

March 17, 2023

**Happy St. Patty's Day!! We have had another busy week. We hosted a Career Fair on Tuesday. We had over 40 presenters, 6 schools, numerous parents, and a lot of laughs. Thank you to all that participated in making this event a giant success, especially Mrs. McLeod. Your hard work was greatly appreciated. Parent Teacher Interviews will be held on March 29 from 5-8 pm. The booking portal will open on March 22.**

**IT IS NOT TOO LATE TO REGISTER FOR Work Experience, RAP, or the Green Certificate, please see Mrs. McLeod for more information.**

**FREE BREAKFAST SANDWICHES from Reddi Mart are available EVERY Tuesday morning for our students. Mr. White prepares a breakfast the other days. Please encourage your student to come to the SGA and enjoy breakfast with friends before class. Breakfast is served from 8:30 am – 8:50 am. If you are without a lunch, please talk to a staff member. We have frozen subs that were donated by Jardin Foods! Thank you, Jardin Foods!!!!**

## **Student schedules are now available on PowerSchool 😊**

If you are having trouble viewing on the APP, you may need to delete the app and reinstall using the same username and password to gain this year's information. Any changes to schedule will be able to be done the first week at school.



### ***Parent Portal Access – Please!***

If you have not already signed up for your Parent Portal Account, please sign up to use the PowerSchool Parent Portal and have instant access to your child's assignment and test marks, attendance, report card history, and more! Sign up by clicking the waffle button (square button with 9 boxes inside) on the top right-hand side of the Peace River School Division website, or any of our school websites, and choose "PowerSchool Student and Parent Portal" <https://prsd.powerschool.com/public/>



### ***School Cash Accounts***

If there are any fees for your child, such as extra curricular, Yearbook, damaged or lost school textbooks, they will appear on your child's account. Please take the time to set up your School Cash account and make any outstanding fee payments. You will find the easy sign-up on the Peace River School Division's website, the waffle buttons on the upper right-hand corner and selecting School Cash Online Payments. This will also be used to order hot lunches once the program has been organized (possibly by early October).

## A Note on SUCCESS



Students have SUCCESS classes that run from 10:12-10:59 each day. Each day has different options available.

Mondays are mandatory for all students to attend their homeroom teachers' class for either Health 9, Learning Strategies, or Grade 12 preparation courses.

Tuesday through Thursday, different options might be available to the students for tutoring or catch up, or their teachers might 'lock' them in for a mandatory class or for extra help. For those students that are all caught up, open rooms are available (sometimes even the gym!).

**However**, it is not a spare block. Students are expected to sign-in to a room or will be marked unexcused absent. This will mean an automated phone call at the end of the day unless the parent has called to excuse.

## Technology



Please remember that all Chromebooks need to be returned at the end of class, they should not be going home or stored in lockers.

**ALL CHROMEBOOKS THAT HAVE NOT BEEN RETURNED TO THEIR CLASSROOM WILL BE LOCKED!**



# GRADUATION 2023

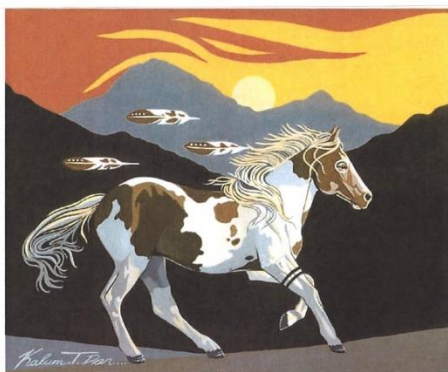


***The date for Grad 2023 has been set for Saturday, June 10th, 2023. This is a result of the parent survey that was sent home to families; 75% voted in favour of June 10th. The ceremony will commence at 1:00 pm in the gymnasium at Peace River High School***

***Please email a baby photo and a candid photo to Mrs. Knolauch for use in the slide show, as soon as possible (knoblalo@prsd.ab.ca)***

## FUN WITH FOOD!!





# Niitsitapi Pi'kssii (Blackfoot Fancy Beings)

A TREX SW Travelling Exhibition Featuring Artworks by  
Kalum Teke Dan & Ryan Jason Allen Willert

WE WOULD LIKE TO THANK ALL OF OUR BUSINESSES AND ORGANIZATIONS WHO PRESENTED AT OUR CAREER FAIR HERE AT PEACE RIVER HIGH SCHOOL. WE APPRECIATE YOUR COMMITMENT TO OUR STUDENTS AND PREPARING THEM FOR THEIR FUTURE AND CAREERS.

