



PEACE HIGH HERALD

Experience the Success

Peace River School Division #10

October 2012

Issue 2



Awards at Peace High

This issue

Administration **P.1 - P.3**

Information **P.4 - P.8**

Awards **P.8 - P.10**

Events **P.11 - P.14**

Announcements **P.15; P.16**



Principally Speaking

P.1

What an exciting month we had at Peace High in October! We have many sports underway, and our volleyball teams have had a tremendous start to the season. We have a junior high girls team, and our boys have combined with TA Norris to make a junior high boys team as well. We have senior boys and senior girls, who have played tournaments in Spruce Grove, Whitecourt, Fairview and Grande Prairie already this year. The senior girls have had impressive results with a bronze, two silvers and a gold this past weekend. The Cheer team has had their first trip to Edmonton for a high school clinic in the past couple of weeks as well. Our Prospectors Bantam football program finished up their season in the last couple of weeks, and the Pioneers won their playoff game and are headed back to the Peace Bowl championship the first weekend in November! Our Interact Club has been busy, and their main event this month is the Halloween Haunted House, which was a huge success last year. The Student's Union is up and running strong with about a dozen members, and will be hosting a variety of contests on Halloween such as costume contests and decorating your teacher or your classroom door. Our Gamer's club has also had their first evening event with games and group cooperative activities coordinated by Kim from Project Peace.

We had our first report card come out this month, and also welcomed many of our parents in for parent and teacher conferences. It was great to see so many parents come out, and we will be having our next round of interviews after the next reporting period on December 6. The introduction of HomeLogic has enabled parents to start looking online at their child's marks, assignments and attendance, which will be a very helpful communication tool. We look forward to our new division and school website to be up and running in the next couple of months as well. Our hot lunch program has been up and running once again, and the students are able to access some delicious warm food on each day of the week.

Continued on the next page...



Superintendent's Message

- *Parents Matter!*

Research shows that children experience higher levels of success when their parents are involved in their school and education. We realize that what it means for parents or guardians to be involved in their child's school and education looks different depending on many factors. That is why we focused an online discussion last spring on parental involvement. We asked:

"How can parents be involved in student success?"

A total of 424 students, parents, staff and community members went online and shared ways that parents/guardians can positively impact student success. Students said 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 November 13 – 16 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.

In response to the online discussion we learned many things and are moving forward based on input. Marks are now available online for students from grades 7-12 through a secure program called HOMELOGIC. We are working with School Councils to develop a communication plan and conversations surrounding parental involvement are continuing throughout the division. More information can be found on our STUDENT SUCCESS link at www.prsd.ab.ca.

Students really do appreciate parental/guardian support in their education whether that be helping with homework, reading at home, communication with their teachers or attendance at school events. Your involvement makes a difference and we truly appreciate the important work you do and hope that you are able to participate in PARENTS MATTER Week at your school on November 13 – 16th.

Paul Bennett

Superintendent of Schools

Peace River School Division No. 10

Principally Speaking

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We want to always welcome parents and community to come in and check out all of our events and activities here at Peace High. We are looking forward to working with TA Norris and Springfield throughout the year with some fun events for the families!

Mark Owens
Principal

...

School Council

We had our first joint parent council meeting this month and had a great turnout. There were some great ideas shared about events and programs that we can run together, and we even had some parents that were able to be at a bit of 2 meetings for their children.

The next joint council meeting will be on November 14 at TA Norris School. Diploma and Provincial Achievement tests will be shared at the next school council meeting. Everyone is welcome to attend and share our results!

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Our Website is Getting a **NEW** Look!

In mid-December our school will be launching a NEW and improved website! The new site will allow us to keep our students, parents, staff and community members better informed AND it is mobile friendly! Last year a committee of students, parents, principals and Peace River School Division (PRSD) staff evaluated all PRSD websites and worked together to develop NEW and improved websites so that we can keep everyone more informed. On the right is a sneak peek of how our new website is coming along! Please note that our site will be personalized with photos of students from our school before launch.



Student Council

This month the Student's union membership increased to about a dozen students. We elected a president, Brianna Lorentz, a vice president, Logan Horseman, and a secretary, Sara Wood. This group now runs the meetings, and this month have held a pajama day, and is now preparing for the big Halloween event on October 31st. There are prizes for best costume in single, pairs, and groups of three or more. There are also class prizes available for best dressed teacher or door of the classroom. The group has some great ideas for some future events throughout the year. Listen for announcements and look for posters for the next events!



