



# PEACE HIGH HERALD

*Experience the Success*

Peace River School Division #10

November 2012

Issue 3



Quilting a Legacy

## This issue

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

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

Events **P.9 - P.14**

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



## Principally Speaking

**P.1**

November was another busy month at Peace High. We had our first experience sending a group to the Ever Active Schools conference here in Peace River, and the group of ten grade 10 students are now looking at initiating some healthy and active programs and events throughout the school year. They already have an intramural sports program started just days after the conference.

Our Gamers group are looking at having their next event in the month of December, and our Volleyball teams finished strong with our Basketball into full swing right on their heels! It is getting to be crunch time for the academic courses, and students are eagerly waiting our report cards in early December.

Diploma preparation courses are now being offered, so check the website for details. Speaking of websites, our new PRSD and school websites will launch in December! With our new look our teachers are training on how to set up our new TEACHER pages with information on the courses that they teach.

We look forward to the new opportunities to increase the communication between ourselves within our school community.

**Mark Owens**  
**Principal**  
**Peace River High School**



## Superintendent's Message – Work Preparation

In February of each year Alberta Education asks for your input in the form of a survey. The survey is mailed to parents in grades three, seven and ten. In the area of work preparation, 74.5% of parents and staff in the division that completed the survey indicated that they are satisfied that students are taught attitudes and behaviours to be successful at work when he or she leaves school.

An important part of education is teaching students attitudes and behaviours to prepare them for the world of work. This begins in elementary school with a focus on work ethic, routine, being a leader and working as a team. These opportunities grow through middle school and junior high. The focus increases through career exploration, increased career based option courses (foods class, student union groups, etc), work preparation focus in the health curriculum and high school course planning. In high school, students gain hands on experience through work experience programs, trade based programs and opportunities in schools. Students and parents attend career fairs and are provided with course/career counselling and scholarship information.

Please discuss with your school how students are taught attitudes and behaviours that support success in the world of work. Continue to encourage good attendance, strong work ethic, following routines, provide encouragement in being a leader and working as a team. Most importantly, continue to encourage your child to explore their strengths and unique talents and have those important discussions that allow them to dream about their future.

To view the division's Three Year Education Plan that provides more detailed information on strategies that help our students succeed and our division's educational result data go to [www.prsd.ab.ca](http://www.prsd.ab.ca). The plan will be officially released on November 27, 2012.

**Paul Bennett**

*Superintendent of Schools  
Peace River School Division No. 10*

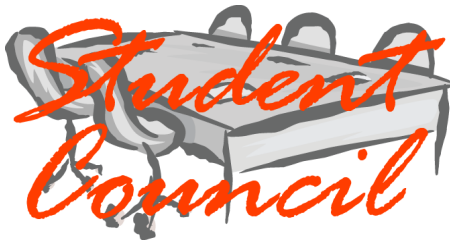
P.2



Preparing students for the Future!

## School Council

We had our second joint school council meeting in November, and the turnout has been tremendous. We had about 35 people in attendance for the joint meeting, and then 15 in our Peace River High School meeting, which almost doubles our attendance from last year. At the joint meeting we were given a wonderful presentation from Kim and Project Peace on Self Care. We discussed issues like the future of grad at Peace High, updates from student council, teachers, Project Peace, principal and School board trustee Bryan Imray. We also went over the School Improvement Plan and Accountability Pillar survey results as a group. This document is available on our website and we welcome parents to take a look and give us feedback. Our executive was also elected, with Lynn Gaydosh returning as president and Lana deBoon as our vice president. Newly elected Jennifer Beaulieu is our new secretary. After the meeting we held a Peace River High School Parent's Association meeting and the new executive will be posted in the next newsletter. Our next Joint School Council meeting will be hosted at Peace High on January 16 at 7 pm.



### Student Council

The Student's Union has been meeting regularly on Wednesdays at lunch. They are in the process of planning a classroom decorating challenge for Christmas. They also met with the Lieutenant from the Salvation Army Church and gave their input on how the Salvation Army could spend the \$500 they have allotted to spending on teens as part of the Toys for Tots campaign.