**Advanced Education Apprenticeship and Industry**

- Training
- AHS Paramedics
- APL
- ATB
- Boucher Bros Lumber
- CNRL
- Careers Next Gen
- LaBonita Esthetics
- Mathieu Hryniuk
- Mercer Peace River
- Mighty PEace Chevrolet Buick GMC
- Northern Sunrise County
- Peace Regional Pool

**Peace River Corrections Center**

- Peace River Fire Department
- Peace River Veterinary Services
- Peace River Women's Shelter
- RCMP Peace River Detachment
- Richardson Pioneer
- PTW
- Rupertsland Institute
- Sagitawa Friendship Center
- Sugar Plum Tree Daycare Center
- Thomas Group Inc
- Wing Dental
- Work Wild

- MacEwan University
- Northwestern Polytechnic
- Lakeland College
- Campus Saint-Jean
- University of Alberta
- Northern Lake College
- Concordia University
- The King's University

A special thank you to Subway for sponsoring lunch for our presenters!!

*Thank you*  
*Thank you*  
*Thank you*



# Superintendent's Message

KINDERGARTEN REGISTRATION

## IT'S THAT TIME OF YEAR AGAIN!

Our Kindergarten teachers and principals are looking forward to welcoming new students to a bright new world of learning!

Kindergarten registration for the 2023–2024 school year has opened and we are excited to welcome all our up-and-coming students to PRSD this fall. Registering your child in Kindergarten is extremely beneficial and prepares children for future success in their education and beyond.

We believe in play-based education delivered by kind, caring, and highly qualified staff. Your child will interact, imagine, experiment, and explore to add to their knowledge and learn new skills.



Our educational staff know that every child is unique, and our teachers ensure that students are provided with specialized and targeted instruction to meet their individual needs.

We know our communities, and we understand how important it is to be involved in your child's Kindergarten education and that's why we value family involvement and encourage parent volunteers.

This approach to our Kindergarten programs is what makes students so successful. In PRSD schools, there are many ways for parents to be involved and for the school and families to interact. All PRSD Kindergarten classes and Early Learning programs offer specialized support for students with delays or special needs. The Early Learning Team supports children in their emotional, social, intellectual, and physical development through play-based environments.



PRSD has specific program options and availability, so we encourage parents to reach out to their local elementary school and ask about their Kindergarten programming.

We look forward to teaching the next generation of students and offering them a high quality of education from the very beginning. Enrolling children in early learning programming provides a higher chance for future academic success and allows them to become more comfortable and confident within a classroom setting.

We are beyond excited to welcome more imaginative minds to our schools this fall!



*Adam Murray,*  
*Superintendent of Schools*





**JOB ALERT!**  
**JOB ALERT!**  
**JOB ALERT!**  
**JOB ALERT!**

# **BECOME A BUS DRIVER TODAY!**

Due to a bus driver shortage,  
PRSD is facing the possibility of having to  
cancel various routes within the division

**Benefits of Becoming a Bus Driver:**

- All Holidays & Summers Off
- No Childcare Costs
- All Training Paid & Provided by PRSD
- Immediate Employment
- Extended Health Benefits & Health Spending Account

**If you or someone you know  
may be interested in driving  
a school bus, please contact:**

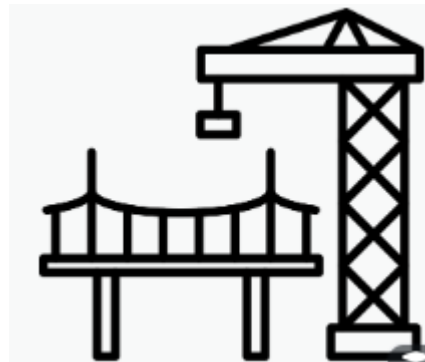


Merlin Lee at:  
780-624-3006 ext. 11104  
LeeMer@prsd.ab.ca



## Peace River, Alberta

Saturday, March 18, 2023 | 9:00 a.m. - 4:00 p.m.  
Peace River High School, 10001 91 Ave, T8S 1Z5





**Also, please take this opportunity to register your phone to receive important messages via text using the attached instructions**



The Trusted Platform  
for School Community Engagement

## **Parents and Guardians**

### **You can take advantage of our Text Messaging Service**

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.\*

You can participate in this free service\* just by sending a text message of "Y" or "Yes" to our school's short code number, **724665**.

You can also opt out of these messages at any time by simply replying to one of our messages with "Stop".

SchoolMessenger is compliant with the Student Privacy Pledge™, so you can rest assured that your information is safe and will never be given or sold to anyone.



