



St Paul Regional High School

SCHOOL NEWSLETTER

NOVEMBER 2022

School Calendar 2022-2023

- **Nov 4**— Academic Awards 9am & Virtual (Grade 12)
- **Nov 10**—PD day
- **Nov 11**—Remembrance Day
- **Nov 14**—PD Day
- **Nov 23**—Report Cards Issued
- **Nov 24**—School Council Meeting @7pm

- **Dec 23**—Christmas Luncheon / Dismiss @2 pm
- **Dec 26-Jan 8**—Christmas Break

- **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

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.

SCHOOL FEES

School fees have been calculated and appear in your Parent/Student Portal.

**Fees are payable online through
SCHOOL CASH ONLINE.**

****See page 7 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.

NO SCHOOL November 10, 11, 14



Mark Tichkowsky, Principal

Principal's Message

November is a time to reflect and be thankful for the sacrifice of many who gave up their freedom to defend ours. We will be hosting a Remembrance Day Ceremony in our gymnasium on November 9th starting

at 10:45 am.

Parent-Teacher interviews were held in person on October 20th. If you missed the parent-teacher night or have any questions, please do not hesitate to contact Regional High School. Report cards will be issued to the students on Wednesday, November 23rd during Team XV.

As always, we are proud of our athletic teams at Regional High School. Our Cross Country Team won the 3A Zone Championship for the 20th straight year and finished 6th at Provincials. The Lions football team will be hosting provincials and taking on the Sexsmith Sabres on November 12th at 1 pm. Our volleyball teams will be hosting Zones on November 18th and 19th. Volleyball Provincials will be in Lethbridge from November 24th to the 26th. Good Luck Saints!

This year the COMPASS survey is back. In the near future, you will be seeing information on the school's Facebook page, Newsletter and Twitter feed about the survey. This anonymous survey will evaluate and track details about students' healthy choices and hopefully provide information to help improve all students' well-being.

NOVEMBER 2022				
MON	TUES	WED	THURS	FRI
	1 French Toast, Syrup & Pork Sausage	2 Cheeseburger w/ Fries	3 Chicken Ranchero Bake	4 Chicken Caesar Salad
7 Chicken Burger & Fries	8 Mac & Cheese	9 Perogies w/ Smokie	10 PD DAY	11 REMEMBRANCE DAY
14 PD DAY	15 Bacon Cheese Hotdog w/ Fries	16 Tomato Soup & Grilled Cheese Sandwich	17 Chicken on a Cloud	18 Ginger Beef & Rice
21 Chicken Tenders, Dip & Tossed Salad	22 Baked Spaghetti & Meat Sauce	23 Taco Salad	24 Pizza Sub & Jello	25 Chicken Nuggets & Wedges
28 Loaded Burger & Ice ream Sandwich	29 Shepherd's Pie	30 Pulled Pork Sandwich & Coleslaw		



ACADEMIC AWARDS

NOV. 4, 2022

Grade 10/11 Live Ceremony
to take place at 9:00 am
in the Gym at Regional High School.

Grade 12 Virtual Ceremony
to be streamed beginning
at 7:00pm on our website
www.sprhs.ca

*Invites have been mailed to all awards recipients



REPORT CARDS

NOVEMBER 23, 2022

* Report Cards are issued during Team XV



Above: Lakeland College Open House Fieldtrip - Below: Foods Class Creations



#banffhikingtrip2022

Between September 18th and September 20th, 30 Students and a number of staff survived the rain and cool temperatures in Banff.

They hiked Siffleur Falls, Rockbound Lake via Castle Junction and the Boom Lake trails.



Curling Update!



We are so excited to start our curling season! 19 curlers have registered and are ready to build their skills starting November 1st at 5:30. Practices will run Tuesdays from 5:30-6:30 with league games to follow from 7:00-9:00. We are looking forward to representing our school on the ice - Let's go SAINTS!!

#GOSAINTSGO

We competed on the Enoch Reserve on Saturday October 15 at the ASAA Cross Country Provincial Championship. We had 19 students qualify and compete.

