



PEACE HIGH HERALD

EXPERIENCE THE SUCCESS!

Peace River School Division #10

January 2019

Issue 4



Kids at Springfield made Cards for the students at PH

This issue

Administration **P.1 - P.5**

Information/Events **P.6 – P.8**

Athletics **P.9**



Principals Message

P.1

As we finish up with Semester One and get ready to start Semester Two, we need to stop and reflect:

- What did I do well this semester?
- What things did I struggle with?
- How will I change to be more effective in the second semester?

We will be spending time in Health and Learning Strategies with these questions. It is always to do some personal reflection; whether it be a student, teacher, parent or guardian. It gives us time to think and look to improve what we are doing, and celebrate the things that we are doing well. There is a lot to celebrate from the first half of the year. Success in academics, multiple sporting events, school-wide events and activities such as Access 52, Terry Fox Run and our Refugee Fundraiser Dinner. Be proud of your accomplishments and take the time to celebrate them!

Exam time at the end of the semester can be stressful for students. It was great to see so many students taking advantage of the many study and review sessions offered in Success, after school and on exam days. Please make sure that time is spent at the end of exams to relax and unwind. Spend some time with friends and family, read a book, get outside and walk or exercise or whatever helps you to take a breath and reset.

Starting semester two, again, communication is the key. Students will be getting their new timetables and getting started with new courses. Help and work sessions are consistently offered during Success blocks, please take advantage of these. If you are concerned with courses, communicate with teachers, and student Success Teachers to help. We want to make sure students are taking what they need to take, so please ask if you are not sure. We are excited to start the new semester and look forward to celebrating many more successes in the second half of the 2018-2019 school year.

Mark Owens
Principal



Superintendent's Message

In January and February many parents will receive a survey in their mailbox from Alberta Education. Please take a few moments to complete this survey - your participation is very important to us.

Your response to the survey provides valuable information regarding what is working in schools and what needs improvement. Your answers to the questions in the survey are confidential and are considered during school and divisional planning. Therefore, this survey provides an opportunity for you to impact decision making regarding your child's education and school.

The survey is mailed to parents in grades 4, 7 and 10 (unless the school has fewer than 120 students in grades 4-12 in which case the survey will be expanded to include all students and parents). To ensure we receive as many responses back from parents as possible, the survey comes with a postage paid return envelope.

Thank you in advance for your time spent in completing the survey. Through working and learning together, your input and involvement makes our schools great places to grow, learn and be.

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

Parents

Your Voice Matters!

Please complete the survey you will receive in the mail from Alberta Education. This is another way for you to have a voice in education and impact decision-making at your child's school



 **Peace River School Division**
Learning Together - Success for All



Spotlight on Safety – Mental health and wellness

In order for us to learn and be our best, we must feel and be well. We feel we have a great opportunity to not only academically educate our students, but to support, guide, and teach them to honour their mental health and wellness and we support this in a number of ways.

Every PRSD school has a Youth Education Support Worker/Success Coach who provides support with various aspects of mental health and wellness. The role of PRSD's Youth Education Support Workers/Success Coaches is to promote positive mental health in children, youth and families while working closely with school staff. This ranges from presentations, activities and programming that supports problem-solving, emotional management, targeted topics, skills for learning, adolescent empowerment, healthy relationships, mindfulness, teamwork and leadership. This model has been recognized on a national level.

New to the division this school year is the addition of two social workers who provide extra and targeted support for students and staff throughout the division. PRSD's Success Coach/Youth Education Support Coordinator and Assistant Superintendent of Learning Supports oversees and supports our mental health-based staff in their roles.

We recognize that healthy eating and active living are also important components to positive mental health and wellness. We support this through education, encouraging healthy canteen and vending machine choices, and expanding physical education activities in our schools. We also encourage and support our students to be leaders, to get involved in the community and work together as a team – these are attributes that instill confidence, a sense of belonging and create a greater sense of purpose and inner joy.

Safety Advisory Committee

School Council



We held our last school council meeting at Peace High on January 14. We had some very good discussions on the end of the first semester, activities that have been offered and on Assessment practices at Peace High. The School Council would like to encourage our Grade 10 parents to please fill out the Alberta Education Accountability Pillar Survey that was sent in the mail in January. The input from these surveys allows us to see how we are doing in many areas of the school. We always strive to improve the success of our students in education, and your feedback can help us continue to build. Our next school council meeting is a joint meeting at TA Norris on Tuesday, February 5 at 6:30 pm.



