



St Paul Regional High School

SCHOOL NEWSLETTER

JANUARY 2023

POWERSCHOOL APP

*Stay informed of students' progress -
Login to your
PowerSchool Parent Portal today!*
Visit <https://powerschool.sperd.ca/public/>



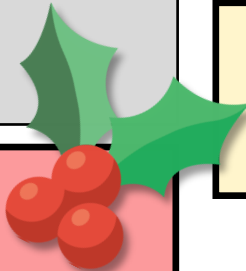
- Download the **POWERSCHOOL App**
- **LOGIN** using the username and password you previously created online, or contact the office if you aren't sure
- **DO NOT create a new account**—accounts are created by the office
- **VIEW** attendance, schedule, marks, assignments and more
- Easily email teachers directly
- View school announcements and upcoming events.

FINAL Exams

Diploma Exams and Final Exams for non-diploma courses will take place this month. Please refer to the exam schedule on the back page of this newsletter and which can also be found on Powerschool and our Website. Following the **LAST DAY OF CLASS on JAN. 18**, students need only come to school when they have an exam to write. *Ask your teacher if you are unclear about when you write.

School Calendar 2022-2023

- **Jan 9**—School Begins
 - **Jan 18**—Last Day of Regular classes
 - **Jan 19**—Final Core Exams Begin
 - **Jan 26**—School Council Meeting @7pm
 - **Jan 31**—PD Day (Semester Change)
-
- **Feb 1**—Semester Two Begins
 - **Feb 3**—Last Day for Course Changes
 - **Feb 7**—Second Semester Pictures
 - **Feb 15**—PD Day
 - **Feb 16&17**—Teachers' Convention
 - **Feb 20**—Family Day
 - **Feb 23**—School Council Meeting @7pm
-
- **Mar 1-3**—Graduation Pictures
 - **Mar 7**—Parent Teacher Interviews
 - **Mar 13**—PD Day
 - **Mar 16**—Grade 9 Orientation Night @6:30 pm
 - **Mar 23**—School Council Meeting @7pm
 - **Mar 27-31**—Spring Break
-
- **Apr 3**—School Begins
 - **Apr 6**—Graduation picture retakes
 - **Apr 7-10**—Easter Break
 - **Apr 11**—PD Day
 - **Apr 19**—Report Cards Issued
 - **Apr 27**—School Council Meeting @7pm
-
- **May 19**—PD Day
 - **May 22**—Victoria Day—No School
 - **May 25**—School Council Meeting @7pm
-
- **Jun 14**—Last Day of Regular Classes
 - **Jun 15**—Final Core Exams Begin
 - **Jun 24**—Graduation
 - **Jun 28**—PD Day



THANK YOU

Thank you to everyone who donated to our Santa's Elves program. Your generosity helped bring a smile to many faces this Christmas.

Thank you, as well, to all those who volunteered their time to help organize, wrap and transport gifts.

SCHOOL FEES

Have you paid your school fees? Fees are payable online through **SCHOOL CASH ONLINE.**

****See page 8 for more information****



Attendance Phone
text

780 - 614 - 3731

It is the responsibility of the parent or guardian to contact the office to report any absences for a student.



Mark Tichkowsky, Principal

Principal's Message

Happy New Year! I hope everyone had a nice, relaxing Christmas break. We will begin the first of several diploma exams on Thursday, January 12 with English 30-1 and 30-2, and Social Studies 30-1 and 30-2 on Friday,

January 13th. Final exams for all core classes will start on Thursday, January 19. A copy of the exam schedule is included in this newsletter. The last day of regular classes is Wednesday, January 18th. Teachers will be having review sessions from January 19th until January 26th, so please check with your teachers for times and dates. If you need to finish projects in the CTS area, you will have time from January 19th to January 27th. Please discuss with your CTS teacher when you can

come in to complete your assignments.

Only bad weather, bereavement or extreme illness accompanied by a doctor's note is an excuse to reschedule a final exam. Diploma Exams will not be rescheduled.

