



# PEACE HIGH HERALD

*Experience the Success*

Peace River School Division #10

February 2013

Issue 6



## This issue

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## Principally Speaking

**P.1**

As we begin the second semester at Peace High we are looking at bright sunshine and almost spring-like weather. We want to urge students to remain focussed on getting to class and making sure that they are getting the work done that is needed to be successful in their classes, and leaving some well-earned personal time with fun in the sun after 3:30. We have a large focus on attendance this semester, and our school is dedicated to increasing the communication between students, parents and staff in order to make sure that our whole school community is on board to stress the importance of students being involved and engaged in their classrooms.

Our school council had our February meeting with only the Peace High group. The Joint Parent council will still be meeting throughout the year as a group every other month, with the next meeting at Springfield Elementary on March 20 at 6:30 pm. Everyone is welcome to attend these meetings, and the last few have been very rewarding with how many parents and staffs have attended. Please remember to check the website for updated minutes of our last meeting!

**Mark Owens**  
Principal  
Peace River High School



# Student Council

Our Student Council put together and organized a MatchMaker event for Valentine's Day. The students in all classes were able to fill out a simple survey, and the results from the survey were sent to the company to put together compatibility list for the students, which they had the option to buy for a \$1 donation to Student's Union. The group's next activities will be the Spring Prom Dance in April, and then our Talent show in early May. Keep up to date with the website and newsletters for dates and times of these events!



We would like to extend our great appreciation to **Shell Canada** for their generous \$1000 donation to our Girls football team.

Thank  
you!



Mrs. Leanne Lutz

## COACH CORNER

### What is an inclusive education system?

In an inclusive education system people make decisions that take into consideration each student. Some people tell us that we have schools that serve "regular or typical students" but do not do a good job for other students. They say we haven't created clear pathways for each student. When we think about each student we must consider different definitions of student success. An inclusive education system does not mean everyone attends the same type of school, rather it means we create education settings where each student finds success.



### Science 9





## Scholarships & Student Loan

### Featured this month:

### *Peace River Construction Association Award*

For any student that has been working in the Registered Apprenticeship Program or looking to enter into a trade program after high school, this scholarship is for you!

### Qualifications:

Graduating in June and entering a trade or engineering.

### Application:

Submit a written letter from the applicant telling why they are qualified and deserving of the scholarship.

You should also include a recommendation letter from your employer or a teacher.

### Deadline:

Tuesday April 30, 2013 to be handed in at the office to the Mr. Owens or Mr. Pobuda.

To be presented at the Graduation ceremonies on June 1, 2013.



## Graduation 2013



After the first round of successful diplomas, the grades 12's are well into the second semester and quickly approaching the date of our grad!

We have recently met with parents and teachers to discuss the plans around the event and the expectations we have placed upon them; grad tickets are in circulation and fee receipts are set for the students.

In addition, plans have been put in motion to hold a barbeque for staff, grad class, and parents before grad as means to meet in celebration of this year's accomplishments! With decorating committee continuing in preparations and Head of Ceremony's working towards an excellent graduation, this year's grad is beginning to come together!

The grad class would like to extend our thanks and appreciation for the help that has been given to us by both staff and parents and we look forward to the celebration of our high school career.

Ever looking forward, this year's grads are eagerly anticipating Grad 2013!





## HONOR ROLL SEMESTER 1 – REPORT PERIOD 3

### Grade 9

#### Honor Roll

Bailey, Kelton  
Beach, Eryn  
Bellwood, Jarret  
Crawford, Rylan  
Dollekamp, Brandt  
Downing, Mary Jade  
Foot, Christin  
Gauthier, Arthur  
Gill, Herman  
Goddard, Kelsey  
Gour, Emily  
Gustafson, Kate  
Hill, Briana  
Hill, Corey  
Jensen, Cyra  
Kamieniecki, Nadine  
Krall, Danelle  
Lee, Ryan  
Lutz, Emily  
Munch, Sarah  
Musa, Chantel  
Saleh, Nada  
Sklapsky, Landon  
Williams, Jasmine  
Winder, Davin  
Yakemchuk, Shaylin

#### Honorable Mention

Allen, Michael  
Darling, Hunter  
Dhaliwal, Surjan  
Fehr, Danielle  
Hulme, Carter  
Lehner, Samantha  
Robinson, Jason  
Rushfeldt, Kaylyn

### Grade 10

#### Honor Roll

Bergen, Jacob  
Geary, Michelle  
Ladd, Miles  
Langer, Kayla  
Lavergne, Noah  
Leger, Bryton  
Reinders, Brett  
Saleh, Hanan  
Shewchuk, Allyson