PRSD Schools Awarded

Devon Science Giant Grants

Peace River High School (PRHS) and Grimshaw High School (GHS) are thrilled recipients of the Devon Canada Science Giants Grants in the total of \$9000. **Sandra Scott-Wilkes**, PRHS educator applied for the science grant in the spring of the 2011-2012 school year. The Science Giants Grant is designed to provide innovative ways to excite students about science. **Devon Canada** says *"We believe science is a very important subject that students must master to be better prepared for post-secondary and the workforce."*

Scott-Wilkes explains the \$5000 in grant funds from Devon Canada will be used to link technology to science in the classroom. *"The school plans to purchase pH meters that can connect to computers, an iPad for the classroom, conductivity apparatuses and various equipment that will help to make learning the sciences even more exciting and modern for students"* says Scott-Wilkes. *"When students are excited about learning, they achieve success and student success is always our goal."*



Scholarships & Student Loans

*Featured this month:
Superintendent Award*

Did you know that your student's hard work can be rewarded in the form of cash?!

The Peace River School Division created the Superintendent Award to encourage students to take more classes during their high school years and to provide an opportunity for scholarships 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 Superintendent's Award is based on the total number of credits earned in a maximum of seven semesters. Scholarships will be awarded based on the following grid:

- 120 - 129 credits = \$500
- 130 – 139 credits = \$750
- 140 + credits = \$1000

What are the eligibility criteria?

A student must meet the Alberta Education Diploma Requirements, achieve a minimum of 120 credits with a 60% minimum average and complete at least 4 semesters (including their senior year) in Peace River School Division.

What is the application process?

Grade 12 students must provide a properly formatted cover letter and graduation picture to the principal by June 26, 2013. **Please see Mr. Pobuda for all the details!**



Graduation 2013

This year's graduation ceremonies will take place on Saturday, June 1st at Peace River High School.

This year's Graduation Executive is Brianna Lorentz (President), Amanda Mills (Vice-President), Leah Lawton (Secretary), and Kennedy Miller (Treasurer).

Kennedy Miller, Sophia Millar, and Kaitlyn Taylor have been collecting Grad clothing orders from students. The deadline to submit order forms is Friday, November 2nd. After such time, the cost of the clothing will be determined and money is due on November 9th. We look forward to receiving the clothing!!

The Ceremonies committee has had an introductory meeting; Kennedy Millar and Krissy Stagg will share the role of head of this committee.

Parents- there will be a parent meeting on November 13th at 7:00 at Peace River High School. This meeting will be run by the executive student committee and we will discuss important information regarding Grad 2013! Please plan to attend!





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 Nov 20th, so we can get the orders to you by Christmas!



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



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Project Peace Parents Page

WHAT IS CYBERBULLYING?



"Cyberbullying involves the use of information and communication technologies such as e-mail, cell phone and pager text messages, instant messaging (IM), defamatory personal Web sites, and defamatory online personal polling Web sites, to support deliberate, repeated, and hostile behaviour by an individual or group, that is intended to harm others." –Bill Belsey



Cyber bullying and bullying are similar in that they are about the misuse of relationships, power and control. With cyberbullying, bullies can easily hide behind the anonymity that the internet can provide. It takes just seconds to send a message to a large audience. Cyberbullies do not get feedback about the consequences of their actions on others. This minimizes feelings of empathy and remorse. Young people say things online that they would never say face-to-face because they feel removed from the action and the person at the receiving end of the bullying.

Victims of bullying are often fearful of telling others because the bullying may actually become worse when they tell. Youth are also afraid that adults will over-react and take away their cell phones, computers and/or internet access. This fear is very real for youth as not being online means not being able to socialize or communicate with their peers.

With wireless internet now being accessible through cell phones, computers, and game systems, communication through technology is easily accessible by youth at home, at school, in libraries, in internet café etc. Cyberbullying can happen any time and any place. For many children and youth, home is no longer a safe place from negative peer pressure and bullying.

What Parents can teach their children and youth:

- NEVER respond to messages from unknown authors; As well, NEVER respond to harassing messages (but remember to SAVE all the messages)
- Personal Information – make sure you know who you are messaging with
- Avoid completing 'public' profiles – use appropriate privacy settings
- In chat rooms: Do NOT share personal information about yourself or others...watch what you say!
- Anything you broadcast can NEVER be taken back (words, pictures, videos)
- Do NOT let anyone convince you to do anything that you are uncomfortable with
- Do NOT post pictures or videos of yourself or friends, especially anything compromising
- Know who is on your friends list
- Do NOT allow others to use your computer, unless you are watching them
- Do NOT trust that everyone on the Internet is being honest

References: www.cyberbullying.org; www.media-awareness.ca; www.beaware.ca

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



Cyberbullying Prevention Webcast – November 13

Please note the following message from the Minister of Education regarding the Cyberbullying Prevention Webcast on November 13, 2012.

