



June 67, 2024

The Raider's Report

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

Approaching Final Exam Week



Phys. Ed 20/30 students recently travelled to Hawk Hills to practice Yoga in the Loft. Yoga is scientifically proven to support stress management, mental health, mindfulness, and quality sleep - all important as we approach final exam week.

Also In this Issue:

- ★ Come Celebrate with Us
- ★ "Social Media" Guest Speaker Coming Soon
- ★ Final Exam Information
- ★ Event Updates



TO OUR NEW STAFF!

Educational Assistants:
Mrs. Tina Kamieniecki
Ms. Blaire Gillies

Important Information for Parents & Guardians:

COURSE SELECTIONS FOR 2024-2025

Current grade 9 to 11 students have begun to make their high school course selections. The results of these initial surveys will be used in finalizing the fall timetable. Soon, current grade 7 and 8 students will also have the opportunity to rank their choices for their Options 7/8/9 classes.

FINAL EXAM & PLANNED STUDY SCHEDULE

Important Dates:

- Tuesday, June 11 - Diploma exams for 30-level classes begin
- Monday, June 17 - Last day of Regular Classes for all grades
- Tuesday, June 18 - Final exams begin for all grades
- Friday, June 21- National Indigenous People's Day activities

To view the complete exam schedule visit

<https://www.paulrowehigh.ca/documents/finalexamschedules>.

BREAKFAST PROGRAM HELP WANTED!

Our students will be served breakfast every day in June, so we are seeking volunteers to help from 8 AM-9 AM!

Any individuals or groups who can help should contact Terra at 780-836-3397.



better together

PARENTS & GUARDIANS OF CURRENT STUDENTS

We are better together!

GRADE 9 CELEBRATION

for students & their families

**Wednesday, June 12
at 6:30 PM**



**CLASS OF 2024
GRADUATION
CEREMONY**

**Saturday, June 22
Jack McAvoy Arena
2 PM**

Starting A Social Media CONVERSATION



Jo Phillips
BA Psychology, Certified Youth Resilience Coach
@JoOutLoud online

Parent Session

NEW TIME

Monday, June 10, 2024
5:00 pm to 6:30 pm
Paul Rowe Jr/Sr High School

Information on your kids' favourite apps and video games from their perspective ~ Setting rules and consequences ~ Supporting kids through online challenges ~ Getting excited with your kids about the things they love ~ Tips and information to support a positive conversation in your home ~ Helping kids with opportunity while keeping them safe

More info
joutloud.com

Contact Us
403.352.9941

**PAUL ROWE SERVING
DAILY BREAKFAST IN JUNE!**

We are seeking volunteers to prepare hot breakfast any day from 8 to 9 AM!

Any individuals or groups who can help should contact Terra at 780-836-3397.



WE NEED YOU!

FRIDAY, JULY 19-SUNDAY, JULY 21

**FOOD FOR
THOUGHT KITCHEN
CONSESSION**



If you are unable to volunteer during the weekend, there are other ways to help!

**CALL THE SCHOOL FOR
MORE INFORMATION**

IMPORTANT FINAL EXAM WEEK INFORMATION



- Students will be required to stay in the exam room for a minimum of one hour.
- Between exams, students are encouraged to take advantage of teachers' open study rooms to seek extra help, complete any missing assignments, etc.
- Students in grades 7 & 8 who wish to leave the school following their exam must hand in a note or phone home for permission before leaving the school.
- TO VIEW THE FINAL EXAM SCHEDULE [CLICK HERE!](#)

Note: There are no exams on June 21. Students are encouraged to attend this day to take part in special activities planned in honour of National Indigenous People's Day.

DOES YOUR CHILD TELL YOU THAT THEY KNEW THE MATERIAL BUT DID POORLY ON THEIR EXAMS?

*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
- ❑ **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, losing touch with friends, not doing activities they like



To learn more about exam anxiety and how adults can help students manage it visit

<https://www.dcdsb.ca/en/parents/resources/Documents/Mental-Health/Test-Anxiety---Fact-Sheet-for-Parents.pdf>

2024-2025 SCHOOL & SCHOOL BUS REGISTRATION IS OPEN

REGISTRATION FOR ALL STUDENTS IS OPEN!

