



May 2021

Raider's Report

Paul Rowe Jr./Sr. High School Newsletter

Paul Rowe Welcomes Tad Milmore

Manning Students Participate in "Bullying Ends Here" Program



'Bullying Ends Here' is a presentation for youth or adults and is aimed at all forms of bullying, including cyberbullying.

Thanks to Community Actions for Health & Well-Being (CAHWB), Manning students in grades 6-12 recently had the opportunity to attend Tad Milmore's virtual presentation "Bullying Ends Here". Paul Rowe students who were learning from home at the time were also invited to join.

Tad is the creator of "Bullying Ends Here" which is an internationally recognized, award-winning anti-bullying program. Although Tad is helping people today, there was a time that he himself needed the help as he grew up in an abusive home and was bullied terribly at school. He overcame these challenges and now shares his story, from the heart, to anyone over the age of 11.

To begin the presentation, students and staff viewed an hour long pre-recorded message.

Following the video, Tad joined the meeting for a live question and answer session.

A link to Tad's video presentation was also shared on our school Facebook page to provide parents an opportunity to participate in the presentation and discuss it with their children prior to a community Q&A session was held that evening.

We would like to thank Tad for sharing his story and encouraging students to take action against all forms of bullying. We would also like to thank Manning RCMP Sergeant Matt Robinson for his role in bringing this presentation to our community.

For more information about Tad's story and the Bullying Stops Here program visit <https://www.bullyingendshere.ca/>.

Also in this Issue:

- * Upcoming Event Information
- * PRSD Student Mental Health Survey Results
- * Provide Input on New K-6 Curriculum
- * PRSD School Board Elections
- * Event & Classroom Updates

Upcoming Events:

May

- * 3-7 Education Week and Mental Health Week
- * 3 No School for Students
- * 4 School Council Meeting
- * 5 Aboriginal Youth Career Fair
- * 5 Parent/Teacher Interviews
- * 21-24 No School (Victoria Day Long Weekend)

June:

- * 4 Mail Out

Parents and Guardians:

In Your Family's Mailout:

- *ADLC Progress Reports
- *Aboriginal Youth Career Workshop Information (Grades 9-12s)
- *CAHWB Permission Forms (Grade 7s & Drama Students)

*Messages to Parents/Guardians:

*Parent/Teacher Interviews are scheduled for Wednesday, May 5 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!

www.paulrowehigh.ca

April Superintendent's Message: Wellness in Peace River School Division

In order for us to learn and be our best, we must feel and be well. Educational research supports this connection and we take this very seriously. We feel we have a great opportunity to not only academically educate our students, but to support, guide, and teach them to honour their overall health and well-being.

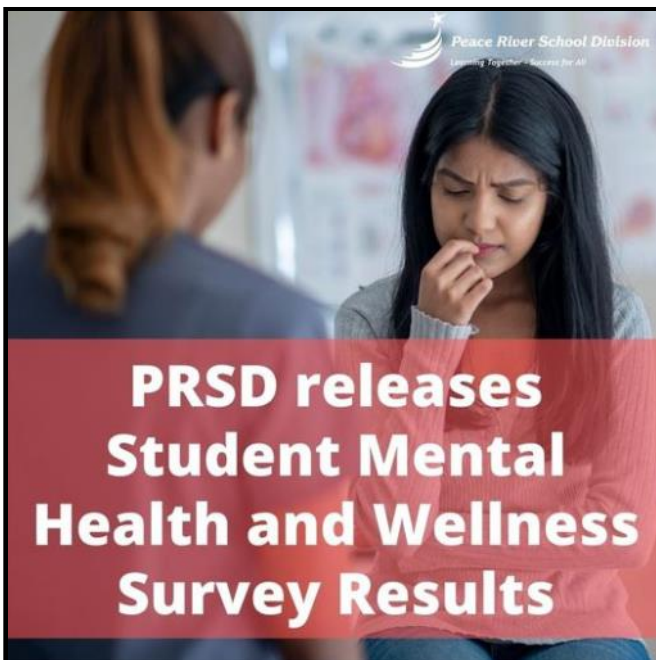
To support wellness on a school level in the division, every PRSD school has a designated Youth Education Support Worker, Success Coach or a Family Liaison Worker. The role of PRSD's Youth Education Support Workers, Success Coaches and our Family Liaison Worker is to promote positive mental health in children, youth and families while working closely with school staff. This ranges from presentations, activities and programming that supports problem solving, emotional management, targeted topics, skills for learning, adolescent empowerment, healthy relationships, mindfulness, teamwork and leadership. PRSD also has three divisional Social Workers that provide one-on-one support to students in need.

