



# PEACE HIGH HERALD

*Experience the Success*

Peace River School Division #10

March 2013

Issue 7

## This issue

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**Pink Shirt Day on February 27, 2013**



## Principally Speaking

**P.1**

**Peace River High School would like to wish everyone a warm and relaxing Spring Break!**

We hope that everyone makes time to get some rest and spend some quality time with loved ones, it is the time of year where it seems like everyone is in need a good break. We are excited for what will be happening for the rest of the school year once we get back.

In our sports, we have badminton started just before the break, and girls football starting as soon as we return. Our cheerleaders are hosting a fundraiser in the gym on April 6, and continue to practice for next year.

Student's Union will be busy after the break getting ready for the Spring Prom Dance, and then shortly after our second annual Talent Show! Before you know it the buzz of Graduation will be in the air, and students are frantically getting ready for exams and preparing for the end of their high school careers.

**Mark Owens  
Principal  
Peace River High School**



# Student Council

The Student's Union members participated in a St Patrick's Day celebration by giving out golden chocolate coins all day in the Student Gathering area. It was nice to see all of the support of students and staff wearing green!

The group also put together a school BBQ for the students and staff on our "Turn it off" day. For the whole day students and staff were asked to put away their personal devices and computers were not used for lessons all day. This was to remind everyone how much we rely on technology. In thanks to the school for their participation, everyone was able to have a hot dog (regular, all beef or veggie) and an ice cream in appreciation of their support.

The group is ready once we return to get ready for the Spring Prom on April 19, and then shortly after the Second Annual Talent Show!



Mrs. Leanne Lutz

## COACH CORNER

All students have learning difficulties and challenges in school, some more than others. It is important not to underestimate what students with learning disabilities can do provided they have the appropriate accommodations. This could be as simple as an alternative setting, copies of notes, extra time for tests, or reading a test. With support, high school students can advocate on their behalf letting teachers know of their learning strengths and needs requesting appropriate accommodations.

New Educational Apps to check out!

Inspirations – fabulous app that we have used in school on the computers to draw concept maps and or linear outlines.



## Scholarships & Student Loan

### Featured this month:

### *KUDU Scholarship Program*

KUDU Industries is a company that supplies pumping solutions to the oil and gas industry. In 2002, KUDU implemented the High School Scholarship Program to give back to the communities in which they operate. The scholarship program is designed to encourage youth to pursue post-secondary academics, particularly in the sciences. \$500 is awarded to both a grade 12 male and female student who has achieved a competitive average in a science course (Biology, Chemistry, Physics and Mathematics) and is enrolled in a full-time science based program in college or university.

#### What are the eligibility criteria?

- Peace River High School grade 12 student who is graduating and has a competitive average in three of the following: Biology 30, Chemistry 30, Physics 30 and Mathematics 30-1. School marks only.
- Must be enrolled in a post-secondary institution and be accepted full time for the upcoming school year in pursuit of a certificate, diploma or degree that supports a career in the sciences and/or petroleum industry.
- Application deadline is Tuesday, April 26, 2013.

#### What is the application process??

Grade 12 students must provide a completed application form and a typed letter briefly describing why you have selected your post-secondary program and how you plan to use this training once you have completed your certificate, diploma or degree.

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

## ... School Council

Peace High will be hosting the School Council of Council's meeting on **April 17**. This is a meeting of all the school councils in the Peace River School division, and will start with a lasagna and salad dinner, followed with a meeting that will also have some members signing in on Video Conferencing. For minutes from the last school council meeting, please check [the Peace River High School Website](#).





## GRAD LIST FOR PARTICIPATION IN GRADUATION CEREMONIES

The first "Grad 2013" list will be published on Wednesday, April 10h and will be posted on the windows of the office. To be on the first graduation list, grade 12 students must be in good standing. To be in good standing a student must be abiding by the regulations laid out for students by our government in The School Act.

