



# St Paul Regional High School

## SCHOOL NEWSLETTER

JUNE 2022

### School Calendar 2021-2022

- Jun 15—Last Day of Regular Classes
- Jun 16—Final Core Exams Begin
- Jun 25—Graduation

# LAST DAY OF CLASS: June 15

# EXAM WEEK June 16 - 24

## GRADS

*Please continue to monitor the grad section of our website or the Grad Google Classroom (for Students) for the latest information.*

**Convocation fee due: \$53.00\***

*\*Pay to the Office*

**Banquet fee due: \$100.00\***

*\*Pay by e-transfer to the Parent-Grad Committee*

# Have you paid your school fees?

**\*\*See page 7 for more  
information\*\***

## FINAL EXAMS

Diplomas are back and will be take place together with all other final exams between

**June 16 - June 24, 2022**

Please see the exam **schedule on page 9** for exact times and locations.

## SKILLS Canada



Congratulations to Owen Siemers for placing 3rd provincially in the SKILLS Canada virtual competition. Owen competed in four practical and 3 written tests where he excelled in all categories. Owen has always been a model student in class and we look forward to seeing where his dedication takes him in the future. Once again, congratulations on behalf of Regional High School.

## GRADUATION

*Please see the Grad Itinerary on page 10 for details regarding the event.*



*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

Welcome to June.

It's hard to think June is already here, and we're looking forward to the end of another school year. There are many things to be grateful for when we look back on the year, particularly the numerous memories that have been made at Regional.

At this time of year, we must say farewell to a couple of our staff. Mr. Newby and Ms. Su will be moving on. Ms. Su will be starting a new teaching assignment in China this fall and Mr. Newby will be starting a new firefighting position down in Cochrane. The staff and students will greatly miss Mr. Newby and Ms. Su. We are wishing them all the best.

We will be welcoming Ms. Ference, our new Social and English teacher and Mr. Sydora, our new Mechanics instructor, to Regional in the fall. We look forward to having them here.

Final exams start in mid-June, so Please check the attached exam schedule and ensure that your child is here on the appropriate day and at the correct time. Grade 12's will have to go on to Alberta Education's MyPass website to find their diploma marks. Students are required to return all textbooks and clean out their lockers, this includes their gym locker. We have scheduled a locker clean-up for the afternoon of June 15th. After Friday, June 24th any unclaimed lost and found items will be donated.

Students returning in the fall will have timetables and final report cards mailed home during the summer holidays. Timetable changes will take place on August 24th and 25th, with Registration on August 25th and 26th.

We would like to welcome our new students coming in the fall. When you come in for Registration on August 25th and 26th, bring your school supplies, get your locker assignment, have a walk around and get familiar with our school. We look forward to meeting you. Have a great summer!

June 2022				
MON	TUES	WED	THURS	FRI
		1 Loaded Potato Skins w/ Chicken Strips	2 Perogies & Sausage	3 Cheese & Bacon Burger with Fries
6 Pulled Pork on a Bun w/ Coleslaw	7 Grilled Ham & Cheese w/ Fries	8 Chicken Caesar Salad w/ Garlic Bread	9 Taco in a Bag	10 Belgium Waffles, Straw-berries & Whip'd Cream
13 Chicken Burger w/ Cheese & Tossed Salad	14 Mac & Cheese	15 Chicken Nuggets, Sauce & Curly Fries	16 Ginger Beef & Rice	17 Pizza Sub
20	21 Stew & Bannock	22	23	24
<b>EXAM WEEK</b>				
27	28	29	30	

**LOCKER  
CLEAN OUT**

**Wed. June 15**

**1:30 - 1:45 pm**

# HELP WANTED

Centerfield Music Festival - Fundraiser  
**June 17 and 18, 2022**

We are looking for people to help with 3  
 fundraising opportunities :

**Friday 4:00pm to 10:30pm**  
**Saturday 2:00pm - 10:30pm**

*Responsibilities include: Gate,  
 Merchandise, and Event Observing*



We are looking for PARENT VOLUNTEERS to help with the Track & Field Concession for:

- Junior SPAA Track & Field on Tuesday, June 7 from 10:30am - 5pm.

