



St Paul Regional High School

SCHOOL NEWSLETTER

MARCH 2023

School Calendar 2022-2023

- 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

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.

Grad Photos Etc.

Grad Photos will take place from March 1 - 3, 2023

A representative from **Jostens Grad Rings** will also be on site from **March 2-3**. You will be able to order rings through her or online at www.jostens.com. Grad Rings are completely optional to Grad students.

Grads should expect to hear about a meeting or two during March - **Please be sure you regularly check your student emails - and parents/guardians, too!**

Please check the 'Grad' section of our website for updates as available. www.sprhs.ca/grad

PD DAY: Mar. 13

SPRING BREAK

Mar. 21 - Apr. 2

Have you paid your school fees?

****See page 9 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

March is a busy time at Regional High School. We will be hosting the province for ASAA curling from March 2nd to the 4th at the St. Paul Curling Arena. Our basketball teams have been practicing, attending tournaments, and preparing for the Northeast Zone Tournament on March 10th and 11th in Cold Lake. The Jasper Ski Trip will take place from March 9th to the 11th.

Our CTS students will be competing in Regional Skills Competition. The mechanics' skill competition will be in Vermillion on March 9th. Welding, construction, baking, and culinary arts will be on March 17th in Lac la

Biche. The gold and silver medal winners in each region will go to provincials.

Grads should be signed up for grad photos on March 1st–3rd. Appointments are booked online. If you have any difficulty booking please call the office. (780) 645-4491.

IMPORTANT DATES

- **Grad Pictures**- March 1 to 3
- **Parent-Teacher Interviews**- Tuesday, March 7th from 6 pm to 8 pm
- **Professional Development (PD)** -March 13 (no classes)
- **Grade 10 & 11 Course Selection** - March 15th-17th
- **Grade 9 School Tours** - March 16th

MARCH 2023				
MON	TUES	WED	THURS	FRI
		1 Cheeseburger & Fries	2 Perogies (6) & Sausage	3 Chicken Nuggets w/ Fries
6 Ginger Beef & Rice	7 Chicken Burger & Ice Cream Sandwich	8 12" Pizza Subs	9 Baked Spaghetti	10 Chicken Caesar Salad
13 PD Day	14 Sweet & Sour Pork w/ Rice	15 Grilled Ham & Cheese, Jello	16 Chicken on a Cloud	17 Bacon Cheese Hotdog & Fries
20 Garlic Ribs & Rice	21 Taco Salad	22 Lasagna w/ Garlic Stick	23 Turkey Pot Pie	24 Pulled Pork Sandwich w/ Coleslaw
27	28	29	30	31
SPRING BREAK				

You're Invited
grade 9

SCHOOL TOURS

MAR. 16, 2022

6:15 PM

IN THE GYM

*Organized school tours to follow.

Parent/Teacher INTERVIEWS

MAR. 7, 2023
6 - 8 pm
in the GYM

Board Approved 23-24 Calendar

St. Paul Education Learning Calendar 2023-2024

August 2023

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

September 2023

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

October 2023

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

November 2023

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

December 2023

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

January 2024

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

February 2024

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	

March 2024

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

April 2024

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

May 2024

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

June 2024

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

Important Dates

August 29, 30, 31	PLC Days
August 31 (a.m.)	Catholic Education Formation
September 1	PLC Day/Division Day
September 4	Labour Day
September 5	First day of school
September 30	Truth & Reconciliation Day
October 6	PLC Day
October 9	Thanksgiving
November 9	PLC Day
November 10	Schools Closed
November 13	Remembrance Day (Nov 11)
December 8	PLC Day
Dec 25 - Jan 5	Christmas Break

January 31

February 2	PLC Day
February 2 (a.m.)	Catholic Education Formation
February 14	Early dismissal - 2 pm
February 15 & 16	Teachers' Convention
February 19	Family Day
March 1	PLC Day
March 25 - 29	Spring Break
March 29	Good Friday
April 1	Easter Monday
April 19	PLC Day
May 16	PLC Day
May 17	Schools Closed
May 20	Victoria Day
June 14	PLC Day
June 21	National Indigenous Peoples Day
June 26	Last day of classes
June 27	PLC Day

LEGEND

Instructional Day	
PLC Day	
Schools Closed	
Early Dismissal 2 pm	

Approved School Holidays

Labour Day	Sept 4	Family Day	Feb 19
Thanksgiving Day	Oct 9	Spring Break	March 25-29
Remembrance Day	Nov 13	Good Friday/Easter Monday	Mar 29 & Apr 1
Christmas Vacation	Dec 25-Jan 5	Victoria Day	May 20

Calendar Approved: February 8, 2023

Professional Learning Community - PLC days provide opportunities for staff to work together on topics such as: school opening and closing, professional learning, sharing best practices, assessment, and supports for students.