On behalf of my colleague the Honourable Dave Hancock, Minister of Human Services, and in recognition of National Bullying Awareness Week, we are pleased to invite your school community to participate in an interactive webcast focusing on cyberbullying prevention.

The date for the webcast is November 13 and will feature a panel of experts who will discuss this important topic in addition to resources and supports available to Albertans.

To participate in the cyberbullying webcast, connect online at <http://www.bullyfreealberta.ca/> or <http://www.b-free.ca/> on Tuesday November 13, from 7 p.m. to 9 p.m. You can also attend this webcast live at Louis St. Laurent Junior/Senior High School, 11230-43 Avenue in Edmonton. We hope you will be able to join in on the discussion at this important event.

I encourage you to share this invitation with the parents, students, teachers and others in your school communities. Together, we will stop bullying and promote healthy relationships in our schools and communities, so that every child has opportunity to live in dignity and reach their potential.

Nomads Awards!



From left to right we have: Jennifer Whitehead - for her courage and support in the Sisters in Spirit Walk. Arthur Gauthier - for his hard work and helpfulness in Science class. Brenda McSween - for her dedication, patience and extra effort this year with the SchoolLogic computer program. Joshua Paluck - for his amazing fundraising bringing in the most money for the Terry Fox Run. Brianna Lorentz - for her extra work that she does at the school. She is Grad President and Student's Union president this year.



HONOR ROLL SEMESTER 1 — REPORT PERIOD 1

Honor Roll

Bailey, Kelton
Beach, Eryn
Bellwood, Jarret
Crawford, Rylan
Darling, Hunter
Dhaliwal, Surjan
Dollekamp, Brandt
Downing, Mary Jade
Foot, Christin
Gauthier, Arthur
Gill, Herman
Goddard, Kelsey
Gour, Emily
Gustafson, Kate
Hill, Briana
Hulme, Carter
Jensen, Cyra
Kamieniecki, Nadine
Krall, Danelle
Lee, Ryan
Lehner, Samantha
Lutz, Emily
Munch, Sarah
Musa, Chantel
Remenda, Josh
Robinson, Jason
Saleh, Nada
Sklapsky, Landon
Williams, Jasmine
Winder, Davin
Yakemchuk, Shaylin

Honorable Mention

Agapow, Lara
Anderson, Sierra
Bergen, Felicia
Canning, Chase
Downie, Celsey
Hankins, Layne
Hill, Corey
Johnson-Mercredi, Lyndon

Honor Roll

Cottrell, Chevy
Gauthier, Ashley
Lavergne, Noah
Leger, Bryton
Reinders, Brett
Saleh, Hanan
Shewchuk, Allyson
Tookey, Jamey

Honorable Mention

Allen, Courtney
Auger, Syrell
Bergen, Jacob
Fehr, Martha
Geary, Michelle
Gladue, Barry
Gorham, Jayden
Gour, Amy
Ladd, Miles
Langer, Kayla
Louw, Willem-Johan
Piercey, Taylor
Williams, Matthew

Honor Roll

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

Honorable Mention

Bruce, Caelan
Fraser, Cali
Harris, Emily
Hlady, Dakota
Ledger, Jacob
Mantai, Mykaela
Schofield, Zachary
Thiessen, Christina
Voth, Chantelle

Honor Roll

Allonby, Shaelynn
Armstrong, Brittany
Beach, Wyatt
Butte, Birken
Craigien, Rachel
Gannon, Austin
Guhad, Ayanle
Lawton, Leah
Millar, Kennedy
Millar, Sophia
Novak, Kelsey
Reimer, Irma
Stagg, Krissy
Wilkes, Gavin
Wood, Sara

Honorable Mention

Allen, Trent
Lorentz, Brianna
Mills, Amanda
Taylor, Kaitlyn
Villeneuve, Brianna



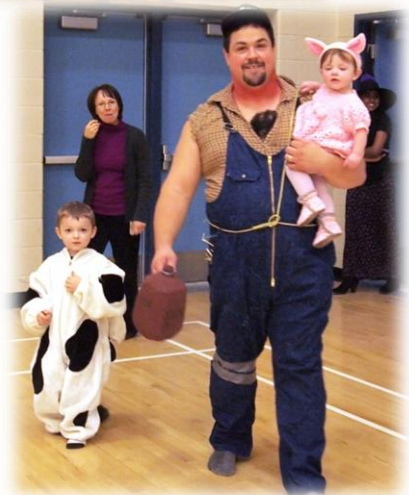
Congratulations!