As the graduation ceremonies are a function of the school, the following guidelines will be used to determine the eligibility of grade 12 students to participate in the ceremonies in accordance to the school act:

1. Minimum 75 credits completed by end of semester 1 or have a plan to make up the credit shortfall.
2. Have successfully completed/will have successfully completed ALL of the necessary requirements for an Alberta High School Diploma. (Please refer to following page to see necessary requirements for high school diploma in Alberta).
3. Paid in full all school fees, including athletic fees and graduation fees.
4. Return all athletic uniforms and textbooks/library books not currently being used.
5. Have completed 50% of all ADLC by first list, 75% by the final list.
6. Be attending classes regularly. In order to attend the Graduation Ceremony held on June 1st, students must be able to prove by way of grades, credits and attendance that they will complete ALL of these requirements by end of June. Students and parents should be aware that if students fall short of the requirements by May 24h, students may NOT be eligible to attend the ceremonies.

Students failing to meet these criteria will have to show a plan on how they will make up the deficit to be added to the final graduation list. The final graduation list will be published on May 24, 2013.





## ALBERTA HIGH SCHOOL DIPLOMA: GRADUATION REQUIREMENTS (ENGLISH)

The requirements indicated in this chart are the minimum requirements for a student to attain an Alberta High School Diploma. The requirements for entry into post-secondary institutions and workplaces may require additional and/or specific courses. 100 CREDITS including the following:

ENGLISH LANGUAGE ARTS — 30 LEVEL  
(English Language Arts 30-1 or 30-2)

SOCIAL STUDIES — 30 LEVEL  
(Social Studies 30-1 or 30-2)

MATHEMATICS — 20 LEVEL  
(Pure Mathematics 20, Applied Mathematics 20 or Mathematics 24)  
(Mathematics 20-1, Mathematics 20-2 or Mathematics 20-3)

SCIENCE — 20 LEVEL<sup>o</sup>  
(Science 20<sup>o</sup>, Science 24, Biology 20, Chemistry 20 or Physics 20)

PHYSICAL EDUCATION 10 (3 CREDITS) ID

CAREER AND LIFE MANAGEMENT (3 CREDITS)

10 CREDITS IN ANY COMBINATION FROM:

- Career and Technology Studies (CTS)
- Fine Arts
- Second Languages<sup>o</sup>
- Physical Education 20 and/or 30
- Locally developed/acquired and locally authorized courses in CTS, fine arts, second languages, Knowledge and Employability occupational courses or IOP occupational courses -
- Knowledge and Employability courses
- Registered Apprenticeship Program courses

10 CREDITS IN ANY 30-LEVEL COURSE  
(IN ADDITION TO A 30-LEVEL ENGLISH LANGUAGE ARTS  
AND A 30-LEVEL SOCIAL STUDIES COURSE AS SPECIFIED ABOVE)

These courses may include:

- 30-level locally developed/acquired and locally authorized courses
- Advanced level (3000 series) in Career and Technology Studies courses
- 30-level Work Experience courses<sup>o</sup>
- 30-level Knowledge and Employability courses
- 30-level Registered Apprenticeship Program courses
- 30-level Green Certificate Specialization courses
- Special Projects 30.



# Growing Readers: Vocabulary

Helpful information about learning brought to you by Reading Rockets, Colorín Colorado, and LD OnLine

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## Building Your Child's Vocabulary

All parents want their child to do well in school. One way to help your child is to help them build their vocabulary. When beginning to read, young readers use knowledge about words to help us make sense of what we're reading. Over time, the more words a reader knows, the more they are able to comprehend what they're reading or listening to.

Talking to and reading with your child are two terrific ways to help them hear and read new words. Conversations and questions about interesting words are easy, non-threatening ways to get new words into everyday talk. (*The book says, "The boy **plummeted** down the hill," and look at the picture! How do you think he went down the hill?*)

Sharing a new word with your child doesn't have to take a long time: just a few minutes to talk about the word and then focus back on the book or conversation. Choose which words to talk about carefully – choosing every new word might make reading seem like a chore. The best words to explore with your child are ones that are common among adult speakers, but are less common to see in the books your child might read.

