



Peace River High School

peacehigh@prsd.ca

10001 91 Ave
Peace River,
AB
T8S 1Z5



Calendar of Events

April 23 - Report Cards Released

May 3 - No School/PD day

May 5 - Parent/Teacher Interviews

May 12 - Tentative Date for 2021-2022 Registration Night

May 21 - No School /Day in Lieu of PTI

May 24 - No School/ Victoria Day



HOT LUNCH



Peace River High School is pleased to announce that Hot Lunch for students will be free of charge for the remainder of the Semester

Monday: Kita North - Low Mein Noodles (Veggie), Chicken Fried Rice and Chicken Balls or California Rolls

Tuesday: Reddi Mart - Breakfast Egg Sandwiches (Available from 8:00 am until first bell)

Wednesday: Subway - 6 inch sub and a cookie (veggie, ham, turkey or pizza)

Thursday: Matt's Pizza - Cheese, Hawaiian, Pepperoni, BBQ Chicken

Friday: Reddi Mart - Breakfast Egg Sandwiches (Available from 8:00 am until first bell)

**One serving each provided on a first come, first serve basis (following our Covid Procedures)*

Our Canteen will also be open before first bell and between classes serving complimentary:

Muffins Granola bars Fresh Fruit Pudding Fruit Cups	Lunchables Cheese strings Macaroni cups Noodles	Water Milk Juice
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Nut and Gluten Free options may be available, please contact the office for more information



Email:

Peacehigh@prsd.ab.ca



Website:

www.peaceriverhigh.ca



Contact:

780-624-4221



School trustees advocate for children.

They help make schools and communities a better place.

RUN
for the School
Board Elections

Nominations are being accepted until noon on September 20, 2021

LEARN MORE:
prsd.ab.ca/Trustees.php

School Council Meeting

Wednesday, April 21

7:00 – 8:00pm

Google Meet joining info

Video call link:

<https://meet.google.com/bgu-vvkt-ukf>





The End is Near!

As we head into the last portion of the school year, we ask Guardians and Students to take a look around for any technology that can be returned. A few of our chromebooks and chargers seem to be unaccounted for. Please return any unused technology that may be sitting in a car, or under a bed at home. These can be returned (judgement free!) to the office. This will help us with end of the year inventory that is coming up soon!



Scholarship Opportunities

Links to local scholarships for post secondary:

[County of Northern Lights](#)

[Mackenzie Municipal Services](#)

[Drayton Brennan Memorial Scholarship](#)

[Mercer Boreal Landscape Scholarship](#)

[Collen \(Pratt\) Hay Scholarship](#)

[Larry Pratt Scholarship](#)

[Fred West Memorial Scholarship](#)

SPIRIT WEEK

APRIL 19- 23 2021

Prizes to be won!!

SPIRIT DAYS

Monday April 19 - Pyjama Day



Tuesday April 20 - Tacky Tourist Day



Wednesday April 21- Canadian Day



Thursday April 22 - Jersey Day



Friday April 23 - 80s/90s Day





STEM SCHOLARSHIP



OUR SCIENTISTS, TECHNOLOGISTS, ENGINEERS, AND TECHNICIANS HAVE FUELED INNOVATION AT MERCER PEACE RIVER PULP LTD. (MPR). THEIR WORK HAS ENABLED US TO CONDUCT OUR OPERATIONS IN ALIGNMENT WITH OUR VALUES RELATED TO ENVIRONMENTAL SUSTAINABILITY AND RESPONSIBLE FOREST STEWARDSHIP WHILE MAKING WORLD-CLASS PULP.

IN ORDER TO ENSURE THAT THE NEXT GENERATION WILL CONTINUE MPR'S VISION OF CREATING A SUSTAINABLE FUTURE FOR THE PEACE RIVER COMMUNITY AND BEYOND, WE ARE PLEASED TO OFFER FIVE \$2,000 SCHOLARSHIPS TO HIGH SCHOOL STUDENTS WHO PLAN TO ENTER A POST-SECONDARY STEM (SCIENCE, TECHNOLOGY, ENGINEERING, OR MAINTENANCE/TRADES) PROGRAM IN THE FALL.

APPLICATIONS FOR THE STEM SCHOLARSHIP ARE DUE BY 11:59 P.M. MST ON APRIL 30TH OF EACH CALENDAR YEAR. APPLY NOW!