HALLOWEEN AT PEACE HIGH

The Halloween events were promoted by the Student Union. There were various competitions including **Costume Contest**, **Door Decorating Contest**, and **Dress up your Teacher contest**. The Library had spider theme decorations through the week and the staff joined in the fun by dressing up! Interact Club organized an Haunted House from 5-8 pm for children aged 2 to 12 and it was a great success.





FNMI (First Nation, Métis, Inuit) News



This year, two groups of Peace River High School students participated in a sweat held at a secluded spot along the banks of the Peace River led by Dennis Whitford. The first group of grade 9 and 10 students went at the end of September while the group of mostly older students went at the end of October.

The junior sweat group gathered the rocks, and built the lodge out of willow branches. The physical work of building the lodge was incorporated with teachings about why the lodge is constructed in the way that it is.

On the second day, students were able to actually participate in the sweat lodge ceremony. The senior sweat group went for just the one day and was joined by selected other students from the Outreach as well as our principal, Mr. Owens.

If there are students who would like to participate in a future sweat lodge trip, please let Ms. Crumpton know so she can include you as a participant in a sweat lodge next spring. You do not need to be an FNMI student in order to participate!



PJ Day at Peace High





Athletics

Nomad athletics has had a great start to the season - We have our senior girls and boys volleyball, junior girls volleyball, cheer squad and football all on the go!



Pioneers Football Team: The football team has finished their regular season and MPFL playoffs. The team had several highlights this far with wins over St. Mary's out of Calgary and a Playoff victory over the always tough GP Comp Warriors. The Pioneers advanced to their 6th straight Peace Bowl berth, sadly losing the game to an excellent team from St. Joe's in GP. The team is now off to provincials where they will take on the St. Albert Skyhawks Saturday November 9th in St. Albert.

Junior Girls Volleyball Update: Our Jr. Girls participated in the Jr. Nomads Invitational in October. They were very busy playing and for some of them, scorekeeping as well! They head to Grimshaw for their final tournament, Zones, on November 2nd & 3rd.

Jr. Nomad Invitational Update: The Jr. Nomad tournament was held on October 19-20. Thank you to all of the staff and students who helped make the tournament such a great success!



Senior Volleyball Update: Our senior teams competed in Fairview on October 26-27th, with the girls earning a Gold Medal! The teams will be playing in the Peace Classic tournament November 9th and 10th, here at home before the boys head to Grimshaw and the girls to Fairview on November 16-17 for the zone tournaments. Winners of the zone tournament go on to represent our area at provincials.

Basketball update: Basketball season is just around the corner. Basketball tryouts will be held the week after the end of the volleyball and football seasons. Keep an eye out for posters and an ear on the announcements for the specific dates and times for each of the four basketball teams.

Cheer Squad Update: The cheer squad had a great weekend in Edmonton learning new tricks and moves. Keep an eye out for the cheer squad fundraisers that will be ongoing throughout the season.

Peace Classic Update: Peace Classic will be happening November 9-10th. We will be using Peace High, TA Norris, Glenmary, Springfield and Ecole Quatre Vents for this 40 team Sr. High tournament. Our Sr. Boys lead off the tournament at 1:00 at Peace High, with the Sr. Girls following at 2:00. Follow all of the action on twitter @PeaceClassic



Project Peace

Project PEACE continues to offer youth and their families some really fun opportunities to develop confidence and expand capacity, as the months roll on! Be sure to come out and join in with these activities – everyone is welcome!!

The **Chess Club** has fun challenging one another every Tuesday and Thursday at lunch – the group is ready to learn new strategies, so if you know anyone who might be able to help us out by teaching us a few things, just give Kim a call! Our first **Gamers Night** was a total success – the kids enjoyed a night of group gaming, healthy snacks, physical activity energizers and mental health learning moments! There were some amazing suggestions for activities made from the kids themselves – and we cannot wait to try a second Gamers Night in late November! The Gamers Club members have been fund raising for the gaming systems that have been purchased for these events – kudo's go out for these youth initiatives!