Catholic Education Formation (CEF) - August 31 and February 2, mornings

Diploma Exam Schedule 2023-24 - October 26, 27, 30, 31 **November** 2, 3, 6-8 **January** 10-12, 19, 22-26, 29, 30 **April** 4, 5, 8-12, 15, 16 **June** 11-14, 17-20, 24-26

Provincial Achievement Test Schedule 2023-2024 - In draft format as per Alberta Education

Curling PROVINCIALS!

PROVINCIALS (Hosting) - March 1-4, 2023



Thank you to everyone who volunteered time and/or helped sponsor the event in any way. Our community came together and it shows!

Good luck to all participating teams -
GO SAINTS GO!

WE NEED YOU!



The SPRHS APA is the St. Paul Regional High School Athletic Parent Association.

**SPRHS
APA**

The purpose of our organization is to generate revenue to help purchase the big ticket items that help run our athletic program. The money generated by the APA is not to be used for the running of the day to day operation of athletics. We are hoping to apply for grants and use money that we generate and hours of workers to go towards these grants.

If you are interested in joining the association, have ideas, or know someone—company or business—that would like to contribute to our organization, please contact Hank Smid at SPRHS.

#GOSAINTSGO

MINISTER'S YOUTH COUNCIL



Hey Students! Recruitment for the 2023/24 Ministers Youth Council has started! This council will give students the opportunity to make an impact on education, build their leadership skills at the provincial level and leave a legacy that will last well into the future.

Students ages 14 - 19 can apply until March 24, 2023. For more information and instructions on how students can apply, visit: alberta.ca/student-engagement.aspx

If you had a direct line to the Minister... what would you say?

- Interested in sharing your ideas to help shape Alberta's education system?
- We are looking for 40 junior and senior high school students with diverse interests, identities and backgrounds to share their perspectives.
- As a council member, you'll gain valuable experience and develop your leadership and communication skills.

Be part of the conversation and apply today!

The deadline to apply is **March 24, 2023**
For more information, including how to apply, visit alberta.ca/student-engagement.aspx



@AlbertaEd | alberta.ca/student-engagement.aspx

Alberta 



Check out our SCHOOL STORE for amazing Saints Swag and UnderArmour gear. New stock arriving weekly. **Gift Certificates are also available.**

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

BUY A YEARBOOK

\$50.00 each



Did you miss out on the 2021 - 2022 Yearbook? We have a few extras! See Mary Trach in the office to purchase.

30 Must-Read BOOKS FOR TEENS

Visit the Learning Commons Library to see these, and many more, great titles.



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

Movement March!

One way to practice self-care and promote overall wellness is through movement. Movement helps with mental clarity, as well as concentration and memory. If you have ever gone out for a walk to 'clear your head', you'll intuitively know this. When our body moves, so does our brain. Movement positively impacts our mood and many studies have shown that people who exercise regularly experience fewer symptoms of anxiety and depression.



#YUM!

Need a Dress? Don't Stress!



Did you know that Regional has an impressive dress (and menswear!) collection for students in need. See Ms. Quinton or ask at the office if you are worried about having something to wear to celebrate Graduation.

We can help!



Clearout!

