



PEACE HIGH HERALD

Experience the Success

Peace River School Division #10

October 2013

Issue 2



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Principals Message

P.1

It has been great to be back in full swing once again here at Peace High. We have had the Interact Group put on their annual Turkey Shoot, our Terry Fox events with the LOL group, Volleyball has been in full swing, as we are hosting a number of Jr and Sr tournaments this year.

Football is nearing the end of the season with Playoffs around the corner, and it has been great to see the Cheerleaders out cheering the team on at Home games. They have been busy hosting their Gala evening as well at the Belle Centre in October.

Our classes are starting to get ready for Midterm week at the beginning of November, and we hosted our first Parent Teacher night as well, which had a tremendous turnout.

We are excited for the events that the LOL group has for us next week with Halloween, they have been super active this month as they were the leaders of activities at the Ever Active Symposium as well just last week in Grimshaw!

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

Mark Owens
Principal



Superintendent's Message – Parents Matter!

Did you know that research shows that children experience higher levels of success when their parents are involved in their school and education? Parental involvement looks different for every family and is based on many factors.

In elementary school it seems there is no shortage of ways parents can be involved. Volunteering in the classroom, reading to your child at home, attending school events, parent/teacher interviews, helping with field trips, being a member of School Council, school assemblies, and helping with homework are a few examples. As children move from elementary to junior high or middle school, the opportunities to be involved seem to diminish, life gets busier for families and the natural order of children becoming more independent with age plays a factor.

In reality, the types of opportunities for involvement may change but the one thing that stays the same is the importance of communication. Being connected with your child's school experience is important and equally important is that your child see, feel and know through both action and conversation that you are keeping connected. Whether that means attending parent teacher conferences, emails with staff, attending a School Council meeting or becoming a member of School Council, reviewing school correspondence, attending events or following the school website and social media, being involved demonstrates to your child that you care.

We believe that PARENTS MATTER and that is why Peace River School Division declared a week to celebrate the important work you do. Last year, students told us during an online discussion that they appreciated the contributions of their parents/guardians whether providing a healthy breakfast, helping with homework and the overall love and support their parents/guardians provide. In response to their input **PRSD has declared a week every year to celebrate PARENTS. Please join us this year from November 18-22 for PARENTS MATTER Week.** All schools in the division will be hosting various events and activities that provide ways for students to show their appreciation to their parents for their involvement.

Thank you for your important contributions – our doors are always open.

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

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!





Studying and Exam Prep Secrets

Set Goals

"Studying" for 2 hours means nothing, instead, try a goal like "write 300 words"



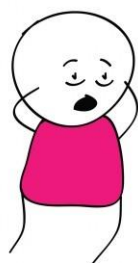
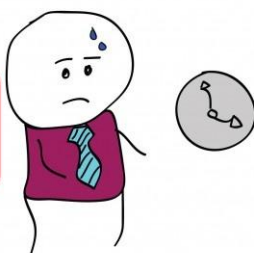
Aim to Understand

Looking for concepts and arguments will allow you to remember **MORE** than if you just study facts



Do the Hard Stuff First

This will mean that as your exam gets nearer, your studying will get easier



Don't Cram

Studies show that pulling an all nighter actually reduces a student's grade



Get Rest, Stay Healthy

Get plenty of rest and eat healthy foods for sustained energy



a place of mind

learningcommons.ubc.ca
@UBCLearn



Graduation 2013

This year's Grad President is Mykaela Mantai. Secretary is Brittany Newbury.

After Thanksgiving we held a meeting for all Grade 12 students. Students voted on Arabian Nights as their theme for this year's graduation ceremonies.

Decorating Committee meetings will start to take place very soon to commence the planning and creation of decorations!

Ceremonies Committee has met once and has begun delegating tasks including creation of the slide show and ordering of Grad 2014 clothing. The girls in this committee are in the process of working with Caribou Cresting to choose the clothing articles. More details to come soon!



Parents Matter to us!



Parents Matter Week is
Nov. 18-22



celebrating
parents
& guardians
for all
they do

Peace River
School Division
www.prsd.ab.ca





League of Leadership

The League of Leadership (LOL's) continue to develop through growing their membership and expanding the reach of their activities.

On October 3rd the LOL's held the Teamwork for Terry event. The event raised funds in support of cancer research AND promoted student spirit and camaraderie. A big thank you to the many community partners that worked with Peace High and the League of Leadership Group at the school to make the event so successful -

- **Freson Brothers IGA**
- **Kris' No Frills**
- **Peace County Co-op**
- **Panago Pizza**
- **Boston Pizza**
- **Canadian Tire**
- **Peavey Mart**

\$575 was raised to support the Terry Fox Campaign. Congratulations to top overall teamwork class "Team Bazinga", lead to victory Mr. White (a.k.a. Captain Canada).