## GRADE 12 DIPLOMA EXAM PREP COURSE FOR CHEMISTRY AND MATH

Peace River High School is holding Grade 12 Diploma Exam Prep Courses for:

- **Chemistry 30 on January 26 & 27, 2013 from 9:00 am – 4:15 pm.**

Go to [www.prsd.ab.ca](http://www.prsd.ab.ca) – **Documents and Downloads - Divisional Office Forms – Diploma Exam Prep Courses** to access the information & registration form. **Deadline to register is Monday, January 21, 2013.**

- **Math 30-1 on January 19 & 20, 2013 from 9:00 am – 4:15 pm.**

Go to [www.prsd.ab.ca](http://www.prsd.ab.ca) – **Documents and Downloads - Divisional Office Forms – Diploma Exam Prep Courses** access the information & registration form. **Deadline to register is Monday, January 14, 2013.**

## 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.





## Scholarships & Student Loans

*Featured this month:  
Fred West Memorial Scholarship*

**Fred West** was the operations manager at Shell's Peace River Complex. To honor Fred's memory and his contributions to our community, a \$25,000 scholarship was created. The scholarship will be distributed over ten years with \$2500 given out to a Peace River High School graduate each year at our graduation ceremonies.

### What are the eligibility criteria?

- Peace River High School grade 12 student who is graduating or who is upgrading courses with the intention to attend post-secondary.
- Must be enrolled in a post-secondary institution and be accepted full time for the upcoming school year.
- Must be attending a program in technical school/ college/ university leading towards a career in the oil and gas industry.
- Application deadline is Tuesday, April 23, 2013.

### What is the application process??

Grade 12 students must provide a completed application form and a typed letter briefly describing in 500 words your specific goals and ambitions for the next two years. It should also outline how your area of study would relate to the gas and oil sector.

**Please see Mr. Pobuda for the application forms and all the details!**



## Graduation 2013



It may be cliché, but this year's grads are eagerly anticipating Grad 2013! We're looking forward to ending a memorable high school career with an incredible ceremony.

Our Grad Committee has had our first official meeting and are excited to share the plans that haven been set for a successful graduation. With the help of staff and input of parents, along with the consensus of the grade 12's, we have decided on a masquerade ball theme for this year's ceremony.

We have further discussed plans for grad memorabilia, celebration, and ceremony and continue to accomplish our senior endeavours!

With Brianna Lorentz as President, Amanda Mills as vice, and Kennedy Millar as treasurer, we hope to have the greatest year possible. We are also very thankful for the support and the guidance of both teachers and parents!

Grad 2013 will prove to be the best yet!







