



PEACE HIGH HERALD

Experience the Success

Peace River School Division #10

April 2013

Issue 8



Scott Alcorn and Sophia Millar - Gold medal in mixed
Badminton doubles for Zones

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Principally Speaking

P.1

Peace River High School would like to wish everyone a warm and relaxing Spring Break!

Spring is finally here (we hope) and we are starting to see some nice weather outside. It is important that students keep in mind that it is important to be in all of their classes as we wind down this school year. We have new vending machines (finally) in the school thanks to the School Council and Parent's Association with students ready to start learning to fill the machines where all of the profits go back into student activities here at Peace High.

We want to invite all students, parents and community members to our Open House on May 14 at 6:30 pm. The Open House will follow with a session for the Grade 8 students and parents that are moving into grade 9 next year, and then a session for Grade 9 students and parents that will make the transition to high school next year. Please let the school know if you cannot make it so we can arrange a time to have registration and course selection done before the end of the year.

Mark Owens
Principal
Peace River High School



Superintendent Message - What You Said – Community Consultations

During the month of February, Peace River School Division (PRSD) hosted six face-to-face community meetings throughout the division. A total of 139 students, parents, staff and community members participated in break-out sessions that asked for input on standardized testing, student and staff wellness and community influence. I am pleased to share a summary of what we heard with you.

Standardized Testing

The majority of participants felt that Diploma Examinations are currently weighted too high (50% of final course mark) and that 30% would be more appropriate. In the area of Provincial Achievement Tests, most people felt that standardized testing is important however they believe they need to be changed to reflect the changes in education and a better way to find out if students are mastering outcomes needs to be created. Standardized testing is government mandated and PRSD may share this information with Alberta Education.

Student and Staff Wellness

A repetitive theme in the area of student and staff wellness is the strong belief that in order for students to learn, they need to be well and in order for staff to be effective and positive role models, wellness needs to be a priority. All communities expressed the importance for the division to implement a wellness plan that allows for flexibility based on school and community needs. PRSD is currently gathering information and taking steps to work toward creating a PRSD wellness plan and policy.

Community Influence

The majority of participants felt that PRSD currently creates many opportunities for parental involvement and community partnerships. Participants felt that perhaps community groups, businesses and parents may not always be aware of ways they can be involved. The division will develop a plan to inform communities and parents of opportunities for involvement.

We thank you for your input whether you were able to participate face to face or online. Everyone has different perspectives to share and it is important that we hear those perspectives and ideas in order to make decisions and implement initiatives that enhance student success and reflect community needs. The final report and individual community reports will be posted online at www.prsd.ab.ca in the near future.

Paul Bennett
Superintendent of Schools
Peace River School Division No. 10



Our Spring Prom Dance is now going to be postponed until near the end of the year due to some scheduling difficulties. The next big project for the group is the Second annual Talent Show.

- Auditions (so we can see how many acts we will have, not to cut anyone) will be during lunch time on the week of May 6-10 in the Drama/Music/Co smo room
- Evening show will be on Wednesday, May 15 at 7 pm
- We are looking for some Community members to come out and adjudicate the show!!!



COMMUNICATIONS

Planning and preparations continue for the 2013 Graduation ceremony,

which is to take place on Saturday, **June 1st** at Peace River High School. The ceremonies committee has designed the invitations and have ordered them through Valley Printers. We expect these invitations to arrive in about a week's time. When the invitations arrive, we will make tickets available to students who are on the current Grad List, as published by our career counsellor, Mr. Pobuda. As students meet the criteria to be added to the list, they may receive their tickets for the ceremony. Each graduate is eligible to receive a maximum of 9 tickets. If there are tickets remaining after the first round of distribution, we will be able to accommodate students who are requesting extras.

If your son/daughter has not given Krissy Stagg a copy of a **baby photo** and a **candid photo** to be used in the slideshow, please arrange to get these to her **ASAP** as she would like to finish putting together the photo presentation.

Reminder that Grad fees of \$100 are past due and should be paid to the office ASAP. If fees are not paid, the student will not be on the grad list.

Please watch for upcoming information regarding assistance with decorating. The decorating committee will need as much help as possible in the week before Grad, from both the graduating students and some parents, to decorate the gymnasium.

i - Coach



Mrs. Leanne Lutz

Grade 9's

- Too much to do, no time to complete assignments, need computer access, require assistance? Come and visit room 209 during block B or C for CORE Support.