#### Honorable Mention

Allen, Galen  
Allen, Courtney  
Cottrell, Chevy  
Fehr, Martha  
Gauthier, Ashley  
Gladue, Barry  
Marcoux, Aundrea  
Piercey, Taylor  
Tookey, Jamey

### Grade 11

#### Honor Roll

Crawford, Mason  
Darling, Sarah  
Dolhan, Toni  
George, Cassandra  
Ginther, Morgan  
Jackman, Kiersten  
Krall, Andrew  
MacDonald, Kalley  
Musa, Brandon  
Riaz, Mahnoor

#### Honorable Mention

Fraser, Cali  
Harris, Emily  
Mantai, Mykaela  
Zacsko, Rachel

### Grade 12

#### Honor Roll

Beach, Wyatt  
Butte, Birken  
Millar, Sophia  
Millar, Kennedy  
Novak, Kelsey

#### Honorable Mention

Craigen, Rachel  
Lawton, Leah  
Wilkes, Gavin  
Wood, Sara





# HERITAGE YOUTH RESEARCHER SUMMER PROGRAM

Alberta Innovates-Health Solutions invites **exceptional grade 11 students**, currently registered in an Alberta High School, to apply for the HYRS program. The program is designed to give students from around the province first-hand biomedical and health research experience at a university campus, and introduce them to the many educational and career options available in this field. Students work on health research projects for 6 weeks in the summer in a variety of work environments of researchers who are on faculty at the University of Alberta, the University of Calgary and the University of Lethbridge.

Students are supervised by a faculty member or by a member of their research team. Research projects could be cardiology, cell biology, genetics, biomedical engineering, population health, epidemiology, or a host of other health research areas.

- Applicants required at least an **85% standing** in each of math 20-1 or 20-2, biology 20 and one other grade 11 science class, which is the minimum requirement to work in a university laboratory.
- Submission of transcripts are required.
- You must be eligible to work in Canada and have a social insurance number or have applied for a social insurance number before the program begins.
- Application must be completed and postmarked by March 22, 2013. Please see Mr. Pobuda for more details or an application form.
- More details are also available on the website: <http://www.aihealthsolutions.ca/HYRS/>





## **PRHS NOMADS** **CLOTHING 2012**



**229120- Mens Jacket**  
Youth S-L Adult XS-3X  
Embroidered logo lft chest  
**\$ 59.00 ea**

**229320- Womens Jacket**  
Womens XS-2X  
Embroidered logo lft chest  
**\$ 59.00 ea**

**BACK****BACK**

**229123- Mens Track Pant**  
Youth S-L Adult XS-3X  
**229323-Womens Track Pant**  
Womens- XS-2X  
Silk Screened right leg  
**\$ 49.00 ea**



**229325-Junior/Girls Short**  
Embroidered left leg  
Girls S-L Juniors S-2X  
**\$ 27.00 ea**

**229555-Mens Shorts**  
Embroidered left leg  
Youth S-L Adult S-3X  
**\$ 22.00 ea**



**222489-Unisex Hoody**  
Embroidered/Felt Full Front  
Adult XXS-3X  
**\$ 48.00 ea**

Parents, please bring the order form and a cheque to the office. Order before April 10<sup>th</sup>!



## **PRHS NOMADS** **CLOTHING 2012**



**229501- Adult T-shirt**  
**Silk Screen Full Front**  
**Adult S-3X**  
**\$22.00 ea**



**229305- Junior/Girls T-shirt**  
**Silk Screen Full Front**  
**Girls S-L Junior S-2X**  
**\$22.00 ea**

**229371- Ladies Pant**  
**Ladies- XS-2X**  
**229771- TALL Ladies Pant**  
**Ladies MT- 2XLT**  
**Silk Screen Down right leg**  
**42.00 ea TALL \$45.00 ea**



**BACK**



**BACK**

**229074- Adult Pant**  
**Adult- XS-3X Youth S-L**  
**229674 TALL Adult Pant**  
**Adult LT- 3XLT**  
**Silk Screen Down right leg**  
**\$42.00 ea TALL \$45.00 ea**

**229414-Day Pak Bag**  
**Silk Screen Center**  
**\$13.00 ea**



Parents, please bring the order form and a cheque to the office. Order before April 10<sup>th</sup>!



