



PEACE HIGH HERALD

Experience the Success

Peace River School Division #10

March 2014

Issue 6



Grade 12 Honour Roll @ PH Awards Ceremony

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Principals Message

P.1

Moving through the halfway point of our school year it is great to look back at the amazing things that the students in our school community have accomplished. Peace High is always proud of our athletics programs, and the dedication of the players, coaches and organizers is shown in the successful seasons that we have already seen. As the basketball season comes to an end, we get started with our Junior and Senior Badminton, as well Girl's Football is ready to get going.

Students at Peace High are much more than just our athletics, and have proven how much more our students are capable of throughout this year. Our Interact Group continues to work to help our local community through events and fundraising for important issues surrounding our world. Our LOL group and Drama class just finished an inspiring and heartwarming presentation on the effects of bullying, where we saw the whole school involved in bullying awareness. Programs such as Nomad Buddies and Adopt a Nomad see our students working with students in TA Norris and Springfield and have been such a positive experience for all those involved. In the next couple of months we will see over a dozen students head to Edmonton to participate in Speak Out, a government initiative to get the students voice heard, a number of our LOL group will be heading to Drumheller for the annual Student Leadership Conference, and our own Herman Gill headed to Ottawa for the Rotary funded Adventures in Citizenship.

We are so proud of all the wonderful things that our students, parents, volunteers and staff continue to participate in to help prepare all of our students to become individual citizens of tomorrow!

Mark Owens
Principal



Superintendent's Message – A Changing Education System

As many of you are aware, a transformation is occurring in the Alberta education system to better prepare students for their future. We know that students learn in different ways, and that textbooks and classrooms are just one way for them to experience education.

This transformation in Education is known as [Inspiring Education](#). It is an Alberta Government initiative designed to align the needs of students with the changes in the world today and for years to come.

A part of this transformation includes a shift from a dual system of mainstream education and special education to a system that takes responsibility for all students, focusing on their strengths, rather than their weaknesses. This system supports the success of all learners regardless of their age, culture, ability or special needs.

In response to this shift, in 2012, PRSD adopted a highly regarded teaching and learning model to guide us along this journey. This model, Response to intervention (RTI) is proven to maximize every student's individual success.

The RTI model identifies student strengths, learning styles and specific learning needs. Student progress is frequently assessed in several different ways and when required, instruction is adjusted. Using this model helps teachers identify student needs early on so interventions and supports are put in place to ensure students reach their full potential.

RTI provides teachers with a clear picture of the diverse needs of students in every classroom they instruct. It also provides different methods of teaching that better engage students, target each unique learning style and tailor instruction to bring out students' strengths.

RTI looks different from the traditional classrooms of yesterday and like any type of change, it will take time. We are very proud of the great work of staff throughout the division for their commitment and enthusiasm as we work together to transform education in Peace River School Division.

Paul Bennett
Superintendent of Schools

School Council

Peace High School Council has been a valuable resource for our movement into High School Redesign for the next school year. The group heard a presentation on the main ideas surrounding High School Redesign, and provided questions and input that will help us move forward with our proposal. The feedback that we receive from parents is crucial to the success of this positive change to how we look at the structure of our learning in school. As we move forward as a group we have Jennifer Powers and Mark Owens heading to the School Council Conference and Annual General Meeting at the end of April to learn more about what is happening in other schools around the province with their school councils.

Peace High is hosting our next Joint School Council meeting on March 26 at 6:30 pm where we will be looking at our current school photos and other opportunities that are out there. Individual council meetings will follow the Joint meeting at 7 pm.

Make sure to check out our new Facebook page at -
<https://www.facebook.com/PeaceRiverHighSchool?ref=hl>



Scholarships & Student Loans

Featured this month: RAP Scholarship

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 2014,
- be continuing in an approved regular apprenticeship program,
- Application must be post-marked by June 30th, 2014.

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!



Yearbook Announcement!

“ Looking for volunteers to help develop the yearbook! No experience required! Would love to see students from each grade to represent their school memories . Arts, sports, Grad, special events ! This can be done in your free time, at home, during lunch, or if you happen to have a spare. Please see Mrs. Lutz for more information. “



Become a Foster Parent

Make a difference in a child's life

Many children in Northern Alberta are waiting for a safe, healthy and caring home. Your interest is the first step toward opening your heart and home to these children. All types of people make wonderful foster parents—married and single people, people with young families, empty nesters and those who have never been parents before.





