



PEACE HIGH HERALD

Experience the Success

Peace River School Division #10

April 2014

Issue 7



Grade 9's Sewing Option - made quilts!

This issue

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Principals Message

P.1

We are now in the last couple of months in our 2013-2014 school year and need to begin to plan for the finish of the year. New options have started with the Grade 9 which include Metals, Yearbook (where the students are able to create pages of the yearbook that is sold to students) and Outdoor Pursuits. We have also begin another Project-Based Learning session, where the grade 9 students are able to have some choice in the project that they are interested in, and get a taste for using the Google Docs Schedule and Google Forms to be accountable for their learning, which will also be used in the fall when we begin our year with High School Redesign.

We have had information sessions at our School Council meetings on High School Redesign, and will be hosting a student focus group in May to have students give us input as to what they need as learners for this shift in education. There will also be plenty of information available through our Facebook, website and information sessions before the end of the year so that everyone has the opportunity to learn and give input into how High School Redesign will benefit Peace High Student learning. For more information on this, please contact me at the school.

Mark Owens
Principal



Superintendent's Message – Education and Mental Health Awareness Week

May 5 – 9, 2014 marks Education Week and Mental Health Awareness Week – a celebration of education and recognition of the importance of positive mental health.

We are very pleased to host various activities and events during this special week that highlight the importance of education and mental health in our lives, families, schools, community and the world. Both educational needs and mental health needs are crucial aspects of well-being, learning and success.

In PRSD schools we are committed to support our students in all ways - through engaging classrooms, wellness integrated in the curriculum, leadership and mentorship programs, Youth Education Workers who provide support to students, positive behaviour programs and various partnerships with agencies, community members and organizations.

Thank you to students, parents, staff, community members and organizations for your support - the work you do makes a difference and we appreciate you.

We hope that you can join your local school to celebrate Education Week and Mental Health Awareness Week – our doors are always open. Please check with your local school for an event listing.

Paul Bennett
Superintendent of Schools

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School Council

Jennifer Powers and Mark Owens had the opportunity to attend the annual Alberta School Council Conference on April 25-27.

At this conference we were able to attend sessions on Grant Proposals, High School Redesign, effective school council meetings, conflict resolution and also attend the AGM and hear from other members in the province. This was an excellent opportunity to network and learn about other school councils, and we will be providing feedback on this conference at the next meeting at 5pm on May 14.

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.





Scholarships & Student Loans

Featured this month: RAP Scholarship

The Rap Scholarships are designed to recognize the accomplishments of Alberta high school students in the Registered Apprenticeship Program (RAP) and to encourage these students to continue and complete their apprenticeship training.

What are the eligibility criteria?

- A Canadian citizen and resident of Alberta,
- have been registered as an Alberta apprentice in a trade while in high school,
- have completed at least 250 hours of on-the-job training and work experience in your trade while in high school,
- have completed the requirements for high school graduation in 2014,
- be continuing in an approved regular apprenticeship program,
- Application must be post-marked by June 30th, 2014.

What is the application process??

Grade 12 students must provide a completed application form which includes an Employer recommendation and recommendation letter from a high school teacher or counselor.

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



Graduation 2014

Peace River High School's 2014 Graduation Ceremony will take place on Saturday, **June 28th at 12:30pm**. Graduates need to be at the school between 11:30 and 12:00 to collect their gowns and line up for the Procession of the Graduates. We will be starting the ceremony promptly at 12:30.

The decorating committee has ordered materials and have started to build some of the decorations. If students would like to help out with decorations, they are encouraged to attend the decorating meetings! As Grad gets closer, the committee will be needing as many students as possible to help set up the gymnasium ☺

- Grad fees of \$100 are due ASAP! If you have not paid these yet, they can be paid online or paid to the school office.
- Invitations and tickets will only be made available to students once they are on the published Grad list. The first published Grad list is expected to be posted shortly!
- Mrs. Knoblauch will be sending a Grad Newsletter home in the month of May.





Trip to France

13 students and two teachers headed to Europe over spring break to learn more about the sacrifices made by Canadians during WWI and WWII. 2014 is a significant year in relation to both conflicts as WWI began 100 years ago and the D-Day landings were 70 years ago. 2014 also marks the 25th anniversary of the fall of the Berlin Wall.

We began our tour in Paris, then up to the north of France and into Belgium to remember WWI. We went to Vimy Ridge, where a student was able to find the name of an ancestor killed in action. We visited Beaumont-Hamel, Hill 62 and Ypres where we were able to see trenches and the grave of the great-uncle of a student.





We then moved into Normandy to spend some time learning about and remembering the sacrifice of those who participated in the D-Day landings in WWII. Juno Beach was a highlight of this leg of the trip. Another student was able to pay tribute to an ancestor killed in the conflict.



We also had the chance to have an authentic Norman meal at our guide's home, including escargot! His chickens were a hit with our students.

