



# PEACE HIGH HERALD

*Experience the Success*

Peace River School Division #10

January 2014

Issue 4



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## Principals Message

**P.1**

Out with the old, and in with the new! As we finish up with 2013, we are also at the end of the first semester and into exam times. We want to make sure that students are taking care of themselves and preparing for exams to finish their first semester courses successfully. Exam schedules are posting throughout the school and on the website, and teachers are available throughout the exam week to help students get ready for their finals.

Keeping with the new, we have added to our staff team over the past couple of months. Before Christmas break Stacey Campbell joined us as an Educational Assistant, and after the break we had Laurie Madison join our EA team as well in the afternoons. We wish Miss Neufeld the best of luck as she heads down to TA Norris for the second semester full time, and will be welcoming Miss MacLeod to our teaching team starting on January 31<sup>st</sup>. We also will be welcoming Mr. Nightingale, who will be teaching the Visual Communication and Industrial Arts classes for the month of February.

There is a lot going on over the next while, as the Cheerleaders head to Edmonton to observe a competition, Basketball is in full swing, Interact club continues to do great things, and the LOL (League of Leadership) continues to provide energy and activities to the school community!

Mark Owens

**Principal**

**Peace River High School**



## Superintendent's Message:

### Drop-out Rate

Each year Alberta Education reports on numerous performance measures for Alberta school divisions in a report known as the Accountability Pillar Report. One of the measures tracked is an average of how many students leave school before graduating.

We are thrilled to inform that Peace River School Division's drop-out rate has decreased and this year and the average is lower than the provincial rate (3.5%). The provincial rate is an average taken from all schools in Alberta. Notice the steady improvement in PRSD's results over the past three years.

PRSD drop-out rate results		
2012	2011	2010
3.2%	5.4%	7.2%
Percentage of the number of students in PRSD who left school prior to graduation.		

First and foremost, we commend students for their dedication to their education, parents for their encouragement and involvement and staff for their commitment to student success. Community partnerships also play a large role by providing hands-on experiences that allow students to dream and plan for the future.

Below are division-wide programs and strategies that also contribute to improved results:

- High School tracking and intervention (fluctuations in attendance and grades and support as required)
- Universal programming - academic, social, emotional supports for students
- Career counselling, access to career related fairs and trips, work experience and Registered apprentice programs
- Business and industry have mutually agreed to stress the importance of achieving graduation status with students.

Thank you to students, parents, staff, community members and organizations for your support in education. The work you do makes a difference and we celebrate this great success with you.

Wishing everyone all the best in 2014!

Paul Bennett

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



# 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, May 2, 2014.

### 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!

## Did you know...

The results from the survey that arrives in your mailbox from Alberta Education is reviewed by the government, school division management staff and your child's school administration and staff? YOUR RESPONSES to the survey questions identify areas of satisfaction and areas to improve. This impacts school and divisional planning which in turn *impacts your child's educational programming and overall school experience* PLUS it provides you with a voice in your child's education.

Thank you in advance for your time in providing your valuable input. Parental input is key in providing students with the best educational experience possible.

## Your Voice Matters!



Did you know that Peace River School Division has a great library full of audio and eBooks for you to borrow?

## Check out PRSD's Digital Library!

PRSD's Overdrive eBooks is an online book collection that supports literacy through 21st century tools, offering free audiobooks and eBooks for students and staff.



Look for the easy access link located in the top right corner of the PRSD home page or by finding the ebooks link in the "Parent and Student" and "Staff" portals on all PRSD websites.



Peace River School Division  
www.prsd.ab.ca





## To Parents of Students in Grade 9:

In May and June, all Grade 9 students at Peace River High School will be writing their provincial achievement tests for their four core subjects. Results from these tests will provide Alberta Education, school administrators, teacher, parents, students with information about what they know and can do in relation to provincial standards at the end of Grade 9.

Achievement tests are based on what students have been learning throughout the year.

To ensure this exam is fair for all students we do provide accommodations to those who meet the criteria. This criteria involves an Individual Program Plan, an updated Woodcock-Johnson III achievement test administered at the school level as well as documentation that this accommodation has been required throughout the year.

Please contact me at the school if you have any questions regarding this process.

**Leanne Lutz**  
**Inclusive Coach/Teacher**  
**Peace River High School**

### Show Your Care - Nominate a Teacher or Principal Today

Are you a student that would like to formally recognize a teacher that is making a difference in your life? Are you a parent whose son or daughter has excelled under the guidance of an outstanding teacher? Are you a staff member that is being guided by the exceptional leadership of your principal or are you inspired by the passion and dedication of a fellow colleague? Show your appreciation nominating a teacher or principal for an **Alberta Excellence in Teaching Award** today. *Deadline is February 7, 2014*



*Nomination forms can be picked up at our school office or found on our website*



# HYRS (HERITAGE YOUTH RESEARCHER SUMMER PROGRAM)



Alberta Innovates-Health Solutions invites **exceptional grade 11 students**, currently registered in an Alberta High School, to apply for the HYRS program. The program is designed to give students from around the province first-hand biomedical and health research experience at a university campus, and introduce them to the many educational and career options available in this field. Students work on health research projects for 6 weeks in the summer in a variety of work environments of researchers who are on faculty at the University of Alberta, the University of Calgary and the University of Lethbridge.

