



December 2021

Raider's Report

Paul Rowe Jr./Sr. High School Newsletter

Paul Rowe Team Goes To Provincials

Senior Boys Volleyball Team Competes at Provincial Tournament



The senior boys' volleyball team capped off an exciting season with an appearance at the 2021 ASAA provincial championships.

After a 2020 season without any competition due to the pandemic, this past season saw the school field three teams:

- The junior girls focused on skill development and competed against Rosary School's team several times.
- The senior girls' team had a strong season in league competition and placed third at zones.
- The senior boys' team came second in the league and at zones qualified for a berth to provincials. The boys represented the Northwest Zone, and the school, extremely well, showing great effort and sportsman-

ship throughout the entire competition.

A huge thank you to our coaches and teacher reps for the time and dedication required to make these seasons a success. After not being able to compete last season it was clear how important this opportunity is for the school and the students. Thank you to coaches: Tacel Saneo (Sr. Girls), Mike McGillivray (Sr. Boys), and Jackie Ristesund (Jr. Girls). Assistant Coach: Nelly Paulovich (Sr. Girls). Teacher Reps: Scott Davidson (Sr. Boys) and Vikki Presakarchuk & David Hyatt (Sr. Girls).

Also in this Issue:

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 - *Calahoo Meats Delivery
 - *Christmas Spirit Events
- * **New Mentorship Class**
- * **SCOER Participates in Community Fundraiser**
- * **Remembrance Day**
- * **Senior Girls Volleyball Bronze Medal Win**
- * **Event & Classroom Updates!**

Upcoming Events:

December:

- * **7 SCOER Calahoo Meats Fundraiser Expected Delivery Date**
- * **10 Paul Rowe Community Christmas Hamper Collection Ends**
- * **17 Students' Last Day Before Christmas Break**

**December 18-January 3
No School (Christmas Break)**

January:

- * **4 School Resumes**
- * **7 Mail Out**
- * **11 Diploma Exams Begin for 30-Level Classes**

Parents and Guardians:

In Your Family's Mailout:

- *Staff Christmas Card
- *Work Experience & RAP Attendance Requirements Letter
- *Diploma Exam Schedule
- *AHS Teen Health Newsletter

Messages to Parents/Guardians:

*Did your child sell Calahoo Meats for the SCOER fundraiser? If so, please see page 2 for important information regarding delivery/pick-up.

To view our monthly newsletter IN FULL COLOUR visit www.paulrowehigh.ca

www.paulrowehigh.ca

Parents & Guardians: Please Save the Dates



SCOER Calahoo Meats Fundraiser Update:

SCOER would like to thank everyone for the overwhelming support of their Calahoo Meats fundraiser! Students are looking forward to planning more great events for the students at Paul Rowe!



Our delivery date is Tuesday, December 7!

- **Anyone who has ordered, is asked to pick up their orders at the school between 9:00 AM and 5:30 PM.** *Due to food safety concerns, sellers will not be asked to deliver orders. To have your order picked up by someone else, or to pickup outside of these times, please send a text message to Bobbi Lewandowski at (780) 836-5836.*

Congratulations to Liam Gordey, our top seller, and Grace Henitiuk our \$50+ sales draw winner!

Weeklong Student Christmas Celebration Planned

SCOER is currently planning a Christmas spirit week with a special fun-filled, full-day celebration for students on Friday, December 17th!

DECEMBER 13-17 SCHEDULE:

- **Monday: Door Decorating at SOLE**
- **Tuesday: Toque Day**
- **Wednesday: Christmas PJ Day**
- **Thursday: Ugly Christmas Sweater Day**
- **Friday: Formal Dress Day AND**

Christmas at Paul Rowe Festivities*

Christmas Day at Paul Rowe Festivities will include:

- *a variety of activities and games*
- *sugar cookie decorating*
- *the Christmas Showcase*
- *a Christmas lunch for students and staff*
- *a Christmas movie*



**Students must be present to be eligible for prize draws.*

Please follow our school Facebook page at facebook.com/PaulRoweHigh and/or check our website at www.paulrowehigh.ca for event updates!

PRSD Superintendent's Message: Have Your Say on the Divisional School Calendar

As a new year approaches, I know lots of families are looking at their calendars to plan their busy lives. We, here at Peace River School Division, are looking forward to our calendar planning process as we work to optimize the school year to benefit student success.

In December, members of the Peace River School Division school communities will be invited to review and provide input on the proposed 2022-2023 Divisional School Calendar. If you are a Peace River School Division student, parent, or staff member there will be an opportunity for you to share your input on the calendar.

All input received regarding the proposed 2022-2023 Calendar will be reviewed by the PRSD Calendar Committee. The Committee will consist of principals, a teacher, a School Council member, management, and representatives from neighbouring School Boards, as we are also responsible for bussing students from three other School Divisions.

The Division believes it is important to gather input whenever possible. The school calendar is one of the areas in which input from our families, schools, and communities is extremely valuable to assist us in meeting the needs of our students.

The Board of Trustees will review the calendar and input collected. The proposed 2022-2023 school year calendar will be presented to the Board for their approval at the March 2023 board meeting, so it is important to make your voice heard

Early in the new year, the Division will provide information on how you can share your thoughts on the proposed school calendar.

Thank you in advance for your input.



*Adam Murray
Superintendent of Schools*

For the latest news and announcements from Peace River School Division visit www.prsd.ab.ca or follow their page on Facebook: www.facebook.com/prsd10

Senior Girls Volleyball Win Bronze at Zones



Congratulations to our Senior Girls volleyball team on their bronze win at zones! Way to go Raiders!

