



## The Paul Rowe Raiders Report

### Pink Shirt Day at Paul Rowe

Pink Shirt Day serves as a reminder to promote kindness, inclusion, and respect. On Feb. 26th, students and staff at Paul Rowe wore pink shirts to show their support for creating a safe, welcoming environment for everyone and encouraging positive behaviours. It was a great day to highlight the importance of kindness. It is a call to action for all of us to be more mindful of our words and actions, to stand up for others when they need help, and to create a community where every student feels safe and valued. Let's keep the conversation going, support one another, and ensure our school is a place where everyone feels like they belong! Raiders Rock!

#### Also In This Issue:

- Available Student Support Services
- Family Matters Week
- P/T Interviews
- NLC Open House
- Healthcare Career Day
- Summer Research Program
- Attendance Awards
- Hand Games Practices and PRSD Tournament
- Band Fundraiser Supper
- Pep Rally

#### **#DrivingSuccess & #AchievingSuccess**

Beginning with the 2024-2025 school year, the PRSD has been celebrating nominated staff and students for the extraordinary work they do each and every day. Nominations are submitted through each school's principal. Do you know of someone who deserves to be recognized for their work?

Reach out to Mrs. Presakarchuk today to submit your nominations!

More information on our Semester One recipients found on page 5.

# SCHOOL, DIVISIONAL AND REGIONAL STUDENT SUPPORT SERVICES

## School Support Services

Our Student Support Worker, Deb Perrier, 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.

Paul Rowe also has Inclusive Education Coaches. They can coordinate supports for our students within the school and can also connect students to external mental health supports with **Peace Collaborative Services** (psychology services, occupational and physical therapy, speech language supports, vision, deaf and hard of hearing supports, etc.)



## FAMILY MATTERS WEEK

Congratulations to our Family Matters Week contest winners, the Wilcox Family! We hope you enjoy your Raiders swag!

## Divisional Support Services

PRSD's Student Mental Health team consists of a team of social workers, Student Support Workers and Success Coaches. Students at Paul Rowe can be connected with social worker Travis Mitten and his certified therapy dog, Murphy

Murphy Mitten,  
Emotional Support Animal



## Regional Support Services

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**.





# Families Matter Week & Pink Shirt Day

This month we celebrated Families Matter Week and Pink Shirt Day. Both of these events are all about making sure our students and their families feel welcomed, valued and included in our schools.

The Peace River School Division established Families Matter Week 13 years ago recognizing that education starts in the home and that nurturing and celebrating this foundation is essential. This week serves as an opportunity to publicly acknowledge the many ways our students' are supported in their academic journey through diverse support systems that extend beyond the school setting. Family involvement in education is key to a thriving public education system, and we know that engaged families contribute to happy, safe, and successful students.

Pink Shirt Day is a visual reminder of the importance of ensuring students feel safe at school. When students feel safe, they are better able to learn and thrive. This year PRSD's t-shirts feature a design by Grade 12 Grimshaw Public School student **Cheyenne Testawich**. Cheyenne's design delivers a powerful message of inclusion and kindness that we can all embrace and enthusiastically promote each day.

Our Board of Trustees remain deeply committed to the third goal of our education plan: ensuring that all students feel included. Pink Shirt Day is one way we demonstrate our commitment to creating a school environment where every student feels safe, valued, and supported!



*Dr. Jeff Thompson, Superintendent of Schools*



*Cheyenne Testawich, Pink Shirt Day Design Winner*



# PARENTS & GUARDIANS OF PAUL ROWE STUDENTS

*We are better together!*



## Northern Lakes College Hosts Open House

Join us from anywhere online or stop by in-person at any of the participating campuses. For more information [click here](#).

### Parent/Teacher Interviews

Wednesday, March 12th from 4PM-7PM  
In person or phone appointments available.  
Book online at: [www.paulrowehigh.ca/bookings](http://www.paulrowehigh.ca/bookings)  
or call our office at 780-836-3397.