# Project Peace Parents Page

## PROMOTING A POSITIVE BODY IMAGE: A GUIDE FOR PARENTS

- ✓ Examine the ways in which your beliefs, attitudes and behaviours about your own body and the bodies of others have been shaped by all too common attitudes and prejudices. Educate your teen about the basic differences in body types and the importance of their person, not the image.
- ✓ Examine closely your dreams and goals for your teen and other loved ones. Are you emphasizing beauty and thinness, particularly for girls? Avoid sending a message that says in effect “I will like you more if you looked different.” Accept and reinforce your teen for qualities other than appearance.
- ✓ Learn about and discuss with your sons and daughters, (a) the dangers of trying to change one’s body through dieting, (b) the benefits of being active, and (c) the importance of eating a variety of foods. Avoid labelling foods as “good, safe, no-fat, low-fat” OR “bad, dangerous, fattening”. Practice being a good role model with sensible eating and sensible exercise.
- ✓ Take a look at the reasons you exercise. Make an effort to get active for the joy of feeling your body move, not to make up for eating too much, or to change your body shape. Consider how you view food in your life. Healthy eating is a part of normal daily living, and is needed to fuel your body so you can work and play.
- ✓ Be a positive role model. Stop avoiding activities (such as swimming, sunbathing, dancing) simply because they call attention to your weight or shape. Similarly, refuse to wear clothing or accessories that are uncomfortable simply because they take attention away from weight or shape or are currently “in fashion” (i.e., stiletto heels or body shapers).
- ✓ Make a commitment to help teens think critically about the ways in which television, magazines, and other media promote mostly unrealistic images.
- ✓ Recognize the importance of self-acceptance – practice being your own best friend. Control self-talk by changing negative messages to positive ones (i.e., change “I’m so stupid” to “everyone makes mistakes”). Also, make sure to take time for yourself – time where you can enjoy your favourite music, read a book, or spend time alone.

Adapted from: Dr. Michael Levine and Eating Disorder Awareness and Prevention, 13th National NEDO Conference

**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](mailto:silvertk@prsd.ab.ca). You can also visit our website at [www.projectPEACE.citymax.com](http://www.projectPEACE.citymax.com)





## Robotics Challenge

Kalon Ives and Allyson Shewchuk, show off their robot during the Alberta Regional VEX Competition, called "**The Go Go Robot Challenge**" at NAIT in Edmonton. High School students compete to build and program working robots.

Peace Riverites travel to Edmonton to compete in challenge building and programing a robot



## FNMI (First Nation, Métis, Inuit) Update

There was an Aboriginal Recruitment Fair in High Prairie on Feb 27, 2013. A group of twenty-nine Peace High students attended in order to learn more about programs, services, and financial support available for students planning on attending college or university after high school. Although this was the last career fair this school year, there will likely be another one offered next year. If you would like to see your son or daughter involved in our next career fair, please email Ms. Crumpton at [crumptoh@prsd.ab.ca](mailto:crumptoh@prsd.ab.ca), or you can call the school at 780-624-4221.



# 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

The Peace River Interact Club is planning a Wake-a-thon for the day/night of March 22/23, 2013. The 30 hour count actually starts Friday morning at 8:00 and ends at 2:00 pm Saturday. Participants should be at school no later than 9:00 pm on Friday (no after school napping allowed!) when the doors will be locked for the night.

All students are invited to take part in this fundraising activity. Each person needs to pre-collect sponsorships of a minimum of \$25 for the Stollery Children's Hospital and bring the money along to the event. The idea is that your family and friends will pay money for you to stay up all night having fun at school. Sponsorship forms are available from any Interact members.

Bring snacks, games, music, instruments, and any activities you would like to share to keep people active and awake all night. Don't bring blankets, pillows or movies!



## Face To Face Meetings







# Athletics

## Junior Basketball:

Jr. Basketball will be in LaCrete for zones on March 1-2<sup>nd</sup>. Good luck!

## Senior Basketball:

The Sr. Basketball teams are in Valleyview and Spirit River on March 8-9<sup>th</sup> for their zone tournaments. Good luck to both teams.



**Sr. Girls Bronze (Grimshaw Tournament)**



**Sr. Boys Bronze (Grimshaw Tournament)**

## Cheer Squad Update:

The Cheer Squad is still going strong. They are looking forward to performing at the West Edmonton Mall in March.

## Badminton Season:

Competitive badminton will be starting after Teacher's Convention. Be on the lookout for posters or talk to Mr. Mayer or Mrs. Millar

## Rugby:

Rugby will be starting after Teacher's Convention. See Mrs. Scott-Wilkes for more information

## 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](http://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!





# Project Peace

Spring is coming!!!! And so is mid semester! Can you believe it?

