



February 2021

Raider's Report

Paul Rowe Jr./Sr. High School Newsletter

“Wellness Week” Precedes Final Exams *Promoting sustainable healthy habits during times of stress*



Healthy habits such as nutrition, physical activity, and being open about mental health were the focus of Wellness Week.

Our semi-annual Wellness Week was held during the week prior to senior high final exams. The aim of this week is to promote sustainable healthy habits to students to utilize during stressful times. Some of these habits include:

- Mindfulness;
- physical activity;
- Nutrition; and
- being open about our mental health.

Due to the nature of Covid-19, this year's Wellness Week looked a bit different than in years past. This year, we focussed on the aspect of nutrition and having open conversations around our mental health!

Thanks to community donations of nutritious snacks and supplies for tea, we were able to provide healthy snack and drink options throughout the week. Wellness Week would not be complete without a treat for all students and Freezies were very much enjoyed by all! A big thank you goes out to Freson Bros. & Subway for their continued contributions to this week supporting student success!

SCOER also planned a PJ day for this week, with candy bags for a participation prize! Way to go SCOER! Thank you also to Manning Elementary School grade 5 class for the posters of encouragement, and thank you to Ms. Carlson for organizing!

Also in this Issue:

- * **Pink Shirt Day is Feb. 24**
- * **PRSD Seeks Input on:**
 - Student Mental Health and Wellness
 - 2021-22 Draft Calendar
- * **Upcoming events:**
 - Grad Photos
 - School Council
- * **Event updates**

Upcoming Events:

February:

- * **15 No School (Family Day)**
- * **16 No School for Students (PD Day)**
- * **19&22 Grad Photos**
- * **23 School Council Meeting**
- * **24 Pink Shirt Day**

March

- * **3 Mail Out**
- * **4-5 No School for Students (Teacher's Convention)**
- * **22 No School for Students (Staff Meeting/PD Day)**
- * **24 Parent/Teacher Interviews**

Parents and Guardians:

In Your Family's Mailout:

- *Semester 1/Term2 Report Cards
- *ADLC Progress Reports
- *Semester 2 Student Timetables
- *Healthy Youth Relationships Letter with Participation/Exemption Form (Grade 7-9)
- *Grade 9 Home Ec. Supply list
- *Grad Photo Information
- *Alberta Health Services Newsletter
- *Triple P Teen Virtual Program
- *Solaro Online Study Resource Info

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www.paulrowehigh.ca

Superintendent's Message: Celebrating Pink Shirt Day 2021 and Safe & Caring Learning Environments

At Peace River School Division (PRSD) we pride ourselves in our ability to create and foster safe and caring learning environments. There are many people who play a role in this process and I would like to take this opportunity to celebrate their efforts and thank all the students, staff, parents, local partners, and community members who contribute to creating a culture of kindness and respect in our schools. We share in the success of our work in this regard with our school communities as our latest survey results show that 90.8% of our students, staff, and parents feel that PRSD schools provide safe and caring learning environments for students, and our result exceeds the provincial average.



Pink Shirt Day is one day per year where we wear pink in a united stand to support healthy relationships, wellness and diversity. However, the work we do in this regard is on-going through various programs, initiatives and presentations focused on healthy relationships and personal well-being. Examples of such programs and initiatives include the work of our school based Youth Education Support Workers, Success Coaches, student leadership groups, mentorship programs, behaviour support programs, wellness programs, the focus on citizenship division-wide, daily learning incorporated into the curriculum and the important support that comes from community involvement and various agencies.

Providing safe and caring learning environments for students is very important to us. We understand that in order for students to learn, flourish and reach their full potential, they need to feel safe, happy and cared for in a positive learning environment.

Thank you so much for your involvement and support and we invite you to join us on February 24, 2021 for Pink Shirt Day when PRSD students and staff will wear pink in support of healthy relationships, wellness, and diversity.

Paul Bennett, Superintendent of Schools
Peace River School Division

**Wear PINK shirts on
Wednesday, February 24!**



Students and staff throughout Peace River School Division are encouraged to wear pink shirts on Wednesday, February 24th. The pink shirts represent our continued dedication to fostering a culture of kindness and respect in our schools. *Note: Students new to Paul Rowe will receive a PRSD branded pink shirt that morning if they do not already have a pink shirt.*

For more information about Pink Shirt Day visit: <http://pinkshirtday.ca/>



Check out the Alberta Health Services Healthy Teens parent newsletter for a great article: "BULLYING: 5 WAYS TO HELP YOUR TEEN"

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.