We also encourage and support our students to be leaders, involved in the community and work together as a team - attributes that serve and inspire our students, communities and society as a whole. Students are also provided with opportunities to represent their school through various committees such as PRSD's Student Engagement Teams and PRSD's Anti-racism Committee.

Healthy eating and active living are important components to health and wellness and we support this through ongoing education, encouraging healthy canteen and vending machine choices, and by providing a broad range of physical education activities in the division.

In closing, I would like to thank all our students, families and staff who completed the Student Mental Health and Wellness Survey sent to students in grades 7-12, parents and staff in early February. The data collected from the survey will be 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.

Paul Bennett,
PRSD Superintendent of Schools



Peace River School Division is pleased to share results from the Student Mental Health and Wellness Survey issued in early February 2021. The survey was administered to students in grades 7-12, all parents, and all staff with an overwhelming response. 77% of grades 7-12 students, 24% of parents and guardians, and 71% staff responded to the survey with over 1800 responses.

In response to the survey, PRSD conducted an all-day meeting on April 13, 2021, with trustees, school administration, PRSD Social Workers, Youth Education Support Workers, Family Liaison Workers and PRSD management staff to discuss the results and begin developing strategies based on the survey data.

The full news release and survey data can be viewed at www.prsd.ab.ca.

May Superintendent's Message: Education and Mental Health Awareness Week

May 3 – 9, 2021 marks Education Week and Mental Health Awareness Week – a celebration of education and recognition of the importance of positive mental health.

In Peace River School Division we are committed to teach, support and nurture the whole student - through engaging classrooms, qualified and caring staff, focus on emotional, social and physical wellness, leadership and mentorship programs, positive behaviour and character programs, and the support of Youth Education Workers and Success Coaches. We are proud of the dynamic learning communities within our schools and we strive to support our students in any way we possibly can. By incorporating wellness into classrooms and curriculum we acknowledge the link between education and mental health which better enables our students to reach their full potential.

We understand it takes a village to raise a child and both the educational and mental health needs are crucial aspects of learning, well-being and success. We are very thankful for the various partnerships we share with agencies, community members and organizations in our school communities. These community partnerships not only provide increased supports for students, they demonstrate that their school communities care, and it also shows what can be achieved when we work together.

During Education Week and Mental Health Awareness Week, our students and staff will participate in activities and learning opportunities that highlight the importance of education and mental health in our lives, families, schools, community and the world.

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

Paul Bennett
Superintendent of Schools



Peace River School Division
Learning Together - Success for All

What is your perspective?

New K-6 Curriculum

Go to prsd.ab.ca to learn how to provide your input

Peace River School Division
Learning Together - Success for All

School trustees advocate for children.

They help make schools and communities a better place.

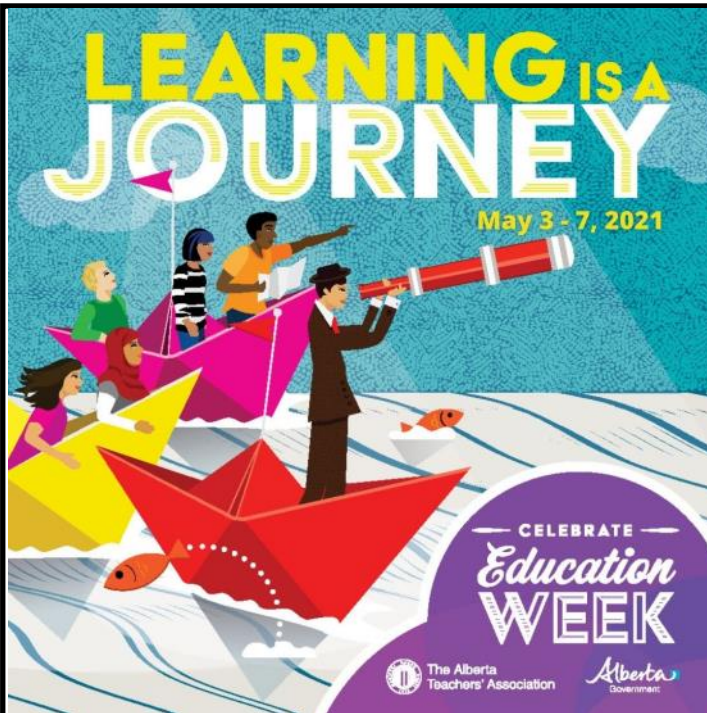
RUN

for the School Board Elections

Nominations are being accepted until noon on September 20, 2021

LEARN MORE:
prsd.ab.ca/Trustees.php

Upcoming Events



Mental Health Week

May 3 - 9, 2021



#GetReal about how you feel.

Name it, don't numb it.

May 3-7 is Education Week and Mental Health Week!

