



St Paul Regional High School

SCHOOL NEWSLETTER

MAY 2023

School Calendar 2022-2023

- **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

PD DAY: May 19

VICTORIA DAY: May 22

Regional GRAD Fees

Convocation fee due: \$53.00*

**Pay to the Office or on SchoolCash*

This fee covers cap/gown, banners, etc.

Please

PAY YOUR FEES ONLINE

(Course fees, Convocation fees, etc.)

****See page 6 for more information****

POWERSCHOOL

*Stay informed of students' progress -
Login to your*

PowerSchool Parent Portal today!

Visit <https://powerschool.sperd.ca/public/>



Grad Information

Parent-Grad Banquet TICKET SALES:

MONDAY May 1 @ 7:00pm Fine Arts Theatre

*****Must complete ticket request form.*****

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

SKILLS Canada

*Results for SKILLS Canada Provincial Participants will be announced in May.
Good luck to those competing!*



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

May is here, and brings with it a busy schedule of events including Education Week (May 1-5), Provincial Badminton, Provincial Handball, Skills Canada, Track and Field, and Spring Football. After nearly seven months of

winter, the warm weather is a welcome change. However, it's important to remember that the end of the school year is approaching quickly, and final exams will be here before we know it.

Plans for next year are well underway and students have submitted their course requests which we will use to help us build next year's timetable. Student timetables will be mailed out during the summer break,

so keep an eye out for those in the mail. As always, course change appointments will be scheduled in August should you feel the need to make any changes. Online registration for the 2023-2024 school year will also begin shortly - It is important for ALL returning students, as well as our new students, to have a registration form completed and signed by a parent/guardian.

The countdown to diploma exams has officially begun. Now is the time to take action and develop a solid study routine in order to succeed. The first set of exams, English 30-1 and 30-2 Part A take place on June 12th. Regular classes will end on Wednesday, June 14th. It's essential that you check the exam schedule in the newsletter to confirm the dates for all final exams.



REGISTRATION FORMS

2023-2024

Online registration for the 2023-2024 school year will begin soon.

ALL RETURNING STUDENTS NEED TO BE REGISTERED.

Stay tuned for more information!

May 2023

MON	TUES	WED	THURS	FRI
1 Ginger Beef & Rice	2 Sloppy Joe on a Bun	3 Spaghetti & Meat House	4 Grilled Ham & Cheese, Ice Cream Cup	5 Chicken Bites w/ Caesar Salad
8 Cheeseburger & Fries	9 Black Forest Ham w/ cheese on Croissant	10 Chicken Strip Wrap	11 Bacon Cheese Hot Dog	12 One-Pot Burrito Bowl
15 Chicken Nuggets & Fries	16 Taco Salad	17 Chicken Bacon Cheeseburger & Jello	18 Meatball Sub & Caesar Salad	19 PD DAY
22 VICTORIA DAY	23 Perogies	24 Hamburger Helper	25 Chicken on a Cloud	26 Dry Garlic Pork, Noodles, Hot Veggies
29 Belgian Waffles w/ Strawberries & Whip'd Cream	30 Pulled Pork Sandwich & Coleslaw	31 Chicken Strips w/ Fries		

BADMINTON

26 Athletes from Regional competed at Zones in Lac La Biche on April 26, 2023. The following teams earned medals and will advance to compete at Provincials on May 5&6, 2023 in Lloydminster. Way to go, SAINTS!

*Brennen Riopel & Grace Burton
Intermediate Mixed*

*Sydni Fedoruk & Kayla Mangatal
Senior Girls Doubles*



Athletic Awards

June 8, 2023

7:00 pm in the Gym

TRACK & FIELD:

Track and Field - our track season is underway and we have begun practices. We **practice after school from 3:30 - 5:00pm on Mondays, Wednesdays and Fridays**. Students are required to attend a minimum of 4 practices before our first competition.

RCMP Roadrace-
Tuesday, May 09
Fee: \$10 per athlete

Senior High SPAA -
Wednesday, May 17 @ Regional
Fee: \$10 per athlete

NEASAA Zones -
Wednesday, May 24 in Regional
Fee: \$15 per athlete

ASAA Provincials -
Friday, June 2 & Saturday, June 3 in Edmonton
Fee: Cost of student hotel rooms.