## Final Exam Schedule for January 2013 - Peace River High School

	Course	Time	Room	Teacher
<b>Regular classes for Grades 9, 10, 11 &amp; 12's not writing diploma exams</b>				
<b>Mon, Jan 14</b>	ELA 30-1 Part A	9:00 - 12:00	Computer Lab	
	ELA 30-2 Part A	9:00 - 12:00	Vis Com	
<b>Tues, Jan 15</b>	Social 30-1 Part A	9:00 - 12:00	Computer Lab	
	Social 30-2 Part A	9:00 - 11:30	Vis Com	
<b>Weds, Jan 16</b>	FLA 30-1 Part A	9:00 - 12:00	Library	
<b>January 22 Last day of regular classes for Grades 10 - 12</b>				
<b>Grade 9's last full day of classes Thursday, Jan 24. Return for PAT's after 24th.</b>				
<b>Mon, Jan 21</b>	ELA 30-1 Part B	9:00 - 12:00	Gym	
	ELA 30-2 Part B	9:00- 12:00	Gym	
<b>Tues, Jan 22</b>	Social 30-1 Part B	9:00 - 11:30	Gym	
	Social 30-2 Part B	9:00 - 11:30	Gym	
<b>GRADE 9 PAT</b>	ELA 9 Part A	9:00 - 11:30	Computer Lab	Stevenson
<b>Weds, Jan 23</b>	FLA 30-1 Part B	9:00 - 12:00	Rm 205	
	PE 10	9:00 - 11:30	Gym	Mayer/Harpe
	Math 20-1	1:00 - 3:30	Gym	Sheets
	Social 10-2	1:00 - 3:30	Gym	Courtepatte/Panzine
	Math 20-2	1:00 - 3:30	Gym	Castelino
	CALM Interviews	All day	Drama	Favreau
	CALM Interviews	pm only	Rm 220	Stevenson
<b>Thurs, Jan 24</b>	Biology 30	9:00 - 11:30	Gym	
<b>GRADE 9 PAT</b>	Social 9 (En/Fr)	9:00 - 10:50	Rm130/Rm203/Rm208	Veresovaya/Friskie/Lawrence
	Et. Soc 20	1:00 - 3:30	Gym	Favreau
	Biology 20	1:00 - 3:30	Gym	Knoblauch
	Social 20-1	1:00 - 3:30	Gym	Lawrence
	Social 10-1	1:00 - 3:30	Gym	McLeod
	Science 14	1:00 - 3:30	Gym	Ladd
	CALM Interviews	am only	Drama	Favreau
	CALM Interviews	pm only	Rm 220	Stevenson
<b>Fri, Jan 25</b>	Math 30-1	9:00 - 12:00	Gym	
	Math 30-2	9:00 - 12:00	Gym	
<b>GRADE 9 PAT</b>	Science 9	9:00 - 10:45	Rm 116/Rm 217	Mayer/Ladd
	Social 20-2	1:00 - 3:30	Gym	Friskie
	Math 10C	1:00 - 3:30	Gym	Castelino
	Math 10-3	1:00 - 3:30	Gym	Crompton
	CALM Interviews	All day	Drama	Favreau
	CALM Interviews	All day	Rm 220	Stevenson

<b>Mon, Jan 28</b>	Physics 30	9:00 - 11:30	Gym	
<b>GRADE 9 PAT</b>	Math 9 (En/Fr)	9:00 - 11:00	Rm 202/Rm 205	Castelino/Knoblauch
	ELA 20-2	1:00 - 3:30	Gym	Plaizier
	Chem 20	1:00 - 3:30	Gym	Scott-Wilkes
	Science 10	1:00 - 3:30	Gym	Ladd/Pobuda
<b>Tues, Jan 29</b>	Chemistry 30	9:00 - 11:30		
<b>GRADE 9 PAT</b>	ELA 9 Part B	9:00 - 10:45	Rm 220	Stevenson
<b>CONFLICTS AND CORRESPONDENCE</b>				
<b>Weds, Jan 30</b>	Science 30	9:00 - 11:30		



P.6

## Study Tips & Tricks

### Do the Basics (as corny as it sounds, these DO make a huge difference)

- ✓ Get a good night sleep before the exam –DON'T stay up late trying to cram
- ✓ Eat breakfast – your brain needs energy to be able to remember
- ✓ Refresh your recall the morning of the exam – read over your notes once, just to wal



### While Studying

- ✓ Ideally, do a little every night – don't save it all for 3 nights (or 1 night) before the exam (30 min of review each night will keep the info in your head long term)
- ✓ Start the actual refresh studying one week before the exam
- ✓ Work in 20 min rounds – do 20 minutes of studying – then take a break/have fun/let your mind relax for 15-20 min. Go back and do it again – 20 minutes of studying and then another break.
- ✓ Do your homework – handing in assignments gets your grades higher before the test (in case you bomb) – AND doing the assignments helps information get stored in the long term memory (it's like review)
- ✓ Important stuff is often highlighted (put in bold) in your text book – or listed in subtitles. These are HINTS that you need to know this stuff.
- ✓ Do review sheets or review questions teachers tell you about – for SURE that's going to be on the exam!!
- ✓ Get extra help after school – make a list of problem areas – go talk to your teacher BEFORE the week of the exam – so you don't start panicking and feeling pressure
- ✓ Use tricks to help you remember (memory cards, rhymes, word association games, etc) **Go see Kim/your teacher if you want more details about tricks for helping memory recall while you are studying.**