New Mentorship Program at Paul Rowe

Mentorship is a new CTS option being offered for senior high students by Mrs. Presakarchuk this year. Students are working on three modules for three credits during SOLE time throughout the year. This group of grade 10, 11 and 12 students are learning the role of a mentor and practicing this role in activities with our grade 7 and 8 students, eventually leading to a final project that will involve the orientation of our new grade 7 and new grade 10 students in the Spring. To help students become well rounded mentors, we are working in both social and academic mentorship situations. Featured in this article are photos from our introduction day with the grade 7 and 8 students. The mentors introduced themselves and led the mentees in energizer games that they planned and facilitated.



SCOER Participates in Community Fundraiser



SCOER students participated in a community fundraiser for the Manning & Area Community Christmas Hamper Program by donating a decorated tree to their online Mini Tree Silent Auction. This beautifully decorated tree, along with others donated by local community groups, were on display at Talk of the Town for the duration of the auction which wrapped up Friday, December 3rd.



Our Citizenship Group is collecting non-perishable food and other items for the Community Christmas hamper program!

Donations will be collected at Paul Rowe until Friday, December 10th.

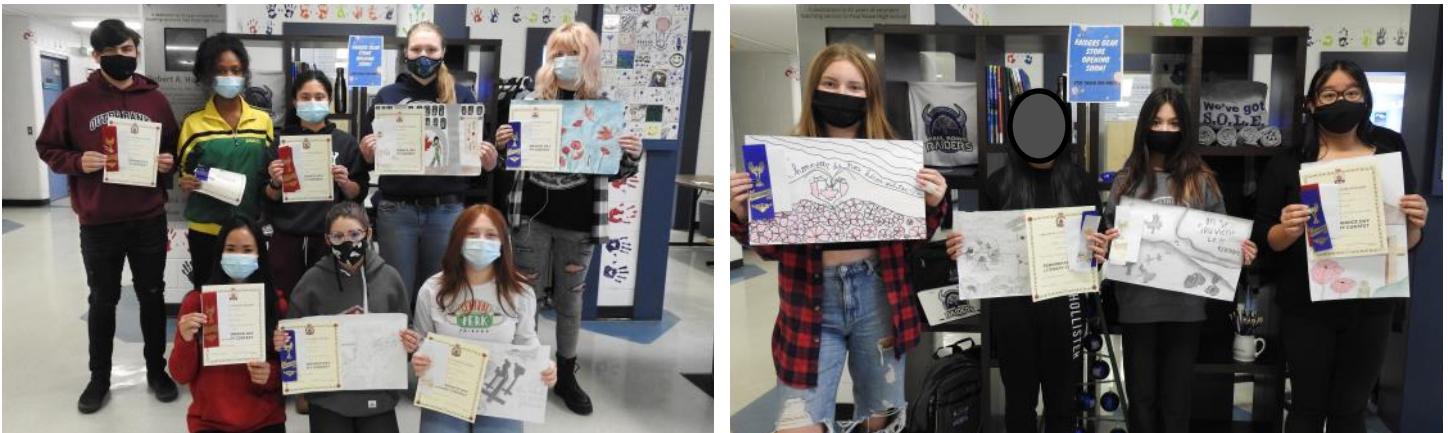
Paul Rowe Honours Remembrance Day

The school community gathered on November 8th for our annual Remembrance Day ceremony. Each year, the assembly recognizes and honors efforts and sacrifices of generations of Canadians who have put their lives on the line in the cause of peace and freedom around the world.

Thank you to our special guests from the Royal Canadian Mounted Police. Special thanks go out to Mr. Scott Davidson's Junior High Literacy class for hosting the assembly and Clare Taylor for playing the Last Post and Rouse. Thank you also to Mr. David Hyatt and Mr. Matt Taylor for their contributions.



Below: Royal Canadian Legion Remembrance Day Poster and Literary Contest winners from our school received their prizes from the local level.



Meanwhile in Class



The final assignment for Computers 8 students was to use PhotoPea to create "composite beasts" by cutting and erasing objects.



DECEMBER 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6	7 *SCOER Calahoo Meats Fundraiser Expected Delivery Date	8	9* *Study Café 3:30—4:30 PM	10 *Paul Rowe Community Christmas Hamper Collection Ends	11
12 DECEMBER 13-17 is SCOER CHRISTMAS SPIRIT WEEK!	13 *SCOER Door Decorating during SOLE block	14 *SCOER Spirit Day: Toque Day	15 SCOER Spirit Day: Christmas PJ Day	16 *SCOER Spirit Day: Ugly Christmas Sweater Day *Study Café 3:30—4:30 PM	17 *SCOER Spirit Day: Formal Dress Day *Annual Christmas Celebration *Last day before Christmas Break	18
CHRISTMAS BREAK IS DECEMBER 18 TO JANUARY 2						



JANUARY 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4 *School Resumes	5	6 *Study Café 3:30—4:30 PM	7 *Mail Out	8
Other January Dates: 11 Diploma Exams Begin for 30-level Courses						

Build Your Self-Care Snowman

Have a happy, healthy holiday season with these quick self-care tips.

Don't freeze people out

Spend time with people who love and support you.

Break out the ice skates.

Take time to exercise, even if it's just taking a spin around the rink!

Chill out.

Avoid overbooking yourself and don't feel guilty about making time for self-care.

Get cozy.

Sleep is important -- make sure you're getting enough of it. (But don't hibernate!)

Moderate the merriment.

At all those holiday parties, eat and drink in moderation. Don't drink alcohol if you are feeling down.

BE THE **1** TO MAKE A **DIFFERENCE** 

WWW.MENTALHEALTHFIRSTAID.ORG