



PEACE HIGH HERALD

Experience the Success

Peace River School Division #10

February 2014

Issue 5



Archery @ Lunchtime

This issue

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Principals Message

P.1

As we move further into the new semester we continue to have exciting things happen here at Peace High. We have students participating in Archery at lunch time, the LOL group continues to plan many exciting events like our Bring your own Banana day at lunch at intramurals will start up over the next couple of weeks. Students have just received their long-awaited diploma marks, and are now planning towards what they need to be on the stage at the end of June.

We would like to congratulate both Herman Gill and Allyson Shewchuk for their participation in the Adventures in Citizenship program with the Rotary Club of Peace River. These two students spent a half day interviewing with a panel of Rotarians, and then prepared a speech for the lunch meeting on what it means to them to be Canadian. Both represented themselves and Peace River High School very well, and the Rotary Group would like to express their gratitude for all of the work that Herman and Allyson put in to this program. Congratulations to Herman Gill, who is the successful candidate that will be heading to Ottawa later this semester!

Mark Owens
Principal



Superintendent's Message – Community Involvement

Community involvement is very important to the success of a school. In Peace River School Division we are very fortunate to have strong community support and are proud that our students give back to the community.

Why is community involvement so important?

As the African proverb says *"It takes a village to raise a child"* and this is certainly true in the education system.

Community involvement provides students with a sense of connection and feeling of support that goes beyond their family, school-mates, friends and school staff. It is very important that we open our doors to the community and ensure our students give back and be involved in the world around them.

Community involvement includes community members coming in to share talents and expertise, students going into the community to interact and serve, organizations donating to school programs or it can mean community members participating in educational discussions. The services and supports students require to reach their full potential go beyond the classroom and we are grateful for the strong support of our communities.

To our school communities; thank you for your involvement and for opening your doors to our schools. Your contributions are appreciated and you truly make a difference.

If you are interested in being involved or would like to share ideas of how students can be involved in the community, please contact your local school.

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

... School Council

The school council meeting was on Wednesday, February 26th at 5 pm at Peace High. We presented the ideas on High School Redesign, which is a pilot project through Alberta Education that we will be participating in the upcoming school year. Check out The [website](#). We would like to receive as much parent feedback as possible on our ideas! Herman Gill also attended the meeting to update the council on the LOL group plans and our Interact Club.

Peace High will also be hosting the next Joint Parent Council meeting in March, more details to come on the website and our Facebook page!

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



Scholarships & Student Loans

Featured this month: *Peace River Construction Association Award*

Qualifications:

Graduating in June and entering a trade or engineering.

Application:

Submit a written letter from the applicant telling why they are qualified and deserving of the scholarship.

You should also include a recommendation letter from your employer or a teacher.

Deadline:

Tuesday April 30, 2013 to be handed in at the office to Principal or Counsellor.

To be presented at the Graduation ceremonies on June 1, 2013.

Please see Mr. Pobuda for all the details!



Graduation 2014

Reminders!

- Grad fees of \$100 are due ASAP. These can be paid online or paid to the school office.
- Students need to hand in a baby photo and a candid photo ASAP to Rachel Zascko.
- Invitations and tickets will only be made available to students once they are on the published Grad list. Ceremonies committee is in the process of designing and pricing out ticket and invitation printing.



Become a Foster Parent

Make a difference in a child's life

Many children in Northern Alberta are waiting for a safe, healthy and caring home. Your interest is the first step toward opening your heart and home to these children. All types of people make wonderful foster parents—married and single people, people with young families, empty nesters and those who have never been parents before.



For more information call Northwest Alberta Child and Family Services

780-538-5597 or visit fostercarealberta.ca



Pay School Fees Online!



Peace River School Division is pleased to offer you the opportunity to pay student fees electronically!

The new "School Cash Online" program provides a convenient payment option that saves time and is environmentally friendly. You can make secure online payments by credit card anytime and receive a receipt.

Safe. Simple. Secure.

Signing up only takes a few moments! Here is how it works:

1. Go to <https://prsd.schoolcashonline.com> or follow the link in the Parent Portal on our website: www.prsd.ab.ca
2. Take a few minutes to register and create an account for your child(ren).
3. Review and pay your child's fees using direct online payment.

