



January 10, 2025

The Raider's Report

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

Paul Rowe Hosts Annual Family Christmas Celebration



Paul Rowe students, parents, family members and alumni gathered to celebrate Christmas with our annual Showcase and Christmas Dinner.



Important Information for Parents & Guardians:

GRADE 10-12 FINAL EXAMS BEGIN MID-JANUARY

The last day of regular semester 1 classes for Grade 10-12's is Tuesday, January 21st. Final exams begin Wednesday, January 22nd. To view the full January exam schedule visit

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

www.paulrowehigh.ca

better together

PARENTS & GUARDIANS OF PAUL ROWE STUDENTS

We are better together!

January:

- ★ 14-27 Diploma Exams
- ★ 21 Last Day of Classes for Grades 10-12
- ★ 22-27 Final Exams for Grades 10-12
- ★ 31 No School for Students

February:

- ★ 3 Semester 2 Classes Begin
- ★ 3 Report Cards sent home with students
- ★ 3 School Council Meeting 7PM
- ★ 17 No School (Family Day)
- ★ 18-21 Family Matters Week
- ★ 28 Pink Shirt Day
- ★ 26&27 Class of 2025 Grad Photos

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

- RCMP
- Sherry Dechant and Teresa Stewart
- STAT Energy
- Sherry Blanton

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

ANNUAL CHRISTMAS CELEBRATION

The last day of school before the Christmas break was a fun one at Paul Rowe!

Kicking off the day, each home room decorated gingerbread houses that guests voted on as they entered the school for the Showcase. Congratulations to Grade 11 for decorating the winning entry!

Many parents, siblings, family, and friends joined us for our Christmas Showcase and Turkey Dinner. In the afternoon, SCOER hosted fun Christmas Game stations. Prize draws and attendance awards wrapped it all up 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;
- Savanna and Kenna for MCing the Showcase,
- our lunch volunteers; Chris Graw, Lacey Buchinski, Erica Bacso, Claire Taylor, students Samantha, Amber, Ciera, Alex, Phoebe, Kenzie G., Mya, Melanie, Makayla and Marie, 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, North Town Esso, Big North Graphics, Patricia Ford, Snack Shack, Manning Hardware, Manning Library, GSA, SCOER, Aurora Theatre, JoDotCom, Manning IDA;
- All of the other student, staff, parent and community volunteers who contributed in any way - big or small!

PAUL ROWE SCHOOL EVENTS



November 2024 Alberta Milk Female Athlete of the Month Presented by the ASAA

Congratulations to our very own Makenzie Lea Wolf from Paul Rowe Jr/Sr High School, a dynamic volleyball player whose versatility and leadership shine!

At just 5'3", Makenzie excelled as a libero this season, covering the court with ease, digging out tough hits, and rarely missing a serve-receive. When called to the front row, her precision allowed her to score against even triple blocks. Her ability to play both outside hitter and libero made her a key asset to her team's success.

More than her skills, Makenzie uplifted her teammates, inspiring them to perform at their best and pushing the team further with her unwavering drive and positivity.

Congratulations, Makenzie, on this well-deserved recognition.

Travelling Exhibition Program

Paul Rowe has the pleasure of viewing the Alberta Foundation for the Arts Travelling Exhibition Program until January 21st. The works of four artists are shared in this collection titled "Self Reflection" which employs unique ways of expressing their identities while allowing the viewer to reflect and even relate them to their own identity. Come check out this collection before it's gone!



DOOR DECORATING CONTEST



There was some stiff competition in this year's Christmas door decorating contest!

The staff would like to thank everyone who donated all of the Christmas goodies!

We appreciate your kindness!



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

PRSD News

HAVE YOUR SAY

ON THE DRAFT 2025-2026 SCHOOL CALENDAR

Peace River School Division
Learning Together - Success for All

PRSD is looking for your feedback! Check out this link and don't forget to provide your feedback before February 18th!