Please make arrangements to ensure that your child is at school in plenty of time to write on the scheduled day. If for some reason a student is delayed in arriving at the school, the student must be in the gym within the one-hour grace period. Please call the school at 780-645-4491 if you are having trouble making it to your exam. We all know that January can be a cruel month with snow, howling winds and extreme wind chills so be prepared in advance and ensure that your child does not miss an exam. Students, you will need to work hard and good luck.

JANUARY 2023				
MON	TUES	WED	THURS	FRI
2	3	4	5	6
CHRISTMAS BREAK				
9 Ranchero Bake	10 Cheeseburger & Tossed Salad	11 Perogies w/ Smokie	12 Chicken Strip Wrap	13 Ginger Beef w/ Rice
16 Chicken Burger w/ Wedges	17 12" Pepperoni Sub	18 Spaghetti & Meatballs	19 Chicken Caesar Wrap	20 French Toast, Strawberries & Whip'd Cream
23 Grilled Cheese & Fries	24 Chicken Nuggets, Dipping Sauce & Curly Fries	25 Bacon & Cheese Hotdog w/ Pasta Salad	26 Nacho Supreme	27 Dumplings, Dry Ribs & Rice
30 Lasagna w/ Garlic Bread	31 PD DAY			



**SEMESTER
TWO**

February 1, 2023

Last day for course changes:
February 3, 2023

Curling PROVS & More!



IMPORTANT DATES:

SPAA (Two Hills) - February 3/4, 2023

ZONES (Cold Lake) - February 24/25, 2023

PROVS (Hosting) - March 1-4, 2023

We are hosting the 2023 ASAA Curling Provincial Championship from March 1-4 and are looking for donations to make the event a success.

We need items to fill 160 player bags, raffle table items, and 30 team door prizes (5-6 matching items).

If you know a business that is willing to donate to this event, please contact Mrs. Angela Noel at the school.

#GOSAINTSGO



Congratulations!

REMEMBRANCE DAY POSTER/POEM CONTEST
LOCAL WINNERS

Rachel Sibley -1st place black and white poster (Senior)

Eva Pigeon -1st place colour poster (Senior)

Gabrielle Sanidad -2nd place black and white poster (Senior)



WE NEED YOU!

We are looking for **30 Student Volunteers** to act as **HOSTS** during Curling Provincials! Hosts are assigned a visiting team and are expected to stay and support their 'team' during all games and practices **between March 1-4** according to the Tournament Schedule. Please see Mrs. Noel for more information.




alberta.exambank.com
Online Practice Exams – Kindergarten to Grade 12

Students can log in to www.exambank.com
Choose **Alberta K-12**
Pick your subject and login
Name: **regional**
Password: **success**

Want to reduce your Exam Anxiety? Exam Taking Preparation

Make sure you practice on sample tests, and ask for suggestions:

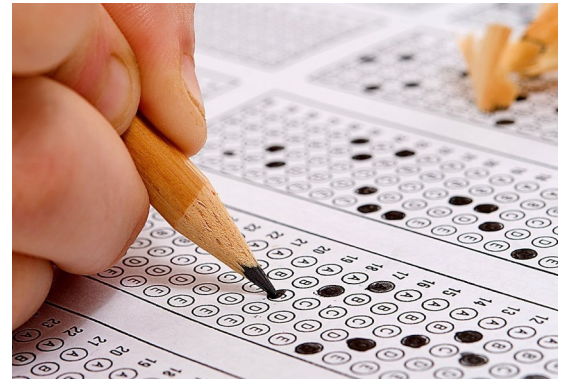
- What to expect on the exam
- What course materials to emphasize
- How to prioritize

DO:

- Plan to rest well the night before
- Plan to arrive early for the exam
- Plan to monitor your time during exam

AVOID:

- Drinking coffee the night before and during the exam
- Anxious or talkative students
- Other people who may disturb your self-confidence, focus and relaxation



CONTROL:

- Wear layers of clothing so you can adjust your need for warmth to cool
- Drink water, chew gum or bring a snack
- Bring pens, pencils, calculators etc.

