



January 12, 2024

The Raider's Report

The Official Paul Rowe Jr./Sr. High School Newsletter



Basketball season has begun! Home games dates for our teams will be shared on our website calendar soon!

Also In this Issue:

- ★ Important Dates for Parents/Guardians
- ★ Is Your Child Experiencing Exam Anxiety?

Welcome

TO OUR NEW STAFF!

Educational Assistant:
Ms. Keltie Kover

Important Information for Parents & Guardians:

BUS STATUS UPDATES

Now that the winter chill has arrived, make sure you check out <https://prsd.mybusplanner.ca/alerts> for the most up-to-date information regarding Peace River School Division bus delays and cancellations. You can even sign up for alerts for your student(s) bus route(s) by creating a parent account!

GRADE 10-12 FINAL EXAMS BEGIN MID-JANUARY

The last day of regular semester 1 classes for Grade 12s is Friday, January 19th, Grade 10&11's last day of classes is Tuesday, January 23rd. Final exams begin Monday, January 22nd. To view the full January exam schedule visit <https://www.paulrowehigh.ca/documents/finalexamschedules>

PRSD COMMUNICATION STRATEGY SURVEY

Peace River School Division has shared a parent survey about the communication tools you use to contact your student(s) school or receive information from the school and Division. These surveys are anonymous and will help guide our communication strategy moving forward. Access the survey here until January 24: <https://buff.ly/3Sc2m00>

better together

PARENTS & GUARDIANS OF PAUL ROWE STUDENTS

We are better together!

IMPORTANT DATES:

January:

- ★ 15 Annual Grade 10 Debate Final 10:10 AM
- ★ 15 **School Council Meeting 7 PM**
(all parents & guardians welcome)
- ★ 19 Last Day of Classes for Grade 12
- ★ 22 Diploma Exams Continue
- ★ 23 Last Day of Classes for Grade 10 & 11
- ★ 31 No School for Students

February:

- ★ 1 Semester 2 Classes Begin
- ★ 2 Semester 1 Report Cards sent home with students
- ★ 16-19 No School (Family Day Long Weekend)
- ★ 20-24 Family Matters Week
- ★ 28 Pink Shirt Day
- ★ 28&29 Class of 2024 Grad Photos

DOES YOUR CHILD TELL YOU THAT THEY KNEW THE MATERIAL BUT DID POORLY ON THE EXAM? If this happens regularly, they could suffer from EXAM ANXIETY!

Many of our students experience severe anxiety in the days leading up to and while writing exams; this anxiety usually amplifies even further for final exams.

What does exam anxiety feel like for students?

Exam stress is different for everyone and shows up in different ways:

- ❑ **In their bodies:** fast heartbeat, clammy hands, tense muscles, headaches, trouble sleeping, stomach problems (such as nausea, diarrhea, not feeling hungry)
- ❑ **In their mind:** trouble concentrating or remembering, racing thoughts, mind going blank
- ❑ **In their feelings:** feeling moody, scared, or overwhelmed
- ❑ **In their actions:** fidgeting, nail biting, using more substances (such as tobacco, alcohol, or others), losing touch with friends, not doing activities they like

To learn more about exam anxiety and how parents/guardians can help children manage it visit <https://www.dcdsb.ca/en/parents/resources/Documents/Mental-Health/Test-Anxiety---Fact-Sheet-for-Parents.pdf>

If you believe that your child is struggling with exam anxiety please contact our school office to be connected to one of our school I-Coaches.



DECEMBER SCHOOL EVENTS

SPECIAL VISITORS



Thank you to the Bacso family for sharing their adorable puppies with us! *Did you know that research has proven that simply petting a dog (or cat) for 10 minutes decreases levels of the stress hormone cortisol?*

CURLING TEAM COMPETES



Leland, Lucas, Chas, and Kade recently competed in the U18 Provincial Curling Qualifier. Although they came up just short of advancing to provincials, they represented the Manning Curling Club extremely well. Way to go Raiders!

SPECIAL FOOD FOR THOUGHT BREAKFAST



Students were treated to a special breakfast of farm fresh eggs and toast, thanks to generous donations from the Bailey family and Mrs. Goodzcek!