### During the Exam

- ✓ RELAX – deep breaths – calm your body and your mind will relax – you cannot remember details if your mind is racing – go to your happy place!
- ✓ If you draw a blank on something move on to the next question – the other questions might jog your memory about the problem one (make sure you mark the question you are jumping over, so you don't forget to go back to it later)
- ✓ UESS – don't skip – skipping will get you zero points for sure. Guessing might get you some marks by accident!
- ✓ Answer a question and move on to the next one – don't stay on one for too long. Go back, if you have time at the end and fill in more.
- ✓ Don't second guess your first answer – add more – but do NOT change your first answer – it's usually right!!
- ✓ THINK POITIVE – sometimes, just being in a good place in your head helps keep thoughts open and flowing. Getting stressed or down on yourself – thinking that you “can't do this” will shut down your memory – FAKE IT TILL YOU MAKE IT!!!! (It really works!!)



# Project Peace Parents Page



Self-harm refers to intentional acts that cause harm to one's body, mind and spirit. Essentially, self-harm is a coping mechanism that enables a person to deal with intense emotional distress, creating a calming sensation. It may also be used to "awaken" a person who is feeling numb or dissociated. **Common examples of Self Harm include:**

- |                                                   |                              |
|---------------------------------------------------|------------------------------|
| Cutting (on the wrists, arms, thighs, or abdomen) | Inserting objects under skin |
| Burning oneself                                   | Pinching or punching oneself |
| Excessively picking scabs                         | Biting oneself               |
|                                                   | Ingesting harmful substances |

In a broader sense, behaviours such as smoking, alcohol and drug addiction, bingeing on food and staying in an abusive relationship can also be considered self-harm.

## Warning Signs of Self-Harm:

People who self-harm normally hide their behaviour; however there are some warning signs to be aware of:

- Unexplained frequent injuries (i.e., cuts, bruises, burns ) with suspicious explanations
- Wearing long pants and long sleeved shirts in warm weather (to cover injuries)
- Wearing bangles, bracelets and wristbands (to cover injuries)
- Low self-esteem
- Difficulty handling emotions, easily overwhelmed or having problems with relationships
- Difficulty functioning at school, work or home
- Avoiding sports or other activities that require showing more of one's body
- Increased time alone or with a different group of friends

## Why do People Self-Harm?

People who self-harm are seeking relief from intense, unpleasant emotions like anger, frustration, depression, loneliness and many others. The injuries themselves can validate an individual's feelings, creating a "real" pain that is easier to cope with than the hidden emotional pain. People who self-harm are not attempting suicide. As well, they are not trying to end all feelings; they are simply trying to feel better by using self-harm as a coping method.

## How You Can Help:

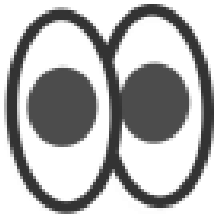
If you are concerned that your teen may be engaging in self-harm, it is important to talk about it. Ignoring the issue in the hopes that your teen will grow out of this phase will not make it go away. Before asking, learn more about self-harm – the better you understand the issue, the more comfortable you will be discussing it with your teen. The following steps offer a starting point for how to help:

- Identify your own emotional reaction. Parents commonly experience disbelief, anger, embarrassment, fear and/or guilt when they discover that their teen is self-harming. Identifying how you feel will help keep your emotions in perspective.
- Make a plan of action that is not simply a response to your emotions. Take some time to plan how you will approach your teen and what resources you will consult.
- Approach your teen in a caring way with non-judgmental compassion for their experience.
- Show acceptance and understand that their actions are a coping method for the pain they are feeling inside.
- Educate your teen in types of healthy coping methods (i.e. exercise, talking with others, journaling)

**REMEMBER:** It's okay to ask for help!!!!

**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)



## COACH CORNER



Mrs. Leanne Lutz

Educational Apps are where it is at! Tis the season to start using your IPod, I pad or iPhone as an educational tool. Apps worth looking at:

**Khan Academy** – allows you to learn through viewing mini lessons on various subjects including math science and biology. Over 3200 videos!