Contact Jen Dunlop at 780-614-5769 to sign-up or for more information.

## TRACK & FIELD:

**SPAA** - 57 students took part in SPAA on May 18— for the first time in three years. It was great to get outside training and competing. We brought home the SPAA Banner with 1,900 pts and 50 of our students advanced to Zones. Two of our students broke four SPAA Records: Caitlyn Quinton in the 300 Meter Hurdles and Shawn Lysons breaking the PARA 100 Meter, 200 Meter and Shot Put.

**NEASAA Zones** - 49 students competed at zones in Bonnyville on May 25 and won the 3A Championship for the 19th straight year - not including the COVID break. Our Saints earned more points than any school at the zone championship, with 24 gold medals, 9 Silver medals and 9 Bronze medals to show for it. We have advanced 25 athletes to the ASAA Provincial Track Meet on June 3<sup>rd</sup> & 4<sup>th</sup> in Medicine Hat.







# ATHLETIC AWARDS

## Thurs. June 9

Live and 'in-person'  
in the Gym!

*Award winners will be  
contacted prior to the event.*



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— across from the cafeteria.

### *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!



#### Get Instant Results

Tests are instantly marked so you  
don't need to wait for feedback.



#### Improve Your Grades

Growth happens by reviewing  
key concepts. Solidify learning  
and identify areas for  
improvement.



## Be ready.



#### Save Time

Study time is efficient when just  
a few clicks gets you a powerful  
practice test to dive into.



#### Get Helpful Explanations

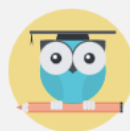
Worked out solutions help you  
understand the process of  
arriving at the correct answer.

# ExamBank



#### Study Anywhere

Practice tests at home, school,  
or anywhere in between.  
ExamBank works anywhere you  
have internet.



#### Build Your Confidence

Say goodbye to test anxiety.  
Practice and preparation are key  
to feeling confident about test  
taking.

[exambank.com](http://exambank.com)



#### Share Results

Email your practice results to a  
teacher or parent and wow  
them with your effort and  
progress.



#### View Statistics

View up to the minute account  
usage details, such as which  
tests were opened, and when.

**Username: regional**  
**Password: success**





## Great Reads Available now!

Also enjoy eBooks from the school, ask Mrs. Della for more info.

# SPIRIT DAYS ↓ Fridays!

- JUNE** 3<sup>rd</sup>: Meme Day
- 10<sup>th</sup>: Beach Day
- 17<sup>th</sup>: College/Uni Shirt Day



## REGISTRATION FORMS

### 2022-2023

The registration process for the 2022-2023 school year will be done using a new online system.

Stay tuned for more information!







**Above:**  
Window paintings in-progress!

**Right:**  
Neemat and Madicyn with their entries for the ACACA North Zone Art Show at the St. Paul & District Arts Foundation building on May 28th & May 29th.



# ARTS SHOW CASE

Wraps prepared by foods 10 students for Education Week.





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.



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

## Seven Tips to Handle Stress During Final Exam Week

### 1. Identify the Stressor

*What is causing the most stress? Before you are able to think about how to manage stress, you need to understand and identify the challenge.*

### 2. Write tasks down

*By creating a to-do list, you transfer what is pressing on your mind onto a piece of paper. You are then able to physically see all of the tasks you need to complete. This list can help you manage and prioritize tasks. You then can cross each item off as it is finished. Reward yourself for completing each task!*

### 3. Stay Organized!

*Create an organizational system that will allow you to remain on top of your assignments. Remember to collect all of your assignments, quizzes and exams for each class and put them each in a separate notebook. This will help you immensely as you study.*

### 4. Go outdoors!

*It may sound simple, but going for a walk outdoors can provide a sense of clarity and a necessary brain break! Obtaining sunshine and fresh air can allow you to return to studying with fresh eyes and a clear mind.*