**Opt-In from  
your mobile  
phone now!**



**Just send  
"Y" or "Yes"  
to 724665**

**i** Information on SMS text messaging and Short Codes:

SMS stands for Short Message Service and is commonly referred to as a "text message". Most cell phones support this type of text messaging. Our notification provider, SchoolMessenger, uses a true SMS protocol developed by the telecommunications industry specifically for mass text messaging, referred to as "short code" texting. This method is fast, secure and highly reliable because it is strictly regulated by the wireless carriers and only allows access to approved providers. If you've ever sent a text vote for a TV show to a number like 46999, you have used short code texting.

\*Terms and Conditions – Message frequency varies. Standard message and data rates may apply. Reply HELP for help. Text STOP to cancel. Mobile carriers are not liable for delayed or undelivered messages. See [schoolmessenger.com/tm](http://schoolmessenger.com/tm) for more info.



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# ARE YOU RIGHT FOR THE JOB?

*Peace Region*

Family Resource Network



The Peace Region Family Resource Network is looking for Students at our center. This is a great opportunity if you enjoy working with kids and want to gain more experience and knowledge in Human Service, Social Work, Education and Early Childhood Education fields.

## **We're looking for:**

**Babysitters:** This is a **PAID** position and is open to students 14-18 years of age with babysitting experience. The position is casual and involves providing child care during parenting courses at our drop in play space. Students must be reliable and available in the evenings.

**Work Experience Student:** Love working with kids? Think you might want to be a Teacher or Social Worker or ECE someday?? We welcome students to volunteer and earn work experience credits at our center. Learn all about working with Families and programing for young children. Day time hours availble! These positions are unpaid and for students in grades 10-12

**Little Buddy Mentors:** This is a volunteer opportunity will run twice a year for 8 weeks and is open to students 14-18 years old. Students will be assigned a Little Buddy to work with during the program and will meet with their Buddy's once a week after school during the 8 weeks. The program is facilitated by an adult who will provide interactive activities for the Buddys.

*For more information,*

*Email: Lindsay [lgauvreau@peacriver.ca](mailto:lgauvreau@peacriver.ca)*



# Has your child had their annual eye exam? It's important to do before they start school!

## Eye See...Eye Learn™

is a program that provides kindergarten-aged students with a comprehensive eye exam from an optometrist. There is Alberta Health coverage towards your child's eye exams up to age 19. **If required, kindergarten-aged students also receive a free pair of eyeglasses.**



## How kindergarten-aged students participate\*

**Step 1** Parents can find a participating optometrist at [optometrists.ab.ca](http://optometrists.ab.ca). Click on Find an Optometrist and Eye See...Eye Learn™, then enter your postal code to find a doctor close to you. **Call and book an appointment.**

**Step 2** See your optometrist for the eye exam. Have your health card ready. There is **Alberta Health coverage towards your child's eye exams up to age 19.**

**Step 3** If required, kindergarten-aged students will **receive a free pair of eyeglasses.** Ask to see the frame selection available. The optometrist will order your glasses for you.

**\*Free glasses are covered by a one year manufacturer's warranty.**

## Who can participate?

**Eye See...Eye Learn™** is available to all **kindergarten-aged students** in Alberta. It's important to address eye health and vision problems before children begin school.

Children are eligible from August until they begin grade one.



## Eye exam coverage

There is Alberta Health coverage towards your child's eye exams up to age 19. It's a painless, non-invasive process that could change their lives!



## Did you know?

- 80% of learning is visual.
- 1 in 4 school-aged children has a vision problem.
- An eye exam detects health problems such as crossed eyes or lazy eye.
- Children with vision problems are often misdiagnosed as having learning or behavioural disabilities.
- The earlier an eye health or visual problem is identified, the more likely it can be corrected.
- Children often don't know they have a vision problem, as they believe what they are seeing is normal.
- It is not uncommon for parents to believe they would know if their child has a vision problem, because these issues can be hard to spot particularly if there is a problem in only one of the eyes.

## What is an optometrist?

Your optometrist (doctor of optometry) is a primary source for all your vision, eye health and eyewear needs. They have the knowledge, tools and equipment necessary to diagnose, treat, prescribe medications or refer to a specialist, if needed.



# How well can your child see?



Eye See...™  
Eye Learn!