Peace River School Division Seeks Input on Student Mental Health and Wellness

Student Mental Health and Wellness Survey



The Peace River School Division (PRSD) board of trustees wishes to hear from students, parents and staff regarding their experiences and knowledge of services and supports for mental health, addiction, physical, and learning disabilities in PRSD schools and communities. The PRSD board of trustees will collect input by way of a “Student Mental Health and Wellness” survey to be administered to grade 7-12 students, staff and parents.

“We have heard from our students, families and staff that they feel that there is a lack of access to many services and supports related to mental health, addictions, physical and learning disabilities and we want to learn more from those impacted” says Board Chair Darren Kuester.

The data collected from the surveys will be analyzed, shared with the public and used to leverage the board’s advocacy efforts to impact positive change to support students and families in having access to the supports and services they need.

“The board urges students, parents and staff to make sure they complete this very important survey” says Kuester. “The current supports and services, especially in the north and in remote communities, do not seem to be keeping up with the needs and it is putting extreme pressure on our families and staff to pick up the pieces.”

To date, the board has engaged in conversations with elected municipal officials, local Members of the Legislative Assembly and PRSD School Council members regarding the need for increased service, support, and government funding in these areas.

“Supports for mental health, addiction, and students with learning and physical disabilities is crucial as our students and staff need to have supports in place to be healthy and successful. We are taking our advocacy efforts regarding this very important matter seriously and need the input from our school communities to have a better understanding of what is needed and what we can ask of our elected officials.” says Kuester.

The link to the survey will be made available to PRSD students in grades 7 to 12, all parents, and staff until February 17, 2021. Link: <https://www.surveymonkey.com/r/LB8W8RR>

Have your say on the 2021-2022 school calendar!

The Peace River School Division (PRSD) Calendar Committee has developed a draft of the 2021-2022 PRSD School Calendar. In addition to feedback of the committee, it is important for PRSD to gather input from students, staff and parents on the draft calendar in order to best meet the needs of our school communities.

To view the proposed calendar, along with key dates and other notes visit www.prsd.ab.ca. To have your say on the proposed calendar, send feedback via:

- Email: warnec@prsd.ab.ca
- Facebook: Peace River School Division
- Regular mail: Peace River School Division Box 380 Grimshaw, Alberta T0H 1W0

Please provide any feedback you have by March 15, 2021.



Save the Dates:

Virtual School Council Meeting

Tuesday, February 23 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.

Other 2020-2021 dates are March 30 & May 4.

Attention CLASS OF 2021:



Grad Portrait photographers will be at our school:

- February 19 from 10 AM-5 PM
- February 22 from 9 AM-3 PM

Book your appointment at www.prestigeporraits.ca

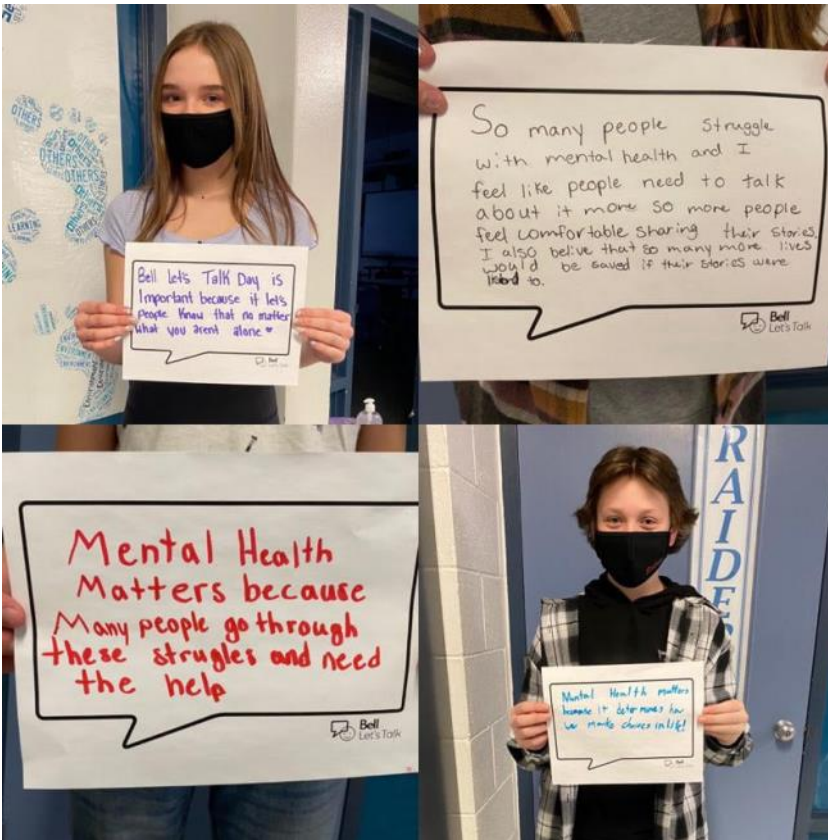
Please be sure to review the Covid-19 precautions from Prestige portraits prior to picture day.