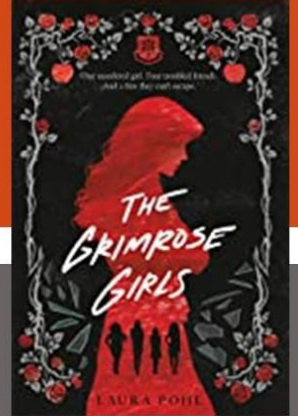
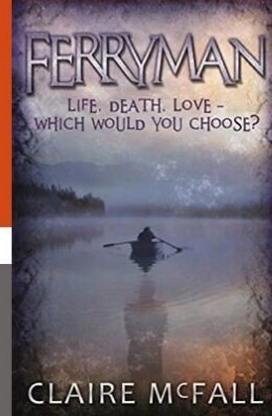
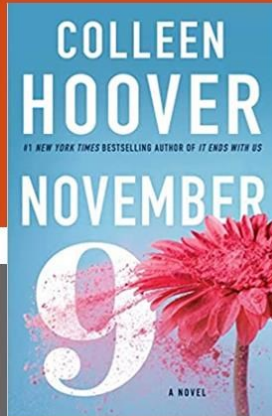
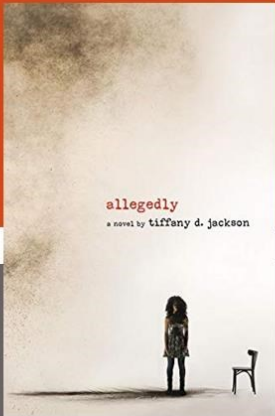
Our top finishers include: Shawn Lysons finishing 1st in the Para category, Kaitlyn Foote coming 37th in intermediate girls, Brennen Riopel coming 54th in the intermediate boys, and Caitlin Quinton finishing 57th in senior girls. Our team placed 6th out of 44 3A Schools.

The course was relatively flat for a cross country course but was challenging for footing. The provincial experience was very unique with the indigenous culture influence throughout. An amazing aspect to this was the drumming that happened at the start and finish of each race. Throughout all the races there were different indigenous dancers as well as aboriginal hand games being taught to those attending the championship.

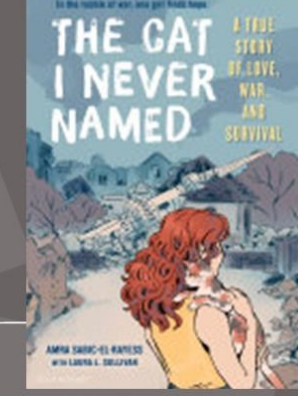
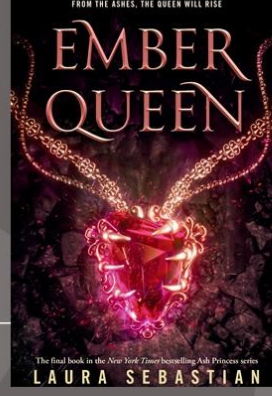
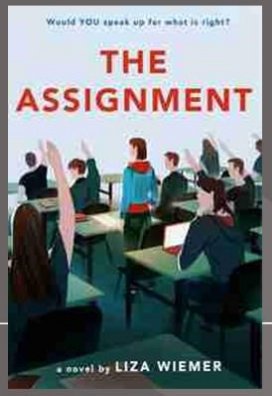


CROSS PROVS COUNTRY

HOT TEEN BOOKS



Can't find what you like... Come see me. I'm always looking for suggestions!



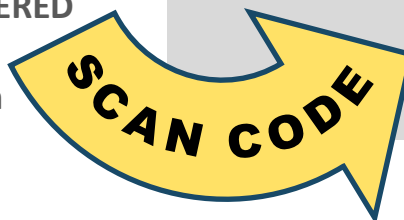
Mrs. Della Laschowski, Learning Commons Librarian

YEARBOOK

The 2021 - 2022 Yearbook has been distributed.