Pay School Fees Online!



Peace River School Division is pleased to offer you the opportunity to pay student fees electronically!

The new "School Cash Online" program provides a convenient payment option that saves time and is environmentally friendly. You can make secure online payments by credit card anytime and receive a receipt.

Safe. Simple. Secure.

Signing up only takes a few moments! Here is how it works:

1. Go to <https://prsd.schoolcashonline.com> or follow the link in the Parent Portal on our website: www.prsd.ab.ca
2. Take a few minutes to register and create an account for your child(ren).
3. Review and pay your child's fees using direct online payment.

Participating parents will be notified by email of student fees once they register on the School Cash Online website.

School Cash Online provides one-on-one telephone support at:
1-866-961-1803.





NOMAD AWARDS AT PEACE HIGH!



▪ **Katharina Agapow** is a talented Grade 12 artist. She is working as a Teaching Assistant in Grade 9 art classes

▪ **Herman Gill** has received the Rotary Adventures in Citizenship Award. He won a competition which involved completing an interview and presenting a speech to the Rotary Club, and will be participating in a Canada-wide program in Ottawa this spring.

▪ **Allyson Shewchuk** was chosen as a representative on the Minister's Student Advisory Committee. She hosted a Speak Out forum at Peace High, and will be sharing the results at the Provincial SpeakOut Conference in April. She is also one of our school delegates to the Student Leadership Conference.

▪ **Lowell Thompson** helps to coach Atom level hockey in Grimshaw. He has been recognized for the solid role model he provides for teamwork among the young players.



League of Leadership

The *If You Really Knew Me, Be The Change* Assembly was facilitated by the LOLs on March 13. The assembly offered an opportunity for the entire school to come together and develop awareness about bullying and about the challenges we have all faced of being judged by others. It also offered an opportunity to celebrate Peace High students and the positivity we all have to share with one another.

Intramurals are ON! Floor Hockey is in full swing with a number of student and teacher teams participating in lunch time match ups.

April is sure to be an active month with a number of the LOL members attending the Speak Out Conference April 11-13, and with fundraising activities to support the groups attendance at conferences AND activities to encourage school participation and spirit. The LOLs are also looking forward to participating in activities to help connect with the grade 8s from TA that will be joining us at Peace High next year.





Project Peace

Mental Health Matters, Every Child Counts!

When we get busy and life gets stressful, it is important to remember that there are always great things around you to be found. Learn to appreciate and make the most of what you have.

Live in the moment and use these hints to help you and those you care about to have more fun and ENJOY life.

Enjoy where you live

Even if this is not your first choice of places to live, you can still make the best of it. Explore the Peace River region. Find all of the fun things to do.

- Pretend you are a tourist.
- Go in that museum you have passed by.
- Check out some local music or that restaurant you haven't yet tried.

Every community is full of hidden opportunities just waiting to be found. You'll have a blast enjoying your community. You may find this area is your first choice! If not, when the chance does come to move to your dream location, you won't have regrets and won't have to say, "I wonder what was in that store," or "I wonder how good their food really was."

Enjoy your friends

Friends are important to our well-being. A friend is someone to have fun with, to laugh with, a shoulder to cry on, someone to talk to, to vent to.

- Don't take your friends for granted.
- Make plans to have lunch or coffee with a friend you haven't connected to for a while

Talking and socializing is good for us and makes us happy. Enjoy spending time with your friends, and never take friendship for granted. You have to nurture any relationship for it to grow.

Enjoy your family

Family is certainly one of the most important parts of your life. Families come in all forms. Whether your family is your husband or wife, your parents, your spouse and kids, or your siblings, or simply some grouping of people who you live with and care about, make sure you spend quality time with them. Your "family" is there for you more than anyone else ever will be.

- Have fun with them.
- Go out dancing with your sister or cousin.
- Take a walk down memory lane with your parents by watching old home movies or photo albums.