**Popplet** - will capture your ideas through a visual mind map. Great for organizing your ideas before writing your essay or for creating study notes.

**Dragon Dictation** - this easy to use voice recognition app will instantly type your text or email message by merely speaking into the recording device.

**Sticky Notes**- for those who are not list writers this is a simple and useful app to help keep you organized through sticky notes

**My Homework** – will help you keep track of your schedules in terms of your classes, homework, tests and assignments.

**Merriman-Webster** - quickly looks up words along with synonyms and antonyms. Don't know how to spell the word, that's okay this app offers voice search.

## RANDOM CLICKS



Chem -30



Spanish Class



Sewing



Chem -20



CALM



November!





# REMEMBRANCE DAY

Peace High's Remembrance Day ceremony was held Friday morning on November 9. Once again our students made a wonderful contribution with their music to promote the themes of remembrance and peace. Katelyn Gillespie started off by leading us in O Canada. Celsey Downing sang "If You're Reading This" and "The Crow on the Cradle". Aidan Rostad, Gavin Wilkes, Keaton Lizotte and Wyatt Beach sang "Deja Vu" and Mr. Friskie and Celsey Downing ended the ceremony with "One Love". The air cadets represented by Flight Sergeant Spencer Winder Corporal Davin Winder and Corporal Arthur Gautier provided a colour party and Rachel Craigen recited "In Flanders Fields". Miss Stevenson's drama class gave a very powerful presentation and Mr. Lawrence gave the address. A special thanks goes out to Mr. Mayer's Phys. Ed. class for setting up the chairs and the stage and to Mr. Friskie and Mr. Sheets for all of their help in preparing the music and setting up the sound system for the ceremony.





## QUILTING-A-LEGACY

Peace River High School's Fashion Studies class took on a different kind of project this year. With the help of Project PEACE Success Coach, Josea Gagnon, the 10 students learned about "Building A Legacy". The premise behind the project was to encourage people to consider the connections between making good choices for mental health today, and the positive benefits those choices can have for other people. The students learned that legacy is something personal representing your past, present and future. It includes your values, culture, feelings, dreams; anything and everything that is important to you and that you want to leave behind for others to know about you.

Each student created a 12 inch quilt block representing what is most important to them. The amount of planning, handiwork, and passion that went into this project really opened the eyes of the students. At the end of it all, a beautiful legacy quilt was created that is a product of sustained effort, team work, connectivity, and pride.

The group decided to raffle off the quilt and use the funds generated to give back to the Peace High Quilting-a-Legacy Project for future sewing groups so other students can continue the project. The hope is that future sewing classes will make this a class-tradition and allow students to express themselves in a very personal way.







# 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.



- Volunteer and fundraising efforts right now are for worthwhile projects like the Stollery Children's Hospital, and the Rotary House in Peace River.
- For three weekends in December, members are volunteering to be table clearing staff for banquets at the Sawridge Hotel. Wages they earn are all being contributed to a fund for donation to Rotary House. Thanks to Len Wurst of the Sawridge for making this opportunity available to the group.
- The group has also taken on school recycling for the month of December. This is sometimes a nasty job, so make sure to say THANK YOU to the people who are willing to do some unpleasant work that will benefit others.
- December is Amnesty International month. The group will be devoting the Dec 10 meeting to participate in the worldwide letter-writing campaign to free prisoners of conscience. At the same time they will be learning about the Universal Declaration of Human Rights.