PLAN:

Check out the room before if possible.

- Where is it located?
- How long does it take to get there?
- Where do you want to sit?
- Is there a clock?
- What is the room temperature?

M, E, N, T, A, L,

H, E, A, L, T, H,

M, A, T, T, E, R, S,

Cheryl Quinton
 Family School Liaison Worker
 quincher@sperd.ca
 780 645-4491

MENTAL HEALTH MOMENT

1. One way to practice self-care and promote wellness is through journaling, there are several different types of journaling styles - daily log, gratitude, reflection, etc.
2. Here are some examples of a journal prompt:
3. How do I feel today?
4. What actions did I take today to bring me closer to my goals?
5. What can I do to make tomorrow great?

On Bell Let's Talk Day, Bell will donate more towards mental health initiatives in Canada by contributing 5 cents for every applicable text, call, tweet or TikTok video using #BellLetsTalk, social media video view and use of our Facebook frame or Snapchat lens.



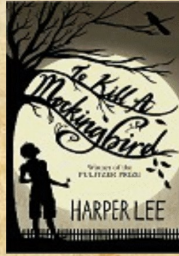
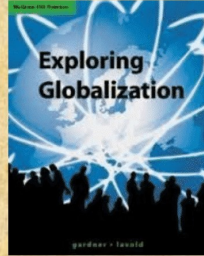
#farewell

We are wishing our Career Counsellor, Mrs. Margie Kaprowski, farewell this month. Mrs. Kaprowski has been part of St. Paul Regional High School for over 20 years and has always gone the extra mile for our students. Thank you for everything Margie - Wishing you all the best as you start a new chapter.



WANTED

TEXTBOOKS



A reminder to return your textbooks as soon as you no longer need them. If you need them to study, keep them and bring them to the library on the day of your exam.

Questions? Come see me,
Mrs. Della Laschowski
Learning Commons Facilitator

#SAINTSWAG

Check out our SCHOOL STORE for amazing Saints Swag and Under Armour gear. New stock arriving weekly.

Gift Certificates are available.

Open daily over the lunch break—located across from the cafeteria.

YEARBOOK

Did you miss out on the 2021 - 2022 Yearbook? We have a few extras!

See Mary Trach in the office to purchase.

This year's 2022-2023 yearbook can be ORDERED ONLINE THROUGH LIFETOUCH.

Simply scan the code to the right. There is also a link on our school website under the 'students' tab.

SCAN CODE

BUY A BOOK

\$50.00 each



Clearout!