### School Council Meeting

There is no School Council Meeting in March, but join us April 16th to have your voice heard!

## UPCOMING DATES

### March:

- 5-7 No School for Students
- (Teacher's Convention)
- 12 Parent/Teacher Interviews 4-7pm
- 13 Peace High Career Fair
- 24-28 Spring Break (No School)

### April:

- 18-21 No School (Easter Break)
- 22 No School (PD Day)

# thank you

A big thank you to our Food for Thought and Hot Lunch Volunteers this month, Vision Credit Union, Valley B, RCMP, Stone Insurance, Advantage North and STAT Energy!



**!** APPLY FOR A CREDIT PROGRAM on March 5, and we'll waive the \$50 application fee.



**Wednesday**  
**March 5, 2025**  
**1pm - 4pm**

Just like our programs, the NLC Open House is *available everywhere, at a campus, or online!*



Get more information at [www.northernlakescollege.ca/open-house](http://www.northernlakescollege.ca/open-house)



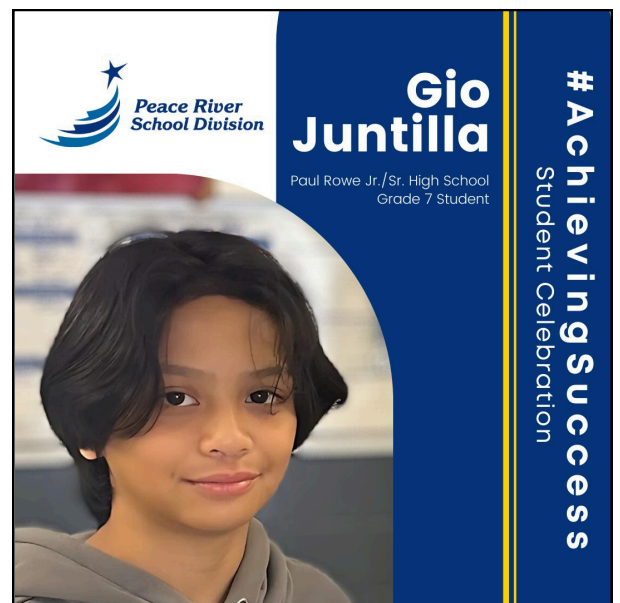
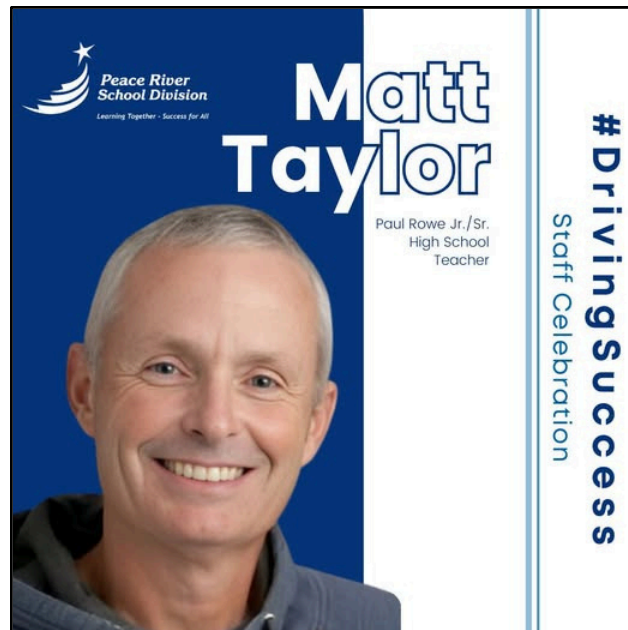
Peace River Campus  
8106 - 99 Avenue Peace River, AB  
Susan Horner (780) 624-5176



Paul Rowe would like to congratulate the following outstanding individuals who were recognized and celebrated during the first semester for the extraordinary work they do each and every day!