**You can't see the world through your child's eyes, but your optometrist can. During your child's eye exam, your optometrist will assess:**

- Visual acuity (how well they can see)
- Lazy eye, crossed eyes
- Nearsightedness, farsightedness, astigmatism
- Colour vision
- Eye coordination, tracking and depth perception
- Eye health

*Please check with your optometrist regarding their clinic's safety protocols and the current Alberta Health guidelines.*

For more information about **Eye See...Eye Learn™**

contact the Alberta Association of Optometrists at 1-800-272-8843 or visit [optometrists.ab.ca/esel](http://optometrists.ab.ca/esel)

**Eyewear Partners:**

**Match**  
Optical

Together with  
**essilor**  
vision foundation

**HILCOVISION**  
Optical



Alberta  
Association  
of Optometrists 

The Alberta Association of Optometrists gratefully acknowledges funding support from the Government of Alberta.

*Alberta* 

March 2023

# FAST FACTS

National Crime Prevention and Indigenous Policing Services



\*To register or access more information, please click on the [blue and underlined](#) sections throughout this document.\*

## National Youth Services – What’s Happening?

### First Ever RCMPTalks for Parents!

RCMPTalks sessions facilitate meaningful conversations with students, police officers, parents, and organizations from across the country in a virtual safe space. Each session aims to raise awareness about a specific youth crime or victimization topic.

The RCMP is hosting its first ever RCMPTalks for parents on March 15, from 7:00 – 8:30PM EST. The virtual session will cover topics including mental health, substance use, cyberbullying and sextortion. Register now: Parents, educators, and youth-facing professionals can register by contacting [us](#).

### The RCMP’s Troop 17 Scholarship – Accepting Applications until March 31!

The RCMP’s [Troop 17 Scholarship](#) recognizes students who have made significant efforts toward the prevention of bullying and harassment in their school or community. Up to five scholarships of \$1,000 will be awarded annually to full-time college or university students!

## Special Dates

\*Please note that these dates are not exhaustive and do not encompass all of the upcoming dates that merit recognition.\*

- March 1<sup>st</sup> - [Self-Harm Awareness Day](#)
- March 8<sup>th</sup> - [International Women’s Day](#)
- March 17<sup>th</sup> - [St. Patrick’s Day](#)
- March 21<sup>st</sup> - [International Day for the Elimination of Racial Discrimination](#)
- March 22<sup>nd</sup> - [World Water Day](#)
- March 25<sup>th</sup> - [International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade](#)
- March 31<sup>st</sup> - [International Trans Day of Visibility](#)

## In Focus: When it comes to alcohol, less is better

The Canadian Centre on Substance Use and Addiction just released their new [guidelines on alcohol consumption](#).

As there is a continuum of risk associated with weekly alcohol consumption, key points from the guidance include:

- **0 drinks per week** – Not drinking has benefits such as better-quality sleep and overall better health.



Royal Canadian Mounted Police



@rcmpcppolice



Royal Canadian Mounted Police



@rcmpcppolice







- **2 or less drinks per week** – People are more likely to avoid alcohol-related consequences.
- **3-6 drinks per week** – The risk of developing several types of cancer, particularly breast and colon cancer increases.
- **7 or more drinks per week** – The risk of heart disease or stroke significantly increases.
- Research shows that no kind, or amount of alcohol is good for you and can be damaging to your health.

### Award Opportunity: Difference Maker of the Year Awards

- To celebrate and recognize youth, the Rick Hansen Foundation created an award offering youth, youth groups, and classrooms from ages 5 to 18 the opportunity to win \$500, or \$1000 for their class.
- Winners of this award are leaders in inclusion and accessibility for people with disabilities in their communities.
- Nomination eligibility criteria include:
  - Resident(s) of Canada.
  - Youth or groups between ages 5-18.
  - Have contributed to bettering communities, schools, or classrooms for persons with disabilities.
  - Majority of the work completed between May 1, 2022 – April 30, 2023.
- Nominations for 2023 are open until April 30, 2023. Please find additional information [here](#).

### Educational Resources

- The Rick Hansen Foundation created resources for students in kindergarten to grade 12 with the goal of working towards an [inclusive school year](#). By concentrating on kindness, compassion, and empathy, they are hoping to create positive environments free from bullying and focused on inclusivity.

### Mental Health Resources

- [Mental Health Literacy](#) is a quick reference guide for elementary and secondary school teachers and administrators. It is filled with useful classroom strategies to help faculty understand student behaviours, emotions and cognitive patterns.

### Support Services

- [Kids Help Phone](#) – 1-800-668-6868 or Text - 686868
  - [Indigenous Help Line](#) Call or Text – 1-855-554- 4325
- [Black Youth Helpline](#) – 1-833-294-8650
- [Hope for Wellness Helpline](#)– 1-855-242-3310 or use their chat function
- [Indian Residential Schools Resolution Health Support Program](#) – 1-866-925-4419
- [Trans Life Line](#) – 1-877-330-6366
- [Sexual Abuse Crisis Text Line](#) – Text HOME to 741741
- [Canadian Human Trafficking Hotline](#) - 1-833-900- 1010



Royal Canadian Mounted Police



@rcmpgrcpolice



Royal Canadian Mounted Police



@rcmpgrcpolice





# BASKETBALL TRYOUTS

GET YOUR GAME ON!