Yearbook

- We are quickly approaching the end of the year and it is time to develop the yearbook. Please visit Mrs. Lutz if you are interested in capturing your high school memories. Have the chance to create a page or two of events, teams, or clubs you were involved in! This yearbook can be done at home or at school on your own time. Grade 12's are also desperately needed to complete write up's and design their grad pages.

Student-Athlete Recognition Evening

Our Student-Athlete Recognition Evening will be on June 6th at 7:00 pm. All student-athletes, parents and supporters are welcome!



Scholarships & Student Loan

Featured this month:

RAP Scholarships

The Rap Scholarships are designed to recognize the accomplishments of Alberta high school students in the Registered Apprenticeship Program (RAP) and to encourage these students to continue and complete their apprenticeship training.

What are the eligibility criteria?

- A Canadian citizen and resident of Alberta,
- have been registered as an Alberta apprentice in a trade while in high school,
- have completed at least 250 hours of on-the-job training and work experience in your trade while in high school,
- have completed the requirements for high school graduation in 2013,
- be continuing in an approved regular apprenticeship program,
- Application must be post-marked by June 30th, 2013.

What is the application process??

Grade 12 students must provide a completed application form which includes an Employer recommendation and recommendation letter from a high school teacher or counselor.

Please see Mr. Pobuda for the application form and all the details!

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School Council

Peace High hosted the School Council of Councils meeting on April 17 with a dinner (thank you Crystal Owens) at 6:00 pm and meeting at 7pm. This meeting had over 30 council members, school administration, Division administration and School Board Trustees attend in person and through Video Conferencing.

Topics of discussion were:

- Successes of the individual school councils throughout the division
- Questions on how the division can help achieve more successes
- Question and answer of how different schools handle things like
 - Hot lunch programs
 - Vending machines
 - Fundraising

Thank you to all of those that attended, and everyone is welcome at our next joint school council meeting at 6:30 pm on May 22 at TA Norris Middle School.

For minutes from the last school council meeting, please check [the Peace River High School Website](#).

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Graduation 2013



PARTICIPATION IN PEACE RIVER HIGH SCHOOL'S GRADUATION CEREMONIES

As the graduation ceremonies are a function of the school, the following guidelines will be used to determine the eligibility of grade 12 students to participate in the June 1st ceremonies:

1. Minimum of 75 credits completed by the end of semester 1 or have a plan to make up the credit shortfall.
2. Have successfully completed or will have successfully completed ALL of the necessary requirements for an Alberta High School Diploma. Please refer to the following page to see necessary requirements for high school diploma in Alberta.
3. Paid in full all school fees, including athletic fees and graduation fees.
4. Return all athletic uniforms and textbooks/library books not currently being used.
5. Have completed 75% of all graduation required ADLC courses by May 24th.
6. Be attending classes regularly. Students with absences in excess of 15 should meet with Mr. Owens.

In order to attend the Graduation ceremony held on June 1st, students must be able to prove by way of grades, credits and/or attendance that they will complete ALL of these requirements by the end of June.

Students have met with Mr. Pobuda to discuss their shortfalls and made plans to be in a position to graduate. **Students and parents should be aware that if students fall short of the requirements by May 24th, students may NOT be eligible to attend the ceremonies.**

The final decision in participation of the ceremonies will rest with the school principal.



Project Peace Parents Page

Substance Abuse and Addiction

Teens may start using and experimenting with illegal and legal substances for a variety of reasons such as curiosity, peer pressure, unhappy home life, boredom, isolation, stress, or a lack of self confidence. Many of the signs of drug use or alcohol use – in isolation – may be just normal teen behavior. Mood swings or changes in behavior are a standard part of growing up as teens make the transition from childhood to adulthood. Parents know their teens better than anyone. Trust that you will know when there is a problem and when your teen is not acting like themselves. Here are some warning signs that parents should be aware of:

Tips for Parents

- Frequently talk about family expectations and rules about drugs. Clearly state and enforce the consequences for breaking the rules. Set clear boundaries.
- Encourage your teen to take part in community activities or after-school programs, or to get a part-time job.
- Get to know your teen's friends. Know where they hang out and what they are doing.
- Talk with your teen about ways to handle peer pressure. Teach your teen how to say "no" and suggest they do something different.
- Get involved in your teen's education. Know what they are doing at school. Talk to their teachers.
- Boost your teen's self-confidence and self-worth. Praise his or her attempts as well as achievements.
- Encourage your teen to express his or her opinions and feelings in a positive way, for example, talking, writing, or drawing.
- Talk with and listen to your teen. Show that you are there for your teen when he or she needs you. Accept that everyone makes mistakes.
- Help your teen develop a positive body image. Encourage your teen to respect his or her body by avoiding alcohol and other drugs, eating healthy foods, and exercising regularly.

Signs in the Home

- loss of interest in [family activities](#)
- disrespect for family [rules](#)
- withdrawal from [responsibilities](#)
- verbally or physically abusive
- sudden increase or decrease in appetite
- disappearance of valuable items or money
- [not coming home on time](#)
- not telling you where they are going
- constant excuses for behavior
- spending a lot of time in their rooms
- [lies about activities](#)

Signs at School

- [sudden drop in grades](#)
- truancy
- loss of interest in learning
- [sleeping in class](#)
- poor work performance
- [not doing homework](#)
- defiant of authority
- poor attitude toward sports or other extracurricular activities
- reduced memory and attention span
- not informing you of teacher meetings, open houses, etc.

Physical and Emotional Signs

- [changes friends](#)
- smell of alcohol or marijuana on breath or body
- unexplainable mood swings and behavior
- over-reacts to criticism
- acts rebellious
- sharing few if any of their personal problems
- doesn't seem as happy as they used to be
- overly tired or hyperactive
- drastic weight loss or gain
- [unhappy and depressed](#)
- cheats, steals
- always needs money, or has excessive amounts of money

Project PEACE is one of 37 projects in a province-wide Mental Health Capacity Building in Schools initiative. The initiative is led by the AHS – Addiction and Mental Health in partnership with Alberta Education and other partners and community agencies, with funding from Alberta Health and Wellness.

For more information, please contact: **Kim Silverthorn, Project PEACE Youth Support Worker** at (780) 624-4221 or silvertk@prsd.ab.ca. You can also visit our website at www.projectPEACE.citymax.com



Thailand Trip





Interact News!



The Interact Club is always open to new members and participants. Be a part of this dynamic and varied group of people. The common element is that club members are enthusiastic about their community and their world.



Interact Activities

Five Peace High Students Union and Interact members participated in the 7th Annual Alberta Education Speak Out Conference on April 12-14. About 300 students from all parts of Alberta gathered in Edmonton where they met Education Minister Jeff Johnson, and heard dynamic young speakers who are leading change in education, and mentoring youth as community builders and entrepreneurs. Speak Out provides a chance for individuals to voice concerns and opinions about current topics such as changes to diploma exams, math curriculum and high school diploma criteria. Many sessions were led by the 26 high school students who are part of the Minister's Advisory Council. Our students also have an opportunity to apply for two-year positions on the Council, which is a tremendous learning and leadership experience.

RANDOMS!



Social 20-1 Internationalism Skits



Science 9 SW



Social 20-1 Visual Review





Athletics

Girls Football:

The Girls Football season has begun! The girls play their first game at the end of April. See Mr. Owens or Mr. Friskie for more information.

Badminton Season:

The badminton season is winding down. Congratulations to all players who represented Peace High this year. Thank you to all of the coaches who gave their time and expertise this season.

Track and Field:

The snow has melted (almost!) Track and Field will be starting on Tuesday April 30th. Practices will be posted by the gym. Thanks to Mrs. Scott-Wilkes, Miss. Barre and Mrs. Harpe for their time and effort organizing track.

VIMY RIDGE CONTEST





Project Peace

Spring is in the air – and with only about 6 weeks left of regular classes, energy levels are high!

All schools have started to prepare for the transition process as students move into grades that require them to attend new schools. Project PEACE hosted a **Parents Information Session** on April 25th, at the Public Library – addressing the issues of anxiety and stress that often accompany these new transitions. Peace High is hosting their **Open House/Registration Night** on May 14th (starting at 6:30pm) – all new parents/students are encouraged to attend this session. **TAN Students** will visit Peace High that same day, touring the school and getting a sense of what their world will be like next year!