In recognition, SCOER has planned the following events for students:

- May 4th - Veggie Day - veggies and dip will be supplied for all students!
- May 5th - Hats on for Mental Health Hat day; Tea will also be served to all students
- May 6th - Staff pet day
- May 7th - Formal Friday - the class with the highest participation percentage will win ice cream sundaes!

Parents & Guardians: Please Save the Dates!

Virtual School Council Meeting

**Tuesday, May 4
7:00 PM**

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

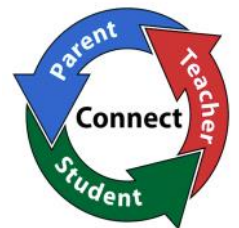


Our school administration uses School Council meetings to consult with parents/guardians on a number of important topics that directly affect students' experience within our school.

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

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.

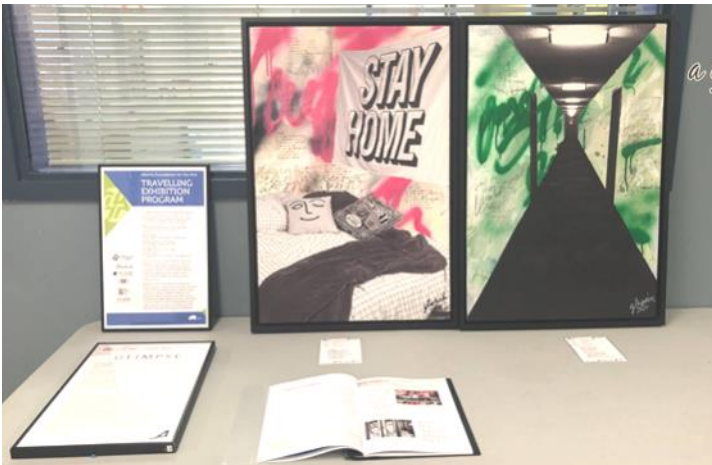


Wednesday, May 5th 4:00– 7:00 PM
Attend in-person, by phone or by Google Meet.

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

School Happenings

Travelling Art Display Available for Viewing Until May 10th!



Until May 10th, students and staff have the opportunity to enjoy another art display from the Grande Prairie Art Gallery and the Alberta Foundation for the Arts. The featured display is called "Glimpse" by artist Gabrielle Lussier from Edmonton, and formerly from Northern Alberta. Gabrielle's mixed media pieces explore the physical and emotional spaces of mental illness to create a shared space with the viewer to communicate that we are not alone.

Forest Careers Presentation



Thanks to CAREERS: The Next Generation and partners, John Thurston, and our own Mrs. Bak, students in grades 9-12 had the opportunity to learn more about careers in the forestry industry!

More CAHMB Shoutouts



Thanks to the Community Actions for Health & Well-Being, Manning students received video messages of encouragement from musician Cory Churko and 2-time Olympic gold medalist, Cassie Campbell!

Paul Rowe Student Art Display

Students from Art 10, 20 and 30 have been creating some amazing pieces this semester in the mediums of: watercolour, pointillism, stipple, sculpture, birch bark, and collage! Samples of student work are currently on display in the hallway for everyone to enjoy!



School Happenings

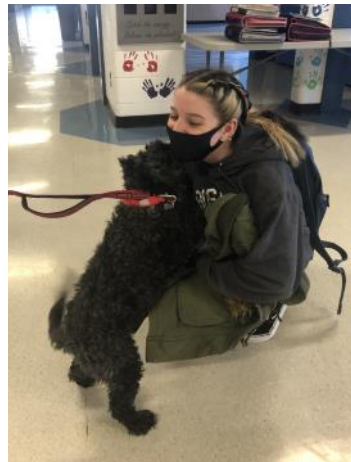
SCOER Spirit Day: Easter & Tie Dye Day!



Thanks to our students union, SCOER, we sprung into Spring break with an Easter themed spirit day! We loved seeing all of the tie-die clothing and students participating in the Easter Egg Hunt!

Staff Pets Visit Paul Rowe!

Some Classes Move Outside!



Students love Staff Pet Days! Thank you to Mr. Taylor and Mrs. Ristesund for sharing your pets with us!

Students are loving the warmer weather and have been enjoying some outdoor Literacy class time!

Meanwhile in Class...