We are still waiting for a number of graduated students to pick theirs up—if you have a student who graduated last year and ordered a book, please see Della in our Library.

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.



BUY A BOOK

\$50.00 each



Clearout!

THE KEY

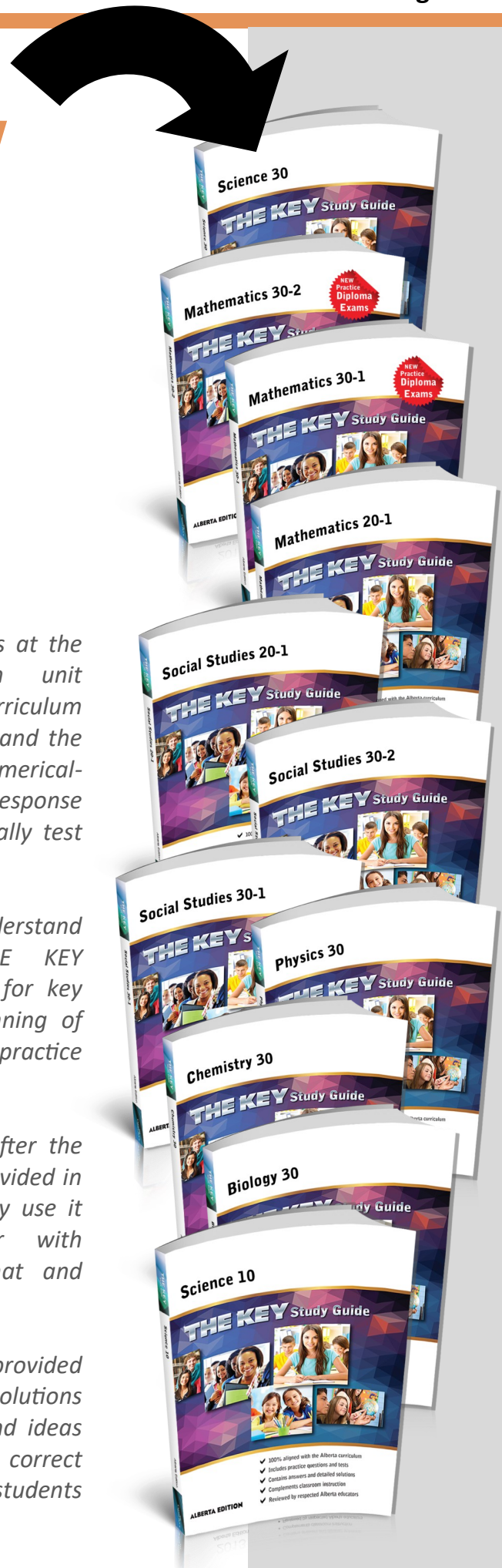
Study guides*

\$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.

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



Nature & Mental Health

Spending time in nature can benefit both your mental and physical wellbeing.

- Improve your mood
- Reduce feelings of stress
- Help you to feel more relaxed.

#truth&reconciliation

In honor of National Day for Truth and Reconciliation, Regional High School hosted a presentation attended by members of our Division Office and School Board, our SAINTS Staff and Students, as well as honored guests from our neighboring indigenous communities. During the ceremony guests came together to assemble a wreath that will continue to hang in our school, and concluded with a round dance. Together we learn.



SPRHS CAREER CORNER

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

IMPORTANT DATES

Nov 1: Portage College - Lac La Biche Open House @ 6-8pm

Nov 2: MacEwan University is visiting SPRHS and will be presenting to our students and offering one on one sessions.