To register your child(ren) visit:

<https://www.prsd.ab.ca/registration>

SCHOOL BUS REGISTRATION FAQs

To learn more PRSD school bus registration visit:

<https://www.prsd.ab.ca/our-division/departments/school-bus-registration>

Questions? Please contact our school office at 780-836-3397 or PRSD central office at 780-624-3601. We are happy to help!

Preassembled SCHOOL SUPPLY BUNDLES

right here in MANNING at COMPETITIVE PRICES!

BUNDLES are Grade Specific

TO PLACE ORDERS

Use the QR Code Order Option below,

Complete an Order Card

(In Store or on FB Page),

Call 780-836-3810

or Email jodotcom@telus.net

Place orders by **June 30, 2024**



RESERVE
NOW!

PICK UP
YOUR PREASSEMBLED PACKAGE
at

JO DOT COM

or select from school supplies we have in stock!



MAY SCHOOL EVENTS

INDIGENOUS CULTURE CELEBRATION WEEK



Our Citizenship group recently hosted an Indigenous Culture week. In addition to the sharing of an educational slideshow, and a free hot lunch of stew and bannock, grade seven, ten and eleven students participated in the KAIROS Blanket Exercises.

“The KAIROS Blanket Exercise is a workshop that explores the nation-to-nation relationship between Indigenous and non-Indigenous peoples in Canada. Blankets arranged on the floor represent land and participants are invited to step into the roles of First Nations, Inuit and later Métis peoples. The workshop helps people to understand how the colonization of this land impacts those who were here long before settlers arrived. It engages people’s minds and hearts in understanding why the relationship between Indigenous and non-Indigenous peoples is often broken and how we can take an action together.”

Thank you so much to PRSD Indigenous Education Coordinator, Holly Crumpton; and Georgina Supernault and Esther Lay from Manning Métis Local for facilitating the Blanket Exercise. Thank you to the Citizenship group and Mr. Taylor for creating the educational slideshow and for cooking the stew. Thank you also to Mrs. Schmidt’s senior high Home Economics class for making the bannock.

WOMEN IN THE NORTH



Thank you to True North Electric, Talk of the Town, and Sharon Henitiuk who wanted to pay it forward and sponsor these ladies to attend the Women in the North conference! It was a great day of learning to lead! Thank you also to Mrs. Schmidt for accompanying these students.

ART EXHIBITION ON UNTIL JUNE 19



The Alberta Foundation for the Arts display “Otherhood” by local Peace River artist Carolyn Gerk will be on display at Paul Rowe until June 19. Visitors to the school are welcome to view the exhibition. The exhibition guide can be found at <https://aggp.ca/wp-content/uploads/2021/10/Otherhood-Exhibition-Guide-Sept-20V-Web.pdf>. Thank you to Mrs. Presakarchuk for coordinating the Travelling Exhibition Program for our school.

MAY EVENTS

KNOW YOUR WORTH, FIND YOUR WAY



Marco Corbo, a teacher from Edmonton who travels throughout Alberta sharing with students on dealing with mental health and wellness through story and song inspired by his personal struggles. His presentation is called Rise: Know Your Worth, Find Your Way. Thank you to PRSD's Mental Health in School Program for making this opportunity possible.

GARDENING



Our gardening class has been getting hands on now that spring has sprung! They have been working on a community garden project in collaboration with the food bank and NPARA, as well as school beautification efforts with planting and tending our school flower beds, a small potato garden, as well as our indoor hydroponic towers.

PET DAY



Interacting with animals has been shown to decrease levels of cortisol (a stress-related hormone). At our recent Pet Day, in addition to cats and dogs, a ferret, a guinea pig, a bunny, and others came to visit. Thank you to everyone who shared their pets with us and to Ms. Perrier for organizing!

A big thanks go out to:



- Manning Minor Ball for the donation of equipment
- Jodie Reinders for the donation of golf clubs
- Myrna Johnson, Jo Kelemen, Della Koch, & Kaitie Koch for preparing and serving the beef on a bun lunch!
- May Hot Lunch Volunteers: Myrna Johnson, Tanice and Madison Richards
- May Food for Thought Volunteers: STAT Energy, Credit Union, ValleyB, and Mrs. Goodzeck
- Mr. Taylor and Mr. Bullen for organizing the Tri-School Archery Tournament (more information to follow in the June newsletter).