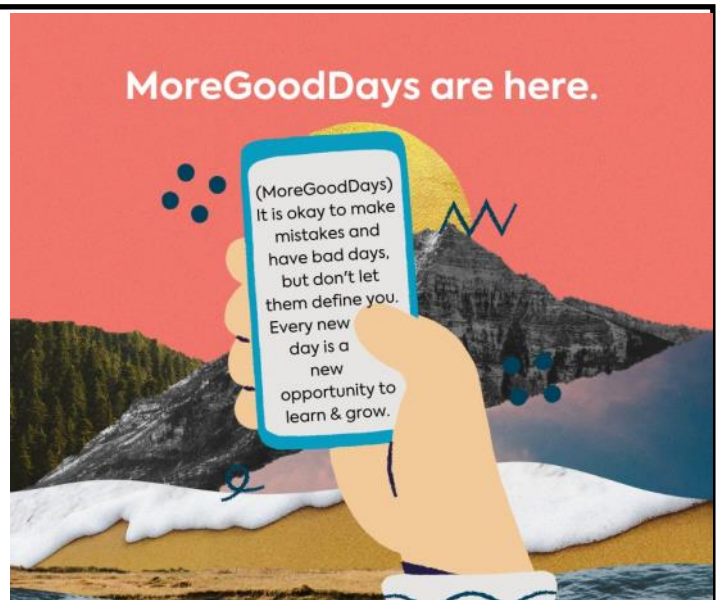
Art 8 students created original works using oil pastels on paper.

English 10-1 students attended a virtual masquerade ball as part of their "Romeo & Juliet" 6 unit.

MoreGoodDays: A daily dose of inspiration & advice for youth!

In partnership with MyKick Stand, Alberta Blue Cross is excited to launch #MoreGoodDays, a youth-centered adaptation of #Text4Hope. #MoreGoodDays aims to help young people shift their perspective and give them something positive to build on!

Try it out by texting “MoreGoodDays” to 393939.



PRSD Spotlight on Health & Safety: Disaster Preparedness

If your family is caught in an emergency or disaster situation, are you prepared? Without any warning a disaster can occur and it may take some time for emergency workers to get to you. It is recommended that you should always be ready to take care of yourselves for a minimum of 72 hours. Your best defence in any emergency is to have a plan and be familiar with what to do.

There are three keys to disaster preparedness.

Know the risks – analyze what hazards you face? In Alberta we face a number of hazards, such as natural emergencies like forest fire and floods, service disruptions like a power failure, or even environmental disasters like a chemical spill.

Make a plan – each household needs an emergency plan. It will assist you and your family to know what to do in case of an emergency. Discuss what you would do in different situations as well as how to meet or contact each other if you're not together when an emergency occurs. Consider what to do if you need to stay put or if you need to leave your home. Include a list of emergency management agencies in your area.

Create an emergency kit – in an emergency basic supplies will be needed. You may be without power or tap water. Always have items ready such as non-perishable food, water, flashlight, first aid kit and seasonally appropriate clothing. Also consider any special needs supplies such as requirements for any infants or elderly family members, remember any medications, and necessities for pets. Make sure the kit is organized and easy to find and that everyone knows where it is.

You may find the following links helpful in preparing your family for emergency situations.

Government of Alberta

<https://www.alberta.ca/emergency-preparedness.aspx>

Alberta Emergency Alert App

<https://emergencyalert.alberta.ca/content/about/signup.html>

Government of Canada Disaster Preparedness Site

(emergency kit contents, preparing a family plan)

<https://www.getprepared.gc.ca/cnt/rsracs/pblctns/yprprdnssgd/index-en.aspx>



David Smith
PRSD Safety & Wellness Coordinator



MAY 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
APRIL 25	APRIL 26	APRIL 27	APRIL 28	APRIL 29 *Throwback Thursday (SCOER Spirit Day) *First Aid Training for Gr. 10 Group 2 (Tentative)	APRIL 30 *First Aid Training for Gr. 10 Group 2 (Tentative) *Free Taco Bag lunch for students (rescheduled from April 23)	1
2 *MAY 3-9 IS EDUCATION WEEK & MENTAL HEALTH AWARENESS WEEK	3 *No School for Students (Staff Meeting/PD Day)	4 *Veggie Day (Veggies and dip will be supplied) *First Aid for Grade 10 Group 3 (Tentative) *VIRTUAL SCHOOL COUNCIL MEETING 7 PM	5 *Hats On for Mental Health *Aboriginal Youth Career Fair *Free tea *First Aid for Grade 10 Group 3 (Tentative) *PARENT/TEACHER INTERVIEWS 4-7 PM	6 *Staff Pet Day	7 *Formal Day (SCOER Spirit Day)	8
9	10	11	12	13	14 *Free Chili & Bun lunch for students	15
16	17	18	19 *First Aid Training for Gr. 10 Group 1 (Tentative) Rescheduled from April 26	20 *First Aid Training for Gr. 10 Group 1 (Tentative) Rescheduled from April 27	21 *No School (Day in Lieu of Parent/Teacher Interviews)	22
23	24 *No School (Victoria Day)	25	26	27	28	29
30	31	JUNE: 4 Mail Out 7 No School for Students (Staff Meeting/PD Day)				