THE KEY

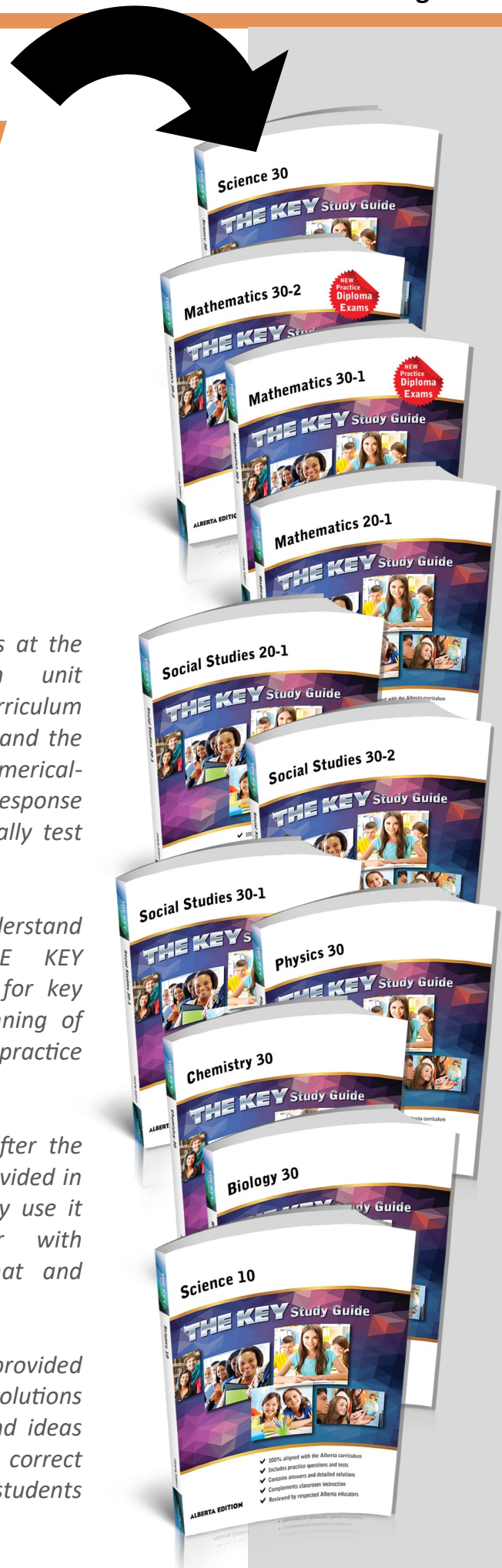
Study guides*

\$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.schoolcashonline.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.schoolcashonline.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.schoolcashonline.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. Kotowich-Dubrulle Ph: 780-645-4491 kotosusa@sperd.ca

IMPORTANT DATES

Mar 1: UAlberta application deadline, and UCalgary application deadline for fall 2023 & Deadline for UCalgary High School awards and Mount Royal University Scholarship deadline

Mar 1: Olds College online info session about Trades @ 6-7:30pm

Mar 8: King's University Info Night @ 5-8pm *free applications

Mar 9: Concordia University of Edm Virtual Info Night @5-7:30pm
* Register online and you will receive an promo code for FREE application by email

Mar 11: NAIT Program Preview for Trades programs @ 8:30 - Noon
*Discounted applications

Mar 15: Deadline to apply for the ULethbridge high school awards

Mar 18: NAIT Program Preview for Health & Life Sciences programs @9:00am - 1:30pm *Discounted applications

Mar 30: MacEwan application deadline for some of their programs

Stay in the loop by signing up to our REMIND group for grade 12's by adding a class and using this code: @sprhs12

SCHOLARSHIPS

We have several scholarships available for students to apply for.

- RE/Max Quest for Excellence Scholarship (due Mar 13)
- Belcourt Brosseau Metis Awards (due March 31)
- Northern Alberta Development Council Bursary (due April 30)

We added other scholarships to the bulletin board in the English hallway. Also grab a tip sheet for how to write a great scholarship essay! For a copy of the Local Scholarship Booklet, please see Mrs. Morrison or visit our website at www.sprhs.ca/scholarships

LAKELAND COLLEGE



This month, Lakeland College is welcoming high school students on campus to take part in their Program Info Sessions on March 3 (Lloydminster campus) & 10 (Vermilion campus). This is a great opportunity for all high school students to learn more about what's offered locally and apply for FREE! DID YOU KNOW that when the college opened in 1913, they only had 34 students and now they have over 7,000 students! To get more info and register, visit

lakelandcollege.ca/future-students/program-info-sessions

COURSE REGISTRATION FOR POST-SEC

For those grade 12 students who are post-secondary bound, March and April are busy times of the year. It's time to register for your first year university classes! Many schools will offer virtual registration workshops this year and we encourage our students to register for these and learn how to sign up for classes and plan with your

post-secondary Academic Advisor. My advice: register for classes EARLY! They are first come, first serve, and so it's important to plan your schedule ahead of time. Keep checking your emails and correspondence from post-secondary for more instructions and see Mrs. Morrison for help.

HOW TO WRITE A SCHOLARSHIP ESSAY

Many scholarships require students to write a scholarship essay or write up about their experiences, career plans etc. They want to get to know YOU to make sure that you are a good candidate for their scholarship. This will require students to show off their writing skills and often, students are shy when they write about themselves. Here's some suggestions:

- Check the scholarship criteria, application instructions and DEADLINE
- In your essay, write about your achievements (both in school and outside of academics), experiences where you got involved in extra-curriculars, helped others and had a positive effect on your school and/or community
- Clearly explain your post-secondary plans and your long term plans.
- Always describe you WHY
Ex. why did you choose that school? Why did you get involved in that volunteer work? This better describes your motivation and passion.
- Don't forget to write about financial need - why do you need the money?
- And finally, have someone proofread/review your draft.