- Teacher Mr. Matt Taylor was nominated for thinking outside the box when it comes to providing support to both students and fellow staff members while at school.
- Students Brett and Rheyna were nominated for demonstrating tremendous leadership skills.
- Student Gio was nominated for being a role model in athletics.

Keep up the great work!



LET'S GO RURAL!



# Healthcare Careers Event

Are you a high school student wanting to learn about careers in healthcare?

## March 18, 2025

Learn more about careers in healthcare at the Manning Community Healthcare Centre. Join us to learn and try out various healthcare skills like casting a broken limb, suturing, respiratory therapy and more from local physicians, nurses and paramedics.

**Speak to your school counselor to sign up.**



**RhPAP.ca** | [info@rhpap.ca](mailto:info@rhpap.ca)

\*Financial contribution for RhPAP has been provided through Alberta Health







# Summer Research Program

**Student Applications Open:**  
March 3 - April 2, 2025

**Program Runs:**  
July 3 - August 14, 2025

## Grade 11 Female and Gender Diverse Students

Are you looking for a unique summer job opportunity? Apply to the WISEST Summer Research Program (SRP), a 6 week **paid** research internship. The SRP will give you a hands-on research experience and a chance to discover STEM careers and your place in them.

## You Can Expect To

- Contribute to trailblazing research.
- Join a supportive community of STEMInists.
- Connect with successful STEM professionals.
- Become familiar with academic life at a post-secondary institution.
- Broaden your perspective about innovative STEM careers that solve the biggest challenges facing society.

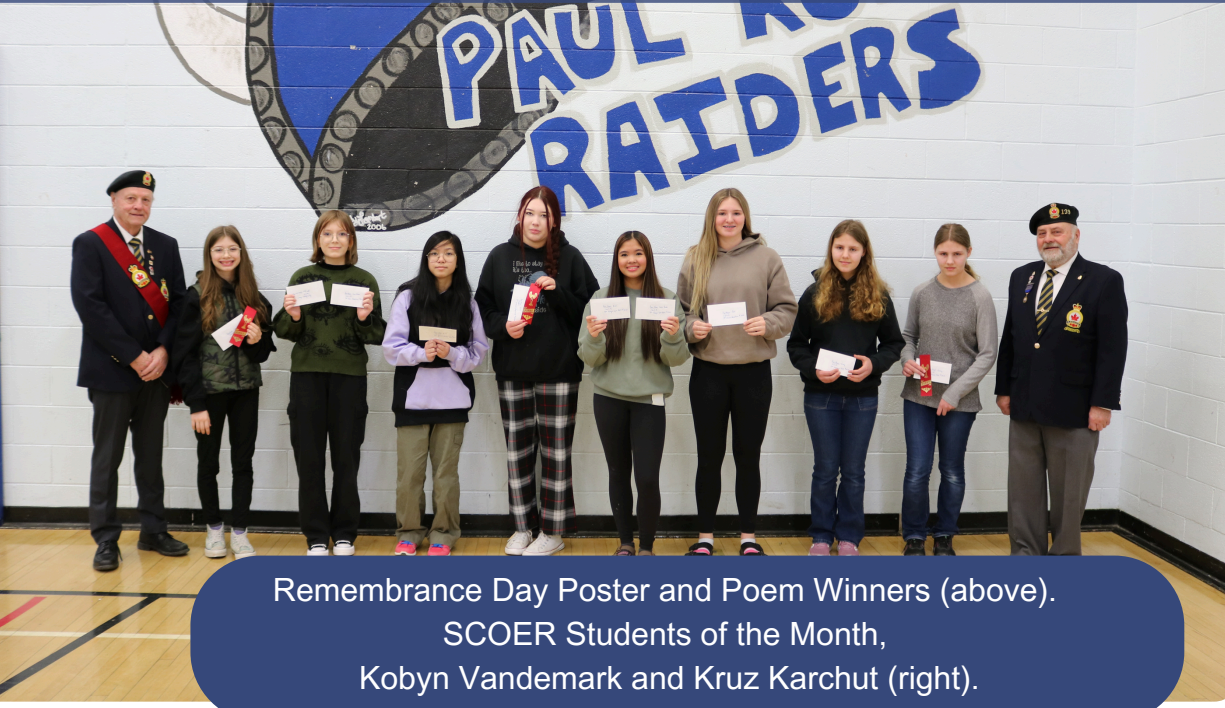
The program will run in person at the University of Alberta North Campus (Edmonton). A residence program is available for out-of-town students.