THE KEY

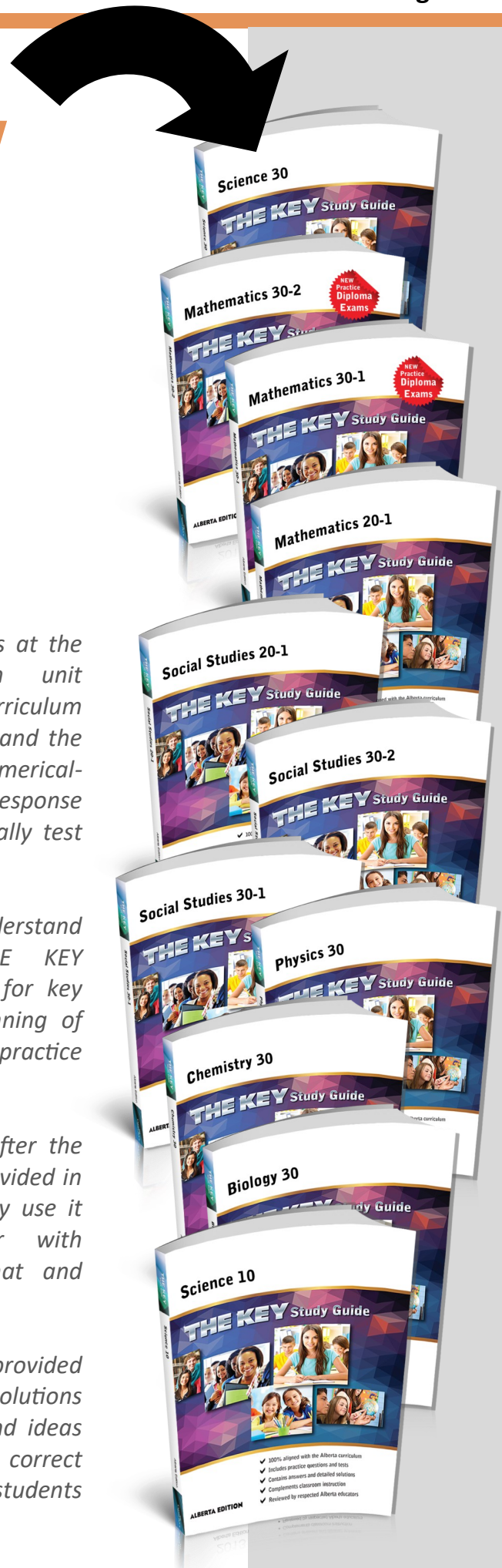
Study guides*

\$15.00 each

Available in the office.
*Not all subjects available

THE KEY Study Guide is specifically designed to assist students prepare for quizzes, unit tests, and final exams throughout the year. It is 100% aligned with the current Alberta curriculum .

- Each unit includes essential teaching pieces, practice questions, unit tests, answers, and detailed solutions.
- Challenger Questions provide students difficult questions that test their depth of knowledge.
- The complete solutions show problem-solving methods, explain key concepts, and highlight potential errors.
- The resource is ideal for yearlong use by students, teachers, and parents at home or at school.
- A Table of Correlations at the beginning of each unit identifies the curriculum outcomes for the unit and the multiple-choice, numerical-response, and written-response questions that specifically test those concepts.
- To help students understand the curriculum, THE KEY provides explanations for key concepts at the beginning of each unit and practice questions.
- Final tests modelled after the diploma exams are provided in THE KEY. Students may use it to become familiar with provincial exam format and rigor.
- Detailed solutions are provided for all questions. Solutions show the processes and ideas used in arriving at the correct answers and may help students





SchoolCashOnline

SCHOOL CASH

School fees will be accepted using School Cash Online in an effort to minimize traffic in our schools and increase efficiency.

School Cash Online helps parents and community members pay school-related fees safely, quickly and easily.

The new system puts all of the school fees available to your student online for purchase. You can then choose to pay

these fees online through different methods, including credit cards, credit/debit cards and eCheck. You can also stay informed and keep track of which school fees require your attention.

You are able to register – a simple task that takes less than five minutes – by visiting :

<https://sperd.schoolcashionline.com>

(If you do not receive an email verification please check your spam folder.)

Please note: You do not need your child's student number. For security purposes St. Paul Education is not using unique student identification numbers. Please ensure "I do not have the student number" is selected when registering.

Also, upon registration you will be asked if you would like to receive notifications via email. **We strongly encourage you to say yes to this request in order to receive future notification of items available to purchase online.**

1 Create an account

2 Add students

3 Make a payment or complete a form

How to create an account

- Go to <https://sperd.schoolcashionline.com> and click **Register**. You can set a default language at the bottom of the SchoolCash Online site.
 - Type your first name, last name, and email address, and create a password.
 - Select a security question.
 - Select YES to receive email notifications. You will **not** receive any marketing emails. Selecting YES enables the system to send you notifications about school fees and items.
- SchoolCash Online will send you a registration confirmation email. If you do not receive it, check your Spam folder.
- Use your email address and password to log in.