### 5. Set Realistic Goals!

*Setting realistic goals, whether you have days or hours before your exam, helps you to put everything into perspective.*

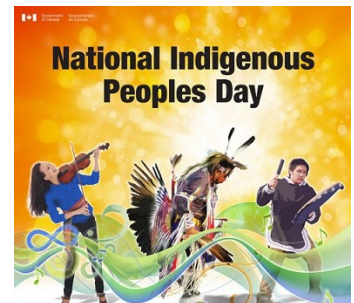
### 6. If you feel like you are struggling, talk to someone!

*Talk to friends, family, or a trusted adult about how you are feeling. Don't be afraid to seek professional help and support if necessary.*

### 7. Believe in yourself!!!

*Look back and see how far you have come! Recognize what you have already achieved. Because you have prepared and worked hard there is no reason to stress. If a negative thought enters your mind, try to replace it with a positive one. You can do this!*

National Indigenous Peoples Day! June 21, 2022 is the 26th anniversary of celebrating the heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis peoples!



Congratulations to St.Paul Regional 2022 Graduates on your achievements! You've put in the hard work. You've learned and grown so much. We couldn't be happier to celebrate you, and your incredible next steps!



# JUNE 2022 EXAM SCHEDULE

Monday, June 13 9:00-12:00 am	English 30-1 Part A English 30-2 Part A	Room 39, 33, 29
Tuesday, June 14 9:00-12:00 am	Social St. 30-1 Part A Social St. 30-2 Part A	Room 39, 33, 29
Thursday, June 16 9:00- 12:00 am	English 10-1 English 10-2	GYM
Thursday, June 16 1:00-3:30pm	English 20-1 English 20-2	GYM
Friday, June 17 9:00 – 12:00 am	Math 30-1 Math 30-2  Social 20-1 Social 20-2	Room 220 Room 230  Gym
Friday, June 17 1:00-3:30pm	Social 10-1 Social 10-2	GYM
Monday, June 20 9:00-12:00 am	English 30-1 Part B English 30-2 Part B	GYM
Monday, June 20 1:00 – 3:30pm	Science 10 Physics 20	GYM
Tuesday, June 21	National Indigenous Peoples Day No Exams Scheduled	
Wednesday , June 22 9:00-12:00 am	Social Studies 30-1 Part B Social Studies 30-2 Part B	GYM
Wednesday , June 22 1:00-3:30pm	Math 10-3 Math 20-2 Math 20-3 Math 20-1	GYM
Thursday, June 23 9:00-12:00 am	Biology 30 Biology 20	Room 29/33/39 40
Thursday, June 23 1:00-3:30pm	Math 10C	Room 220/230
Friday, June 24 9:00 – 12:00	Chemistry 30 Chemistry 20	Room 220 Room 230
Monday, June 27 9:00 – 12:00	Physics 30	Room 230
Tuesday, June 28 1:00-4:00pm	Science 30	Room 230

ST. PAUL REGIONAL HIGH SCHOOL

# GRAD ITINERARY 2022



## FRIDAY, JUNE 24 GRAD BARBECUE

- 1:15 pm BBQ \*Grads ONLY to attend\*
- Convocation Practice to follow BBQ @ School
- Grand March Rehearsal to follow @ Rec Centre

## SATURDAY, JUNE 25 CONVOCATION

\$53 Convocation Fee

*\*Extended deadline MAY 31*

*\*Payable through SchoolCash,  
or by cash/debit in the office.*

5 TICKETS / GRAD (no charge)

- 11:30 am - 12:45 pm Yearbook Photo Booth  
*\*Have some fun and take photos with your friends!*
- 1:00 pm Group Picture in Fine Arts Theatre  
*\*Arrive at 12:45 pm*  
*\*Students can pre-purchase a copy of group photo*
- 1:45 - 4:00 pm Convocation Ceremonies  
*\*Regional High School Gymnasium*  
*\*Assigned Seating - doors open at 1:30 pm*  
*\*Please arrive early to allow time to seat everyone*

