



March 6, 2024

The Raider's Report

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



Our Senior Boys Curling team came home from Provincials with a Silver Medal! For more February athletics highlights see pg. 6

Also In this Issue:

- ★ New Weekend Food Bank Program for Students
- ★ Hand Games Practices & PRSD Tournament
- ★ Parent/Teacher Interview Booking Information
- ★ PRSD Message: Attendance Matters
- ★ Vaping Webinar for Parents

SCHOOL, DIVISIONAL and REGIONAL STUDENT SUPPORT SERVICES

Paul Rowe offers a number of support services directly, through Peace River School Division and through referrals to community and regional organizations. Some of these supports are:

PAUL ROWE STUDENT SUPPORT WORKER

Our Student Support Worker (SSW) provides universal programming in the areas of mental health, addictions, and social/emotional learning. This is achieved mainly through full-class and small group activities which promote positive mental health for our students, staff and families.

PRSD SOCIAL WORKER

Our SSW can also assist with referrals to our PRSD Social Worker Travis and emotional support dog Murphy.

PAUL ROWE INCLUSIVE EDUCATION COACHES

Some students may benefit from extra academic, behaviour or social/emotional supports. Through meetings with the student and parents, our school I-Coaches can coordinate supports for our students.

Our I-Coaches can also connect students to external mental health supports, **Peace Collaborative Services** (psychology services, occupational and physical therapy, speech language supports, vision, deaf and hard of hearing supports), etc.

MANNING & REGION RESOURCES

We can provide information for **Peace Region Family Resource Network** and assist with referrals to the **Family Resilience Program**. Also ask about the **Empowering Kids and Youth Program** which provides mentorship to youth to speak about family violence, conflict and trauma.

We also work with **Community Actions for Health and Well Being** and can provide information for the **Resource Centre for Suicide Prevention**.

better together

PARENTS & GUARDIANS OF PAUL ROWE STUDENTS

We are better together!

PARENT/TEACHER INTERVIEWS

Wednesday, March 13 &
Tuesday, April 30
4 PM to 7 PM

In-person or phone appointments available. Book online at:

www.paulrowehigh.ca/bookings

OR call our office at 780-836-3397



SCHOOL COUNCIL MEETINGS

Monday, March 11 &
Monday, April 15
at 7 PM

in the School Library
Learning Commons

All parents & guardians are encouraged to attend.



THANK YOU TO THE MANNING FOOD BANK FOR SETTING US UP WITH A WEEKEND PROGRAM FOR OUR STUDENTS!

IF YOUR FAMILY IS IN NEED OF SUPPLEMENTING YOUR FOOD SUPPLY OVER THE WEEKEND, PLEASE REACH OUT TO ACCESS OUR WEEKEND PANTRY PROGRAM

JUST CONTACT ANYONE AT OUR SCHOOL OFFICE AND WE WILL HELP YOU OUT 780-836-3397 OR EMAIL US AT PAULROWEHS@PRSD.AB.CA

Congratulations to our Family Matters Week contest winner Denise Kamieniecki!

We hope that you enjoy your family movie pass to the Aurora Theater!



Thank you to our February Food for Thought volunteers:

- Manning RCMP

Thank you to our February Hot Lunch volunteers:

- Advantage North
- Myrna Johnson
- Tanice Richards
- Madison R.

ATTENDANCE MATTERS



Following the Pandemic years, the Peace River School Division continues to see significant numbers of students absent every day. Between the start of the current school year and the middle of January, our data shows approximately 17% of our students do not attend school on Fridays and between 11% and 14% are absent Monday through Thursday.

The same data shows that 48.5% of our students attend school less than 90% of the time. Why do we consider this a challenge? Because at the Peace River School Division, we know that "Learning Starts when Students Show Up." We also know that attendance is deeply personal, and the reasons why students miss school are unique and sometimes complex.

To continue reading about why #AttendanceMatters, visit our news page: <https://buff.ly/3uAMhYZ>



PAUL ROWE ANNUAL EDUCATION RESULTS REPORT

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

Join the Alberta Health Services Healthy Schools and Population Health Promotion team for a virtual parent learning session on the youth vaping epidemic. In this session, parents will learn about:

- what vaping is
- current vaping trends among youth
- the harms and risks associated with it
- what legislation is in place at the local and provincial level to combat youth vaping use
- what you and your child's school can do about it
- ideas on how to talk to kids and help them quit
- where to go for more information will also be covered.

Have your voice be heard and your questions answered by an expert in the field.

Vaping: What Parents Need to Know

March 6th 2024
7-8:30pm

Join AHS for a free **virtual** learning opportunity for parents on the youth vaping epidemic. Learn about the harms and risks and get ideas on how to help kids quit. Learn about vaping prevention and reduction in your child's school and community and where to go for more information.

Alberta Health Services | SCHOOLS. HEALTHIER TOGETHER.CA

Interested participants can register here: <https://buff.ly/3uvrNkj>. **If you can't make the live session on March 6th, registered participants will have access to the session afterwards.**

HAND GAMES PRACTICES BEGIN SOON

The Peace River School Division annual Pakisiwin (Hand Games) Tournament will be held in Grimshaw on Thursday, April 18. Paul Rowe plans to send one junior high team and one senior high team. Students who would like to participate should sign up at the office as soon as possible, as practices will begin soon. Students who are undecided or have questions may also contact Mrs. Schmidt or Ms. Perrier.

PAKISIWIN HAND GAMES



Hand games are a traditional Dene game. There are many different variations, however, the following guidelines have been generously shared with us by Elder Herman Sutherland from Whitefish Lake First Nation.