1 Create an account

2 Add students

3 Make a payment or complete a form

How to add a student to your account

- Sign in to SchoolCash Online through <https://sperd.schoolcashionline.com>.
- From the menu at the top of the page, navigate to MY ACCOUNT.
- From the dropdown menu, select My Students.
- Click to add a student.
 - Type in your School Board Name.
 - Select your school name from the list.
 - Enter student details. The system is fully secure, with [PCI certification](#).
 - Click Confirm.

1 Create an account

2 Add students

3 Make a payment or complete a form

How to make a payment or complete a form

- You will be able to view any available items or forms attached to your students that are set up on your account.
- Select the item which you would like to purchase/complete and click "Add to Cart."
- Once you have finished adding items to your cart, click "Continue".

You can pay or submit a form for multiple students' items in one checkout.

SPRHS

CAREER CORNER

Mrs. Morrison Ph: 780-614-7458 morrange@sperd.ca | Mrs. Kaprowski Ph: 780-645-4491 kaprmarg@sperd.ca

IMPORTANT DATES

Jan 11: UAlberta entrance scholarship application deadline (students attending Augustana campus or Campus St. Jean can also apply)

Jan 15: UBC final application deadline

Jan 31: Deadline to apply for the UAlberta's Getaway program for grade 11 students

Feb 1: Concordia residence applications open

Upcoming Presentations



Jan 11: Ag for Life is presenting during Team XV in the Fine Arts Theatre for any students wanting to learn more about careers in Agriculture with a focus on digital ag.

Feb 8: NAIT presentation during Team XV in room 220



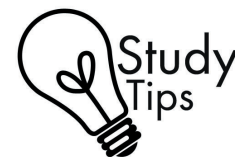
Attention Grade 12 students Sign up for Remind messages to get notifications about important dates and upcoming events. To sign up, please add a class using our code @sprhs12

SCHOLARSHIPS

We have several scholarships available for students to apply for.

- Jan 11: deadline to apply for UAlberta's application-based scholarships
- Jan 16: TD Scholarships for Indigenous Peoples
- Jan 19: STEAM Horizon Awards
- Feb 28: Don Mazankowski Scholarships

More scholarship information can be found on our school website at www.sprhs.ca/scholarships and on our school bulletin board.

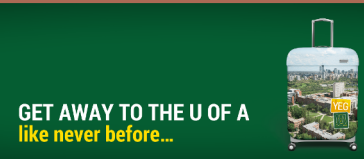


1. Start studying early
2. Find a good study space
3. Study in intervals and take short breaks
4. Put away your phone and other distractions
5. Test yourself
6. Teach others
7. Rewrite and repeat
8. Get a study partner who will keep you motivated
9. Don't forget to eat healthy and get sleep
10. Get help if you don't understand

U OF A GETAWAY

The University of Alberta is looking for 20 lucky grade 11 students to get an opportunity to spend a weekend (May 26 -28) on campus, staying in residence, exploring facilities and learning about their 200+ programs. This experience will include

transportation reimbursement (depending on location), accommodations, meals and a busy schedule of events. To learn more please visit uab.ca/getaway and apply before January 31st.





Locally Developed Course Approval: The Board of Trustees approved the acquisition of the following Locally Developed Courses for use in the 2022-2023 school year: Content Literacy 15/25-3&5, Surviving Financially as an Adult 25-5, Social Skills 15-5, Self Directed Learning 15-3 and Cake Decorating 15/25-3.

2023-24 Draft Calendar: Two drafts were shared with trustees for consideration. Feedback will also be collected from staff and school councils.

ATA Local Round Table Discussion: The Provincial ATA is seeking feedback on the future of education in Alberta. The Local ATA will be hosting a session for parents, staff and other community stakeholders in January 2023.

Rural Education Conference: Trustees will be attending the Rural Education Conference in March 2023. Micheal Unger will be speaking about resilience in schools and Dr. Emily Milne will speak to reconciliation. Myrnam School will be highlighted as one of the sessions.