PLEASE NOTE THAT PREVIOUS MPR SCHOLARSHIP RECIPIENTS ARE INELIGIBLE, BUT WE HOPE THAT OUR FINANCIAL HELP HAS ASSISTED THEM ON THEIR PATH TOWARD ACHIEVING GREAT SUCCESS.

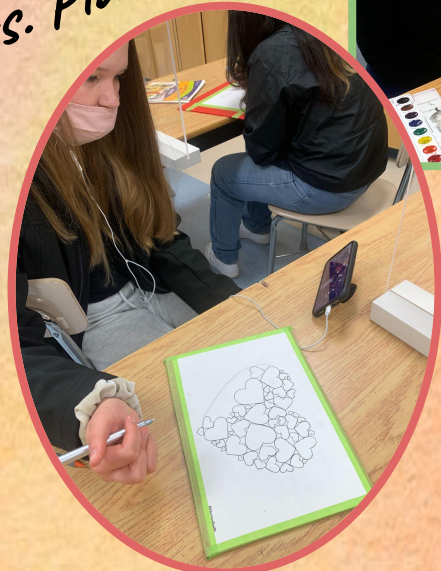
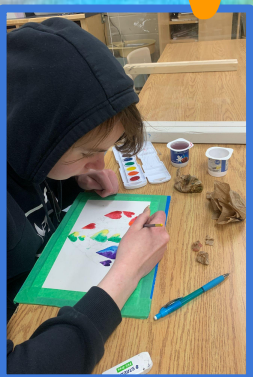
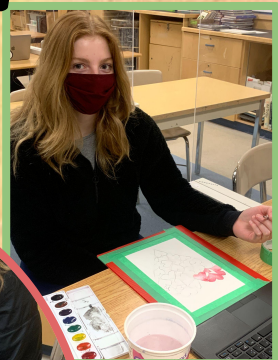
Thank you

to Beauty Salon owner Katrina Burns from Split Enz'n Trenz for taking time this week to come in and demonstrate procedures for facials and talk about skin care to our Cosmetology students.



WATERCOLOUR

Art Class with Mrs. Plaizier





Superintendent's Message

Wellness in Peace River School Division

In order for us to learn and be our best, we must feel and be well. Educational research supports this connection and we take this very seriously. We feel we have a great opportunity to not only academically educate our students, but to support, guide, and teach them to honour their overall health and well-being.

To support wellness on a school level in the division, every PRSD school has a designated Youth Education Support Worker, Success Coach or a Family Liaison Worker. The role of PRSD's Youth Education Support Workers, Success Coaches and our Family Liaison Worker 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. PRSD also has three divisional Social Workers that provide one-on-one support to students in need.

We also encourage and support our students to be leaders, involved in the community and work together as a team - attributes that serve and inspire our students, communities and society as a whole. Students are also provided with opportunities to represent their school through various committees such as PRSD's Student Engagement Teams and PRSD's Anti-racism Committee.

Healthy eating and active living are important components to health and wellness and we support this through ongoing education, encouraging healthy canteen and vending machine choices, and by providing a broad range of physical education activities in the division.

In closing, I would like to thank all our students, families and staff who completed the Student Mental Health and Wellness Survey sent to students in grades 7-12, parents and staff in early February. The data is currently being reviewed and will be presented to the board of trustees on March 25, 2021 and will be shared with the public shortly after. The data collected from the survey will be used to leverage the board's advocacy efforts to impact positive change to support students and families in having access to the supports and services they need.

Paul Bennett,

PRSD Superintendent of Schools



Wildlife Safety

Spring time is rapidly approaching and everyone will be getting out into the sunshine! Wildlife activity will also be on the increase as they search for food after a long winter. Scented items including food containers, trash, cookware, toiletries and lotions can all be attractants for wild animals. Often adult wildlife will have their offspring with them. This can create an even greater hazard as they will look to protect their young from all perceived threats. It is important to be aware of your surroundings and be making noise to announce your presence. If there is wildlife in the area, space and time should be given to leave the area and avoid any possible conflicts with them.

The Peace River School Division, recognises that many of our schools have encounters with wildlife. When an encounter occurs the schools go into a hold and secure situation where all students and staff are called into the school. The children go on with their day but remain indoors until the principal gives the all clear and students are again allowed outside for their activities.

