking to someone you trust Call or text 211 Text "CONNECT" to 686868 to connect to the crisis textline 	<ul style="list-style-type: none"> Talk to someone, ask for help Do not stop connecting with people you know Call or text 211 Text "CONNECT" to 686868 to connect to the crisis textline 	<ul style="list-style-type: none"> If you are in immediate harm call 911 Call the Rural Distress Line 1-800-232-7288 Talk to your doctor Text "CONNECT" to 686868 to connect to the crisis textline

<https://alberta.cmha.ca/documents/rural-mental-health/>

choose love™
movement

MARCH 2021

The simple act of writing down your goals will make it more likely that you will achieve them. In March let's practice making a goal and steps toward achieving it. It takes courage to reach for your goals and helps create confidence and pride.

SUN	MON	TUE	WED	THU	FRI	SAT
1 MAKE A GOAL LIST FOR MARCH	2 "IN PERSON" A PERSON WHO MATTER HOW SMALL - OR BIG.	3 COMPLAIN-FREE DAY. ONLY SAY POSITIVE THINGS	4 HELP SOMEONE WITHOUT BEING ASKED	5 WHAT MAKES YOU FEEL SPECIAL?	6 BE GRATEFUL FOR THE LITTLE THINGS	
7 IF YOU DREAM IT YOU CAN DO IT!	8 DO SOMETHING TO HELP REACH YOUR MARCH GOAL.	9 PAY ATTENTION TO OTHER PEOPLE'S FEELINGS.	10 FIND A PICTURE THAT OR YOU SAYING FUN	11 HOW CAN YOUR ACTIONS MAKE A DIFFERENCE TO OTHERS?	12 FEARLESS! FEEL LIKE BE BRAVE TODAY.	13 SAY SOMETHING NICE.
14 CHANGE A NEGATIVE THOUGHT INTO A POSITIVE THOUGHT.	15 DO SOMETHING TO HELP REACH YOUR MARCH GOAL.	16 NAME 3 THINGS YOU ARE GOOD AT DOING.	17 HAPPY ST. PATRICK'S DAY!	18 GREET PEOPLE WITH A SMILE OR WAVE.	19 EMBRACE CHANGE. CHANGE MAKES US STRONGER.	20 TIME HEALS ALL WOUNDS.
21 STAND UP FOR WHAT YOU BELIEVE IN.	22 KEEP REACHING FOR YOUR MARCH GOAL. YOU CAN DO IT!	23 MAKE THE WORLD A BETTER PLACE. START WITH A SMILE.	24 BE KIND TO YOURSELF TODAY.	25 CHOOSE LOVE	26 BE A CHAMPION TO SOMEONE ELSE.	27 GOOD VIBES CHANGE LIVES.
28 MAKE A QUICK NOTE.	29 ARE HOW YOU CAN HELP.	30 WHAT ARE THREE THINGS YOU HAPPY ABOUT?	31 DID YOU COMPLETE YOUR GOALS YES? NO? WHY? KEEP GOING!			

"IF YOU DON'T KNOW WHERE YOU ARE GOING, HOW DO YOU EXPECT TO GET THERE?" - BAIL & WALSH

Website:
www.peaceriverhigh.ca

Contact:
780-624-4221

Email:
Peacehigh@prsd.ab.ca

Grad News



- ❑ Grad Planning Meeting on Wednesday, February 24th during SUCCESS block for all interested Graduating Students
- ❑ March 9th- Grad Retake Photos (see below for details on booking appointments) All Grads must get a photo done to be on our Grad Composite. There is no sitting fee required if the student is only getting a photo for the yearbook and composite.

"Your life journey is about learning to become more of who you are and fulfilling the highest, truest expression of yourself as a human being."

Oprah Winfrey



Lifetouch will be at Peace High on March 9 for Grad Retake Photos. Please sign up for your time online at

<https://prestigeportraits.ca/>

Click on "locate your school", enter your city and province and find your school in the list, select your school and type you first and last name.

Choose the time that suits your schedule and follow the prompts to book it.

There is a \$30 sitting fee to be paid online or at the time of sitting. If you are only getting a photo for our school composite/yearbook, there is no sitting fee required.



Jostens Grad Jewelry

Jostens will not be coming into the school this year with a display. Please click below to order your grad jewelry.

[Jostens Order Online](#)

Ring sizer is available at the office so you can order the perfect fit!

COVID-19 ALBERTA HEALTH DAILY CHECKLIST

(FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

Screening Questions

1. Has the child:

(Choose any/all possible exposures)

Traveled outside Canada in the last 14 days? When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project	YES	NO
Had close contact with a case of COVID-19 in the last 14 days? Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging	YES	NO
If the child answered “YES” to any of the above: <ul style="list-style-type: none"> The child is required to quarantine for 14 days from the last day of exposure. <ul style="list-style-type: none"> If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times. If the child develops any symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. 		
If the child answered “NO” to both of the above: <ul style="list-style-type: none"> Proceed to question 2. 		

2. Does the child have any new onset (or worsening) of the following core symptoms:

Fever Temperature of 38 degrees Celsius or higher	YES	NO
Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
Shortness of breath Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
If the child answered “YES” to any symptom in question 2: <ul style="list-style-type: none"> The child is to isolate for 10 days from onset of symptoms. Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. 		
If the child answered “NO” to all of the symptoms in question 2: <ul style="list-style-type: none"> Proceed to question 3. 		