## Being Me Makes a Difference

Being Me Makes A Difference – this event clearly touched the hearts of many of our staff and students – we all needed to be reminded that we are unique and special exactly the way we are – like snowflakes, none of us are alike! And we need to celebrate those differences – be proud of them – and embrace them in everyone!



*"I thought it was fantastic! Krissy did a great job, she was well spoken and had the students' attention. .."*

*"I think that Krissy did a great job helping put this presentation together. She was well spoken whe. She addressed the class and overall I got a good response from the students."*

*"Awesome, my Sci 14 class (all of them) participated and all were TOLERANT of each other!!!!!!!!!!!!!!"*

*"My class also had a good cry and a group hug! Krissy did a great job presenting and it was a fantastic idea."*



As families are looking over report card two, there may be questions about what their specific student could do to ensure that he or she is earning credits in all of their courses. One of the roles of the FNMI liaison at Peace High is to help communicate with the families of our First Nation, Métis, and Inuit students in order to explore what supports are available to a student who wants to ensure that he or she is academically successful. Facilitating conversations between families, students, teachers, and even offering additional one-on-one support, is a primary goal of our FNMI liaison, Ms. Crumpton. If you would like to ask her what can be done to help support your student, please call the school at 780-624-4221 and leave her a message or email her at [crumptonh@prsd.ab.ca](mailto:crumptonh@prsd.ab.ca).

## Adopt a Nomad Program

Students helping students has always been an effective tool of empowerment – we are fortunate to have an awesome bunch of grade 9 kids who are so willing to be Mentors to the younger students at Springfield – through their Mentoring, our students get the chance to increase their own confidence and skills as well – they get to become the Mentors they already have or might need in their own lives!

It didn't take long for Cyra to start going around the room and helping students as needed...she intervened as necessary obliging the students by being one of their partners for the activity we had done

My students feel really special to have a high school student in the class just for them! It is even better that the students who visit (Kate) can speak French. This is a really great program.

Aron was sweet and caring. The boys he worked with really enjoyed working with him ☺

I have been very impressed with both Destiny and Tyrus in my kindergarten class. They work very well with the young kids and my students love to have them in our class.

The only thing I have to report other than Herman being friendly, warm and respectful was ...The student who worked with Herman really seemed to enjoy some one on one time!

When one of the students came up and asked her to read she was quite thrilled. Izzy did a good job in the class!

Arthur was great in our class – very pleasant and good with the kids.







# Athletics

Nomad Athletics is busy this holiday season!

**Junior Girls Volleyball Update:** Congratulations to the Jr. girls volleyball team on a successful season. Looking forward to seeing you all out next year!

**Senior Volleyball Update:** Our Sr. Boys Volleyball team finished up the season with a silver medal at zones! Well done Boys! Our Sr. Girls

volleyball team finished up the season with Silver at zones and a trip to Rimbey for Provincials.

The girls played well and made their coaches proud. Congratulations ladies!



## Basketball update:

**Junior Basketball:** The Jr. Basketball teams are heading to TA Norris on Nov 30 – Dec 1 for their

first tournament. The parent meeting is on Tuesday December 4<sup>th</sup> at 5:30.

**Senior Basketball:** The Sr. Basketball teams have also started. Their first tournament is in GP on Dec. 7-8.



## Senior Nomad Invitational

**Basketball Tournament:** Our Sr. Basketball tournament is on December 14-15<sup>th</sup>. We are looking forward to hosting 7 other teams from the Peace region. Games will begin at Peace High and Glenmary at 2:00. Our Jr. High teams and our officiating option students will be scorekeeping. If you are interested in helping at the tournament, please call or email Mr. Owens or Miss. Favreau. Please check out the @nomadathletics twitter feed for updates and scores.



**Cheer Squad Update:** The Cheer Squad is still going strong. They are looking forward to performing at the basketball tournaments.

**Peace Classic Update:** Our Peace Classic Tournament was a great success! Thank you to all of the staff, parents and students without whom we would not be able to put on the tournament.



