



February 12, 2024

The Raider's Report

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

Opportunities to Jumpstart Life After High School



AGR 1040: Animal Basics students at Paul Rowe completed their coursework through PRSD's online Virtual Learning Program, then took a field trip to Manning Strays & Adoptables

Thanks to Peace River School Division partnerships, Paul Rowe high school students have a variety of course options available to them.

DUAL-CREDIT PROGRAMS

Our students have the opportunity to earn high school credits while completing courses towards various college or university programs. Currently, partnerships exist with:

- Northwestern Polytechnic
- Northern Lakes College
- Olds College

PRSD VIRTUAL EDUCATION PROGRAM COURSES

In addition to some academic

courses, many new Career and Technology Studies (CTS) courses are being offered asynchronously. These include a variety of courses in the areas of Computer Science and Psychology.

This year, a number of short 1-credit introductory courses have also been introduced. These cover a variety of topics including: Animal Care, Plants and Gardening, Nutrition & Wellness, Fashion Dynamics and Food Basics.

COMING TO PRSD IN 2024

PRSD will be launching driver's training for Class 1, MELT and Air Brake Q endorsement.

Also In this Issue:

- ★ Family Matters Week
- ★ Off-Site High School Credit Options
- ★ Student Leadership Opportunities
- ★ 2024-2025 Draft School Calendar

Important Information for Parents & Guardians:

Report Cards were sent home with students Friday, February 2.

Report cards can also be viewed in the PowerSchool Parent Portal. Please contact our school office if you cannot access your copy.

Indoor Footwear

Due to the amount of excessive salt and sand being tracked into the school, we ask that students have indoor footwear.

Our Lost & Found is Overflowing!

If your child is missing clothing, water bottles, lunch containers, etc. please have them check the lost and found. Items left unclaimed after February 23rd will be donated to the "Little Yellow House".

OUT-OF-SCHOOL OPTIONS THAT CAN BE USED TO MEET GRADUATION REQUIREMENTS

VOLUNTEERISM

Beginning in grade 9, students can record their volunteer hours in the community, as well as for certain school activities such as Food for Thought, assist sports team coaches, etc.. Forms can be picked up at the office, and once hours are confirmed, up to two credits can be earned - one for each 25 hours spent volunteering.

WORK EXPERIENCE

High school students who hold a part-time job (paid or unpaid) are encouraged to sign up for work experience. Up to 30 high school credits can be earned, with up to 15 used to meet graduation requirements.

In preparation, all grade 10 students at Paul Rowe complete the following prerequisites courses:

- HCS3000 Workplace Safety Systems
- HCS3010 Workplace Safety Practices
- CTR1010 Job Preparation
- First Aid

REGISTERED APPRENTICESHIP PROGRAM (RAP)

High school students who plan to pursue a career in the trades can begin their apprenticeship before graduation. After graduation, hours logged while in RAP is applied to their apprenticeship through the Apprenticeship Industry and Training (AIT). For more information about the RAP program visit: <https://tradesecrets.alberta.ca/trades-in-alberta/designated-trades-profiles/>

GREEN CERTIFICATE

This industry driven training program takes an apprenticeship-style to teaching agricultural skills. Trainees select one of the specializations and, under the guidance of their trainer, work towards mastering all skills within their training program. Students can earn up to 16 high school credits and a credential that could lead to a career in agriculture or agri-business.

Specialization options include:

- Beekeeper production
- Cow calf beef production
- Dairy production
- Equine production
- Feedlot beef production
- Field crop production
- Greenhouse production
- Irrigated field crop production
- Poultry production (4 specializations)
- Sheep production
- Swine production

LEADERSHIP EXPERIENCE LOOKS GREAT ON RESUMES & SCHOLARSHIP APPLICATIONS

Paul Rowe has several leadership opportunities for students. We're actively looking for members for:

- S.C.O.E.R. (Student Council)
- S.A.D.D. (Students Against Destructive Decisions)
- Citizenship
- Raiders Gear Store

We encourage students to join one or more of these groups so they can have a say in planning school events and to have access to more opportunities for advancement.