[Have Your Say on the Draft 2025-2026 School Calendar](#)

PEACE RIVER SCHOOL DIVISION
4702 - 51 St. Box 380 Grimshaw AB. T0H 1W0
PH: (780) 624-3601 FAX: (780)332-1050

DRAFT 1 2025-2026 SCHOOL YEAR CALENDAR

Month	Operational Days	Instructional Days
August	3	0
September	20	19
October	21	20
November	19	18
December	15	15
January	20	19
SEM 1	98	91
February	19	19
March	16.5	14
April	20	19
May	20	19
June	20	19
SEM 2	95.5	90.0
TOTAL	193.5	181.0

APPROVED HOLIDAYS

Labour Day	September 1
Truth & Reconciliation	September 30
Thanksgiving	October 13
Remembrance Day	November 11
Christmas Break	Dec 22 - Jan 2 (incl)
Christmas Day	December 25
Bonnie Day	December 26
New Year's Day	January 1, 2026
Family Day	February 16
Spring Break	March 16 - 20, 2026
Good Friday	April 3
Easter Monday	April 6
Victoria Day	May 18

LEGEND

- STATUTORY HOLIDAYS
- TRUTH & RECONCILIATION (no staff or students)
- PD DAY (NO STUDENTS)
- FIRST/LAST DAY OF CLASSES
- OPERATIONAL DAY (NO STUDENTS)
- NON-OPERATIONAL DAY (no staff or students)
- TEACHERS' CONVENTION
- CHRISTMAS / SPRING BREAK
- DIPLOMA EXAMS (to be confirmed)

Paul Rowe Jr Sr High School

Paul Rowe High School is located in the town of Manning, a small farming community situated in northern Alberta about 100 kms northwest of Peace River. The school serves students from grades 7-12 and offers a wide variety of programming to support student learning. The school serves students from grades 7-12 with a strong academic program and a full range of co-curricular and athletic programs

WE ARE HIRING

JOB VACANCY :
0.72 FTE Educational Assistant

The successful candidate will be working with fantastic students in varying settings, with varying levels of need, and an amazing team of caring adults!

SEND YOUR RESUME TO :
Vikki Presakarchuk, Principal of Paul Rowe Jr. Sr. High School
Box 488, Manning, AB T0H 2M0
E-mail: presakav@prsd.ab.ca

APPLY NOW

Peace River School Division
Learning Together - Success for All

Employment Opportunities!

Peace River School Division
Learning Together - Success for All

WE ARE HIRING!

Contracted Janitorial Services

Manning Aurora Composite School, Manning

Position will remain open until a suitable candidate is secured

Send your resume to: schooloperations@prsd.ab.ca

OR

apply online at: prsd.ab.ca/careers



PAUL ROWE JR./SR. HIGH SCHOOL JANUARY 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	IMPORTANT FEBRUARY DATES: ★ 3 Semester 2 begins ★ 3 Report cards sent home with students ★ 3 School Council Meeting 7PM ★ 17 No School (Family Day)			9 Hot Lunch: Maylene's Study Cafe 3:30-4:30 PM	10 E-mail Out to Parents/Guardians 11	
12	13	14 Diploma Exam: ELA 30-1 Part A ELA 30-2 Part A	15 Diploma Exam: Social Studies 30-1 Part A Social Studies 30-2 Part A	16 Hot Lunch: Sing's Study Cafe 3:30-4:30 PM	17 Diploma Exam: Math 30-1 Math 30-2 18	
19	20 Diploma Exam: ELA 30-1 Part B ELA 30-2 Part B 21 Diploma Exam: Social Studies 30-1 Part B Social Studies 30-2 Part B Last day of Semester 1 classes for Grade 10-12	22 Diploma Exam: Biology 30 Social Studies 10-1 & 10-2 Exam Social Studies 20-1 & 20-2 (MC) Exam VEP Final exams begin for Grades 10-12	23 CALM Exam Physics 20 Exam Hot Lunch: Humble Pie Soup & Bun Study Cafe 3:30-4:30 PM	24 ELA 20-1 & 20-2 Exam Science 10 Exam 25		
26	27 Diploma Exam: Science 30 CTS Final Exams Chemistry 20 Exam Social Studies 20-1 & 20-2 (Written) Exam VEP	28	29	30 Hot Lunch: Subway Study Cafe 3:30-4:30	31 No School (PD Day)	