Grad Tokens: The trustees approved the sponsorship of tokens for the graduates of St. Paul Education.

Leadership Report

Professional Growth Plan Meetings: Superintendent has completed first visits with all principals where he spoke to leaders about their goals and their plans for school improvement.

RCMP Collaboration: Senior Leadership team met with Staff Sergeants from three local detachments to discuss RCMP involvement in supporting the division's emergency protocols and the roles of School Liaison Officers.

Meeting with the Deputy Minister: Superintendent met with Deputy Minister Tremblay on December 2. The access to education mandate letter and challenges related to staffing were discussed.

Leadership Team Meeting: School leaders met for their monthly collaboration meeting on December 6. Curriculum, cost saving and school engagement were discussed.

CASS Zone 3 Meeting: Superintendent met with other division leaders on December 9. The new teacher code of conduct was discussed. Staff webinars highlighting the changes will be available in the new year.

Ordination of New Bishop: Superintendent attended the ordination and installation of Bishop Franken for the Diocese of St. Paul on December 12. There were many local clergy in attendance as well as several who traveled a great distance or participated virtually.

Christmas Goodwill Activities: Many schools are participating in service projects that include collecting donations for the food bank and animal shelter, collecting toys for Santa's Elves, making Christmas shoe boxes and sharing the gift of song with local seniors. Thank you to our students and staff for giving back to our communities.

AHS Addiction and Mental Health Support: Our Family School Liaison Worker team met with St. Paul Mental Health Children's Therapist, Christina Stolth, on November 18. Thank you to AHS Addiction and Mental Health for providing this valuable opportunity to collaborate and share best practices around supporting child and youth mental health and wellness.

Doug Yeo Scholarship: F.G. Miller Jr./Sr. High School is the recipient of the Doug Yeo - Youth in Action Award for 2022-23. The school's Student Committee will use the scholarship to organize activities related to community service, character education, and healthy lifestyles.

New Curriculum: K-3 teachers have had several opportunities to come together since last spring for New Curriculum learning. Meetings for teachers in Grade 4-6 have been set to help prepare teachers for the incoming Mathematics and Language Arts curricula. In April 2023, final K-6 curricula for Science, Fine Arts, French Immersion Language Arts and Literature, and French First Language and Literature are due to be released and expected to be implemented in September 2023. Teachers, parents/guardians, and education partners are welcome to learn more about the implementation timeline for Alberta's K-6 curriculum by accessing the [Curriculum Implementation Information Hub](#) on [New LearnAlberta](#).

Catholic Education: Schools have celebrated Advent masses with their students and the sacrament of reconciliation. For informational purposes, upcoming newsletters from our Catholic schools will contain information about the 5 Marks of a Catholic School.

Literacy and Numeracy Committees: These committees are working on developing literacy and numeracy frameworks for the division.

New Teacher Mentorship: As part of our mentorship training, our division group of new teachers have met on three occasions to learn more and reflect about items like the Teaching Quality Standard, supervision and evaluation, classroom procedures & routines, inclusive education and trauma.

Science Fair: Registration is now open for the 2023 Science Fair, being hosted by St. Paul Education in partnership with the St. Paul and District STEAM Society. Students in grades 1-12 who are interested in participating can do so by registering [here](#).

FNMI Programming: Nominations are now open for the Honoring Spirit: Indigenous Student Awards. The deadline to nominate a student is February 2, 2023. More information about the awards can be found [here](#).

Literacy Team: The Inclusive Education Literacy Team will be doing summative assessments for the Reading Ready program in January. Early indications are cause for celebration as there will be many little graduates!



Secretary-Treasurer's Report

Audit of Financial Statements: The 2021-22 statements are posted on the division website. The Division had budgeted for a deficit of \$1,122,943 and ended the year with a deficit of \$1,688,875 on \$59,500,097 in expenses. While the difference is less than 1% of our budget, it is nevertheless significant and is owing to lower than projected enrolment, additional staffing costs, covid related expenses, increased insurance, bus fuel increases, repairs and general inflation. The projection for the current year is for a deficit of \$996,398 following which division reserves will be reduced to minimum levels meaning that the 2023-24 budget will need to be balanced.

