



St Paul Regional High School

SCHOOL NEWSLETTER

JUNE 2023

School Calendar 2022-2023

- Jun 07 - Athletic Awards
- Jun 07 - Music Concert
- Jun 14 - Last Day of Regular Classes
- Jun 15 - Final Core Exams Begin
- Jun 24 - Graduation
- Jun 28 - PD Day

LAST DAY OF CLASS: June 14 EXAM WEEK June 15 - 23

Regional GRAD Info

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 or on SchoolCash

This fee covers cap/gown, banners, etc.

Please

PAY YOUR FEES ONLINE

(Course fees, Convocation fees, etc.)

****SCHOOLCASH ONLINE****

DIPLOMA / FINAL EXAMS

June 15 - June 23, 2023

Please see the exam schedule on page 12 for exact times and locations.

SKILLS Canada



Congratulations to Logan Peters for placing 3rd **NATIONALLY** in the SKILLS Canada Competition for Carpentry. Logan earned his spot on team Alberta after placing 1st during Skills Canada Provincials. Together with his mentor, Hank Smid, Logan travelled to Winnipeg, MB from May 24 -27 for the National Competition - the first time we have ever had a SAINT represent at the National level.

Owen Siemers also came away with a top spot at Provincials - coming in 2nd place for Automobile Technology, with Liam Siemers following closely in 4th. Lupita McConvey and Isabella Parson both competed provincially in Culinary Arts while Kammi Feland,

Lexis St. Arnault and Megan Pashko competed in Hairstyling and Porter Dallaire competed in Welding. Way to go SAINTS - We are very proud of you!



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.



Principal's Message

Mark Tichkowsky, Principal

It's hard to think that 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. We have seen so much growth and success this year, both at the

local and provincial level. While we are proud of all of our students and their achievements, we would like to congratulate a few individuals and teams for achieving such high levels of success this year.

- **Shawn Lysons** - Gold - Provincial Cross Country Championship
- **St. Paul Lions** - Silver - Provincial Football Championship
- **SAINTS Boys Curling** - Gold - Provincial Curling Championship
- **SAINTS Girls Handball** - Gold - Provincial Handball Championship
- **Owen Siemers** - Silver - Skills Canada Alberta - Automobile Technology

- **Logan Peters** - Gold - Skills Canada Alberta - Carpentry
- **Logan Peters** - Bronze - Skills Canada Nationals - Carpentry

It is so great to see our students represent Regional High School on the Provincial and National stage. 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 (including their gym locker) on the afternoon of June 14th. After this date, lockers will be cleaned out and any unclaimed lost and found items will be bagged and placed near the office. After June 28th, these items will be donated, so please be sure to take all of your items home for the summer. 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 23rd and 24th, with Registration on August 24th and 25th. We would like to welcome our new students coming in the fall. When you come in for Registration on August 24th and 25th, 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 2023				
MON	TUES	WED	THURS	FRI
			1 Cheeseburger & Fries	2 Chicken Caesar Salad
5 Ginger Beef w/ Rice & Veggies	6 Pulled Pork Sandwich w/ Coleslaw	7 Hot Roast Beef Sandwich w/ Fries	8 Chicken Bacon Cheeseburger w/ Ice Cream Sandwich	9 Perogies with Smokie
12 Spaghetti w/ Sauce & Garlic Bread	13 Taco Salad	14 Chicken on a Cloud	15	16
EXAMS ***				
19	20	21	22	23
EXAM WEEK ***Cafeteria OPEN - No Specials				
26	27	28	29	30



LOCKER CLEAN OUT

Wed. June 14

All contents of lockers must be emptied by end of day June 14.*

*There will be NO ACCESS to lockers during exams.

HANDBALL

Champs



Our Girls Handball team brought home Provincial GOLD from Lacombe!

Athletic Awards

June 7, 2023

7:00 pm in the Gym



TRACK & FIELD:

SPAA - 58 students took part in SPAA on May 17. We brought home the SPAA Banner and 41 of our students advanced to Zones. Three of our students broke SPAA Records: Caitlyn Quinton in the 300 Meter Hurdles, Ryan Songer in High Jump and Mercedes Trefenanko in Shot Put.

NEASAA Zones - 41 students competed at zones here in St. Paul on May 24. We have advanced 23 athletes to the ASAA Provincial Track Meet on June 2nd & 3rd In Edmonton.





MUSIC CONCERT

Wed. June 7
7:00pm

Fine Arts Theatre



DEMO Days June 1 - 14th!
Come check out the deals!

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.



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.

Be ready.



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

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**
- 2nd: School Stereotypes
 - 9th: Future Day
 - 14th: Senior Day/Cartoon Day



REGISTRATION FORMS

2023-2024

The registration process for the 2023-2024 school year is **open online!** Please log-in to your parent account to complete the forms.

[CLICK HERE.](#)

All returning students MUST be registered!



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



CONGRATULATIONS TO ST. PAUL REGIONAL 2023 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!

National Indigenous Peoples Day! June 21, 2023 is the 27th anniversary of celebrating the heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis peoples!

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





Learn the basics of sideline cheerleading in a fun & interactive session taught by former UofA cheerleader and level 2 certified coach!



These sessions will teach:

- Football cheers
- A sideline dance
- Basic cheerleading jumps and motions

There will be NO stunting or tumbling (gymnastics)

Registration is Now Open!