Nov 3: Portage College - St. Paul campus Open House @6-8pm

Nov 5: MacEwan University Open House @ 10am - 3pm

Nov 9: UCalgary awards webinar

Nov 10: SAIT Health Entrance Testing process webinar

Nov 15: Deadline to apply for the TD Scholarships for Community Leadership

Nov 16: UCalgary virtual presentation for Indigenous Students AND Lakeland College Night

Nov 22: Augustana online info session @ 5pm

Nov 23: UAlberta Scholarship Webinar @ 7pm

Nov 24: UAlberta 101 online info session @ 6pm

Nov 28 - Dec 2: Lakeland College Tour Week

**More events listed at www.sprhs.ca/career-events-calendar



POST-SECONDARY APPLICATIONS

Mrs. Morrison is available to help students with applying to post-secondary. If you are applying to a post-secondary institution in Alberta, you can apply online through the ApplyAlberta website. If you are thinking of going out of province or out of country, please talk to Mrs. Morrison, as your application process will be different. Also keep in mind that University of Alberta has entrance scholarship applications due January 11th and UCalgary as well on December 1st. USask also has a Best & Brightest Scholarship due Dec 15. Applying early will give you access to these applications.



SCHOLARSHIPS 101

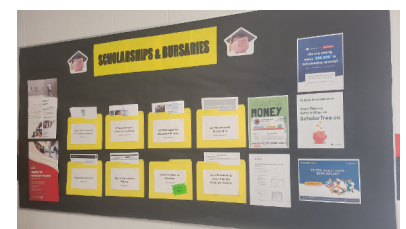
Did you know the difference between a scholarship, a bursary and a loan? Where do you look for scholarships? These are some common questions that we hear from students and so we decided to add more resources and information to our school website at www.sprhs.ca/scholarships to download and view.

AFTER YOU APPLY

After you submit your application, it's very important to check your emails regularly as well as the mail. You typically will get an email shortly after you apply stating your student ID number and instructions on how to access your student portal with that school. Please read the whole email carefully as they will outline your next steps to securing your offer of admission or of further evaluating your application. It's VERY important to be checking the student portal every week and if you are able to, your college email address.



Also grade 12's make sure you check out the Scholarship bulletin board across from Mrs. Ranger's classroom.



CAREER EVENTS @ SPRHS



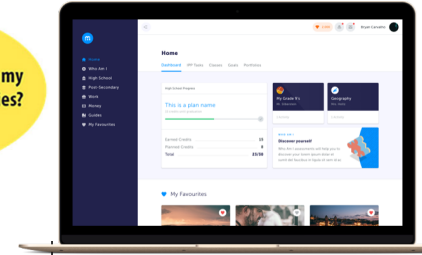
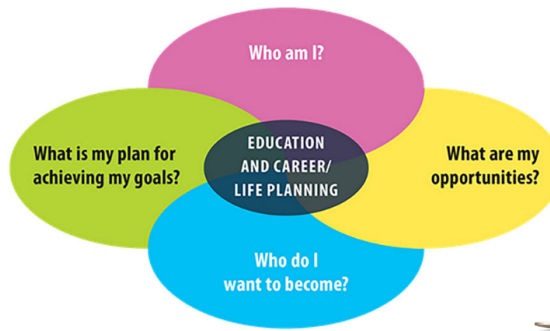
MacEwan University will be visiting St. Paul Regional High School on November 2nd. They will be presenting during TEAM XV in room 220 and they will also be doing a presentation in block 2 in the same room, which will also cover some information specific for Indigenous students. At lunch and during block 3, MacEwan University will be available to help answer questions on a one on one setting. To book an individual appointment with them, please see Mrs. Morrison.



Thank you to everyone who attended our Lakeland College Open House. We had a great group of students who took part in a campus tour, try a trade, and even won a FREE Lakeland College sweatshirt!



myBlueprint



myBlueprint.ca includes many beneficial resources to support your child as they progress through their education including:

- **Who Am I** – Complete 5 assessments to learn and discover more about yourself, including Learning Styles, Myers-Briggs Personality, Holland Interests, Knowledge, and Motivations
- **High School** – Visually plan courses, track progress toward graduation, and instantly identify post-secondary eligibility for opportunities in all destinations
- **Post-Secondary** – Explore post-secondary options and compare detailed information on apprenticeships, college programs, university programs, and workplace sectors across Canada
- **Goals** – Set S.M.A.R.T. goals and action plans to help achieve them
- **Occupations** – Explore occupations and compare comprehensive information on job outlooks, salary ranges, and more, including the ability to identify occupations that are a good match
- **Resumes & Cover Letters** – Record personal experiences, build resumes, and write cover letters
- **Money** – Build a budget to learn about income and expenses and develop financial literacy
- **Job Search** – Explore real-world job postings that relate to occupations of interest
- **Portfolios** – Document and reflect on learning, keep record of important learning, and share your progress with parents or teachers

*** Grade 10 & 11's please see Mrs. Kaprowski for help navigating myBlueprint

STAY CONNECTED WITH REMIND

Parents and students in grade 12 can sign up for reminders of career events, important post-secondary dates, and scholarship deadlines. You can choose to receive either text messages or emails.



To sign up, please download the Remind app in your phone and click "join a class" to use our code: @sprhs12

Don't forget to check out our school website at www.sprhs.ca, under the "Students" tab for career events, additional resources, and scholarships!



Meeting with Minister LaGrange: Trustees, along with members of the Senior Leadership team, attended a meeting with Minister LaGrange on September 29 in Bonnyville. Challenges related to staffing and transportation were discussed.

Bus Contract: Trustees approved a motion to award the contract for bus route C37 to Mr. Don Jones.

Policy Review: Trustees reviewed Policy 3 - Role of the Trustee and Policy 5 - Role of the Board Chair as part of the regular review.

St. Paul In-Town Busing: Changes have been made to allow 14 students who have been on a waiting list to access busing. Efforts are still being made to establish a double bus run to accommodate additional riders.

Blue Quills Residential Tour: Trustees who attended the tour shared their appreciation for the residential school survivor who shared their experiences.

Superintendent's Report

2022-23 Enrolment Update: The enrolment numbers show that our division is 93 students above projection and about on par with last year's.

Prime Minister's Teaching Award: Congratulations to New Myrnam School teacher and assistant principal, Robert Tymofichuk, for receiving the Prime Minister's Award in Teaching Excellence in STEM. This national-level award is considered the highest honour for teachers and early childhood educators in Canada.

Annual Education Plan: A representative from Alberta Education will meet with Senior Leadership to review the Annual Education Plan.

CASS Zone 2/3 Meeting: Superintendent has met with other area division system leaders who have expressed many of the same issues and challenges in relation to staffing, transportation and new curriculum.

National Day for Truth and Reconciliation: With the guidance of our FNMI committee members, schools across the division hosted activities recognizing this day. Appreciation was shared by the board of trustees and system leadership for Cultural Advisor Clifford Cardinal and his work organizing a gathering held at the Regional High School during which he shared part of his residential school experience. Members of our Elders Advisory Council were also present and met with trustees following the activity.

Leadership Team Meeting: School leaders met for their monthly collaboration and professional learning meeting on October 4.

CTEC Meeting: Board and community members met with the Village of Myrnam Council and CAO to discuss programming options related to the CTEC facility in Myrnam.

Co-op Bags for Breakfast Donation: St. Paul Education thanks the Cornerstone Co-op for their generous donation of \$24,000 for our breakfast programs. This donation is made possible with the use of reusable bags at the Co-op stores.

World Teacher Day: Celebrated on October 5, this day recognizes and celebrates teachers throughout the world. Thank you to St. Paul Education educators for their dedication and commitment to our students.

ATA PD Day: Staff participated in a variety of professional development sessions organized by the local ATA on October 7.

School Bus Safety Week: The division will be recognizing School Bus Safety week from October 16-22. The public is reminded to pay attention to all aspects of bus safety, including stopping when buses have their red lights flashing.

Literacy Committee: This committee has met and will continue their work to develop a literacy assessment continuum and framework for the division.

Post-Secondary Night: A number of post-secondary institutions in the province will be in attendance at the Regional High School gym on Tuesday, October 25th.