We invite applicants from diverse backgrounds and lived experiences, including Indigenous, racialized, and rural students, to apply. To advance equity in STEM, Black and Indigenous students have tailored pathways to participate in our program.

For more info and to start your online application visit: [www.uab.ca/WISEST](http://www.uab.ca/WISEST) or email us at [wisest@ualberta.ca](mailto:wisest@ualberta.ca) if you have any questions.







Remembrance Day Poster and Poem Winners (above).  
 SCOER Students of the Month,  
 Kobyn Vandemark and Kruz Karchut (right).



**ATTENDANCE INCENTIVE WINNERS**  
 DECEMBER 12 TO FEBRUARY 7

**JUNIOR HIGH PERFECT ATTENDANCE:**  
 OWEN BAILEY  
**MOST IMPROVED:**  
 NOVA KRUPINSKI

**SENIOR HIGH PERFECT ATTENDANCE:**  
 O'NEAL TONGE  
**MOST IMPROVED:**  
 IAN LADOUCEUR

CONGRATULATIONS!

**PERFECT ATTENDERS**  
 DECEMBER 12 TO FEBRUARY 7

OWEN BAILEY

ABBY GUMMOW

O'NEAL TONGE

MARSHALL YASINSKI

CONGRATULATIONS!

Congratulations to our top attenders from December through February!

**MOST IMPROVED ATTENDERS JR HIGH**  
 DECEMBER 12 TO FEBRUARY 7

PACEY PAULOVICH  
 RYDER VAN HEEREN  
 MAX PERRIER  
 JAYDA LACHANCE  
 SKARLET SUPERNALT  
 JORDAN DOERKSEN  
 JETT ROBINSON  
 NOVA KRUPINSKI  
 CHEK LOVLIN  
 AYA STONE  
 KERENZA NICHIPORIK  
 MARIE BURTON  
 TYLER BACSO  
 KHEZLEY SERRANO  
 HUNTER FRANKLIN  
 SYDNEY BACSO  
 YEVE KUSHNIR  
 OWEN PAKULA  
 CAITLYN BACSO

CONGRATULATIONS!

**MOST IMPROVED ATTENDERS SR HIGH**  
 DECEMBER 12 TO FEBRUARY 7

TAYLA CLOW  
 IAN LADOUCEUR  
 BEVERLY CLOW  
 SAVANNA NOULETT  
 FAREED HADIJA  
 KENZIE WOLF  
 CALI ANGTIL  
 SAIGE ALLEN  
 IVAN LYSYSHYN  
 PRESTON AUGER  
 JANHEA ZAMORA  
 KY LACHANCE

CONGRATULATIONS!



## Handgames Workshop

Big thanks to Mrs. Schmidt and Mrs. Perrier who, along with PRSD's Indigenous Education Program Coordinator Holly Crumpton invited Elder Herman to host a Hand Games Workshop for our junior high students on Feb. 11th. Paul Rowe will be sending a junior high team to PRSD's annual Pakisiwin Tournament in Grimshaw on Thursday, April 17th.