Basic Shots

Pointing Left



All players show their left hand

Pointing Right



All players show their right hand

Butterfly



The 2 players either side of the thumbs show their inside hand, all other players show their outside hands

Reverse Butterfly



The 2 players on either end show their outside hand, all other players show their inside hand

Thumb Up Pointing Left



All players left of the thumb show their left (outside) hand; players the right of the thumb show right (outside) their hand

Thumb Up Pointing Right



All players right of the thumb show their right (outside) hand; players the left of the thumb show their left (outside) hand

Knife Cut



All players left of the cut show their right (inside) hand; players the right of the cut show their left (inside) hand

Guidelines

- Each team consists of 10 people [8 players, 1 alternate, and, optionally, one drummer]
- Each match consists of 3 games or 10 minutes (whichever comes first).
- Teams will take turns 'guessing' and 'hiding'
- A coin toss will determine which team 'hides' first. This team will also receive 1 stick.
- The 'hiding' team will put their hands behind their backs and bring out their fists with a rock hidden in one of them.
- The 'guessing' team will have one designated guesser (shooter) who will give the hand signal (shot) instructing players on the hiding team which hand is being guessed.
- Once the shot is played, all 'hiders' must expose their hands.
 - If the shooter guessed correctly the 'hider' is out and will put their rock on the mat in front of them.
 - If the shooter guessed incorrectly (the empty hand) the hider will wave their hand indicating that they were not caught. The hiding team will receive 1 stick for every successful hider.
- The round will continue until all 'hiders' are out. At which time, the guessing team becomes the hiders.
- The game continues until all 17 sticks are won by a single team.

FEBRUARY SCHOOL EVENTS

WINTER WALK DAY



Our entire school participated in Winter Walk Day, an annual event which encourages people across Alberta to be active outdoors in winter. Special thanks goes out to our Student Council, SCOER, for hosting a hot chocolate station to help us warm up afterwards.

WINTER PEP RALLY



A pep rally was held to recognize our student athletes participating in winter sports. After a brief assembly introducing our curling and basketball teams, volunteers participated indoor curling and a basketball competition.

PINK SHIRT DAY



We celebrated Pink Shirt Day to raise awareness about the importance of promoting kindness and inclusion.

ATHLETICS

CURLING



Congratulations to our curling teams on a fantastic season!

Our junior mixed team of Rachel, Sydney, Josh and Bentley won silver at zones, and our senior boys team of Leland, Liam, Lucas, Chas and Kade won gold at zones and silver at Provincials.

Thank you Mr. Hyatt for coaching these teams and for your work with our community junior curling program

Way to go Raiders!

BASKETBALL



Our senior high basketball teams have been having a successful season and will be competing in the zones tournaments March 8&9. Good luck Raiders!



BADMINTON SEASON BEGINS SOON!

Student sign-up sheets have been posted! Practice days and times will be announced soon!

PEACE COUNTRY COUGARS

High School
Boys

Starting Monday March 4th
Mondays and Wednesdays
5pm to 6:30 pm
Ecole Des Quatre-Vents
school gym,
7401 73 Ave Peace Rive



High School
Girls

Starting Tuesday March 5th
Tuesdays and Thursdays
5pm to 6:30 pm
Ecole Des Quatre-Vents
school gym,
7401 73 Ave Peace River

RUGBY TRAINING

For more information, please contact Troy at 780-219-0370 or Keegan at aislabiek@prsd.ab.ca

Open to all Grade 9 -12s in the Peace Country

Bring clean gym shoes, water bottle and gym clothes



PAUL ROWE JR./SR. HIGH SCHOOL MARCH 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5 Hot Lunch: Snack Shack Travel Club Meeting 7 PM	6 Hot Lunch Order Forms Due	7 No School for Students (Teacher's Convention)	8	9 Senior High Basketball Zones Tournaments
10 Daylight Savings Time Begins	11 Round 3 of Grade 7/8/9 Options Begin SCHOOL COUNCIL MEETING 7 PM	12 Hot Lunch: Humble Pie (Ham & Eggers)	13 PARENT/TEACHER INTERVIEWS 4 - 7 PM	14 Study Cafe 3:30-4:30 PM	15	16 Senior High Basketball Provincial Tournaments
17	18	19 Hot Lunch: Subway Sr. Girls Basketball Home Game	20	21 Youth Career Expo Field Trip Study Cafe 3:30-4:30 PM	22 SCOER Spring Fling Dance 7 - 10 PM	23
24	25 Free Nutrition Grant Hot Lunch: Chicken Wraps	26 Hot Lunch: Neighbors (Chili)	27	28 No School (Easter/Spring Break) Travel Club departs	29	30



PAUL ROWE JR./SR. HIGH SCHOOL APRIL 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
MARCH 31	APRIL 1	2	3	4	5	6	
	No School (Easter/Spring Break)						
7	8 School Resumes Travel Club Returns	9 Hot Lunch: Maylene's	10	11 Study Cafe 3:30-4:30 PM	12 E-Mailout to Parents/Guardians	13	
14 Mighty Moose Band Dinner & Music Fundraiser Doors open @ 4 PM	15 School Council Meeting 7 PM	16 Hot Lunch: TBA	17	18 Handgames Tournament Field Trip Study Cafe 3:30-4:30 PM	19 No School for Students (Staff Meeting & Professional Development Day)	20	
21	22	23 Hot Lunch: TBA	24	25 Study Cafe 3:30-4:30 PM	26 Term 3 Report Cards sent home with students	27	
28	29	30 Hot Lunch: Parent/Teacher Interviews 4-7 PM	MAY: <ul style="list-style-type: none"> • 3 E-Mailout to Parents/Guardians • 17 No School for Students (Staff Meeting & PD Day) • 20 No School (Victoria Day) 				