Really talk to and spend time with your family. Laugh and have adventures together, even if you are just staying home. Watch movies, play games, try new foods. It's good for them and for you.

Get a pet

Pets are good for the soul. They help relax us and keep us calm, and they will love you no matter what. Visit a shelter and adopt an animal. Whether a kitten or an old dog the animal you choose will love you unconditionally. Not only will you have a new friend, but you will also feel great with the knowledge that you gave that animal a life.

Do the things you love

We can get so busy with work and other commitments we forget to take time for ourselves.

- Find your perfect hobby.
- Whether you love photography, painting, writing, hiking, or sports, make sure you take time out for what you love.

Taking time for ourselves is refreshing, comforting, and is good for your overall mental health. So even when you seem to always be doing for others, make sure to do for you, too!

Life is too short to not have fun. Spend time with the people you love and do things that you love. Embrace new experiences, have few regrets, and ENJOY!

Project PEACE is one of 37 projects in a province-wide Mental Health Capacity Buildings in Schools Initiative. The Initiative is funded by AHS - Addiction and Mental Health, in partnership with Alberta Education and other partners and community agencies. For more information please contact: Linda Srevens, Project PEACE Success Coach at Peace River High School (780) 624 4221 or stevenli@prsd.ab.ca



Athletics

Basketball:

Jr. Girls Basketball:

The Jr. Girls finished their season in La Crete at zones. Thank you so much to Miss. Neufeld and Mrs. Harpe for all of their hard work coaching this year.



Jr. Boys Basketball

With a great zone tournament, the Jr. Boys finished their season! A huge thank you to Mr. Hamilton and Mr. White for their time and dedication to coaching the boys this year.





Sr. Girls Basketball

Congratulations to the Sr. Girls basketball team who made it the consolation final at zones. Great season ladies! Thank you to Mrs. Dube and Coach Boyd for their expertise and time all season!



Sr. Boys Basketball

The Sr. Boys finished the year with a bronze medal at zones. Congratulations on a great season boys! We would like to thank Coach Wayne and Coach Angela for their tireless work with the team this year!





Badminton:

Badminton had their first tournament on the weekend of March 22nd. Please see Mr. White or Mr. Mayer if you are interested in playing Badminton this season.

Girls Football:

Girls football will be under way soon. Please see Mr. Owens for a registration form.

Track and Field

Track and Field will be starting once the snow melts. Listen for announcements and look for flyers for more information in the weeks to come.



Please follow us on Twitter [@nomadathletics](https://twitter.com/nomadathletics) for updates on schedules and results!



What's Happening?

The Mental Health Capacity Building Theme in April is “**ENJOY**”. Articles, activities and lesson contributions will encourage staff, students and their families to “respond to your world with a sense of wonder and enjoyment”.

April will highlight awareness around **Autism Spectrum Disorder Awareness**.

Students are now joining Ecole Springfield School with the **Adopt-a-Nomad program**, Round 2 and **Nomad Buddies** program participants are beginning their placements with Grade 6 classrooms at T.A. Norris Middle School. Mentoring programs offer students opportunities to develop self and other awareness, self-confidence and communication and problem solving skills which support their school and life success.

TUNE IN 4 Mental Wellness!

Project PEACE, KIX FM, and YL Country are teaming up to promote mental wellness in the PEACE COUNTRY! Listen to the Parent Report (3:30 p.m. on YL Country, and 4:30 p.m. on KIX FM) and write down six things you can do to support your own mental health & wellness on the entry form on the next page.

You will be entered to win 1 of 4 great prize baskets!

Watch our school website and Facebook pages for upcoming information!



TUNE IN 4 Mental Wellness

Entry Form

Listen to the Parent Report on YL Country (3:30 p.m.) or KIX FM (4:30 p.m.) and list

6 things you can do to support your own mental health & wellness

Contest Closes June 25, 2014

1.

2.

3.

4.

5.

6.

Submit entry forms to participating Holy Family Catholic Regional Division #37, or Peace River School Division #10 Schools by June 25, 2014!

Name: _____

Tel: _____

"The best way to become comfortable about mental health is to talk about it! Start today!"



Curiosity and Inquiry - TIME in the Library to learn about TIME!



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

<http://www.peaceriverhigh.ca/>