# 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

### 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



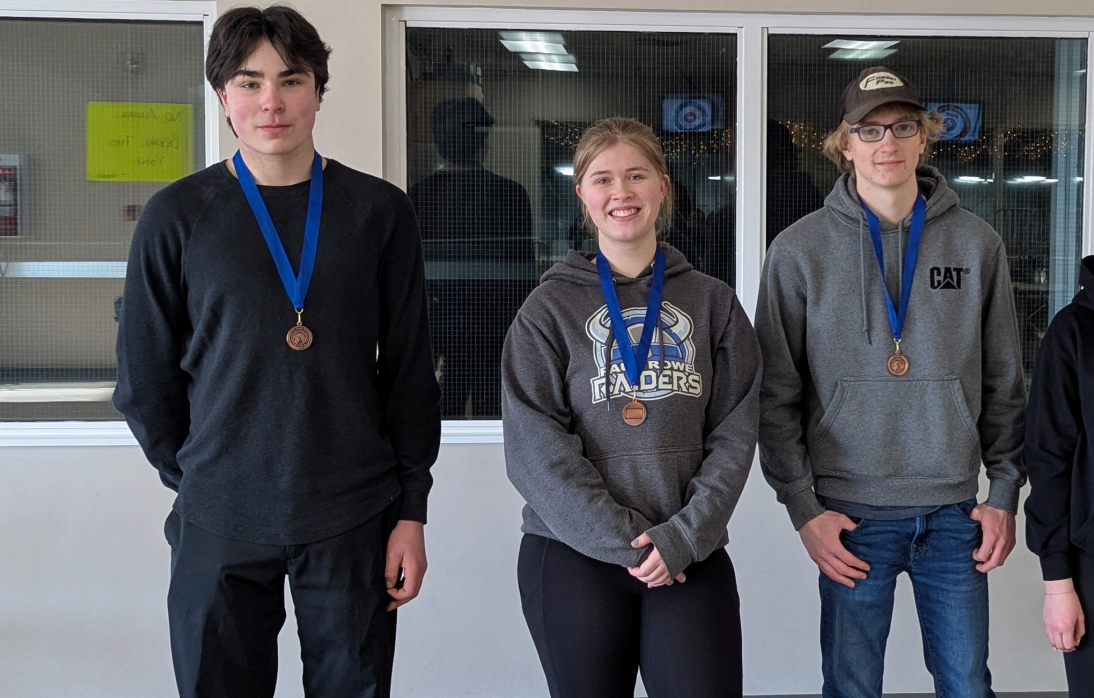
All players left of the cut show their right (inside) hand; players the right of the cut show their left (inside) hand

## 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.







Congratulations to our senior mixed curling team for their bronze medal finish at Zones! Way to go Raiders!!



Our senior boys basketball team earned a bronze medal finish at their tournament in La Crete on Feb. 21&22. Congratulations Raiders!



**Northern Lights Ensemble hosts Band Fundraiser Supper**

Congratulations to our Northern Lights Ensemble for a great performance on Sunday, February 23rd. The supper and silent auction raised funds for both the Northern Lights Ensemble and the Mighty Moose Band's upcoming trip to Grande Prairie on April 9th-11th.







Paul Rowe held a Pep Rally on Feb. 27th celebrating our senior girls and boys basketball teams as well as our senior mixed curling team. Mr. O interviewed each team, entertaining us with some pretty humorous questions. The Pep Rally concluded with a fun basketball game of Bump.








PAUL ROWE JR./SR. HIGH SCHOOL  
**MARCH 2025**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5 Northern Lakes College Open House	6  <b>No School for Students (PD and Teacher's Convention)</b>	7	8
9 Daylight Savings Time Begins	10	11	12 <b>PARENT/TEACHER INTERVIEWS 4 - 7 PM</b>	13 <b>Peace High Career Fair</b> Hot Lunch: Homemade Chicken Wraps <b>Study Cafe 3:30-4:30 PM</b>	14	15
16	17	18 <b>Healthcare Careers Event 9AM-12PM</b>	19	20  <b>Hot Lunch: Moroccan Citizenship Group Meal</b> <b>Study Cafe 3:30-4:30 PM</b>	21	22
23	24	25  <b>No School (Spring Break)</b>	26	27	28	29
						

**April Important Dates:**

- ★ 18-21 No School (Easter Break)
- ★ 22 No School (PD Day)