On October 23 the LOLs attended the Ever Active Healthy Active Schools Symposium in Grimshaw to share their ideas and resources while learning from the many other area schools also in attendance.

Peter Fehr provided the keynote speech sharing his perspective on his personal growth through his leadership involvement while encouraging leadership groups to be sure to invite diversity in personality and leadership styles into their groups. Peter helped students to discover the difference that one short year can make as his own journey as a school based leader began last year at this same student symposium. The LOL's provided a high energy workshop that gave students an opportunity to learn some cheers, songs and games to share within their own schools. Students and staff from area schools joined in the activities with spirit and enthusiasm and the LOL's were able to put into practice their ever growing cooperative planning skills and creativity. A Healthy and Active Schools Team 2013 also attended the Ever Active Symposium on behalf of Peace High to gather information, resources and encouragement to promote increased activity at Peace High. All in attendance returned with enthusiasm and interest in joining with the LOL's to continue to build school spirit and increase creative and varied options for positive activity in the school.

The LOLs are planning for upcoming events including the Monster Mash on Halloween, Pajama Day on November 01 and the "BYOB" ("B" is for Banana) banana split event as part of National Addictions Awareness Week. Watch for the LOL's brightening up the Peace High hallways in their gold sweatshirts. Clearly a group that will not go unnoticed!!

Developing leadership skills help young people in their personal development. Increased self-confidence and better communication skills can be gained through involvement in leadership activities. There are many ways to provide leadership and it takes a variety of personalities and styles to make a great team of leaders who can guide students to get the most out of their school experience. Membership comes with other perks too like student training opportunities and conferences. The LOLs are looking for new members whether they be loud and lively or quiet and low key so please encourage all young people to become members of the League of Leadership



FNMI (First Nation, Métis, Inuit) News

P.6

This fall has been a busy time for the First Nation, Métis, and Inuit program at Peace High. At the end of September, a group of Peace High students participated in a sweat lodge ceremony under the guidance of our elder Dennis Whitford. Students benefitted from the traditional teachings and had the opportunity to learn how to help set up a tepee.

On October 4th, staff, students and family gathered in the FNMI room at Peace High in order to create faceless dolls in memory of local First Nations, and non-First Nations, women who have been murdered or have gone missing from our community. After creating the faceless dolls, the Peace High group joined the larger Peace River community for the Sisters in Spirit walk and memorial service.

As midterms are fast approaching, it is important to check in that all of our students are on-track to successfully complete their courses. If you would like to view your student's attendance or grades, please contact the office at 780-624-4221 in order to find out how to electronically access this information. If you would like to learn more about the academic support offered by our FNMI liaison Ms. Crumpton, please email her at crumptoh@prsd.ab.ca or call the school and leave a message for her to contact you.





Athletics

The Athletic season continues:

Cheer:

Our cheer squad continues to practice on Tuesday and Thursdays. They just completed their "A Night of Cheer" fundraiser to help offset the cost of travel and equipment. They have performed at various Pioneers games and are looking forward to their competitions that will begin in the new year.

Football:

The Pioneers continue their season and will play St. Joe's in the Peace Bowl Semi Final this weekend. The first round of provincials is on November 8th.

Cross Country:

Congratulations to our Cross Country team who had a great zone competition!

- Michelle Geary was 5th and qualified for provincials
- Renae Regal finished 3rd while Taysha Dunnington finished 2nd
- Alicia Kacho was unable to complete the race due to an ankle injury



Jr. Girls Volleyball:

The Jr. Girls have had a successful season so far. They won their home tournament, the Jr. Nomad Invitational and are heading to zones which will be held at Peace High on November 1st and 2nd. Congratulations girls!



**Sr. Volleyball:**

The Sr. Boys and Girls have continued their season with tournaments in Grande Prairie, Whitecourt and Spruce Grove. The girls earned a silver medal in Spruce Grove. Both teams will be playing in Fairview on October 28-29 and then in their home tournament, Peace Classic on November 8-9. Zones are the following weekend. Great work everyone!





Volleyball Tournaments:

The Jr. Nomad Invitational was a great success with 16 boys teams and 20 girls teams. On the boys side, Ecole Heritage won gold, PWA silver and Glenmary the bronze. On the girls side, PWA and Glenmary also earned the silver and bronze with the Nomads winning gold. Than you to all of the volunteers without whom the tournament would not be possible.