SCHOLARSHIPS & STUDENT LOANS

A very comprehensive website for the majority of Scholarships given out in our region (except for the businesses and groups that award scholarships specifically to Peace River and area residents) can be found on the peace high website homepage under Quick Links or just click [HERE](#).

SUPPORTING WOMEN IN THE ANDES – ECUADOR TRIP 2020

For more information please contact Mrs. Scott-Wilkes at (780)-624-4221 or email her at wilkes@prsd.ab.ca. Check the website <https://www.eftours.ca/tour-website/2142060JS>.



MEANINGFUL. SUSTAINABLE. UNFORGETTABLE.

Set foot on the equator, explore the capital of Quito, and ascend high into the Andes Mountains as you embrace indigenous customs and culture. While you connect with local Andean communities, you'll gain insight into the local challenges they face, like extreme poverty, access to education, and economic opportunities for women. Together with community members and WE Charity, you'll work side by side building sustainable solutions to these problems. From supporting local girls' clubs to working with women's centres to building projects in a school community, every project you touch will help strengthen the community for generations to come.

15

Estimated
service hours

YOUR SERVICE PROJECT THEMES

We work with the award-winning WE Charity to better understand the needs of each community and focus projects on those issues. Themes include:

- Education
- Health
- Clean water and sanitation
- Alternative income and livelihood
- Agriculture and food security



Graduation 2019

Graduation 2019 information:

Who: PRHS Grads 2019 (approx. 66 Grade 12s)

Where: Peace River High School gymnasium

When: **Saturday, June 29^h, 2019 at 1:00**

Grad Executive:

- Communication Coordinators – Jacey Lavergne and Wyatt Halabisky
 - Role is communication link between Grad class, families and teachers
- Head of Decorating- Taya Krawchuk
 - Theme voted on by Grad class - Starry Night
- Ceremonies-
 - Head of Digital Media committee- Cassidy MacIntyre
 - Please submit a baby photo and candid photo ASAP to Cassidy for the slide show
 - Also in process of gathering song suggestions
 - Heads of Print/Design and organization committee- Polina Reisbig
 - Designing and ordering tickets and invitations
 - Making programs
 - Ordering caps and gowns
 - Ordering flowers

Grad Fees: \$80 due ASAP; pay on School Cash, or bring cash/cheque to the office

Budget-

Gown rental and cap/tassel to keep

- Decorations
- Printing of invitations, tickets, programs, etc.
- Gifts
- Flowers
- Light intermission refreshments
- Incidentals

Tickets:

- Each Graduate will be able to initially receive up to 6 tickets
- Tickets will be made available after first Grad List is posted (generally late April)
- Should there be remaining tickets, we will distribute a second round for those students requesting extras (not until late June)
- Grads and escorts do not require tickets.
- 6 tickets are reserved for each student, so not being on the Grad list right away does not mean that there will be no tickets for your family.

- There is no assigned seating in the gymnasium- the doors will be open at noon, and seating is available on a first come, first serve basis.
- Should your family require particular seating arrangements (eg: wheelchair access) we will certainly make those accommodations. Please advise Mrs. Knoblauch of any such requests.
- We do understand that there are several families requesting additional tickets. We do our best to accommodate those needs.

Grade 12 Mandatory Monday Success:

- The purpose of the Monday mandatory success is to ensure that all grade 12's have the tools and supports necessary to graduate.
- This is where students can access
 - academic supports in their courses
 - Information on scholarships/bursaries
 - Information from colleges/universities
 - Time to complete school work
 - Diploma exam support/information
 - Grad information/tickets
 - My Pass information
 - My Pass is a government of Alberta system where students need to go to access their diploma marks, transcripts, DAR's (detailed academic reports) This is the site they will need to use after high school to access that information
- This is a mandatory block for all grade 12's, it is not optional

Graduation Photos:

- Foto Source will be here at the school on February 12,13,14. The sign-up sheet is at the office.
- All students should get their photo taken, even if they are not going to purchase photos. This will ensure that their photo is on the composite and included in the slide show presentation at the Grad ceremonies.



