



# PEACE HIGH HERALD

*Experience the Success*

Peace River School Division #10

November - December 2013

Issue 3



SET Conference @ Edmonton

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## Principals Message

**P.1**

As we approach the Christmas break it is always great to recognize all of the people that work so hard in our school community. We just finished Parent's Matter week, which featured a parent drive by thank you, BYOB party (bring your own banana), hot dog supper and family fun night.

Thanks to the LOL group for all the work at these activities, and to Vanessa Burns who put together that wonderful video for the event! Our Interact group continues to raise funds for our community, the last event being the 30 hour Wake A Thon which raise over \$500. We have students and our wonderful math teacher helping students after school in the SGA, and even more students that are volunteering to help continue our hot lunch program at the school. Our teachers and support staff are always putting in that little extra, which helps to create the wonderful sense of community that we have here at Peace High.

Thank you to everyone in our school community (students, staff, parents, division and community) for all that you do, and on behalf of Peace River High School.

Have a great holiday break!

Mark Owens  
Principal



## Superintendent's Message – Learning Supports

Peace River School Division (PRSD) is committed to meet the needs of all learners and ensure students experience success. How do we do this? We do this by making sure students feel accepted, we focus on their strengths and put supports and services in place that work best to support their needs and learning styles. We closely follow and put in place practices and principles outlined in ***Inspiring Action on Education (Alberta Education)*** because we believe that every student is unique and can experience success. Below are two statements (**from the Inspiring Action on Education document**) that provide an overall summary of an inclusive education system:

*“An inclusive education system is one that takes responsibility for all students, focuses on their strengths, and emphasizes what they can do rather than what they can’t do.”*

*“A commitment to meeting diverse student needs in all school settings so that all students experience a sense of belonging and acceptance in their school environment.”*

As you can imagine, in order to have an inclusive education system, there are many supports, services and partnerships that need to be in place. Below is a list of learning supports in PRSD:

- Early Childhood Services
- Learning Coaches provide support to teachers to create classroom environments that support differentiated instructional strategies and universal design
- An Inclusive Education Intervention Coach helps implement specific programs to meet specific student needs
- School-based Inclusive Education Coaches (I-Coaches) help to make sure that inclusive education practices are integrated into our education system
- Youth Education Support Workers and Success Coaches (Mental Health Capacity Building project) provide preventative programming that support the social, emotional, and behavioural needs of students. These supports are available through various community partnerships
- Targeted and specialized services are provided for students as needed
- Educational assistants provide a variety of supports
- Assistive technology (such as speech to text software and an E-Library) provide all students with an alternative means of accessing curriculum and resources
- Release time and professional learning opportunities for school staff ensure that collaboration and growth occurs, and that curricular outcomes for all students are discussed
- Resources are provided as needed to support the work being done in classrooms

In PRSD, when specific student needs are identified, schools work with experts such as school psychologists, occupational therapists, physiotherapists, speech language therapists, or hearing/vision specialists to assess needs. Parents, teachers and specialists work together as required to put a plan in place.

As education is being transformed in Alberta, parents are encouraged to continue to work closely with your child's school to ensure your child has access to learning supports to be successful.

Paul Bennett

***Superintendent of Schools***

***Peace River School Division No. 10***



## *Scholarships & Student Loans*

Featured this month: Nomad Achievement Award (formerly known as Superintendent Award)

The Peace River High School is continuing the Superintendent Award under a new name: Nomad Achievement Award. Thanks to our principal, Mr. Owens and our parent advisory committee, Peace River High School is committed to continue to encourage students to take more classes during their high school years. This award provides an opportunity for a scholarship to students who may not meet the academic level for other scholarships but still demonstrate a strong work ethic and character. The scholarship is paid directly to the student in October after their graduating year.

### **How much could be earned??**

The Nomad Academic Achievement Award is based on the total number of credits earned in a maximum of six semesters. Scholarship will be awarded based on the following basis:

$$130 + \text{credits} = \$500$$

### **What are the eligibility criteria??**

A student must meet the Alberta Education Diploma Requirements, achieve a minimum of 130 credits with a 60% minimum average and complete at least 4 semesters (including their senior year) in Peace River High School.

### **What is the application process??**

Grade 12 students must provide a properly formatted cover letter and graduation picture to Mr. Owens by June 22, 2014. Please see Mr. Pobuda for all the details!



## Graduation 2014

Parents, please  
watch for a Parent  
Information  
Meeting early in  
the New Year!





# 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](http://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.





# League of Leadership

It has been another busy month for the League of Leadership (LOL's) group. The LOL's lead a number of creative activities to raise awareness around bullying and addictions including Hug Day (share a hug to show you care), White Shirt Graffiti Day (write your positive comments about another student on their white shirt), and BYOB, (bring your own banana to have the LOL's whip you up a banana split). We also assisted with Parent Matters and helped to host the Project Peace Family Fun Night.