Thank you to Mrs. Goodzeck and Mr. Taylor for preparing breakfast for our students every day during exam week!

better together

PARENTS & GUARDIANS OF PAUL ROWE STUDENTS

We are better together!

FAMILIES MATTER WEEK is February 19-23

Watch for SCOER's Families Matter contest on the school Facebook page! At the end of the week, a name will be drawn. That student will win a prize for the entire family.

Also stop by the school office to pick up a family activities bingo card! The first family to complete a row and turn in their card, by February 28th, will win a Raiders toque!

UPCOMING DATES

February:

- ★ 16-19 No School (Family Day Long Weekend)
- ★ 19-23 Family Matters Week
- ★ 28 Pink Shirt Day
- ★ 28&29 Class of 2024 Grad Photos

March:

- ★ 7-8 No School for Students (Teacher's Convention)



PAUL ROWE ANNUAL EDUCATION RESULTS REPORT

Our latest Annual Education Results Report (AERR) can be viewed at www.paulrowehigh.ca >Documents

Peace River School Division
Learning Together - Success for All

Education Assurance Survey

WATCH FOR THIS ENVELOPE IN THE MAIL!



HAVE YOUR SAY ON THE DRAFT 2024-2025 SCHOOL YEAR CALENDAR

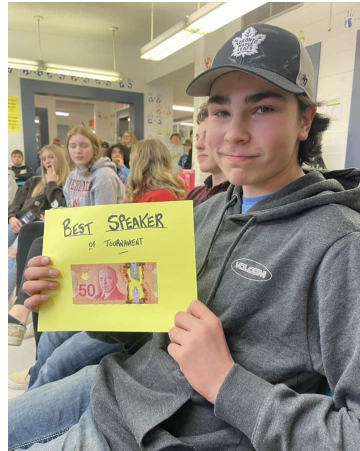
[View the Draft Peace River School Division 2024-2025 School Calendar](#)

The deadline for feedback is 9 AM on February 20, 2024.



JANUARY SCHOOL EVENTS

GRADE 10 DEBATE FINALS



Mr. Davidson's Social Studies 10 class participated in the annual debate championship after weeks of preparations in round robin competition.

Congratulations to:

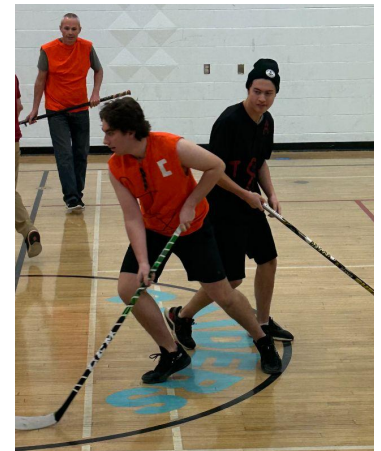
- 2023-2024 champions Elika and Kiera;
- Second place finalists Bree and Kade; and
- Speaker of the tournament Chas!

Special thanks to student judges: Carter, Manny, and Oddo. Thank you to Mr. Davidson for organizing and sponsoring this event in memory of his father, Gordon H. Davidson.



WHAT IS PRFHL?

PRFHL is Paul Rowe's own floor hockey league. Every Friday at SOLE time there are 2 games that are each 18 minutes long. Any student can participate or go watch and cheer the other students on. Floor hockey is a very intense thing up at Paul Rowe. We have an Instagram account where they live stream the games and have a website where you can see the stats of the players and goalies.



Submitted by Kenna, Khezley and Sydney

PRSD MESSAGE RE: BELL LET'S TALK DAY AND DIVISIONAL MENTAL HEALTH SUPPORTS

Bell Let's Talk Day. The Peace River School Division is joining in and committing to take meaningful action to create real change in mental health.

Currently, each of our schools has either a Student Support Worker through the Mental Health in Schools program or a Success Coach through the Mental Health Capacity Building program. Both of these programs seek to provide universal and targeted mental health, addictions and social/emotional learning supports to all of our students. We also have a great team of five social workers who work throughout the division. To learn more about these programs and people, check out our mental health newsletter, available now on our website: prsd.ab.ca/health-wellness.