**Basketball Intramurals** started in February. We have about 6 teams playing against one another, on Mondays, Wednesdays and Fridays at lunch – we even have a staff team that has entered the competition too! It's a lot of fun – students who are not playing come and cheer on the action and their favorite teams! And every Thursday at lunch, the Project PEACE room hosts **Wii Guitar Hero** – all students are welcome to bring their lunches and strut their talents!!

Our **Bullying Awareness Week** (Feb 26 – Mar 1) showcased events that encouraged students and staff to get involved and make a stand against bullying! We decorated our school's east entrance with **Handprints** which identified the supports our students felt they could turn to if they ever felt bullied. And we emphasized the role of the bystander – the individual who has the most power in every bullying situation – helping students understand how they CAN (and should) make a difference when bullying happens. On February 27<sup>th</sup>, our school recognized **PINK Shirt Day** – and we all formed a P and an H in the gym, for a fun school photo!

On average, Canadian kids are accumulating 6 hours per day of screen time on weekdays – and over 7 hours per day on weekends. On March 20<sup>th</sup>, Peace High will be supporting **"Turn It Off Day"**. All electronic devices (smart boards, computers, cell phones, ipods, etc) will be turned off and we will be going "old school" for the day. We want the chance to put some activity in the day – to remind students how to function in a world that is about doing rather than watching and to engage with one another on a more personal level. In late February and early March, we welcomed the parents of our grade 11 and grade 12 students as they participated in **"Birthday Party" Workshops**, as a discussion backdrop for increased awareness surrounding the dilemma that every parent faces as their teen gets older

***"Working together to help youth and their families with the challenges of life"***

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

and more independent – to be the "friend" or to stay the "parent", and how to truly address the risk of harm that befalls teens in today's world, especially with regard to issues of alcohol and drug use. It was great to see so many parents get involved in this workshop! The grade 11 and 12 students also participated in the same workshop (without their parents) – it is always interesting to see first-hand how many of our teens actually understand and want the safety and support provided from their parents, even if they ask for more freedoms and fun!

Our **Super Troopers** will be adding some fun to the next few Assemblies – stay tuned for some **Big Ball** entertainment; a **Yell Off** competition; and some **Dart Shooting** prize winning opportunities!! The group will also be introducing a **Monday Morning Breakfast Program**, to help kick start the week in a nutritionally balanced way for all students.

The **Adopt A Nomads Program** is kicking off its second round of Mentoring at Springfield Elementary School – we have room for 25 of our grade 9 students, and sign up for this Program begins in March. Students will spend 2 classes training for their role as Mentors to the younger kids – and they will start their daily visits to Springfield on April 22<sup>nd</sup>.

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 March?

**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!

Mar  
Every  
Monday

**Wii Guitar Hero** – happens every Thursday at lunch in the Project PEACE room – bring your lunch (you have to eat - not just play!) and come strut your stuff – or cheer on those who play!

Mar  
Every  
Thursday

**Turn It Off Day** – Peace High will be encouraging all staff and students to turn off ALL electronic devices and go “old school” – start to talk to one another again, have face to face interactions, and listen to what people have going on! The world is a huge place – sometimes we get so busy interacting with the rest of the world that we lose touch with those around us! Turn It Off – and get in touch with the people right in front of you for a day!

Mar  
20  
Wed

The Peace River Interact Club is planning a **Wake-a-thon** for the day/night of March 22/23, 2013. The 30 hour count actually starts Friday morning at 8:00 and ends at 2:00 pm Saturday. Participants should be at school no later than 9:00 pm on Friday (no after school napping allowed!) when the doors will be locked for the night.

Mar  
22/23

**The Adopt A Nomads Program** – any grade 9 student interested in mentoring kids at Springfield can sign up for this Program (see Kim) – training begins after Easter break, and students will start visiting Springfield school on April 22. There are 25 seats available for this round of the Program – so sign up quickly if you are interested.

Apr  
22

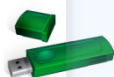


# LIBRARY NOTICES

School Essentials - Help make it happen!



**Calculator** – TI 83 or 84

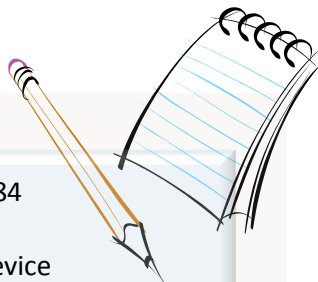


**USB** – Data storage device

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

**Note Books, Paper & Pencils**

**Gym Change**



## Personal 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/>