For more information on wildlife please follow the attached link provided by Alberta Fish and Wildlife: <https://www.alberta.ca/human-wildlife-conflict.aspx>

David Smith

Safety & Wellness Coordinator



COVID-19 ALBERTA HEALTH DAILY CHECKLIST

(FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

Screening Questions

1. Has the child:

(Choose any/all possible exposures)

Traveled outside Canada in the last 14 days? When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project	YES	NO
Had close contact with a case of COVID-19 in the last 14 days? Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging	YES	NO
If the child answered “YES” to any of the above: <ul style="list-style-type: none"> The child is required to quarantine for 14 days from the last day of exposure. <ul style="list-style-type: none"> If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times. If the child develops any symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. 		
If the child answered “NO” to both of the above: <ul style="list-style-type: none"> Proceed to question 2. 		

2. Does the child have any new onset (or worsening) of the following core symptoms:

Fever Temperature of 38 degrees Celsius or higher	YES	NO
Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
Shortness of breath Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
If the child answered “YES” to any symptom in question 2: <ul style="list-style-type: none"> The child is to isolate for 10 days from onset of symptoms. Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. 		
If the child answered “NO” to all of the symptoms in question 2: <ul style="list-style-type: none"> Proceed to question 3. 		

3. Does the child have any new onset (or worsening) of the following other symptoms:

Chills Without fever, not related to being outside in cold weather	YES	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
Nausea, vomiting and/or diarrhea Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes or conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes or conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO

If the child answered “YES” to ONE symptom in question 3:

- Keep your child home and monitor for 24 hours.
- If their symptom is **improving** after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

If the child answered “YES” to TWO OR MORE symptoms in question 3:

- Keep your child home.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.
- Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.

If the child answered “NO” to all questions:

Please note: Your child may attend school, child care and/or other activities, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started/until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

PEACE RIVER SCHOOL DIVISION

STAY AT HOME GUIDE

It's confusing. When should I keep my child home?

This information applies for all children, as well as all students who attend kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing the Alberta Health Daily Checklist (for children under 18) before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete the screening tool.

My child traveled outside of Canada, now what?

When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project. If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.

My child had close contact with a case of COVID-19 in the last 14 days, how do I respond?

Close contact is face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging. If your child had close contact with a case of COVID-19 in the last 14 days, your child is required to quarantine for 14 days from the last day of exposure. If your child develops symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended.

My child is sick. How long do they need to stay home for?

Core Covid-19 Symptoms

- Fever (above 38C or 100.4 F)
- Cough (new or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Loss of smell or taste (not related to other known causes or conditions like allergies or neurological disorders)

If your child has one of the **core COVID symptoms**, they are required to isolate for 10 days from when their symptoms started. Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If your child does not have any of the core COVID symptoms, proceed to the "other symptoms" information below.

This is my child. Now what?

Other Symptoms






- Chills
- Painful swallowing
- Runny nose/congestion
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Nausea, vomiting or diarrhea
- Unexplained loss of appetite
- Conjunctivitis (pink eye)

If your child has one of the **other symptoms**, keep your child home and monitor for 24 hours. If their symptom is improving after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary. If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended. **If your child has TWO OR MORE of the other symptoms**, keep your child home. Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is required. Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.

This is my child. Now what?

Information for the creation of this document was taken from the updated COVID-19 Alberta Health Daily Checklist (for Children Under 18) Adapted from Prairie Rose School Division and Grande Prairie Public School Division. UPDATED NOVEMBER 2, 2020

Hot Lunch at Peace High

Monday	Kita North 	Low Mein Noodles (Veggie), Chicken Fried Rice, Chicken balls OR California Rolls
Tuesday	Baptist Church 	Check Announcements or at the office for availability. Not running at this time
Wednesday	Subway 	6 inch sub and a cookie (veggie, ham, turkey or pizza) add your own sauce and veggies
Thursday	Matt's Pizza 	Cheese, Hawaiian and Pepperoni/Bacon
Friday	TBA 	Check Announcements

Hot lunch available for \$5

**Lunch cards can be purchased on SchoolCash online or debit/tap
as payment options**

<https://prsd.schoolcashonline.com/>