3. Does the child have any new onset (or worsening) of the following other symptoms:

Chills Without fever, not related to being outside in cold weather	YES	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
Nausea, vomiting and/or diarrhea Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes or conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes or conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO

If the child answered “YES” to ONE symptom in question 3:

- Keep your child home and monitor for 24 hours.
- If their symptom is **improving** after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

If the child answered “YES” to TWO OR MORE symptoms in question 3:

- Keep your child home.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.
- Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.

If the child answered “NO” to all questions:

Please note: Your child may attend school, child care and/or other activities, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started/until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

PEACE RIVER SCHOOL DIVISION

STAY AT HOME GUIDE

It's confusing. When should I keep my child home?

This information applies for all children, as well as all students who attend kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing the Alberta Health Daily Checklist (for children under 18) before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete the screening tool.

My child traveled outside of Canada, now what?

When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project. If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.

My child had close contact with a case of COVID-19 in the last 14 days, how do I respond?

Close contact is face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging. If your child had close contact with a case of COVID-19 in the last 14 days, your child is required to quarantine for 14 days from the last day of exposure. If your child develops symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended.

My child is sick. How long do they need to stay home for?

Core Covid-19 Symptoms

- Fever (above 38C or 100.4 F)
- Cough (new or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Loss of smell or taste (not related to other known causes or conditions like allergies or neurological disorders)

If your child has one of the **core COVID symptoms**, they are required to isolate for 10 days from when their symptoms started. Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If your child does not have any of the core COVID symptoms, proceed to the "other symptoms" information below.

This is my child. Now what?

Other Symptoms






- Chills
- Painful swallowing
- Runny nose/congestion
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Nausea, vomiting or diarrhea
- Unexplained loss of appetite
- Conjunctivitis (pink eye)

If your child has one of the **other symptoms**, keep your child home and monitor for 24 hours. If their symptom is improving after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary. If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended. **If your child has TWO OR MORE of the other symptoms**, keep your child home. Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is required. Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.

This is my child. Now what?

Information for the creation of this document was taken from the updated COVID-19 Alberta Health Daily Checklist (for Children Under 18) Adapted from Prairie Rose School Division and Grande Prairie Public School Division. UPDATED NOVEMBER 2, 2020

Hot Lunch at Peace High

Monday	Kita North 	Low Mein Noodles (Veggie), Chicken Fried Rice, Chicken balls OR California Rolls
Tuesday	Baptist Church 	Check Announcements or at the office for availability. Not running at this time
Wednesday	Subway 	6 inch sub and a cookie (veggie, ham, turkey or pizza) add your own sauce and veggies
Thursday	Matt's Pizza 	Cheese, Hawaiian and Pepperoni/Bacon
Friday	TBA 	Check Announcements

Hot lunch available for \$5

**Lunch cards can be purchased on SchoolCash online or debit/tap
as payment options**

<https://prsd.schoolcashonline.com/>



Superintendent's Message

Indigenous Education in Peace River School Division

It is essential that First Nations, Métis and Inuit students see themselves and their cultures in the curriculum and school community, and that non-Indigenous students are taught the true history of Canada, including at times, the painful relationship between Canada and the First Nations, Métis and Inuit.

During the pandemic, schools have found creative ways to acknowledge residential school history on Orange Shirt Day, teach about the Métis during Métis week, and honour our local Indigenous veterans as a part of Remembrance Day activities. Grade one students have been learning some Cree, and plans are underway for a virtual Aboriginal Youth Career Workshop this spring, and a pandemic friendly way to acknowledge our Indigenous graduates with an Eagle Feather and the important teachings that accompany this high honor.

We have ensured professional development (PD) is available for staff on topics such as the legacy of residential schools history and how to incorporate Indigenous perspectives in the classroom. Our First Nations, Métis and Inuit Program Coordinator regularly meets with school staff to discuss how our Indigenous students are progressing academically and to explore further supports.

First Nations Métis and Inuit programs are supported by way of special funding from the Government of Alberta which is determined by self-declaration. For each student who declares to have Indigenous ancestry, schools receive an additional \$1178.00. Parents can declare their child's status on the school registration form that is completed every year.

Indigenous history is Canadian history and it is very important to us that all students learn about the important traditions, culture, and history of the first peoples of Canada. Thank you to our students, staff, families, Elders, community members and organizations for your important contributions and support.

Paul Bennett,

Superintendent of Schools

Peace River School Division



Safety Message – Ice Safety

March is a time to look forward to warmer temperatures, melting snow, and longer days. The transition from winter to spring begins the transformation of frozen rivers, ponds, creeks and dug outs to bodies of open water. Many of our PRSD schools are located close to water sources and during this time ice can become unstable and extremely dangerous.

Please take a few minutes and talk to your children about ice safety and the dangers associated with being on rivers, ponds, creeks and dug outs during this time of the year.

If you do fall through the ice your first danger is drowning, not the cold. You will have time to save yourself so don't panic or thrash about. Tread water or grab the ice to keep your head above water. Keep your hands and arms on the ice and kick your feet until you are in a horizontal position. Once you are horizontal keep kicking your feet and pull with your hands and arms and pull yourself out of the water. Once clear of the water continue to pull yourself away from the hole in the ice. You need to keep your weight spread so don't stand to move away from the hole. You can slide pull or roll away. Once clear of any danger you need to get to a place to warm up and remove any wet clothing.

For more information about knowing the dangers of ice please follow the attached link provided by the Canadian Red Cross.

<https://www.redcross.ca/training-and-certification/swimming-and-water-safety-tips-and-resources/swimming-boating-and-water-safety-tips/ice-safety>

David Smith, PRSD Safety and Wellness Coordinator