Thank you also to our December Food for Thought Volunteers for coming in to prepare hot breakfasts for our students:

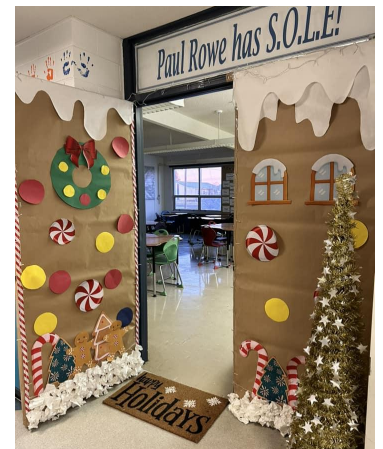
- Vision Credit Union,
- Valley B Aviation,
- Stat Energy,
- Advantage North

CHRISTMAS HAMPER



Thank you to everyone who brought in items for the Community Christmas Hamper Program!

DOOR DECORATING CONTEST



There was some stiff competition in the class Christmas door decorating contest!

DECEMBER SCHOOL EVENTS

ANNUAL CHRISTMAS CELEBRATION

The last day of school before the Christmas break was VERY busy at Paul Rowe!

To start the day, students met in their homerooms then raced to solve a Christmas-themed digital escape room. Students then gathered in the gym for a team Cookie Decorating Challenge and Gingerbread House Competition.

Following these activities, we were joined by many of our students' parents, siblings, and other family, as well as some Paul Rowe alumni for our Christmas Showcase and Turkey Dinner.

After enjoying a delicious meal, our Students' Union (SCOER) hosted 12 fun Christmas Games stations! Each time a student participated at a station they earned entries into their choice of multiple prize draws. Some students also chose to participate in a Super Smash Bros. gaming tournament.

The afternoon wrapped up in the gym with students gathering for the prize draws and some final words of positivity before being dismissed for Christmas break.

We would like to thank everyone who contributed to making our Annual Christmas Celebration a success including:

- our fabulous SCOER student leaders and their staff advisor Mrs. Schmidt;
- Maddy and Trey for MCing the Showcase,
- our lunch volunteers; Karen Gardecki, Della Koch, Hailey Stone, Eileen Stone, students Samantha, Michelle, Amber, Justine, and Ciera, as well as Mr. Taylor for organizing;
- Terra Goodzeck for donating the hams and the Wiebe family for the potatoes;
- all of the business who donated prizes for our afternoon of games: Talk of the Town, B&E Plumbing, True North Electric, Big North Graphics, Patricia Ford, North Town Esso, Manning IDA, Gail Lambert, Craig's Carpentry, Trics Salon, Town of Manning, Manning Towing, and The Source;
- All of the other student, staff, parent and community volunteers who contributed in any way - big or small!



The staff would like to thank:
the Bailey family,
the Gardecki family,
the Kelemen family,
the Collins family, the Pawluski family, the
Yasinski family, Deb Perrier and Lesli Mitchell
and the Goddards, for all of the Christmas
goodies! We appreciate your kindness! ❤️





PAUL ROWE JR./SR. HIGH SCHOOL JANUARY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8 School Resumes	9 Hot Lunch: Mugs & Dough Junior High Basketball Home Games	10 Diploma Exam: ELA 30-1 Part A ELA 30-2 Part A	11 Diploma Exam: Social 30-1 Part A Social 30-2 Part A Study Cafe 3:30-4:30 PM	12 E-mail Out to Parents/Guardians Hot lunch form orders extended to Monday, Jan 15th	13
14	15 Grade 10 Debate Tournament Final 10:10 AM <i>Parents & guardians welcome to attend.</i> SCHOOL COUNCIL MEETING 7:00 PM	16 Hot Lunch: Snack Shack	17	18 Student Grad 2024 Meeting during SOLE Study Cafe 3:30-4:30 PM	19 Last day of Semester 1 classes for Grade 12	20
21	22 Diploma Exam: Math 30-1 Math 30-2 Final exams begin for Grade 12	23 Diploma Exam: ELA 30-1 Part B ELA 30-2 Part B Last day of classes for Grades 10 & 11 Hot Lunch: Humble Pie (Chicken Noodle Soup)	24 Final exams begin for Grades 10&11	25 Diploma Exam: Biology 30 Study Cafe 3:30-4:30 PM	26	27
28	29	30 Hot Lunch: Subway	31 No School	FEBRUARY: <ul style="list-style-type: none"> 1 Semester 2 Classes Begin 1 Senior High Basketball Home Games 2 Semester 1 Report Cards sent home with students 16-19 No School (Family Day Long Weekend) 20-24 Family Matters Week 28 Pink Shirt Day 28&29 Class of 2024 Grad Photos 		