Again, the LOL's had some fantastic partners supporting our activities. We extend a big to Walmart for the \$478.10 cheque that they presented members of the League of Leadership. A big thank you also goes out to the Peace County Co-op for their support of the Parents Matter and Awareness Week activities. Through community partner support we are able to promote engaged and spirited students. Thank you for your continued support of our students."

LOL's, along with Interact members, had the opportunity to attend the Craig Kielburger speak held at Glenmary at the end of November. Craig, well known for his work through Feed the Children, inspired the students to consider what they could do to make a better community and world. The LOL's came away from the experience with enthusiasm and ideas, some of which we hope to pursue in the new year.

The Alberta Student Leadership Conference is scheduled for May of 2014 in Drumheller. It was at last year's leadership conference that the LOL's really gelled and gained the ideas and motivation that has led to the spirit and success that the group has shown this year. Expanding the reach of such a valuable skills building experience is a goal for the group. The LOL's are excited about attending and have started to fundraise towards our goal of having a team of 12 to 16 members at the conference.

The LOL's will be assisting groups within the school with holiday based activities and events through December and hope to kick some serious butt in the dodgeball grudge match before the winter break. Intramurals will also be ramping up so we envision an active month ahead.





## Tips for Coping with Stress and Anxiety during the Holidays!

The holiday season should be a time of joy and cheer, but for many it can bring increased levels of stress, anxiety and even depression. Research has found that the holiday season can be one of the most stressful times of year for many, especially anxiety sufferers. Anxiety can be both psychologically and emotionally overwhelming, so following are some tips to help you overcome the stress at this time of the year.

**Identify the cause of your Holiday anxiety – and do something about it!** Find the exact source of your worry or stress. Find a quiet place where you can think straight and go about finding ways to solve the problem or reduce the stress.

If your worries are financial,

- Set a budget for what you can spend on gifts – and stick to it!
- Buy gifts only for those who are most important to you and choose not to participate in secret Santa or gift exchanges at work if it will strain your budget.
- Expensive gift giving can be replaced by being honest with people and saying you simply cannot afford expensive presents. People usually understand.

If your worries are to do with social gatherings,

- See if you can pinpoint who or what you would rather avoid.
- If there is a way you can change your thoughts toward the source of your worries, then practice positive self-talk and do so.
- Otherwise it is okay to tell people that you are feeling overwhelmed and would rather not attend.

**Take action to overcome your source of anxiety.**

- If you have too much to do, ask for help. People innately do like to help others, so never be afraid to ask.
- Accept that neither you nor your family is perfect ...and you don't have to be! If anyone is unable to accept your imperfections, you are simply better off not being around them. This emotional pressure to be perfect is in itself a constant source of anxiety. Simply mentioning that someone's expectations of you are unrealistic may very well bring them back to reality.

**Be kind to yourself over the Holidays!** The holiday season should be enjoyed by everyone - and that includes you! You do not have to accommodate everyone else's needs at your own expense. Take breaks and set aside 'me' time for yourself. Share the workload. Ensure that you spend enough time with those you want to, such as close friends and family. Make sure you can adequate fresh air and exercise too and walk off those large dinners! ***Remember, the less stressed and anxious you are, the more enjoyable the Holidays will be for both you and those who spend time in your company. So it is not selfish to put yourself first!***



# Athletics

## Football:

The Pioneers finished a great season with after losing in the first round of provincials. Great work boys!

## Jr. Girls Volleyball:

The Jr. Girls volleyball team finished the season with a silver medal at zones. Great work all season girls!



## Sr. Volleyball:

Both Sr. Volleyball teams finished their seasons with quarter final finishes at Peace Classic and a strong showing at zones. Well done to both teams. Skyler deBoon and Julianne Seaton will both participate in the GPRC all star game on December 5<sup>th</sup> in Grande Prairie.





### **Basketball:**

The basketball season is underway!

Jr. Girls and boys began their tournament schedule on November 29<sup>th</sup>-30<sup>th</sup> at TA Norris. They will continue with tournaments in January.

Sr. Girls and boys begin their tournament schedule on December 6-7<sup>th</sup> in Grande Prairie.

### **Nomad Invitational Tournament**

Please join us December 13-14<sup>th</sup> for the Nomad Invitational Basketball tournament. We will be having feature games for both the girls and boys teams at 1:00 and 2:30 Friday December 13<sup>th</sup>.



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



# Project Peace

## Mental Health Matters, Every Child Counts!

### Move... Laugh... Play

This is the time of year that it is an extra challenge to stay active. A very important part of maintaining healthy mental health is to keep your body moving. Research has proving that physical activity can reduce the symptoms of depression and overall sadness.