Watch our [school website](#) and [Facebook pages](#) for information!



WHEN TIMES ARE TOUGH DOES RESILIENCE REALLY MAKE A DIFFERENCE?

What Is Resilience?

Have you ever wondered why some people seem to remain calm in the face of disaster while others appear to fall apart? People that can keep their cool have what psychologists call resilience, or an ability to cope with problems and setbacks.

Resilient people are able to utilize their skills and strengths to cope and recover from problems and challenges. These problems may include, accidents, academic or work related set-backs, financial problems, illness, natural disasters, medical emergencies, family break ups, or the death of a loved one etc. Those who lack this resilience may instead become overwhelmed by such experiences. They may dwell on problems and use unhealthy coping mechanisms to deal with life's challenges. Disappointment or failure might drive them to unhealthy, destructive, or even dangerous behaviours. These individuals are slower to recover from setbacks and may experience more psychological distress as a result.

Resilience does not eliminate stress or erase life's difficulties.

People who have this resilience don't see life through rose-coloured lenses. They understand that setbacks happen and that sometimes life is hard and painful. They still experience the emotional pain, grief, and sense of loss that comes after a tragedy, but their mental outlook allows them to work through such feelings and recover. Resilience gives people the strength to tackle problems head on, overcome adversity, and move on with their lives. Even in the face of events that seem utterly unimaginable, people can marshal the strength to not just survive, but to prosper.

Factors That Contribute to Resilience

Some individuals come by these abilities naturally, with personality traits that help them remain unflappable in the face of challenge. However, these behaviours are not just inborn traits found in a select few individuals. According to many experts, resilience is quite common, and people are very capable of learning the skills that it takes to become more resilient. Social support is another critical variable that contributes to resilience. Mentally strong people tend to have the support of family and friends who help bolster them up in times of trouble.

Other factors associated with resilience include:

- Holding positive views of themselves and their abilities
- The capacity or ability to set goals, make realistic plans and stick to them
- Having an internal locus of control (believes that he or she can influence or manage events and their outcome rather than laying blame for externally – on someone or something else)
- Being a good communicator
- Viewing themselves as fighters and/or survivors rather than victims
- Having the ability to understand emotional responses and to manage their emotions effectively

Want to know more? Check out <http://psychology.about.com/od/crisiscounseling/a/resilience.htm>



Pink Shirt Day will be Wednesday February 27th.



Athletics

Jr. Girls/Boys Basketball

The Jr. Girls and Boys basketball teams competed at the TA Norris tournament Nov 30-Dec 1. The Jr. Girls won bronze and the Jr. Boys earned silver. They then helped to score keep at the Sr. Nomad invitational before the Christmas break. Both teams then competed at the Glenmary Tournament Jan 18-19 and headed to High Level on Jan 25-26. The teams then have a few weeks off before tournaments in Fairview and Grimshaw on Feb 8-9 and Feb 22-23. The teams then head back to Grimshaw for the zone tournament on March 1-2. Thank you to Mr. Coates and Mr. Hulme for coaching the Jr. Boys and Mr. Owens and Ms. Armstrong for coaching the Jr. Girls. If parents have any pictures of the games/teams and are willing to share, please contact either Mr. Owens or Miss. Favreau. We can always use more photos for the newsletter, yearbook and end of the year slideshow.



Sr. Girls/Boys Basketball

The Sr. Girls and Boys teams began their season with tournaments in Edson, with the girls winning Bronze, and then in Grimshaw and then hosting their own Sr. Nomad Invitational. After Christmas break, the teams were in Grande Prairie where the girls picked up a Consolation side win. The teams are taking a break for final exams and will be back in action on February 1-2 with the girls at Glenmary and the boys in Fort. McMurray. Thank you to all of the parents and coaches who have supported the teams so far this season. If any parents or players have any pictures of the games/teams, and are willing to share, we can always use extra pictures for yearbook, newsletters and the end of year slide shows.



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



Our Vision: Preparing Individual Citizens for Tomorrow.

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

Peace River High School

10001 91 Avenue, Peace River Alberta T8S 1Z5 Phone (780) 624 4221

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