Students are supervised by a faculty member or by a member of their research team. Research projects could be cardiology, cell biology, genetics, biomedical engineering, population health, epidemiology, or a host of other health research areas.

- Applicants required at least an **85% standing** in each of math 20-1 or 20-2, biology 20 and one other grade 11 science class, which is the minimum requirement to work in a university laboratory.
- Submission of transcripts is required.
- You must be eligible to work in Canada and have a social insurance number or have applied for a social insurance number before the program begins.
- Application must be completed and postmarked by March 14, 2014.

**Please see Mr. Pobuda for more details or an application form**

**OR**

**Go to the website: <http://www.aihealthsolutions.ca/HYRS/>**



# 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](http://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.





# League of Leadership

The LOL's will be rolling into the new semester with energy.

With **Stand Up to Bullying Day** in February we are preparing for awareness activities with a focus on eliminating bullying and promoting inclusion. We hope to launch a “challenge” to all Peace High students to treat fellow students with respect and understanding.

**Valentine's Day** will be celebrated with an emphasis on collective spirit and friendship activities.

Lunch time **intramurals** will start up in the new semester.

In the December Newsletter, the LOL's projected that they would “kick some serious butt in the dodgeball grudge match before the winter break”. As predicted, the LOL team – *Not In The Face* made an extraordinary come back after a disappointing performance in exhibition play to win the tournament, again proving that with positivity, perseverance and teamwork, anything is possible!





# Project Peace



## Mental Health Matters, Every Child Counts!

In a world that is now run almost exclusively by computers, cyber-bullying has become a very real threat in the lives of our kids. There is much debate on what can be considered cyber-bullying and to what extent adults should intervene. Regardless of where one stands on the issue, we can all probably agree that if kids are at the end of actions that make them feel hurt, we as parents and teachers need to find effective strategies to understand what is happening and how to deal with it.

While research into cyber-bullying is still a work in progress, one thing we do know is the online environment is really just a new setting for age-old issues. Cyber-bullying is an extension of face-to-face bullying and can be harmful to a child, potentially causing anxiety and depression. In more extreme cases, this form of bullying has even been connected to cases of teen suicides.

### How common is online bullying?

- It's difficult to know exactly how many kids are cyber-bullied because they're less likely to report it, and it's usually not something parents and teachers can see (it's hidden). Also, the debate about what "bullying" includes makes it hard to put hard numbers on how common it is. This creates a huge range in estimates of kids reporting experience with cyber-bullying.
- Risk seems to increase proportionately with age (and access to mobile phones and social media sites). Around 80% of the children who are cyber-bullied are also face-to-face bullied.

### When are kids most vulnerable to bullying?

- Bullying – online or offline – peaks for kids at about 5<sup>th</sup> grade and again at about 7<sup>th</sup> to 9<sup>th</sup> grades.
- The first peak coincides with children discovering the power of the peer group, and creating their own social pecking order. The second peak occurs as children move from primary school to middle school and changes occur across their social groups and established social hierarchies. Every time a group changes the likelihood of bullying increases.

### Who cyber-bullies?

- Although technology doesn't cause bullying, it changes the nature of it. Kids who may never bully face to face will do it online because it's hidden, they think they can be anonymous and they don't get direct feedback from the victim or peers of the harm they are causing.
- It's also easier for misunderstandings to occur – and become intensified or worsened – when using the written word. Again, there are none of the traditional cues we use with our face and voice to convey humour or sadness, etc.
- The speed of online communication can contribute to bullying. Kids respond immediately without taking time to think through the consequences, or potential problems.

Even the kindest, most passive child can inadvertently contribute to cyber-bullying by forwarding on a humiliating, abusive or confidential message.



## Helping Yourself While Helping Others

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. Volunteering allows you to connect to your community and make it a better place. However, volunteering can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expands your network, and boosts your social skills while also providing many benefits to both mental and physical health.

### Volunteering connects you to others

- **Volunteering helps you make new friends and contacts**

Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighbourhood resources, and fun and fulfilling activities.

- **Volunteering increases your social and relationship skills**

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have a chance to practice these skills it's easier to branch out and make more friends and contacts.

- **Volunteering as a family**

Volunteering as a family has many worthwhile benefits. Children watch everything you do. By giving back to the community, you show them firsthand how volunteering makes a difference and how good it feels to help others. It's also a great way for you to get to know organizations in the community and find resources and activities for your children and family.

### Volunteering is good for your mind and body

- **Volunteering increases self-confidence.**

Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future.

- **Volunteering combats depression.**

Reducing the risk of depression is another important benefit of volunteering. A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against stress and depression when you're going through challenging times.