Convocation Ceremonies will be LIVE-STREAMED. Link will be available at [www.sprhs.ca](http://www.sprhs.ca) on June 25, 2022

## SATURDAY, JUNE 25 BANQUET / SAFE GRAD

\$100 Banquet Fee

*\*MUST be paid prior to ticket purchase*

**\*Last day for TICKET SALES:**  
Tuesday, May 31  
from 4-7 pm @ SPRHS  
Tickets \$40/person

- 5:00 pm Banquet Seating @ St. Paul Rec Centre
- 6:00 pm Dinner  
*\*Grand March will begin after dinner*  
*\*Dance to follow*
- 11:00 pm Late Lunch

*See you there!*

If you are experiencing financial hardship that would prevent you from participating in Grad, please contact the office.



SPRHS

# CAREER CORNER

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

## IMPORTANT DATES

\*\*Student Loan applications will be released in June (no exact date released) keep checking the [studentaid.alberta.ca](http://studentaid.alberta.ca) website

June 1: Deadline for many local scholarships and Saddle Lake Post-Secondary Funding application

June 13: Rupertsland post-secondary funding application opens

June 15: Deadline for Freehorse Family Wellness Society Post-Secondary Funding

June 30: Deadline to apply to Concordia University of Edmonton for Fall 2022

July 31: Imperial Oil Billion Barrel Scholarships deadline

August 15: Deadline for the CNRL Building Futures Scholarship and ATCO Indigenous Education Awards Program deadline

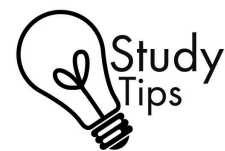
August 31: Deadline for the Cornerstone Co-op Spirit of Youth Scholarship and for the MCSnet Scholarships

August 31: Deadline for the Greater St. Paul ATA Local #25 Scholarship and the RMA Post-Secondary Scholarship

September 30: Deadline for the St. Paul Ag Society Scholarship (for grads of 2022 or earlier)

## CAREER EXPLORATION

Over the summer, we encourage students to enjoy their summer break and take the time to also do some self-reflection. Students will still have access to their myBlueprint accounts if they want to do some planning prior to the school year starting. If you are having issues logging into your account, please contact your Career Counsellor for help.



1. Find a study spot. Pick an area at home to study in that is away from distractions.
2. Break up your studying. Try studying for about 25 minutes periods and taking a short 5-8 minute break in between.
3. Exercise! Exercising is a good way to relieve stress and improve memory
4. Limit Distractions. Turn off the volume on your phone and just study. No TV or social media.
5. Stay Healthy. Eat a well balanced diet. Get lots of sleep.

## RUTHERFORD SCHOLARSHIP

Grade 12's - did you get honour roll any year of high school? If yes, then you qualify for the Alexander Rutherford Scholarship. This year's applications will only be available August 1st.

Students will be able to access the application through Student Aid Alberta at <https://studentaid.alberta.ca/>

Students will log in with their same login information as with Apply Alberta. \* Please have your Social Insurance Number on hand for this. If you have any problems applying, please contact Mrs. Morrison at 780-614-7458 or [morange@sperd.ca](mailto:morange@sperd.ca)



**Tribal Chiefs Ventures Request (TCVI):** Trustees reviewed a letter received on April 19, 2022 from Tribal Chiefs Ventures requesting the appointment of a First Nations representative for TCVI on the Board of Trustees. This letter was also addressed to three neighbouring school divisions. Trustees examined ways to amend Policy 7 which currently provides for an FNMI trustee to accommodate the possibility of more than one individual.

**Policy 7 Review:** Trustees reviewed and amended Policy 7, 'Board Operations', under 12.2 to include an alternative where the 4 year term for an FNMI trustee can be shared on a rotating basis between Saddle Lake First Nation and a representative from the Nations represented by TCVI. Each representative would sit on the Board for two years of the four year term.