TRYOUT VENUE: BAYTEX ENERGY CENTRE

GIRLS TRYOUTS APRIL 1 - BOYS TRYOUTS APRIL 2

FOR MORE INFORMATION CONTACT WAYNE DUNNINGTON AT [W\\_BBALL@TELUS.NET](mailto:W_BBALL@TELUS.NET)

## BREAK DOWN OF TRYOUT TIMES

**Girls (April 1st at Baytex Energy Center)**

U13G: Session 1 - 9:15 am-10:30 am

U15G: Session 1 - 11:00 am-12:30 pm

HSG: Session 1 - 1:00 pm-2:30 pm

U13G: Session 2 - 3:00 pm-4:30 pm

U15G: Session 2 - 5:00 pm-6:30 pm

HSG: Session 2 - 7:00 pm-8:30 pm

**Boys (April 2nd at Baytex Energy Center)**

U13B: Session 1 - 9:15 am-10:30 am

U15B: Session 1 - 11:00 am-12:30 pm

HSB: Session 1 - 1:00 pm-2:30 pm

U13B: Session 2 - 3:00 pm-4:30 pm

U15B: Session 2 - 5:00 pm-6:30 pm

HSB: Session 2 - 7:00 pm-8:30 pm

\*Note that players must attend both sessions

U13 = born in the calendar years of 2010-11

U15 = born in the calendar years of 2008-09

High School = born in the calendar years of 2007 or later and currently enrolled in high school. Priority for team selection will go to players enrolled in grades 10 and 11 or enrolled in post-secondary athletics.

All players wanting to tryout must register with Warriors Basketball prior to trying out.



SCAN ME



## Hot Lunch

**HOT LUNCH ARE \$6**

Monday – Kita

Wednesday – Subway

Thursday – Mat's Pizza

LUNCH CARDS ARE AVAILABLE FOR PURCHASE ON SCHOOLCASH FOR \$60 FOR 10 LUNCHES.

Starting Tuesday, Feb. 7, the FREE LUNCH program is back at the First Baptist Church. Thank you, Frist Baptist Church for feeding our youth!

## Nomad Athletics

*Badminton practices have begun!!*



*We have also started Rugby practice for our Girls team!!*



Our Aboriginal Studies Class made bannock on a fire. Yummy!





# 2022-2023 PEACE RIVER HIGH SCHOOL YEAR CALENDAR

25,26 & 29 –Divisional/Site Based PD/Operational Day  
30- First day for students

AUGUST '22						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER '22						
S	M	T	W	Th	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

5-Labour Day, no school  
13-School Pictures – 9 A.M.  
23-Division PD-based In-Service Day  
30- Truth & Reconciliation Day, no school

7- Non-operational day  
10-Thanksgiving Day, no school  
13 – Super Thursday  
18 – Super Tuesday  
24- PD day  
26-PTI by Appointment

OCTOBER '22						
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23	24	25	26	27	28	29
30	31					

NOVEMBER '22						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

11-Remembrance Day-No School  
18-Report Cards  
22/24 – Super week  
23 – PTI by appointment  
25- PD Day, ATA PD Day

13/15 – Super week  
23-31 – Christmas Break

DECEMBER '22						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY '23						
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1-8 Christmas Break  
12-27 - Diploma Exams  
17/19 – Super week  
20 – Last day of classes  
23-26 – Exam Week  
27 – Report Cards  
30 – PD Day  
31- Semester 2 Starts

10 – PD Day  
17 - Non-Operational Day  
20- Family Day, no school  
23 – Super Thursday  
28 – Super Tuesday

FEBRUARY '23						
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26	27	28				

MARCH '23						
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19	20	21	22	23	24	25
26	27	28	29	30	31	

9 & 10 - Teachers Convention  
14/16 - Superweek  
24 – PD Day  
29 – PTI by appointment

7 – 16 -Easter Break  
21 – Report Cards  
26 – PTI by appointment

APRIL '23						
S	M	T	W	Th	F	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY '23						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

12 – PD Day  
22 – Victoria Day, no school  
23/25 - Superweek

13/15 – Superweek  
16 – Last day of classes  
19 – 23 Exam week  
12 – 26 – Diploma Exams  
27 – Report Cards  
28 – Last Operational Day

JUNE '23						
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY '23						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

1-Canada Day