SIDELINE CHEER CAMP

AUGUST 21-25

\$50
AN ATHLETE



AT ST. PAUL REGIONAL SCHOOL'S FOOTBALL FIELD

GRADES 9-12:

10 am - 11:30 am

GRADES 6-8:

11:30 am - 1:00 pm

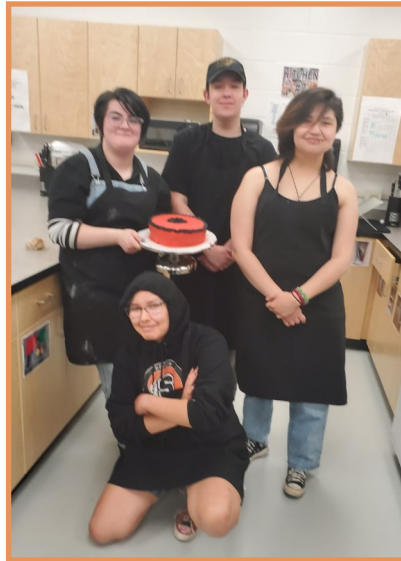
REGISTER ONLINE BY JUNE 23, 2023:

<https://forms.gle/1BnK9YEh26Rt48yHA>

For more information, please e-mail Jennah: planjenn@sperd.ca



Above:
Tasty creations from the Foods Room.



Right:
Foods 10 field trip to Edmonton. Students visited the Italian Center, T & T Supermarket, Siam Thai restaurant, and the Two Hills Mexican Store.

SHOW CASE



ST. PAUL REGIONAL HIGH SCHOOL

GRAD ITINERARY 2023



FRIDAY, JUNE 23 GRAD BARBECUE

- 1:00 pm BBQ *Grads ONLY to attend*
- Convocation Practice to follow BBQ @ School
- Grand March Rehearsal to follow @ Rec Centre

SATURDAY, JUNE 24 CONVOCATION

\$53 Convocation Fee

**Extended deadline MAY 31*

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

6 TICKETS / GRAD (no charge)

- 12:00 pm - 12:45 pm Yearbook Photo Booth
**Have some fun and take photos with your friends!*
- 12:45 pm Group Picture in Fine Arts Theatre
**Arrive at 12:00 pm*
**All students will receive an 8x10 copy of photo*
- 2:00 - 4:00 pm Convocation Ceremonies
**Regional High School Gymnasium*
**Assigned Seating - doors open at 12:45 pm*
**Please arrive early to allow time to seat everyone.*
*****Guests will NOT be seated after 1:50 pm/during the procession.*****

Convocation Ceremonies will be LIVE-STREAMED. Link will be available at www.sprhs.ca on June 24, 2023

SATURDAY, JUNE 24 BANQUET / SAFE GRAD

*Last day for TICKET SALES:

Tuesday, May 30
from 4-7 pm @ SPRHS
Tickets \$50/person

- 5:00 pm Banquet Seating @ St. Paul Rec Centre
- 6:00 pm Dinner
**Grand March will begin after dinner ~8:00pm*
**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 morange@sperd.ca | Mrs. Kotowich-Dubrulle Ph: 780-645-4491 kotosusa@sperd.ca

IMPORTANT DATES



**Student Loan applications will be released in June (no exact date released)

keep checking the studentaid.alberta.ca website

June 1: Deadline for many local scholarships and Saddle Lake Post-Secondary Funding application and Imperial Oil Billion Barrel Scholarship deadline

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

June 30: Deadline to apply to Concordia University of Edmonton for Fall 2023

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

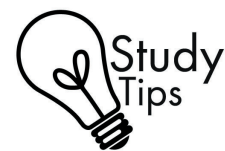
August 31: Deadline for the Cornerstone Co-op Spirit of Youth Scholarship and for the MCSnet Scholarships

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 2023 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

May 10, 2023

BOARD MEETING HIGHLIGHTS



St. Paul Education

Central Office Leadership Team Changes for 2023-24

St. Paul Education is pleased to announce Mr. Steve Schaar as new Associate Superintendent of Human Resources effective August 2023. The Division has been operating without a dedicated human resources lead for over 600 employees. The addition of this role will benefit staff relations, recruitment and professional development. There will also be reorganization of the current Central Office Leadership Team to include two Associate Superintendents, Mr. Keith Gamblin and Mr. Steve Schaar. Mrs. Sha Tichkowsky and Mrs. Karol Cabaj-Martin will serve in Director roles.

Summer School

St. Paul Alternate Education Centre is providing summer school for interested students. The school is in the final stages of developing courses. More information is expected to be released before the end of May.

Saddle Lake Busing Notice

Saddle Lake Education Authority has announced that effective June 30, 2023, busing for students in Kindergarten and Grades 1-3 will no longer be provided to off-reserve schools. According to their release, the plan is to phase out Grade 4-12 busing by 2025. The Division is determining how this will impact enrollment and staffing.

Financial Update

A budget report to the end of April was presented indicating that the Division is tracking as expected. The final 2023-2024 budget meeting will be held on May 29. Significant budget assumptions that still need confirmation include federal enrollment and tuition funding.

Excellence in Catholic Education Award

Congratulations to Amanda Amyotte who was the recipient of this award on Saturday, April 29 at the SPICE Retreat.

Honouring Spirit Indigenous Student Award

Congratulations to Easton Patenaude, a Grade 6 student at Elk Point Elementary School, for receiving this award. We would also like to congratulate our 31 students who received honorable mentions.

Mallaig Design Letter

The Division received a letter from the Government of Alberta advising that the École Mallaig School has been approved for design funding as part of the school capital approval announcements made at the beginning of March. Work will begin once the delivery method has been determined.

Inclusive Education

Sha Tichkowsky gave a presentation about inclusive education in our school division. Topics included tiered supports, speech and language supports, occupational therapy, as well as literacy & numeracy interventions.

For more information, contact:

Mr. Peter Barron

Superintendent of Schools

barrpete@sperd.ca

Learning Together, Growing Together

JUNE 2023 EXAM SCHEDULE

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