When introducing new words to your learner, keep the following four helpful hints in mind:

1. First, provide a simple, kid-friendly, age-appropriate definition for the new word:  
*"**Enormous** means that something is really, really big." or "**Enormous** refers to something huge, over-sized, and vast."*
2. Second, provide a simple, kid-friendly example that makes sense within their daily life:  
*Remember that really big watermelon we got at the grocery store? That was an **enormous** watermelon!*
3. Third, encourage your child to develop their own example:  
*"Can you think of something really big that you saw today? That's right! The bulldozer near the park was **enormous**! Those tires were huge" or "What might be an example of an **enormous** thing you can think of?"*
4. Last, keep your new words active within your house. Over the next few days and weeks, take advantage of opportunities to use each new vocabulary word in conversation.

Take the time to share new words and build your child's vocabulary. You'll be **enormously** glad you did!

For more resources, visit the vocabulary section on Reading Rockets: [www.ReadingRockets.org/atoz/vocabulary](http://www.ReadingRockets.org/atoz/vocabulary)




# PRHS NOMADS CLOTHING 2012



**229120- Mens Jacket**  
Youth S-L Adult XS-3X  
Embroidered logo lft chest  
**\$ 59.00 ea**

**229320- Womens Jacket**  
Womens XS-2X  
Embroidered logo lft chest  
**\$ 59.00 ea**



**BACK**



**BACK**



**229123- Mens Track Pant**  
Youth S-L Adult XS-3X  
**229323-Womens Track Pant**  
Womens- XS-2X  
Silk Screened right leg  
**\$ 49.00 ea**



**229325-Junior/Girls Short**  
Embroidered left leg  
Girls S-L Juniors S-2X  
**\$ 27.00 ea**

**229555-Mens Shorts**  
Embroidered left leg  
Youth S-L Adult S-3X  
**\$ 22.00 ea**



**222489-Unisex Hoody**  
Embroidered/Felt Full Front  
Adult XXS-3X  
**\$ 48.00 ea**

Parents, please bring the order form and a cheque to the office. Order before April 10<sup>th</sup>!




# PRHS NOMADS CLOTHING 2012



**229501- Adult T-shirt**  
**Silk Screen Full Front**  
**Adult S-3X**  
**\$22.00 ea**



**229305- Junior/Girls T-shirt**  
**Silk Screen Full Front**  
**Girls S-L Junior S-2X**  
**\$22.00 ea**

**229371- Ladies Pant**  
**Ladies- XS-2X**  
**229771- TALL Ladies Pant**  
**Ladies MT- 2XLT**  
**Silk Screen Down right leg**  
**42.00 ea TALL \$45.00 ea**



**229414-Day Pak Bag**  
**Silk Screen Center**  
**\$13.00 ea**



**229074- Adult Pant**  
**Adult- XS-3X Youth S-L**  
**229674 TALL Adult Pant**  
**Adult LT- 3XLT**  
**Silk Screen Down right leg**  
**\$42.00 ea TALL \$45.00 ea**

Parents, please bring the order form and a cheque to the office. Order before April 10<sup>th</sup>!



## THE CYCLE OF CHANGE

### Change and Transitioning

Have you ever tried to make a change in your life? Wanted to kick a habit? Had to start at a new school or job? How about a move to a new community? We can all appreciate the stress and the anxiety that accompanies any period of change in life.

No matter who we are or what we are trying to change in our lives, we can expect a normal pattern of feelings and experiences to surface with the process:

**Desire** (feeling the enthusiasm as we identify the change we want to make and the positive outcomes we expect from the end result) – **Doubt/Anxiety/Stress** (feeling the frustration as we start the change – it's hard – it can feel almost impossible at times and we want to give up) – **Hope** (feeling like *maybe* the change is possible, but it's still a struggle) – **Confidence** (feeling that light at the end of the tunnel as we see that we have overcome most of the negatives) – **Satisfaction** (feeling proud at our success as the change is mastered and it becomes our regular thing).

#### **Things will feel worse before they feel better - that's normal!**

Like with the checkmark above – we can see that the first steps of change are really hard!! Things will go down/get worse before they get better. It's always difficult to start at a new school or to break a habit or to learn to do something new. But, if we stick with it, it WILL get easier and we WILL get the end results we were hoping for! This is when we need a little extra encouragement and support from those closest to us.

#### **We cannot make changes alone!!**

It's normal to need help and support when we start to make changes in our lives – but most of us feel alone during periods of change! And then we get frustrated or discouraged. Making change means we are going to be stressed – we might feel tense or anxious or even scared – and it's the EXACT time when we need to reach out to those around us for that extra pat on the back, or cheerful encouragement and understanding. Getting involved with others (join some groups) is a terrific way to feel less alone/scared/frustrated.