Jr. High Students Participate in #BellLetsTalk Day

On Bell Let's Talk Day, which was held on Friday, January 29th, Canadians and people around the world joined in to help create positive change for people living with mental health issues. Junior high students at Paul Rowe spent time reflecting on the importance of our mental health each and every day. They also discussed the importance of reducing stigma around the topic of mental health. Thank you to Ms. Kendall Carlson for facilitating these activities!

For more information about Bell Let's Talk Day, including "Ways to Help" and "Get Help" at any time, visit <https://letstalk.bell.ca/en/>.



NEED TO TALK? HERE ARE SOME PLACES TO START.

AHS MENTAL HEALTH HELPLINE

1-877-303-2642

KIDS HELP PHONE

1-800- 668- 6868

DOWNLOAD TOGETHERALL

The Togetherall app is an anonymous community where members support each other. There are trained physicians available 24/7 .

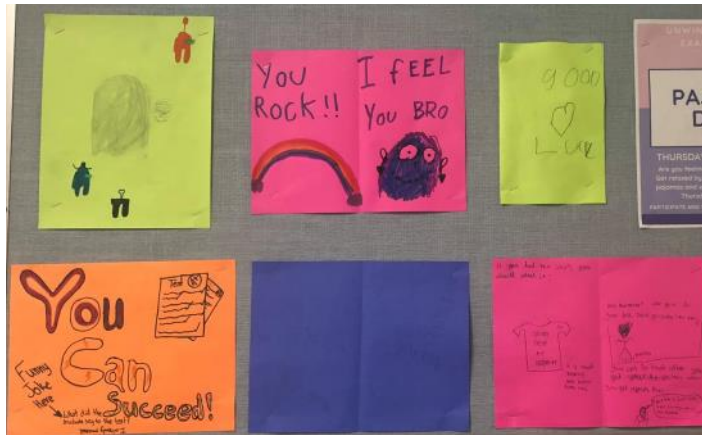
TALK TO SOMEONE YOU TRUST

Talk to a friend, teacher, Miss Carlson, or an adult you trust. They can help you get the help you need.

REMEMBER YOU ARE NOT ALONE.

IT'S OKAY TO ASK FOR HELP.

More Wellness Week Pics!



Spotlight on Health & Safety: Bullying



Providing safe and caring learning environments for students is very important to us. We understand that in order for students to learn, flourish and reach their full potential, they need to feel safe, happy and cared for in a positive learning environment.

The work we do to foster safe and caring learning environments is consistent and on-going through various programs, initiatives, and presentations focused on healthy relationships and personal well-being. Mentorship and leadership programs, student groups, wellness and character education, behaviour support programs, and our focus on citizenship support a culture of respect and kindness in our schools.

In Peace River School Division, we employ divisional Social Workers, Success Coaches and Youth Education Support Workers who support safe and caring schools through regular programming, small groups, conflict resolution, and one-on-one support. Our Social Workers, Success Coaches and Youth Education Support Workers also provide a link for our schools and families to access community resources and supports that may be available from various agencies.

As our Safe and Caring policy states “All those involved with the division including trustees, employees, students, parents, volunteers, contractors and visitors must share in the responsibility for eliminating bullying, discrimination, harassment, and violence. The board prohibits bullying and expects allegations of such behaviours to be investigated in a timely and respectful manner.”

View PRSD’s Board Policy 19 Welcoming, Caring, Respectful and Safe Learning Environment on our website homepage to read Policy 19 in detail.

PRSD Safety & Wellness Coordinator



FEBRUARY 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 *Semester 2 Begins	2	3	4	5 *Semester 1 Report Cards Mailed Home *SCOER Candygrams on sale at lunch	6
7	8 *SCOER Candygrams on sale at lunch	9 *SCOER Candygrams on sale at lunch	10 *Valentines cards for Seniors collection ends	11	12 *SCOER Spirit Day: Valentines Day *Blanket/Towel drive for vet & grooming clinics ends	13
14 SCOER RANDOM ACTS OF KINDNESS WEEK IS FEBRUARY 17-24	15 *No School (Family Day)	16 *No School for Students (PD Day)	17	18 *Grade 7-9 Healthy Youth Relationships forms due	19 *Grad Photos *February Food Drive ends	20
21	22 *Grad Photos	23 *VIRTUAL SCHOOL COUNCIL MEETING 7 PM	24 *Pink Shirt Day	25	26	27
28	MARCH: 3 Mail Out 4-5 No School for Students (Teacher's Convention) 22 No School for Students (Staff Meeting/PD Day) 24 Parent/Teacher Interviews					