**Bus Contractor Meeting:** Trustees provided a review of a meeting held with division bus contractors on April 26. Contractors shared their various challenges including significant inflation, weighted rate formula, inclement weather and worsening road conditions that have impacted repairs and maintenance. A motion was made to increase remuneration for inclement weather days retroactive to the beginning of the current school year and to contact the County of St Paul about road conditions.

**Alberta Catholic Schools' Trustee Association (ACSTA):** Trustee Andersen will be attending the Board of Directors meeting in Edmonton on May 19 and 20.

**Alberta School Council Association (ASCA) Annual Conference:** Trustees Andersen participated in sessions about effective classroom assessment and resilience. Trustee Smyl took part in a Council of School Council session and one about inclusive and safe environments for students. Both trustees enjoyed Cultivating Compassion by David Irvine.

**ASBA Spring General Meeting:** Will be held from June 5 - 7. Trustees will participate in two days of business meetings and professional development. The Minister of Education is expected to attend.

**ASBA Zone 2/3:** Trustee Wiebe shared that Education Minister LaGrange gave curriculum updates with the schedule for implementation to be completed in Fall of 2024. The website <https://schools.healthiertogether.ca/en/> was shared with attendees.

**Edwin Parr Awards:** Each year the ASBA honors six outstanding first-year teachers from the different zones with the Edwin Parr Teacher Award. Miss. Lisa Ference is our division nominee for our zone. Trustee Wiebe and Trustee Starosielski will attend the upcoming award evening on May 27 to support and celebrate Lisa and her achievements.

**Trustee Attendance Schedule:** Trustees reported on their past and upcoming schedules. The Trustees have begun visiting a number of schools and will be attending school council and grad ceremonies in the coming weeks.

**Superintendent Update:** Incoming Superintendent Peter Barron is due to begin August 8, 2022 as Superintendent Glen Brodziak will retire August 7, 2022.

### Superintendent's Report

**Staffing for the 2022/23 School Year:** Due to projected decreasing enrollment across the division and budget constraints, staffing adjustments being made at this time include a reduction of 4.65 FTE teachers, 7 fewer EAs as well as a few small adjustments in other areas.

**Mental Health Walk:** The Together We're Better team organized a Walk and Talk which included a series of posters made for students to speak openly about mental health, strategies and creating a caring network.

**Catholic Education Week:** This week will be celebrated on May 23-27 of this year.

**World Catholic Education Day:** Everyone is encouraged to wear blue on May 26, 2022 in support of Catholic education.

**Re-Imagine the Future, Empowering Student Success Fair-** The Inclusive Education Team along with the Town of St. Paul FCSS and other community agencies are hosting an event where caregivers of children and youth with a neuro developmental or genetic diagnosis can come together to discuss supports and resources for their child's future. This event will be held on May 26, 2022.

### Financial Report

**Financial Commitment Letter:** The Province provided a funding commitment letter confirming funding for the 2022-23 school year. The Division is still awaiting details on funding announced for curriculum implementation and student wellness supports. Funding confirmation was also received for the completion of work in Ashmont.

**Financial Literacy Resources:** The Province announced an increase in resources in regards to Financial Literacy. Initial feedback from schools has been that these resources may be best suited for an older demographic. We are hopeful the additional resources being made available will be more suited for our division students. Financial literacy is now included in the new K-6 Physical Education and Wellness Curriculum in fall of 2022.

**Budget Meeting:** A budget meeting date was set for May 31 to review and pass the 2022-23 school year budget.



### Information/Correspondence

**Buffalo Trail Bus Contractors:** Trustees reviewed a letter sent by Buffalo Trail Public School Division to the Minister of Education requesting additional funding due to the rising cost of fuel, insurance and maintenance of buses. The letter also addressed the ongoing shortage of drivers to run a variety of routes.

**Graduation Dates:** Trustees reviewed the upcoming graduation dates throughout St Paul Education. The Board of Trustees would like to extend congratulations to all of our 242 graduates.