



March 2021

Raider's Report

Paul Rowe Jr./Sr. High School Newsletter

Paul Rowe Celebrates Pink Shirt Day *Celebrating Diversity and Creating a Culture of Kindness*



Pink Shirt Day is celebrated annually in schools and communities across Canada.

On February 24th, all Peace River School Division Schools celebrated Pink Shirt Day. At each school, various activities were designed to recognize the importance of healthy relationships, kindness, respect and acceptance. At Paul Rowe, our Pink Shirt Day was planned by our students' union, SCOER.

To begin our day at Paul Rowe, all students who are new to our school in 2020-2021 were given a brand new pink shirt. Later in the morning, during SOLE block, students met in their cohort groups to participate in an activity organized by SCOER. During this activity, students and staff circulated around the room writing positive messages on

paper plates which had been pinned to each person's shirt. To end the activity, students removed their plates and read their personalized messages.

Thank you to our SCOER members for doing a great job organizing. Thank you also to SCOER staff advisors Mrs. Vikki Presakarchuk and Ms. Char Caron.

OTHER UPCOMING SCOER EVENTS:

- March 11: Hat Day
- March 17: Green Day/ St. Patrick's Day Activity & Free Hot Dog Lunch for Students
- March 25: Beach Day

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 - School Council Meeting
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Upcoming Events:

March

- * 4-5 No School for Students (Teacher's Convention)
- * 17 Free Hot Dog Lunch for Students
- * 22 No School for Students (Staff Meeting/PD Day)
- * 24 Parent/Teacher Interviews
- * 30 School Council Meeting

April

- * 1-11 No School (Spring Break)
- * 23 Term 3 Report Cards mailed

Parents and Guardians:

In Your Family's Mailout:

- *ADLC Progress Reports
- *Alberta Health Services Healthy Teens Newsletter

Messages to Parents/Guardians:

*Parent/Teacher Interviews are scheduled for Wednesday, March 24 from 4:00-7:00 PM. Please call the school office at (780) 836-3397 to book your appointments. Parents and guardians who have questions or concerns are reminded that their child's teacher(s) can be contacted at any time throughout the year.

Prefer to receive your newsletter by E-mail? Visit www.paulrowehigh.ca to subscribe!

Superintendent's Message: Indigenous Education in Peace River School Division

It is essential that First Nations, Métis and Inuit students see themselves and their cultures in the curriculum and school community, and that non-Indigenous students are taught the true history of Canada, including at times, the painful relationship between Canada and the First Nations, Métis and Inuit.

During the pandemic, schools have found creative ways to acknowledge residential school history on Orange Shirt Day, teach about the Métis during Métis week, and honour our local Indigenous veterans as a part of Remembrance Day activities. Grade one students have been learning some Cree, and plans are underway for a virtual Aboriginal Youth Career Workshop this spring, and a pandemic friendly way to acknowledge our Indigenous graduates with an Eagle Feather and the important teachings that accompany this high honor.

We have ensured professional development (PD) is available for staff on topics such as the legacy of residential schools history and how to incorporate Indigenous perspectives in the classroom. Our First Nations, Métis and Inuit Program Coordinator regularly meets with school staff to discuss how our Indigenous students are progressing academically and to explore further supports.

First Nations Métis and Inuit programs are supported by way of special funding from the Government of Alberta which is determined by self-declaration. For each student who declares to have Indigenous ancestry, schools receive an additional \$1178.00. Parents can declare their child's status on the school registration form that is completed every year.

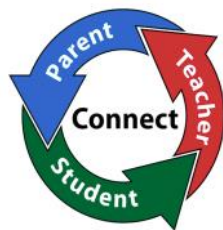
Indigenous history is Canadian history and it is very important to us that all students learn about the important traditions, culture, and history of the first peoples of Canada. Thank you to our students, staff, families, Elders, community members and organizations for your important contributions and support.



Paul Bennett, Superintendent of Schools
Peace River School Division

Book Now for Parent/Teacher Meetings

Parent/Teacher Interviews are a great chance for parents and guardians to “touch base” with their child’s teachers. Students are encouraged to attend as well.



Wednesday, March 24th 4:00– 7:00 PM
Attend in-person, by phone or by Google Meet.

IMPORTANT: All appointments must be pre-booked—no drop ins. Please call the school office at (780) 836-3397 to book your appointment.

Virtual School Council Meeting

Tuesday, March 30
at 7:00 PM



Please call the school at
(780) 836-3397 for details
on how to join virtually!

Our school administration uses School Council meetings to consult with parents/guardians on a number of important topics that directly affect students’ experience within our school.

All parents/guardians are encouraged to attend and to provide input.

The last School Council meeting of the 2020-2021 school year is May 4.