# Project Peace

Santa is coming! Santa is coming! And EVERYONE at Peace High is on the NICE list!! LOL

At the top of that list is our group of **"Super Troopers"** – grade 10 students who have created a number of amazingly positive activities to bolster school spirit, for staff and students alike! On December 4<sup>th</sup>, in honour of SAD (Seasonal Affective Disorder) **SMILE Day**, the Super Troopers will be handing out smiley face magnets and Christmas oranges to everyone – a little dose of Vit C and D goes a long way in helping us all manage the winter blues better!

The Super Troopers have been working hard to get some lunch time Floor Hockey **Intramurals** off the ground for the past few weeks – but they need more students to come out and play, or to cheer on the teams to ensure that everyone has a great time!! **Floor Hockey** wraps up on December 7<sup>th</sup> – and **Dodge Ball** will begin after that – so get your teams together! This is GREAT practice for Peace High's Annual Dodge Ball tournament, happening on December 21<sup>st</sup> – when students will play against other student teams, a staff team, a RCMP team and a community team!

Our Super Troopers will also be recognizing all the support our students receive from parents – On December 10<sup>th</sup>, there will be a special **Drive By Treat Event** for anyone dropping off students before school – Apple Cider/Hot Cocoa packets with seasonal Mental Health tips will be provided to help make this holiday season fun for everyone!

As a school, we are continuing our Mental Health Capacity Building Theme Day lessons – on

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

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

**December 21<sup>st</sup>** we will be focusing on **Healthy Self Care Habits**.

On December 12<sup>th</sup> and 13<sup>th</sup>, there will be a **Mental Health First Aid Training for Adults Who Interact With Youth** – all community professionals are invited to attend. We will also be offering this Training to parents in January, and to our senior students in April! Stay tuned for more details (or call FCSS or Peace High for more information)!

And over Christmas break, we are excited to announce that we will be offering a **Basketball and Healthy Life Skills Camp** – January 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup>. This Camp will be open to all students from grade 3 to 12 inclusive – and visiting youth from out of town are also welcome to attend! The program will be divided into half day sessions – with the younger grades participating in the mornings, and the senior grades playing in the afternoon. Registrations are being accepted now – call Peace High to sign up!

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) at anytime!





## What's happening in December?

**The Goal Getters Program** – Is there something bothering you –do you have a problem that is getting in the way of you being able to do well in class? If you have an issue you need to talk about, Kim is available for support! Talk to your teacher or to Kim about getting into this Program.

Dec

3

Fri

**Gamers Night** – Students can bring \$10.00 for pizza (or bring their own supper) – everyone will bring a healthy snack to share with the group. Bring your own games – we have a Wii, a PSP and an Xbox system! You can also bring your own DS. \$15.00 charge for those not involved in fund raising.

Dec

7

Fri

**International SAD Smile Day** – The Super Troopers will be helping Project PEACE give out special treats to all our staff/students, to help combat the winter blues! Seasonal Affective Disorder makes these long, dark months hard for many people – but there are ways to feel better!

Dec

4

Tue

**Mental Health First Aid Training for Professionals Who Work with Youth** – All school staff and community professionals are welcome to participate – registration is done thru Laurie at the Town Office (with FCSS) at 624-1000. This Training helps an individual recognize the signs of Mental Health Issues and increases awareness.

Dec

12-13

Wed-Thu

**Parent Appreciation Drive By Event** – (Dec 10<sup>th</sup>) Hot Cocoa or Apple Cider packets will be handed out to anyone who is dropping off students to school that morning, in thanks for their support!! This can be a tough time of the year – so each packet will also include a simple Mental Health Self Care Strategy!

Dec

10

Thu

## 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!



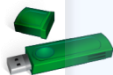


## LIBRARY NOTICES

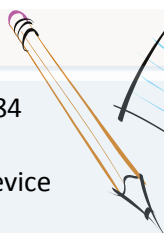
School Essentials - Help make it happen!



**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.prsd.ab.ca/ph/>