- **Volunteering helps you stay physically healthy.**

Volunteering is good for your health. Volunteering has been shown to keep people physically engaged and active and lessen symptoms of chronic pain or heart disease.





## How can parents HELP stop cyber-bullying?

- Understand where your kids are going online, what they are doing, and who they are talking to. If at all possible, spend time in your child's online world. You can't well understand it otherwise.
- Don't ask your child if they're being "cyber-bullied". Use their language – have they seen mean texts circulating, humiliating photos or messages on others' Facebook walls?
- Don't downplay covert bullying. Adults can sometimes say things like "don't worry...it doesn't matter if you've been left out", or "just ignore it". This tells the child that you don't take their situation seriously, and may convey the message that it's OK and normal for others to treat them this way.
- Accept and acknowledge how important technology is to your child. Kids won't tell an adult about cyber-bullying if they fear the result will be removal of the phone or internet access. Discuss this with your child and reassure them that's not how you'll deal with it.



- Teach your kids how to be good cyber citizens (careful, private, empathetic ...) and do so before they reach grade 4 or by about nine years old, or when they may begin to venture online. AND – keep the conversation going as they grow.
- Much of cyber-bullying and face-to-face bullying is learned behaviour. Look at what behaviours you're modeling to your kids. Is sarcasm and point-scoring part of your family culture? It's often *how* you say something that matters.
- Don't contact the "other" child, but do tell the school principal.
- Don't immediately assume your child is being victimized and the other child is just a bully. Miscommunications get out of hand quickly and often both parties feel hurt.

Modified from <http://www.schoolatoz.nsw.edu.au/technology/cyberbullying/what-the-experts-say>

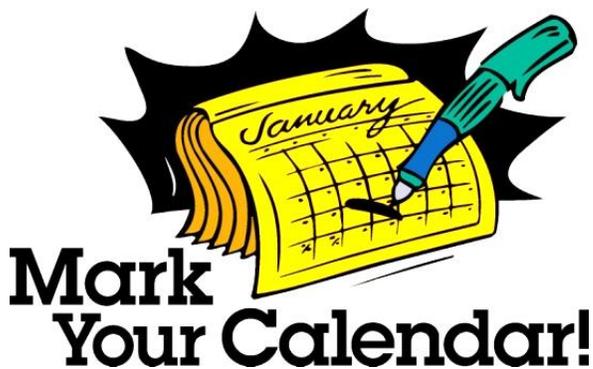


## What's Happening?

February will highlight awareness around the themes of healthy eating and eating disorder awareness, inclusion of social and academic diversity and cyberbullying. We will also be promoting the positive impacts of **Helping** both for the community and for the person who chooses to share their time and skills.

It is important that we create opportunities to bring into focus issues that impact the mental health of our young people and ourselves and share opportunities to maintain mental wellness.

The first group of **Adopt-a-Nomad program** participants have just completed their placements with students and teachers at Ecole Springfield School. There were plenty of hugs and well wishes exchanged as Nomad adoptees said goodbye to their adoptive classrooms and students. Thank you to the Springfield teachers who gave Peace High students the opportunity to actively participate in classroom activities. We hope to have a next round of Adopt-a-Nomad launched next month and are now also working to expand the program.



### Stand Up to Bullying Day

February 27<sup>th</sup>, 2014 - Wear something **Pink!**

### Project PEACE Family Fun Night

February 27 at Springfield School

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*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](mailto:stevenli@prsd.ab.ca)*

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**Pride, Empowerment, Acceptance, Capacity, Encouragement**



# Athletics

## Jr. Girls Basketball:

The Jr. Girls basketball team has had a great start to their season. They have played in three tournaments, one a TA Norris, one at Glenmary and one in High Level, where they finished 2<sup>nd</sup>. Their next tournaments are in Buffalo Head on Jan 31- Feb 1, Fairview Feb 21-22 and then zones on March 7-8. They are also playing in weekly league games.



## Jr. Boys Basketball

The Jr. Boys have competed in two tournaments thus far, one at TA Norris and one in High Level, where they won the consolation side. They have tournaments coming up in Buffalo Head on Jan 31- Feb 1, Glenmary Feb 7-8, Fairview Feb 21-22 and then zones on March 7-8. They are also playing in weekly league games.





## Sr. Basketball

The Sr. Basketball teams have competed in two tournaments so far this season, both in Grande Prairie. They have their next tournament at Glenmary on Jan 31- Feb 1, Then they are on to La Crete the 21-22 of Feb, Grimshaw Feb 28-Mar 1, then zones on March 14-15. The girls are in Donnelly and the boys in Valleyview.



## Nomad Invitational Tournament

Sadly our Nomad Invitational tournament had to be cancelled due to inclement weather. We will begin planning for next year's tournament and hope for sunny skies!



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



# Library Notices



## CURIOSITY AND INQUIRY

**Research Challenge**

**Subject: Vikings**



*Our Vision: Preparing Individual Citizens for Tomorrow.*

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

**Peace River High School**

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