#### **Our thoughts control our feelings – REALLY!!!**

So many times in life, it feels like our emotions are in charge – that how we feel dictates what we think and how we will react. But in reality, our thoughts actually control our feelings and our behaviours. Let out the emotion – don't keep it bottled up. But also find healthy, supportive ways to think positively and stay focused on the reasons behind the change. Our emotions will follow suit and become more upbeat and optimistic.

**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)



gener8 2013

**MARCH 14 - 17, 2013**  
Kananaskis, Alberta

## GENER8 ENERGY LITERACY CONFERENCE

Four students and two teachers were in Kananaskis for the weekend at the Gener8 2013 Energy Literacy Conference. The students will be completing a project to calculate the carbon footprint of the school, with an eye to finding ways to make the school carbon neutral. Allyson Shewchuk, Noah Lavergne, Miles Ladd and Aundrea Marcoux, as well as Mr. Ladd and Miss. Favreau, learned about the issues surrounding energy generation, transmission and utilization while at the conference.





# 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.



## *Interact Activities*

The Interact group raised about **\$1250** with their Wake-a-thon on the weekend. There were 22 participants, and we stayed up for 30 hours at the school. The money is being donated to the ***Stollery Children's Hospital!***

In April, a combined group of Students' Union and Interact members are participating in the SpeakOut conference. This is an Alberta Education program which brings students from around the province together to talk about what is important to them in their education.

# Turn t Off

Peace High had a great time celebrating the Turn It Off day, which is a day devoted to recognizing how much we rely on our personal devices and our technology. Students and staff were asked to turn off their personal devices for the day, and as much as possible the lessons and school functions were done without the use of technology. There was a lot of group work and discussions in class, some using old textbooks and books from previous years. We sang O Canada in the gym as a school, and had announcements together as a group. Throughout the day you could hear students with hand held bells signifying the end of classes running up and down the hallways. At lunch the student's union members fed everyone a hot dog and ice cream to thank them for their support. All in all, a great day for awareness and school spirit at Peace High!



# Athletics

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## Junior Basketball:

Great season for both Girls and Boys Jr. Basketball. Congratulations to the Jr boys on their zone win! Thank you to Mr. Owens, Mrs. Harpe and Mr. Friskie for coaching the teams this year.

## Senior Basketball:

Both Sr. Basketball teams had a good year. Congratulations to Skyler deBoon for being chosen to compete in the GPRC All-Star game! Thank you to Keltie Hatfield and Tasha Pratt for coaching the girls and Jordan Relling for coaching the boys.

### Sr. Boys Bronze (Grimshaw Tournament)

## Cheer Squad Update:

Cheer Squad had a great competition in Edmonton. They are taking a break before beginning to train for next year's football and volleyball seasons. If you are interested in joining the Cheer Squad, look for the informational posters around the school or talk to Miss. Favreau. A big thank you to Melissa Charleton for coaching the girls this season!

## Badminton Season:

Competitive badminton has begun. Practices are on Mondays and Wednesdays. On March 16 the Senior Badminton Team entered their first tournament hosted by Hillside High School in Valleyview . Gavin Wilkes playing Senior Singles won the Bronze medal and Mixed Doubles team, Sophia Millar & Scott Alcorn won the Gold medal!

Congratulations to the medal winners from the opening tournament! Thank you to Mr. Mayer, Mrs. Millar, Ms. Ermantrout and Ms. Barr for all of their hard work organizing the badminton season.

## Track and Field:

Track and Field will be starting once the snow melts! Keep your eyes and ears open for more information in the coming weeks.

## 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!





# Project Peace

## Hoppy Easter! And Happy Spring Break!!

Project PEACE is gearing up for the return back to school, after our wonderful little holiday break! Before we know it, summer will be here and school will be over for another year! There are not many weeks left for everything we plan to do!