We had one last night in Paris, and then an overnight train to Berlin. Very cozy accommodations in the sleeper cars! Check out the very special bus for our trip to the station. After a day in Potsdam we were in Berlin where we saw where the Wall used to be and spent some time at Checkpoint Charlie.



Our last night in Berlin was a short one as we headed out to the airport to catch our 6 am flight to Frankfurt. We had lots of time to spend our last Euro's in Frankfurt then a long flight to Calgary. We broke land speed records as we ran to catch our flight to Edmonton and we made it back on time! Everyone had a great time and learned a little at the same time!





19th Annual Aboriginal Gathering and 11th Annual POW WOW

An important ceremony honouring the achievement of First Nations, Métis, or Inuit graduates will be held at the 17th Annual Aboriginal Gathering and 9th Annual POW WOW on Sunday **June 15th, 2014**. Based on last year's schedule, the ceremony generally takes place between 3:00 pm to 4:00pm. The Eagle Feather ceremony is meant to commemorate their entry into the next phase of their life.



**Mark
Your Calendar!**



Students will be offered an eagle feather as well as an embroidered blanket. After a round dance, students are invited into a tepee to receive words of advice from an elder. To learn more about the significance of the Eagle Feather ceremony and the protocols for attending a Pow Wow, students and interested family members are invited to attend a lunch time meeting in Room 211 at the high school from 11:49-12:33pm on **Thursday May 8th**. Dave Matilpi, an elder who works for Peace River School Division, will be in attendance to discuss the ceremony and answer questions. As well, students and families are encouraged to email Ms. Crumpton at crumpton@prsd.ab.ca if they have any questions.





League of Leadership

This spring has brought with it many opportunities for leadership skills development. The LOL's joined members of Interact in attending the Speak Out conference in Edmonton. The conference provided a great opportunity for students to share their thoughts and opinions about the education system. Fun was had by all and the accommodations, food and company were all great. A big goes out to thanks to Allyson, our resident Minister's Student Advisory Council representative, for alerting us to this great opportunity.

A group of us are going to the Alberta Senior Student Leadership Conference in Drumheller in May. Last year's conference gave us lots of great ideas to help us motivate and celebrate our school. At last year's conference we got to see Tyler Durman speak and as a result, we were able to work with Project PEACE to bring him here to motivate all of the Peace River students. We are excited to see what this year's conference offers.



We could not go to the conference without the support we have received from our partners. A big thank you goes out to the Peace River and District Chamber of Commerce for offering us the opportunity to help out with the set up and tear down at the trade show towards support for our trip and to DMI for their donation to offset some of our costs as well. We are always looking for partnership opportunities so please let us know if you would like to work with us in the 2014/15 school year.

We are preparing to connect with the Grade 8 students from TAN during May so that they have some familiar faces to greet them when they join us at Peace High next year. We also are planning our year end activities and expect to still fit a few spaghetti lunches, Hot Dog BBQs and pancake breakfasts in before the end of this school year.



Project Peace

Mental Health Matters, Every Child Counts!

Mental Health Awareness Week is May 05 to 09. The week will include activities aimed at promoting mental health awareness including,

- **"Hats On" for Mental Health "**.
- **Tyler Durman** - Peace High students will be attending the interactive and motivational speak by Tyler on May 05.

Members of the LOLs and the Nomad mentor groups will be assisting with the logistics and introductions for Tyler's various presentations that day and evening and will be encouraging enthusiasm and spirit from all of the Peace River area students.



What can you do?

- **As a classmate**
 - ✓ Educate Yourself
 - ✓ Treat people with respect
 - ✓ Confront stigma
 - ✓ Support your classmates
- **As a person with mental illness**
 - ✓ Get assistance and treatment
 - ✓ Don't allow self-doubt and shame
 - ✓ Inform others
 - ✓ Be a champion

The article below provides practical **Strategies for Good Mental Health and Wellness**.

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



STRATEGIES FOR GOOD MENTAL HEALTH AND WELLNESS

Some good coping skills when stressed include:

- **Meditation and Relaxation Techniques**: Practicing deep breathing techniques, the relaxation response, or progressive muscle relaxation are ways to help reduce stress and induce relaxation.
- **Time to Yourself**: It is important to set aside time every day to allow yourself to relax and escape the stress of life. Give yourself a private, mini vacation from everything going on around you.
- **Physical Activity**: Moving around and getting the heart rate up causes the body to release endorphins (the body's feel good hormones). Exercising provides some stress relief.
- **Reading**: Escape from reality completely by reading. Reading can help you to de-stress by taking your mind off everyday life.
- **Friendship**: Having friends who are willing to listen and support one through good and bad times is essential.
- **Humor**: Adding humor to a stressful situation can help to lighten the mood.
- **Hobbies**: Having creative outlets such as listening to music, drawing or gardening are great ways to relax and relieve everyday stress.
- **Spirituality**: Actively believing in a higher power or divine being can have many health benefits. In recent studies, it has been found that people who pray have better mental health than those who do not.
- **Pets**: Taking care of a pet helps distract the mind from stressful thoughts. Studies Show that pets are a calming influence in people's lives.
- **Sleeping**: The human body needs a chance to rest and repair itself after a long and stressful day. Sleeping gives the body this chance so that it is ready to perform another day.
- **Nutrition**: Eating foods that are good for you not only improve your physical health, but they play a major role in your mental health.