Paul Rowe Events

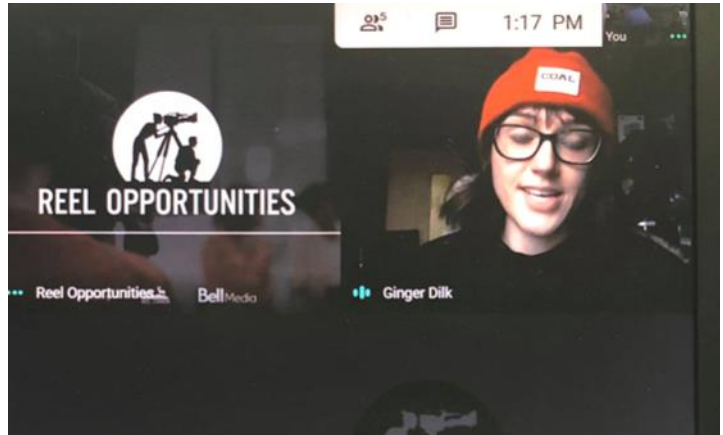
Student Council Participate in Virtual Leadership Conference



Our SCOER students recently had the opportunity to participate in a virtual leadership conference with Josten's Renaissance. The mission of Josten's Renaissance is to help schools build thriving school cultures where everyone feels connected and valued. Topics covered included: mental health, wellness, time management, creating inclusive communities, building relationships and school spirit.

Thank you to Family & Community Support Services, Manning & District for helping to make this event possible!

Drama Students Participate in Reel Opportunities Program



Our Senior High Drama class recently had a unique opportunity to learn about the numerous career opportunities that exist in the Canadian film industry. Students participated in an online interactive workshop as part of the Reel Opportunities program, which is presented by REEL CANADA and Bell Media. In this session, students met with a Canadian Producer and a Canadian Film Social Media Producer.

For more information about REEL CANADA, their programs or to browse their film catalog visit <https://www.reelcanada.ca/>.

PRSD Spotlight on Health & Safety: Ice Safety

March is a time to look forward to warmer temperatures, melting snow, and longer days. The transition from winter to spring begins the transformation of frozen rivers, ponds, creeks and dug outs to bodies of open water. Many of our PRSD schools are located close to water sources and during this time ice can become unstable and extremely dangerous.

Please take a few minutes and talk to your children about ice safety and the dangers associated with being on rivers, ponds, creeks and dug outs during this time of the year.

If you do fall through the ice your first danger is drowning, not the cold. You will have time to save yourself so don't panic or thrash about. Tread water or grab the ice to keep your head above water. Keep your hands and arms on the ice and kick your feet until you are in a horizontal position. Once you are horizontal keep kicking your feet and pull with your hands and arms and pull yourself out of the water. Once clear of the water continue to pull yourself away from the hole in the ice. You need to keep your weight spread so don't stand to move away from the hole. You can slide pull or roll away. Once clear of any danger you need to get to a place to warm up and remove any wet clothing.

For more information about knowing the dangers of ice please follow the attached link provided by the Canadian Red Cross.

<https://www.redcross.ca/training-and-certification/swimming-and-water-safety-tips-and-resources/swimming-boating-and-water-safety-tips/ice-safety>

David Smith
PRSD Safety & Wellness Coordinator

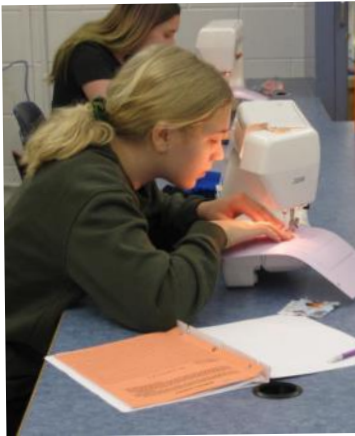
Meanwhile In Class



Special Projects students are learning how to create vector graphics using Adobe Illustrator!



High School Cosmetology students have been busy mastering the art of braiding!



Grade 7 Home Ec. Students learned how to sew, then upcycled jeans to create tote bags.



Grade 7 & 8 Science students spent time in the lab dissecting sheep eyeballs as part of their "Body Systems" unit.



Check out the Alberta Health Services Healthy Teens parent newsletter for a great article: "HEALTHY EATING IN STRESSFUL TIMES"

A print copy of the Healthy Teen publication is included with every monthly mail out from Paul Rowe Jr./Sr. High School. To view digital copies of the newsletter visit <https://www.albertahealthservices.ca/topics/Page17212.aspx> >Monthly Newsletters.

Links to the "Healthy Children" newsletter can also be found on this page.



MARCH 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 *MAIL OUT	4 *No School for Students (Teacher's Convention)	5 *No School for Students (Teacher's Convention)	6
7	8	9	10	11 *SCOER Spirit Day: Hat Day	12	13
14	15	16	17 *SCOER Spirit Day: Green Day, St. Patrick's Day Activity and Free Hot Dog Lunch	18	19	20
21	22 No School for Students (Staff Meeting/PD Day)	23	24 Parent/Teacher Interviews	25 *SCOER Spirit Day: Beach Day	26	27
28	29	30 *VIRTUAL SCHOOL COUNCIL MEETING 7 PM	31	APRIL: 1-11 Spring Break 23 Term 3 Report Cards Mailed Home 28 Parent/Teacher Interviews		