ALIS : PLAN YOUR CAREER & EXPLORE

The image displays several screenshots from the alis.alberta.ca website. The top screenshot shows the main navigation menu with options like 'Explore Education and Training', 'Look for Work', and 'Success at Work'. Below this is a section titled 'Educational Programs and Schools' with a sub-header 'Explore post-secondary programs and training as well as apprenticeship options'. A central banner asks 'Not sure where to start?' and suggests choosing an option that best describes the user. Below this are five colored buttons: 'Explore Education & Training', 'Look For Work', 'Success At Work', 'Inspire and Motivate', and 'Plan Your Career'. The middle screenshot shows the 'Career Planning' section, which is described as a 'one-stop guide to career planning'. It includes a 'Natural' section with the text: 'CAREERinsite is your one-stop guide to career planning. You'll find everything you need to plan your work and learning here.' Below this is a 'Where Do I Start?' section with four sub-sections: 'on Youself', 'Explore Options', 'Make Your Decision', and 'Take Action'. The bottom screenshot shows the 'Parents and Families' section, featuring 'Coaching Your Teens: Exploring Abilities', 'Career Coaching Your Teens: A Guide for Parents', and 'Resources for Parents: Help Your Children Plan Careers'. It also includes a 'Tools and Resources' section with 'A Grid for Parents' and 'Help Your Child Make Good Career Choices'.

Have you checked out the alis.alberta.ca website lately? This a great website, full of information to help our students plan their career, explore education and training programs, look for work and they even have a section to help parents and families. Occinfo (alis.alberta.ca/occinfo) is a section where students can search specific occupations that interest them or even generate a list of possibilities if they are interested in a specific field (ex. Health care and medical). Students can learn more about the job, what skills/traits are good to have, and what type of schooling or training is required. It's a great starting point! For any students who aren't sure what they want to do after school, we encourage them to complete the self-assessment questionnaires on Careerinsite (alis.alberta.ca/careerinsite) and on myBlueprint (myblueprint.ca - all SPRHS students have a login).

LOCAL SCHOLARSHIP BOOKLET

Our 2023 Local Scholarship Booklet is now available for our grade 12 students and families, as well as for grads of 2022 who are now pursuing post-secondary. Paper copies are available at the school or you can view it online at www.sprhs.ca/scholarships We have a wealth of school specific

and division wide scholarships available to our students. Many of the scholarships will ask for a scholarship essay so please see Mrs. Morrison for a tipsheet. We are also hosting a **Scholarship Night on March 7 at 7-8pm** for interested parents and students.

February 8, 2023

BOARD MEETING HIGHLIGHTS



2023-24 School Calendar Approval

Trustees reviewed feedback received from school councils, parents and staff on the two draft versions of the 2023-2024 school calendar. Calendar A, which is very similar to the 2022-2023 calendar, received the most support from stakeholders with some recommendations with regards to professional learning days. The intention of the Professional Learning Communities (PLC) days is to support staff in building collaborative practices that will improve student learning. These days are distributed to allow frequent re-visiting of goals and strategies. Trustees approved Calendar A as presented with amendments and that administration develop a calendar for Two Hills Mennonite and the Colony schools that is consistent with the approved calendar. The 2023-34 school calendar can be viewed [here](#).

Traffic Safety at École Racette School

Concerns were raised regarding traffic volume and safety for student drop off at École Racette School as it is located on a major highway. The Board requested that the Facilities department look into the matter.

ASCA Conference Sponsorship

The 2023 Alberta School Councils Conference is being held on April 21-23, 2023. The Board approved sponsoring the registration fee and accommodation costs for two parents to attend the conference. Those that are interested are asked to send an email to their school trustee. The deadline for applications is March 1.

2023-24 Budget

The budget for the next school year is due May 31. The division funding allocation is expected to follow the release of the provincial budget on February 28. Due to a number of planned deficits, reserves are now at minimum levels which will require the division to have a balanced budget in 2023-24. The division is preparing a range of scenarios that would see expenses reduced between \$1 to \$2 million dollars. Trustees and stakeholders will be engaged in budget development in the coming months including the setting of priorities.

For more information, contact:
Mr. Peter Barron
Superintendent of Schools
barrpete@sperd.ca

Learning Together, Growing Together