Participating parents will be notified by email of student fees once they register on the School Cash Online website.

School Cash Online provides one-on-one telephone support at:
1-866-961-1803.





HOW DO *YOU* THINK YOUR SCHOOL HAS IMPROVED?



We encourage input from all our students,
parents, staff and community members!
Log in to join the conversation.

Look for the
"SCHOOL
IMPROVEMENT"

button at **www.prsd.ab.ca**



According to recent data, 81% of Peace River School
Division students, parents and staff said that our schools are
continually improving and we want to know why you think so.



Peace River School Division



League of Leadership

The LOLs are leading a school wide assembly with the help of the Drama class on March 13 challenging all Peace High students to eliminate bullying and promote inclusion. It is our belief that bullying comes from a lack of awareness and understanding of our fellow students. We want to promote recognizing the assets, challenges and experiences that make each one of us the unique individuals we are. Understanding is what we think can allow the bullies and the bullied to exist in a school free of hurtful behavior and that is the conversation we hope to have and the challenge we hope to launch on March 13th.

We are starting our lunch time intramurals with floor hockey and hope to include basketball and dodgeball as we head in to spring.

We are also working at increasing our reach in to the community. We had the opportunity to star in a video encouraging grade 10 parents to complete the Alberta Education survey. We are also working with Project PEACE, assisting with family fun events, the decorating of the upcoming Ball Pit and linking community action with the Child and Youth Mental Health event speaker event in May.

Many of the LOL's are embracing opportunities to build our leadership skills. Through attending student conferences like the Speak Out Student Conference in Edmonton and the Alberta Student Leadership Conference in Drumheller in the spring, we get to share ideas and make contact with students from all over the province. We are actively fundraising to ensure we can take advantage of opportunities. We will be holding hot lunches on available days and doing a bottle drive when the snow goes away. We plan to hold a breakfast for community and business leaders to invite them in to experience our school, see our energy and spirit and invite them to help us to reach our leadership and ongoing school betterment goals.



Project Peace

Mental Health Matters, Every Child Counts!

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

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

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



...Ways You Can Continue to Help Your Child to Make Healthier Choices ...

- Help them identify and communicate the values and beliefs that affect healthy **choices**.
- Recognize the importance of eating healthy at home and at school. Healthy nutritional **choices** not only make our bodies feel better, it fuels the brain and allows for better focus and learning.
- Discuss and practice the importance of decision making and refusal skills when being offered inappropriate substances.
- Balance a variety of daily activities that promote personal health **choices**: exercise, healthy eating, mental health breaks, sleep etc...
- **Choosing** who we surround ourselves with. Peer pressure is an important part of growing up... our friends and family's opinion of who we are is of great importance and they will influence the choices that we make. Surrounding ourselves with people who share the same values and beliefs will make it easier for us to make good **choices**.

Project PEACE is one of 37 projects in a province-wide Mental Health Capacity Buildings in Schools Initiative. The Initiative is funded by AHS - Addiction and Mental Health, in partnership with Alberta Education and other partners and community agencies. For more information please contact: Linda Srevens, Project PEACE Success Coach at Peace River High School (780) 624 4221 or stevenli@prsd.ab.ca



'OUR VOICES'

A Program for Self Discovery and Empowerment for Adolescent Girls

This is a program for adolescent girls to join with other girls to share their hopes, dreams, struggles and stories! This is an opportunity for girls to connect to who they are - their true selves!



This eight week pilot program offers girls the opportunity to meet other girls in a group setting to discover their inner strengths through fun and interactive activities which include expressive arts, games, journaling, self care and discussion. This program will focus on feelings, self esteem - who am I? discovery of inner strengths, healthy relationships with friends and family. We will be exploring healthy living, coping with stress, personal boundaries, finding VOICE and learn styles of communicating.

When? Thursdays from 5-7pm, from March 20 to July 31, 2014.

Who? Adolescent girls ages 13-16 years.

Girls age 12 and 17 may be considered; please discuss any questions with one of the contact people.