The **Super Troopers** are heading to Edmonton at the end of May, for **“Expect the Unexpected” Leadership Conference**. Over 500 kids from all across Alberta will participate in this Conference – and when it’s over, our group will bring home lots of fun and entertaining ideas for events for the whole school! The Super Troopers continue to run Peace High’s **Monday Morning Breakfast Program** – and they have been helping out with the school’s **recycling program** as well!

Our **Turn It Off Day** (one full day with no digital or electronic devices) was a complete success – for staff and students alike. Although it was initially an adjustment for us all, the comments made by many students afterward highlighted how much our world has changed in even just the past 5 years. There was a happy hum throughout the entire school, all day long – as everyone went “old school” and just spent a full day talking to one another again, face to face.

The **Adopt A Nomads Program** kicks off its second round of Mentoring at Springfield Elementary School as soon as we get back from our holidays. 25 of our grade 9 students will spend 2 classes training for their role as Mentors – and on April 22, they will begin their weekly visits to the Springfield classes. Both schools are excited to be able to have this shared opportunity again – it is such a positive experience for everyone involved!

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

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

**Mental Health First Aid Training** is coming to Peace High, Glenmary and to Grimshaw High in May – in total, 50 students will be receiving the Training through this two-day program. We are so proud of our students – it is awesome to see so many kids wanting to embrace the concepts of Mental Health awareness this openly and non-judgementally. This is the generation that will make the issue of Mental Health stigma a thing of the past!

**The Gamers Group** is gearing up for another night of gaming fun in April – this event is open to all of our high school students (Glenmary too), and runs until midnight! We are looking for supervisors for this night of fun – let us know if you are interested!!

And as always, Project PEACE is here to offer to supports to any student or parent who would like more information or assistance with a challenge in their life - contact Kim (Project PEACE Success Coach at Peace High) at any time! Supports are also available to students at Peace High each week through Addictions Services and the RCMP (see Kim if you would like to talk to the workers who are available).



# What's happening in April?

**Monday Breakfast Program** – every Monday morning before school – FREE yogurt/granola and fresh fruit will be available in the SGA – kick off your week with a nutritional breakfast provided by your caring school!

Mar  
Every  
Monday

**The Adopt A Nomads Program** – any grade 9 student interested in mentoring kids at Springfield can sign up for this Program (see Kim) – training begins after Easter break, and students will start visiting Springfield school on April 22. There are 25 seats available for this round of the Program – so sign up quickly if you are interested.

Apr  
22

**Anxiety with Transitions to New Schools** – Parent Workshop at the Public Library (7:00pm) – helping parents learn what to expect as their kids change schools – identifying ways to make the transitions smoother – and answering any questions about the new school systems.

Apr  
25  
Thu

**Mental Health First Aid Training (for Adults Who Work With Youth)** –

May 1<sup>st</sup> and 2<sup>nd</sup> at Peace High – for Peace High and Glenmary Students

May 8<sup>th</sup> and 9<sup>th</sup> - for Grimshaw High students.

May  
1&2  
8&9

**Family Fun Night** –

5:00pm till 7:00pm – Project PEACE will be hosting a Picnic Themed Event for the whole community – it will be at Riverfront Park!! Stay tuned for more details!

May  
7  
Tue



# LIBRARY NOTICES

School Essentials - Help make it happen!

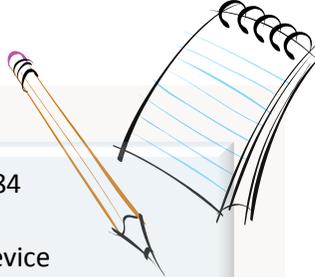


**Calculator** – TI 83 or 84



**USB** – Data storage device

**Project Supplies** – Glue, scissors, colouring supplies



**Note Books, Paper & Pencils**

**Gym Change**



## Personal Devices

Personal devices include laptops, phones, tablets, e-readers, USB flash drives, and any other electronic data device.

Be aware that every principal may have additional guidelines or restrictions for the use of personal devices in their school and every teacher may have additional guidelines or restrictions for the use of personal devices in their classroom.

Personal devices should be used for educational use and users must follow the guidelines and responsibilities outlined above.

Students are responsible for the content of the data stored on their personal devices when using that personal device in a school.

If you are deemed to be using a personal device inappropriately, your device may be confiscated until your parents are contacted.



*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/>