Mental Health Awareness Week happens throughout the community from May 6th to 10th. Peace High will be highlighting various events and activities throughout the week, promoting an open and supportive environment for the positive discussion and healthy awareness of all things related to Mental Wellness. Students and staff will join together for events like **The Family Fun Night** – at Riverfront Park, from 5:00pm till 7:00pm (May 7th); **Hats On Day** (May 8th); and **Green Shirt Day** (May 9th). 50 Students from Peace High, Glenmary and Grimshaw High will also be participating in a 2 day **Mental Health First Aid Training**.

The **Adopt A Nomads Program** kicked off the second round of Mentoring at Springfield Elementary School with great success! Our grade 9 students visit the young students each week, providing encouragement and awesome role modelling experiences! Some of our Nomads work with entire classes, and some work with students in small groups or on an individual basis – helping their smaller counter parts learn and grow confidently in their academic achievements!

“Working together to help youth and their families with the challenges of life”

Peace High Project Peace Worker - Kim
780-624-4211

The **Super Troopers** are heading to Edmonton at the end of May, for **“Expect the Unexpected” Leadership Conference**. Over 500 kids from all across Alberta will participate in this Conference – and when it’s over, our group will bring home lots of fun and entertaining ideas for events for the whole school! The Super Troopers have been helping run the bottle recycling program at Peace High, to raise money for their involvement in this event

Peace High’s **Monday Morning Breakfast Program** continues to happen each week – students are provided with FREE yogurt, granola and fresh fruit, to help kick start their week in an energizing way!

The Gamers Group is gearing up for the last night of gaming fun for this year - on May 10th. This event is open to all of our high school students (Glenmary too), and runs until midnight! We are looking for supervisors for this night of fun – let us know if you are interested!!

And as always, Project PEACE is here to offer to supports to any student or parent who would like more information or assistance with a challenge in their life - contact Kim (Project PEACE Success Coach at Peace High) at any time! Supports are also available to students at Peace High each week through Addictions Services and the RCMP (see Kim if you would like to talk to the workers who are available).



What's happening in May?

Monday Breakfast Program – every Monday morning before school – FREE yogurt/granola and fresh fruit will be available in the SGA – kick off your week with a nutritional breakfast provided by your caring school!

May
Every
Monday

Mental Health First Aid Training (for Adults Who Work With Youth) –

May 1st and 2nd at Peace High – for Peace High and Glenmary Students

May
1&2
W-T

Family Fun Night –

5:00pm till 7:00pm – Project PEACE will be hosting a Picnic Themed Event for the whole community – it will be at Riverfront Park!! Stay tuned for more details!

May
7
Tue

Gamers Night — 4:30pm till 11:30pm. This is the last gamers Night of this school year – Glenmary students are welcome! There is no cost for this event – bring your own supper, or bring \$10.00 if you want to order pizza with the group!

May
10
Fri

Open House and registration Night -

Grade 8 and 9 student's registration is on May 14 at 6:30 pm.

May
14
Tue

PARENTS! View Your Child's Marks ONLINE!



Parents and Guardians of grades 7-12 students are now able to view marks, assignments and attendance anytime online! Signing up is easy! Go to www.prsd.ab.ca, choose the [HomeLogic quicklink](#) and follow the step-by-step instructions OR if you have a smartphone use the QR code on the right! If you would like help signing up please call the school office—we would be happy to help you!





Check out the **Project PEACE's FB Page**...Like it... Help us grow our audience!!



Project PEACE's
“Like” Us !

Personal Owned Devices

Personal devices include **laptops, phones, tablets, e-readers, USB flash drives, and any other electronic data device.**

Be aware that every principal may have additional guidelines or restrictions for the use of personal devices in their school and every teacher may have additional guidelines or restrictions for the use of personal devices in their classroom.

Personal devices should be used for educational use and users must follow the guidelines and responsibilities outlined above.

Students are responsible for the content of the data stored on their personal devices when using that personal device in a school.

If you are deemed to be using a personal device inappropriately, your device may be confiscated until your parents are contacted.



Our Vision: Preparing Individual Citizens for Tomorrow.

Our Mission: Peace River High School, Experience the Success!

Peace River High School

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<http://www.prsd.ab.ca/ph/>