The **Adopt-A-Nomads Program** has continued to grow - we now have 25 students preparing to travel to Springfield school (five per day) for 5 weeks – to share their positive, encouraging mentorship skills with the younger students. Classroom work begins in November – all of our Peace High students involved have been participating in a Training program to better prepare for their new roles in our community. We are quite excited about this wonderful partnership!

We are sending 10 students to the **Ever Active Health Symposium** on **November 8th** – our student leaders will enjoy a day of fun learning how to incorporate physical activity with every day classroom learning. They will find ways throughout the school year to showcase their learning with all of the school – what a terrific way to build positive spirit with everyone!

On **November 15th**, Peace High will be hosting the next **Family Fun Night** – youth/parents together, from Peace

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

Peace High Project Peace Worker - Kim

780-624-4211

High, TANorris and Springfield School, are welcome to come out for an evening of entertainment. We will have some games set up in our Student Gathering Area – there will be more fun food treats that can be prepared – and we have even more surprises to help you get an early start on Christmas fun! This is a family orientated event – enjoying family connections helps keep everyone happier and healthier!

And on **November 16th**, for the **International Day of Tolerance**, we are super excited to be offering the **“Being Me Makes A Difference” Event** for all staff and students – highlighting the importance of recognizing and honouring the uniqueness found in everyone. This is a special event developed by Project PEACE and a Peace High Student – it's truly inspirational when our students take the lead in making such a worthwhile difference in our community like this!

As a school, we are continuing our Mental Health Capacity Building Theme Day lessons – on **November 21st** we will be focusing on **Dealing Well with Anxiety** – with a highlight on Test Anxiety Issues. We will also be showcasing **National Addictions Awareness Week** (November 19-25) and **Bullying Awareness Week** (November 12-17) events throughout the month – with the activities happening in the community, as well as at school.

And as always, if any student or parent would like to access supports through Addictions Services and the RCMP, those workers continue to be available at Peace High each week. If families have questions or needs for other community supports, they are welcome to contact Kim (Project PEACE Success Coach at Peace High) anytime!



What's happening in November?

FREE Yoga classes for Parents, Students and Staff—Tuesday and Thursday after school from 4pm to 5pm in the library. Consent forms **MUST** be signed ahead of time for students—forms are available in/can be returned to the office.

Nov
6 - 29
Tue/Thu

Parents Matter week – We celebrate the importance of parents this week with activities at school including the Joint Parent Council meeting on Wed and a Pancake breakfast for parents on Friday from 8.00am – 8.50 am.

Nov
12-17
Thu

Adopt-A-Nomad Program – starts November 13. 20 of our fantastic grade 9 students will be Mentoring students from Springfield School, for 5 weeks, helping to make a difference in someone else's lives!

Nov
13
Tue

Family Fun Night at Peace High – 6:30 to 8:30pm! Families from Springfield, TAN, and Peace High are all invited to join us for the evening – we will play some games, enjoy some fun food creations, and more!! Bring the whole family!

Nov
15
Thu

"Being Me Makes A Difference" – this is a student created program which will be presenting a very special gift to every student in our school – happening on November 16th – the International Day of Tolerance! It's important to remember that we ALL matter in a very special way!

Nov
16
Fri

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!





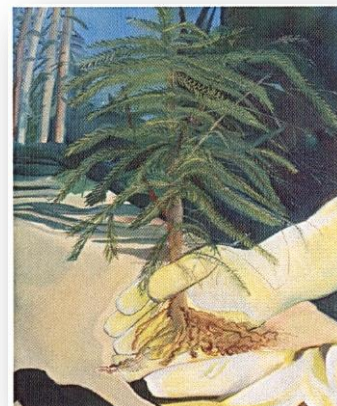
Curriculum Connections

THE FOREST

Courtesy of: Alberta Foundation for the Arts Travelling Exhibition Program and The Alberta Society of Artists

'The Forest' reflects the grandeur of regional forests and expresses legitimate concerns over their sustainability in an era of industrial and urban encroachment. Artists involved intend to raise awareness of forest management and conservation worldwide.

November Art exhibit connects with Mrs. Knoblauch's Biology 20 special project. Students received hands on experience in the study of the Boreal Forest. Under the guidance of Peace River's Sustainable Resources the students actively learned about transplanting trees.



'Daryl Saving The Planet One Tree At A Time'
by: Diane Langlois Howard



**Oliver Jung and
Andrew Krall (holding tree)**



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/>