According to the Canadian Physical Activity Guidelines, children require 60 minutes of moderate to vigorous-intensity activity every day. Adults need to accumulate 150 minutes of moderate to vigorous activity per week (that is like 22 minutes a day.)

**This all means you need to SWEAT to stay healthy!**

### **Be an Active Family**

Over the Christmas break challenge your family to do a physical activity everyday together. For 60 minutes put down the hand held devices, turn off the game console and the television.

It is time for some action and family fun! Here are some easy activities to do:

- Shovelling snow at your residence; for more of a workout, shovel your neighbour's snow
- Build snow sculptures, a snow slide, or a fort
- Tobogganing
- Snowshoeing
- Downhill or cross-country skiing
- Indoor swimming
- Family Dance Party
- Play Tag
- Ice Skating

For more ideas check out the Healthy U website at: [heathyalberta.com](http://heathyalberta.com)

*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](mailto:stevenli@prsd.ab.ca)*



## SET Conference @ Edmonton

On Nov 23<sup>rd</sup>, a group of 16 girls went to Edmonton for the SET conference to ***“discover a world of exciting career possibilities in science, engineering and technology”***, sponsored by **WISEST (Women in Scholarship, Engineering, Science and Technology)**.

The day featured hands-on experiments, meeting fabulous role-models, and opportunities to explore Science and Engineering and Technology (SET).

The girls had an opportunity to make peppermint flavoured lip balm, extract DNA, dismantle and reconstruct a drill, play with computer science, and many other experiments. The day was made possible by Peace River High School and DMI. The school paid the UofA registration fee and DMI sponsored the charter bus to Edmonton. DMI is an active supporter of women in the trades and sciences and they need to grow a diverse and strong workforce with local students. For private or group tours, they can contact Amber Armstrong at DMI. We are planning a trip to DMI in the near future.

The students came away with some insights into possible future careers, as well as the possibility to apply for the WISEST summer research program at the University of Alberta, open to current grade 11 students.





## What's Happening?

November highlighted many awareness themed weeks and days connected to mental health and well-being through a variety of presentations, displays in partnership with Addictions Services and the RCMP and events within the school including **National Addictions Awareness Week, National Bullying Awareness Week and International Day of Tolerance**. It is important that we use these opportunities to bring into focus the issues that impact the mental health of our young people and ourselves can be reached by phone at 780-624-4221 or by email at [stevenli@prsd.ab.ca](mailto:stevenli@prsd.ab.ca).

The first group of **Adopt-a-Nomad program** participants from Peace High have enthusiastically started the daily trek to Ecolé Springfield School to work with the teachers and students in their matched classrooms. The Adopt-a-Nomad program fosters positive connections and interpersonal skills development for all of the students participating. Not only is a first group already working with the teachers and students at Springfield but there are a number of grade 9 students who are anxiously awaiting their turns to be "Adopted" in the new year.

Project PEACE is working in partnership with the Coats for Kids winter clothing campaign. If you have used winter clothing that is clean and in good condition that you can donate to a young person in need of winter attire, or if you would like to refer a youth who needs winter clothing, please contact Linda at Peace High or contact Michelle at the Salvation Army at 780 624 2370.

***THE PROJECT PEACE TEAM WOULD LIKE TO  
WISH YOU A HEALTHY, HAPPY AND SAFE  
HOLIDAY SEASON!***

Watch our school web and Facebook pages for upcoming information!

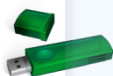


## LIBRARY NOTICES

School Essentials - Help make it happen!

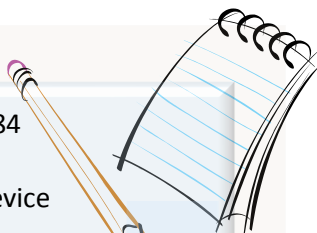


**Calculator** – TI 83 or 84



**USB** – Data storage device

**Project Supplies** – Glue, scissors, colouring supplies



**Note Books, Paper & Pencils**



**Gym Change**



## Ethical Use of Computers

Use the “LARK” acronym daily to test if you are meeting the Acceptable Use Policy of PRSD #10!

**L (for Legal)** – Only software and music that’s been purchased can be downloaded. Sources can only be used if they’re cited (given credit) by you and used appropriately.

**A (for Appropriate)** – Everything viewed; sent, downloaded, and used on school computers must be school-appropriate.

**R (for Responsible)** – Equipment and resources must be used carefully and responsibly to prevent damage. Do the right thing even when no one is watching.

**K (for Kind)** – All e-mails, and other electronic communications must be respectful and considerate of all parties. Sending chain mail is a waste of valuable time, and any type of offensive or insulting material, to anyone, is never kind; it’s bullying!



*Our Vision: Preparing Individual Citizens for Tomorrow.*

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

## Peace River High School

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