See Mr. Smid, Mr. Strocki or Mrs. Hebert for more information.



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

6 REASONS TO GO ON A WALK

CONNECT WITH NATURE

VITAMIN D

MOVING UR BODY FEELS NICE



SPACE TO LET UR MIND WANDER

ACT OF SELF LOVE



@avamarietdoodles

May Meditation.

With the weather warming up it is a good time to spend more time outside. Fresh air and sunlight is very good for your mental health and going on a walk is a nice brain break from screens and a great way to de-stress.

Multicultural Day!
 May 18

See Mrs. Young or Mr. Cardinal for more information.

Calling all dancers, musicians, singers, chefs and anyone who wishes to share their culture!

Grab this opportunity to perform live, create a display, or share a dish!



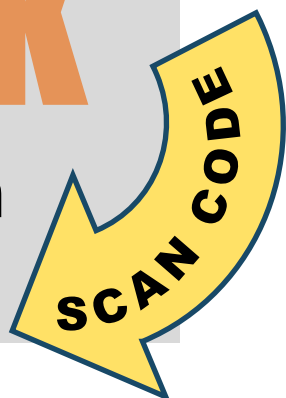
Check out our SCHOOL STORE for amazing Saints Swag and UnderArmour gear. New stock arriving weekly.
Gift Certificates are also available.

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



BUY A YEAR BOOK

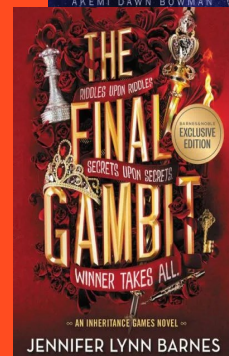
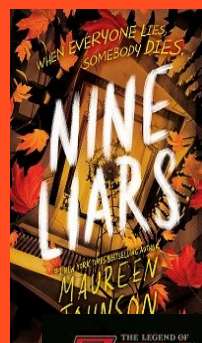
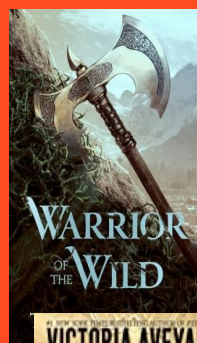
\$50.00 each



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

See Mary Trach in the office to purchase.

Fiction *for* High School Students



Visit the Library to see these, and many more, great books!



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 morrance@sperd.ca | Mrs. Kotowich-Dubrulle Ph: 780-645-4491 kotosusa@sperd.ca

IMPORTANT DATES

May 1: Applications open on the Inspire website.

May 1: deadline to accept your offer and paid deposit at UCalgary & UAlberta

May 2: UAlberta Parent webinar @ 7pm

May 9: UAlberta Grade 11 Matters webinar @ 5pm (will also offer this again on May 31 @ 6pm)

May 10: Rupertsland Presentation during team XV in Room 220

May 10: Olds College Discovery Day (students can apply for free)

May 16: Red Deer Polytechnic new student registration opens

May 31: Application deadline for the RDP general awards

June 1: MANY local scholarships are due today!!!! Check out our local scholarship booklet for a full list.



Stay in the loop by joining our Remind messages to get text messages or emails about important dates and upcoming events. Download the **REMIND** app and join our class using this code: **@sprhs12**

SCHOLARSHIPS

We have several scholarships available for students to apply for.

- Rupertsland applications open May 1st
- TransCanada Scholarships (for Indigenous students and students pursuing Trades or a STEM program) due May 5
- Mary Poirier Young Leaders Scholarship due May 31
- JUNE 1st deadline for many local scholarships & deadline for Saddle Lake Post-Secondary Funding

RUPERTSLAND

Rupertsland Institute provides post-secondary financial aid to Metis students to help with the cost of furthering their education. We are happy to host them at SPRHS on May 10 during Team XV in room 220. It's never too early to start planning, so we are encouraging all of our grade 10-12 students who self-identify as Metis to come learn about some wonderful opportunities to help them with post-secondary and job supports.



LOCAL SCHOLARSHIP ESSAY

May is a busy month for grade 12's to prep their local scholarship essay. Many of our local scholarships are due on or around June 1st and they require an essay. Your essay should include information about your career and future plans, school and community involvement, financial need and other

criterion set by the scholarship sponsor. This is a chance to share your story with the scholarship committee. TIP: Don't wait until the last minute. Need help getting started? Reach out to Mrs. Morrison for a tips and help reviewing your essay.