PAUL ROWE ATHLETICS

TRACK & FIELD

The Track and Field season has nearly wrapped up, with only the senior high provincial competition left!

DIVISIONAL RESULTS:

Senior High:

- Oddo A. 1st in 100 m dash, 200 m dash and high jump
- Liam C. - 1st in the 100m dash, 200m dash, long jump and triple jump
- Keenan F. - 3rd in long jump
- Elly S..- 2nd in 100 m and 200 m dash
- Makenzie W. 2nd in long jump and discus

Junior High:

- Owen B. - 1st 3000m run and 400m dash
- Emma K. - 3rd high jump
- Tess K. - 2nd triple jump and 3rd 80m hurdles
- Kruz K. - 2nd javelin and 3rd triple jump
- Emma N. - 2nd in high jump and **3rd**
- Kerenza N. - 1st in shot put and 3rd in discus
- Bob P. - 1st high jump and shot put
- Khezley S. - 3rd 400 m dash
- Anastasia V. - 1st 3000m run
- Veronika V. - 3rd 3000m run

ZONE RESULTS:

- Owen B. - 1st 3000m run and 3rd 400m dash
- Liam C. - 1st long jump and triple jump, 2nd 100m dash and 200m dash



UPCOMING PROVINCIAL MEET:

We wish Liam C. the best of luck as he competes in the Provincial Track and Field Provincial Championships in Edmonton on June 7-8th!

Thank you to Mr. Bullen for coaching our track and field athletes this season!



BADMINTON

Congratulations to Rheyne P. who brought home a bronze medal from Badminton Provincials!



PEACE COUNTRY RUGBY



The Peace Country Rugby Club Cougars girls team brought back a silver medal from the Alberta School Athletics Association Provincial tournament! Congratulations to Paul Rowe athletes Sverra and Brett!

2024 SENIOR VOLLEYBALL PRACTICES

	MON JUNE 3	
GIRLS	WED JUNE 5	BOYS
6 - 7:30	TUES JUNE 11	7:30 - 9
	THURS JUNE 13	

• ALL STUDENTS IN GRADES 9-11 WELCOME TO SEE WHAT IT IS ALL ABOUT AND TO GET SET FOR NEXT SEASON



Talk to Mr. Hyatt for more information





PAUL ROWE JR./SR. HIGH SCHOOL JUNE 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 GRAD SPIRIT WEEK is June 10-14	10 Bikers vs Surfers Spirit Day "Starting a Social Media Conversation" Presentations: *Student session for grades 7-10 at 10:15 AM *Parent session NEW TIME: 5:00-6:30 PM	11 Senior Citizen Spirit Day English 30-1/2 Diploma Exam Part A Senior Volleyball Practices: 6 - 7:30 PM Girls 7:30 - 9 PM Boys	12 Raiders Day Spirit Day Social Studies 30-1/2 Diploma Exam Part A Grade 9 Language Arts Achievement Exam Part B Grade 9 Celebration 6:30 - 7:30 PM Grad Class of 2024 Meeting 8 PM	13 Country vs Country Club Spirit Day Grade 9 Math Achievement Exam Part A MES Grade 6 Class Visits Paul Rowe 2:15- 3:45 PM Study Cafe 3:30-4:30 PM Senior Volleyball Practices: 6 - 7:30 PM Girls 7:30 - 9 PM Boys	14 Tie Dye Spirit Day Grad Gown Parade 10:15-11 AM Free BBQ for Students Summer Fun Afternoon 1 - 3:30 PM	15
16	17 Math 30-1/2 Diploma Exam Last Day of Regular Classes All Library Books Due	18 Final Exams for All Grades Begin To view the schedule, follow the Exam Schedule link on the front page	19 Last Day for "Otherhood" Art Display	20	21 National Indigenous People's Day Activities	22 Class of 2024 Graduation Ceremony 2 PM
23	24	25	26 Last Official Day for Students	27 Report Cards Released Operational Day - Last Day for Staff	Event Updates View the PRSD Approved 2024-2025 School Year Calendar here.	