Scholarship Program: Thank you to the community sponsors of our local scholarship program and congratulations to the student recipients for their hard work.

Enrollment: Enrollment projections for 2023-24 are due to the province in January.

Information/Correspondence

Access to Education Order: The provincial government has announced regulatory changes that ensure all students have access to in-person learning and that family choice for masking in schools is protected.

New Code of Professional Conduct: Effective January 1, 2023, a new code of professional conduct will provide a clear and fair set of requirements to guide teachers and teacher leaders no matter where they are employed.

Mental Health Pilot Grant: The division's application has been approved for the two year pilot program focused on enriching mental health supports in schools. The division will receive just over \$34,500 to support emotional literacy and digital citizenship education in all schools.

Together We're Better Funding Increase: The division's Mental Health Capacity Program has received a contract uplift of \$5,700 to support inflation costs.

Parent and Teacher Advisory Councils: The members of my Minister's parent and teacher advisory councils have been announced for 2022/23. Both councils will work at the provincial level to share diverse parent and teacher perspectives and provide input on education issues.

Christmas Concert Schedule: Christmas concerts will be happening across the Division in the upcoming week. Thank you to students and staff for their hard work preparing for the performances and celebrations.

ACSTA: Trustee Andersen provided a brief update on bylaw, faith formation, succession, the AGM and invited people to donate to Toonies for Tuition at www.CCSTA.ca.

ASBA: Trustee Wiebe provided a brief update on the AGM. The MLA Breakfast was well attended. Trustees are not able to sign up as lobbyists. The Alberta.ca website has opportunities for public engagement. School boards can expect requests to use reserves to take approximately six weeks. Advocacy toolkit is being developed for school councils.

Trustee Attendance Schedule: Trustees reported on their past and upcoming schedules including school councils, fall meetings and Christmas concerts and celebrations. Trustee Rajoo shared accolades from the owner of the Daycare in Two Hills to the Maintenance Department for their exemplary service in preparing for the community's daycare.

January 2023 Exam Schedule

Thursday, January 12	9:00—12:00	English 30-1 Part A (24) English 30-2 Part A (23)	Room 29,33,39
		French 30 - Part A (38)	Room 220
Friday, January 13	9:00—12:00	Social St 30-1 Part A (23) Social St 30-2 Part A (20)	Room 29,33,39
Thursday, January 19	9:00—12:00	Math 30-1 (18) Math 30-2 (19) Math 20-1 (32)	Gym
	1:00—3:30	Math 20-2 (24) Math 20-3 (13) Math 30-3 (16)	Gym
Friday, January 20	9:00—12:00	English 30-1 Part B (24) English 30-2 Part B (23)	Room 29,33,39
	9:00—12:00	English 10-1 (47) English 20-1 (30)	Gym
	1:00—3:30	English 10-2 (28) English 20-2 (44)	Gym
Monday, January 23	9:00—12:00	Social St. 30-1 Part B (23) Social St. 30-2 Part B (20) Social 10-2(21)	Gym
	1:00—3:30	Social 20-1 (22) Social 20-2 (23)	Gym
Tuesday, January 24	9:00—12:00	Biology 30 (24) Biology 20 (30) Math 10C (28)	Gym
	1:00—3:30	Math 10-3 (16)	Gym
Wednesday, January 25	9:00—12:00	Chem 30 (13) Chem 20 (11)	Gym
	1:00—3:30	Science 24 (26) Social 10-1 (52)	Gym
Thursday, January 26	9:00—12:00	Physics 30 (14) Science 10 (51)	Gym
	1:00-3:30	Physics 20 (15) Science 14 (17)	Gym
Friday, January 27	9:00—12:00	Science 30 (18) Science 20 (10)	Rm 220, 230