Where? Addiction and Mental Health Building (some days we may take to the outdoors when the weather is warmer). **Address:** 10015 98 Street Peace River

How? Program will be facilitated by Child and Youth Clinicians from Addiction and Mental Health

What? Self-discovery and Empowerment for Adolescent girls – a program adapted from VOICES Program (Stephanie Covington)

There is no cost to participating in this program

***For further information, contact Linda Sirko-Moyles, Connie Hilzerman, or
Jenni Pugh at Addiction and Mental Health***

Phone: 780 624 6151 or Fax: 780 624 6565



Athletics

Basketball:

Jr. Girls Basketball:

The Jr. Girls basketball season is almost at a close. Their final tournament is March 6-7th in La Crete.

Jr. Boys Basketball:

The Jr. boys basketball team has had a very successful season so far. They will be participating in the zone tournament on March 6-7th in La Crete to cap of their year.

The Sr. High school schedule is also winding down. There are two tournaments left for each team, Grimshaw Feb 28-Mar 1, then zones on March 14-15. The girls are in Donnelly and the boys in Valleyview.

Badminton:

Badminton will be coming up shortly. Anyone interested in playing this year, expect the season to start after teacher's convention.



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



What's Happening?

The Mental Health Capacity Building Theme is “CHOOSE” with a focus on “choosing healthy lifestyles.

March will highlight awareness around,

- mental and emotional wellness and nutrition, and
- healthy relationships

The **Adopt-a-Nomad program**, Round 2 will start up again in March with Peace High students assisting with classes of all levels at Ecole Springfield School.

In recognition of the many abilities Peace High students have to share and the wonderful role models that they can be to younger students, the **Nomad Buddies** program will start in March as well. The Nomad Buddies program builds upon the Adopt – a -Nomad program matching Grade 10 and 11 students to Grade 6 classes at T.A. Norris Middle School. We are excited that we have this opportunity to work in partnership with T.A. Norris Middle School to expand the mentorship skills building opportunities for our students.

Promoting student leadership is an important part of capacity building in the schools. Peace High has over 20 students registering for student leadership conference opportunities. These opportunities build skills that not only benefit students in their individual growth but also allow them to foster growth in their school mates and the community.

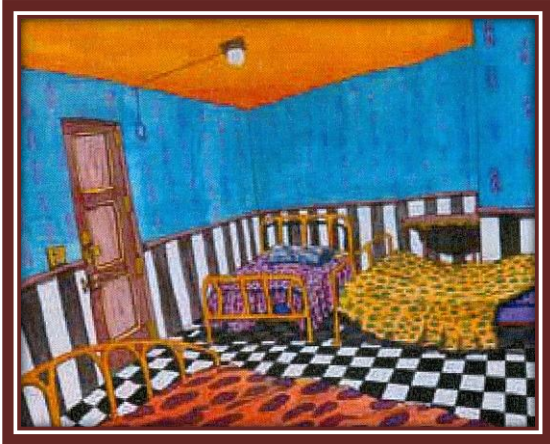
Watch our school website and Facebook pages for upcoming information!



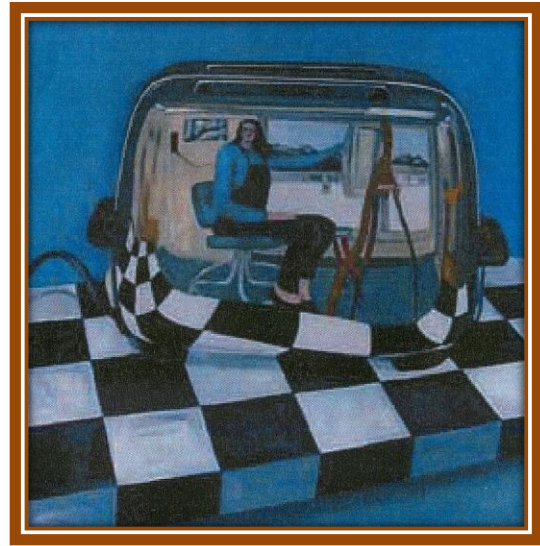
LIBRARY FEBRUARY ART EXHIBIT

Learning about 1 point and 2 point perspective

A Room with a View



Bedroom of Sevilla
Richard Reeves
1993, Ink on Paper
Collection of the Alberta Foundation for the Arts



Portrait of the Artist in her Studio
Max Elliott
1993, Oil, gesso on linen
Collection of the Alberta Foundation for the Arts



Our Vision: Preparing Individual Citizens for Tomorrow.

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

Peace River High School

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