Another program the PRSD offers is the Community Helpers Program, a joint venture with Alberta Health Services. This program offers regular opportunities to strengthen individual's support skills and learn more about mental health issues and suicide prevention. Click here to learn more about the Community Helpers Program: <https://buff.ly/495y0Tq>


While we are really proud of the mental health supports we offer to our students, it is clear more needs to be done. Real change is needed.

Bell Let's Talk Day marks the start of a new year to take action in mental health. We can all create real change by doing one or more of the following:

- Choose a mental health organization to learn about or support
- Help a friend struggling with their mental health by learning how to support them
- Ask about how your school, workplace or community is creating change for mental health
- Nurture your own well-being by practicing and learning mental health strategies
- Get involved in a mental health initiative or organize an event to support mental health
- Engage in conversations about mental health to fight stigma

Share your actions using [#BellLetsTalk](https://twitter.com/BellLetsTalk) and help inspire others. Together, we can create communities where everyone can get the mental health support they need.

CRISIS PHONE NUMBERS & WEBSITES

Emergency Help Line	911	 Save these resources to your phone
Health Link	811	
National Suicide Crisis Line	Call or text 988	
Kids Help Phone	Text 686868 Call 1-800-668-6868 www.kidshelpphone.ca	
Indigenous Support Line (North Zone)	1-844-944-4744	
Indigenous Mental Health Help	1-855-242-3310 Online chat at www.hopeforwellness.ca	
2SLGBTQ+ Support	1-800-688-4756	
Bullying Helpline	Call or text 780-310-1818 Online chat at alberta.ca/bullying-get-help	
Family Violence Line	Call or text 780-310-1818	
Distress Line	1-877-321-2747	
Child Abuse Hotline	1-800-387-KIDS (5437)	
AB One Line for Sexual Violence	1-866-403-8000	
Peace Regional Women's Shelter	780-624-3466	
Mental Health Hotline	1-877-303-2642	
Addictions and Mental Health - Peace River	780-624-6151	
Addiction and Gambling Hotline	1-866-332-2322	
Alcoholics Anonymous	780-618-4710	
Not sure who to call?	Call or text 211 or visit mykickstand.ca	



PAUL ROWE JR./SR. HIGH SCHOOL FEBRUARY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 RANDOM ACTS OF KINDNESS WEEK	12	13 SCOER Positivitea Hot Lunch: Maylene's Jr. Girls Basketball Home Game 5:30 PM Jr. Boys & Sr. Boys Basketball Away Games Grad Executive & Parent Meeting 6 - 8 PM	14 Red, Pink & White Day (Valentine's) Curling Zones in Manning Day 1	15 Random Acts of Kindness Draw Curling Zones in Manning Day 2 Study Cafe 3:30-4:30 PM	16 No School (Family Day Long Weekend) Jr. Boys Basketball Tournament	17
18 FAMILY MATTERS WEEK in PRSD Schools	19 No School (Family Day)	20 Hot Lunch: Sings	21 Sr. Girls Basketball Away Game	22 Study Cafe 3:30-4:30 PM	23 Jr. Boys, Sr. Girls & Sr. Boys Basketball Tournaments	24
25 FEBRUARY SPIRIT WEEK!	26	27 Blue & White Day Winter Pep Rally Hot Lunch: Mugs N Dough Sr. Girls Basketball Home Game	28 Pink Shirt Day Pizza & Donuts for sale at lunch Grad Photos Day 1	29 Wear Green for Leap Year Fun Grad Photos Day 2 Study Cafe 3:30-4:30 PM	March 1 Raider's Day Jr. Girls & Jr. Boys Basketball Zones	2
				MARCH: <ul style="list-style-type: none"> 5 Travel Club Meeting 7-8 No School for Students (Teachers' Convention) 8-9 Senior High Basketball Zones 13 Parent/Teacher Interviews 22 SCOER Spring Fling Dance 		