We are also hosting the 2J Girls and Boys zones the 1-2 of November. We are still looking for volunteers to help scorekeep. If you are interested, please let Miss. Favreau know.

Peace Classic rounds out the home tournament schedule for volleyball on the 8-9 of November. We also are in need of volunteer scorekeepers for this tournament. If you are able to help, please contact Miss. Favreau.

Basketball:

Basketball season will start once the volleyball and football seasons are over. The first Jr. High Basketball practices will be after the Remembrance Day long weekend. Check around the school for posters and listen to the announcements for details

Student Athletes of the week

Congratulations to our Student Athletes of the week so far this year!

Sept 30- Oct 6th Joey Cardinal & Jada Beck

Oct. 7th – Oct 13th Kelton Bailey

Oct. 14th – Oct 20th The Jr. Girls Volleyball team



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



Project Peace

Mental Health Matters, Every Child Counts!

Grounded in extensive research in youth development, resiliency, and prevention, the **40 Developmental Assets** represent the relationships, opportunities, and personal qualities that young people need in their lives. Studies have shown consistently that the more assets young people have, the less likely they are to engage in a wide range of high-risk behaviors and the more likely they are to thrive. Assets have power for all young people, regardless of their age, gender, economic status, family, or race/ethnicity.

Providing experiences and opportunities for kids and youth that will instill “**positive values, social competencies and a positive identity**” promote the 40 Developmental Assets. Building on these internal assets can easily be incorporated into your everyday relationship with your child.

Every Child Counts!!! No matter how old your child is or what grade they are attending (this applies to our teens just as much as it applies to our little ones), here are some helpful ...

...ways you can continue to help your child discover their strengths...

- Through various challenges undertaken in life, parents develop a good understanding of how to deal with stress, adversity and adapting to change.
- Encourage your children to learn these traits by managing time within the family
- Set boundaries about interruptions such as phone calls and visits from friends.
- Lead by example with decision making, and have lists and calendars visible in your home, with events and obligations clearly written down and highlighted.
- Encourage your children to learn these traits by applying them at school. If they receive a long term assignment, offer to help them plan and make decisions that will allow them to finish the assignment on time.
- Help your child develop and apply coping strategies to manage their emotions and reactions during challenging times and adversity.
- Call your local school in the Peace Country to find out more about mental health resources available.

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



Dia de los Muertos

Day of the Dead Celebration

The Library has been decorated for Halloween with an educational twist! This year the Library collaborated with the Foods and Art classes to learn about and celebrate the Mexican festival - Dia de los Muertos. The Foods class prepared and cooked *Pan de Muertos* or *bread of the dead* – a sweet bread flavoured with orange or anise. They also made *Calaveras* – decorative sugar skulls. The Art class created contemporary Mexican Folk Art masks – the decorative skull art of the festival.

Dia de los Muertos festivities are held **October 31 – November 2**. This celebration is not a sad event in any way, it is a vibrant and colourful celebration of life. The Mexican culture believe on these days the dead ancestors return to rejoice and celebrate with their families.





What's Happening?

There are a bunch of theme weeks and days that are connected to mental health and well-being that will be highlighted through a variety of presentations, displays 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 and that we remember to use the resources that are highlighted to support wellness all year long. If you are ever looking for ideas and resources to promote mental wellness within your family, please know that Project Peace staff are happy to help you access what you are looking for. Linda is your Project Peace contact at Peace River High school and can be reached by phone at 780-624-4221 or by email at stevenli@prsd.ab.ca.

Gamers Night returns to Peace River High School on Friday, November 01 and will run from 4:30 p.m. to 10:30 p.m. Gamers Night provides an opportunity open to all grade 9 to 12 students from Peace High and Glenmary High School to connect with other gamers and play video games together on a variety of systems. Some of our girls have asked for options to encourage increased participation by girls so Just Dance will be available. Mental and physical health breaks are built in to the evening to support balance when gaming.

The **Adopt-a-Nomad program** has a new group of Nomad Buddies ready to connect with the teachers and children at Ecolé Springfield School in November and December. The Adopt-a-Nomad program fosters positive connections and interpersonal skills development for all of the students participating. Some of last year's participants have become Nomad Ambassadors, sharing their experiences with potential Nomad Buddies and helping to promote the program within Peace High.

As we head into mid-terms early in November, students are encouraged to remember that preparing well for exams goes hand in hand with managing stress and anxiety. There are great tips and tools to help with balance during what can be a higher stress time.

Watch our school web and facebook pages for upcoming information on **Family Fun Night**, coming later November!



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