There are also **negative coping skills** which can get in the way with positive approaches to dealing with stress. Actions that are harmful to both mental and physical health include:

- **Drugs**
- **Excessive alcohol use**
- **Self-mutilation**
- **Ignoring or storing hurt feelings**
- **Sedatives**
- **Stimulants**
- **Excessive working**
- **Avoiding problems**
- **Denial**

These actions offer only temporary relief, if any, from stress. Ignoring or covering up how you feel does not solve the problem and the next time the situation comes up, you will still have no way of dealing with it.

The next time you find yourself faced with a difficult or stressful situation, remember to practice your new and positive coping skills. *Adapted from CMHA Mental Health Facts, 2014*



Athletics

Badminton:

Congratulations to all on a successful badminton season. Thank you to Mr. Mayer and Mr. White for coaching and to Mr. Sheets for supervising at zones. Thank you also to Mrs. Millar for being the official photographer!



Girls Football:

Girls football has begun. They have their first games in Valleyview against Valleyview and Sexsmith on May 8th and then they will be hosting both teams the following week. Thank you to Mr. Owens and his coaching staff for all of their time and effort.

Track and Field

Track and Field has begun now that the weather has improved! Thank you to Mrs. Harpe and Mrs. Campbell for coaching



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



What's Happening?

iPad 11:40 AM 32%

Done Start the Conversation Today Mental health Awareness Week 2014 Poster.pdf

Mental Health matters
Mental Health Awareness Week
May 5-9, 2014

One collective voice supporting children's mental health

I Care about You!
National Child and Youth Mental Health Day
May 7, 2014

SHOW YOUR SUPPORT:

CMHA "Are you phine or fine?" - www.mentalhealthweek.ca

Partners for Mental Health "Right By You Campaign" - www.rightbyyou.ca

Laundry Books Break a Guinness World Record - www.LaundryBooks.com

Tuesday, May 6
Adults who work with kids take a minute to watch a video and discuss over a cup of coffee. Access the video and conversation guide at www.safeandcaring.ca

HATS ON FOR MENTAL HEALTH!
Wednesday, May 7
Wear a hat wherever you are to show your support for child and youth mental health! Tweet your photo to [#care4u](https://twitter.com/care4u)

FAMILY HOUR
Thursday, May 8
Invest an hour to support positive mental health in your family. Take a walk, play a game - find opportunities to spend time together.

#CARE4u
Friday, May 9
Share how you care about Positive Mental Health - for yourself, your family, your friends, your school, your community. Tweet your picture/message to [#care4u](https://twitter.com/care4u)

The Alberta Teachers' Association
CANADIAN MENTAL HEALTH ASSOCIATION / ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE
Boys & Girls Clubs
Safe and Caring
Mental Health Foundation
Alberta Mentoring Partnership
CASA
INSTITUTE OF FAMILIES

TUNE IN 4 Mental Wellness!

Project **PEACE**, KIX FM, and YL Country are teaming up to promote mental wellness in the PEACE COUNTRY! Listen to the Parent Report (3:30 p.m. on YL Country, and 4:30 p.m. on KIX FM) and write down six things you can do to support your own mental health & wellness on the entry form on the next page.

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





TUNE IN 4 Mental Wellness

Entry Form

Listen to the Parent Report on YL Country (3:30 p.m.) or KIX FM (4:30 p.m.) and list

6 things you can do to support your own mental health & wellness

Contest Closes June 25, 2014

1.

2.

3.

4.

5.

6.

Submit entry forms to participating Holy Family Catholic Regional Division #37, or Peace River School Division #10 Schools by June 25, 2014!

Name: _____

Tel: _____

"The best way to become comfortable about mental health is to talk about it! Start today!"





LIBRARY NOTES!

Sweetened Condensed: Tiny Tales of Wit, Wisdom and Wonder

Courtesy of the Alberta Foundation of the Arts
Travelling Exhibition Program

Sweetened Condensed is a series of illustrations and illustrated ceramics by Elizabeth Burritt based on a selection of one-line stories, each by a different writer. The project explores narratives that are restricted in length and convey only the most basic information, thereby leaving space for interpretation and exploration. (*Esplanade Arts & Heritage Centre*)



Image credits:

I walked the path that led to your heart.
2012

Image by Artist Elizabeth Burritt: Gouache, ink, collage
One-line story by Writer - Martina Hare-Saller, 2012



Our Vision: Preparing Individual Citizens for Tomorrow.

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

Peace River High School

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