April 12, 2023

BOARD MEETING HIGHLIGHTS



St. Paul Education

Fees:

The Board approved school fees for 2023-24. Most fees remain unchanged, with some increases mainly due to inflation. School fees support educational expenses such as supplies and field trips. Trustees were asked for feedback on the Division's fee waiver process. Further discussion is needed on how to maintain a fair and equitable process for all those involved. Transportation fees are still to be determined; however, increases are not expected.

Summer School:

St. Paul Alternate Education Centre is exploring the idea of providing summer school for interested students. The Board approved the request to establish a school code from Alberta Education for this purpose.

International Travel:

The Board approved a motion to support domestic travel within Canada. While travel to other countries provides valuable educational opportunities, requests for international travel will not be approved.

Financial Update:

Trustees reviewed the Division's five year financial profile comparing SPERD with all divisions across the province. In comparison with other school divisions, the Division reserves are very low. Reserves were drawn down over the last five years as the Division transitioned to lower enrollment but it is now necessary to balance the budget and replenish reserves in the years to come.

French Immersion Programming and Catholic Education:

The Division is proud to offer French Immersion and Catholic Education programming at the École Mallaig, École Racette and École St. Paul Elementary School.

Digital Safety Sessions:

As part of the work the Division is doing with our Mental Health in Schools pilot, we are focusing on digital citizenship and the impact of technology on mental health. Safer Together Schools will provide education sessions to all Grade 4-12 students across the Division from April 17-19. A free [session](#) for parents will also be hosted at Portage College on April 18 at 6:30 pm.

Collaborative Response

Division leadership will be introduced to the Collaborative Response model in an upcoming session with Jigsaw Learning. This will be a significant strategy moving forward to support students with diverse learning needs and will also inform work being done during Professional Learning Community days next year.

Science Fair

Several of our students participated in the St. Paul & District STEAM Society Science Fair held on April 4 at Portage College. Students showcased their amazing skills and creativity through a variety of innovative science projects. Well done, students!

For more information, contact:

Mr. Peter Barron

Superintendent of Schools

barrpete@sperd.ca

Learning Together, Growing Together

JUNE 2023 EXAM SCHEDULE ****DRAFT****

Monday, June 12 9:00-12:00 pm	English 30-1 Part A (27) English 30-2 Part A (30)	Room 39, 33, 29
Tuesday, June 13 9:00-12:00 pm	Social St. 30-1 Part A (30) Social St. 30-2 Part A (23)	Room 39, 33, 29
Thursday, June 15 9:00- 12:00 pm	English 10-1 (30) English 10-2 (21)	GYM
Thursday, June 15 1:00-3:30 pm	English 20-1 (42)	GYM
Friday, June 16 9:00 – 12:00 pm	Math 30-1 (7) Math 30-2 (10) Social 20-1 (42) Social 20-2 (20)	Room 230 Gym
Friday, June 16 1:00-3:30 pm	Social 10-1 (31) Social 10-2 (25)	GYM
Monday, June 19 9:00-12:00 am	English 30-1 Part B (27) English 30-2 Part B (30) Math 20-1	GYM Room 220
Monday, June 19 1:00 – 3:30 pm	Science 10 (55) Science 20 (10) Physics 20 (14)	GYM
Tuesday, June 20 9:00-12:00 pm	Social Studies 30-1 Part B(30) Social Studies 30-2 Part B(23) Math 20-3 (19)	GYM
Tuesday, June 20 12:00 to 3:30 pm	Math 10C (55) Math 10-3 (23)	Gym
Wednesday, June 21	National Indigenous Peoples Day No Exams Scheduled	
Thursday, June 22 9:00-12:00 am	Biology 30 (28) Biology 20 (52)	GYM
Thursday, June 22 1:00-3:30 pm		
Friday, June 23 9:00 – 12:00	Chemistry 30 (20) Chemistry 20 (27)	Room 220 Room 230
Monday, June 26 9:00 – 12:00 pm	Physics 30 (0)	Room 230
Tuesday, June 27 1:00-4:00 pm	Science 30 (0)	Room 230