Community STEM Group: Assistant Superintendent Keith Gamblin had the opportunity to meet with the Board from the St. Paul and District STEM and STEAM. The SPDSS is interested in partnering with St. Paul Education to put on a science fair for interested students in grades 5-12 throughout the Division.

French Immersion: Currently, we are trying to organize a session about post-secondary learning opportunities with Campus St. Jean for French Immersion students. Educators had the opportunity to take part in professional development in French on the October 7 session. As per one of the key areas of our Official Languages in Education Program, we are working with Cinemagine to provide our students with an opportunity to view films in French.

Catholic Education: An administrator from each of the three catholic schools attended a conference called Marked by God with the theme of Stories of Courageous Catholic Leadership. Educators and division administrators from across the province shared their faith journey as catholic teachers and leaders. On November 17th, a team of seven from NET Ministries will be running a retreat for our Grade 9 religion students. Trustees are invited to masses on November 6 for Catholic Education Sunday as well as to the 7:00 p.m. liturgy on November 21 for retiring Bishop Terrio.



Inclusive Education: Inclusive Ed team is out in schools providing support. As part of that support, the Reading Ready program has been implemented for students in Grades 2 to 4. A total of 664 students were screened in Grade 2, 3 and 4. Students in Grades 2 and 3 who were deemed most at risk are receiving reading intervention programming in semester 1 and students in Grade 4 will receive support in the second semester. Grade one students will be screened in January.

Early Intervention: We currently are supporting 19 PUF children (age 2.8 to 4.8) and 9 children in Kindergarten Specialized Learning Support (age 4.8 to 6 in kindergarten year). A kindergarten screening process is underway to determine any missing moderate language disorders. The screening would be completed by our SLPA. Mandy Kemsley and the results interpreted by our contracted SLP, Darlene O'Keefe.

Financial Report

Financial update: Our year end audit is scheduled to take place the last week of October, with the final report tentatively scheduled to be presented to the Board on November 23.

Information/Correspondence

Diploma Exam Weighting: Alberta Education is temporarily changing the weighting of diploma exams to 20 percent from 30 percent for the 2022/23 school year. This will help ensure provincial standards are maintained while also taking into account the impact that learning disruptions have had on high school students.

PAT Changes: Following the June 2022 PAT security breaches, Provincial Assessment branch has analyzed data and determined the next steps, which includes the return to pre-set, fixed administration dates for all subjects. An updated 2022-2023 PAT General Information Bulletin is now available online.

ESA Standards: The province has been working on a framework to guide school boards and First Nations in the development of Educational Service Agreements.

Dual Credit Support: St. Paul School Division was successful in their application for a dual credit start-up grant for 2022-23. This funding will provide expanded opportunities for high school students to gain credits in technology related courses with Portage College. Dual credit partnerships are also in place with Lakeland and Olds College.

Teaching Profession Commissioner: The Alberta Government has appointed Julia Sproule as the teaching profession commissioner who will lead the new Alberta Teaching Profession Commission which was announced in March 2022. More information can be found [here](#).

Teacher Professional Conduct: The Alberta Government sought public feedback to help create a new code of conduct for teachers and teacher leaders.

Specialized Assessments: On June 1, 2022, the government announced \$10 million for increased access to specialized assessments. This funding will help ensure children and students who may not have had access to assessments during the pandemic receive that assessment by a qualified professional.

Administrative Procedure Updates: A number of Administrative Procedures have been updated and posted on the St. Paul Education website.

ACSTA: Trustee Andersen provided an update on the recent ACSTA meeting.

ASBA: Trustee Wiebe provided an update on the first ASBA meeting of the school year which was held on September 23. The Advocacy Committee is putting together an election toolkit for trustees.

Trustee Attendance Schedule: Trustee Youghans attended SPAA Cross Country. Trustee Smyl was part of the delegation that met with the Education Minister. Trustee Rajoo also met with the minister and attended the tour of Blue Quills Residential School as well as the National Day for Truth and Reconciliation Day at St. Paul Regional High School along with Trustees Anderson and Wiebe. All trustees have attended school council meetings.