



St Paul Regional High School

SCHOOL NEWSLETTER

NOVEMBER 2023

School Calendar 2023-2024

- **Nov 03**— Academic Awards 9am & Virtual (Grade 12)
- **Nov 06**— Sports Pictures (Golf, Volleyball, Cheer)
- **Nov 09**— PLC Day
- **Nov 10**— No School in lieu of Remembrance Day
- **Nov 13**— No School
- **Nov 24**— Marks Update
- **Nov 30**— Parent Council Meeting @7pm

- **Dec 08**— PLC Day
- **Dec 22**— Christmas Luncheon / Dismiss @2 pm
- **Dec 22**— Marks Update
- **Dec 25 - Jan 5**— Christmas Break

- **Jan 08**— School Begins
- **Jan 19**— Last Day of Regular classes
- **Jan 19**— Marks Update
- **Jan 22**— Final Core Exams Begin
- **Jan 25**— Parent Council Meeting @7pm
- **Jan 31**— Semester 2 Begins

- **Feb 02**— PLC Day
- **Feb 07**— Last Day for Course Changes
- **Feb 08**— Second Semester Pictures & Sports Photos
- **Feb 14**— Early Dismissal @2pm
- **Feb 15 & 16**— Teachers' Convention
- **Feb 19**— Family Day
- **Feb 23**— Marks Update
- **Feb 29**— Parent Council Meeting @7pm

- **Mar 01**— PLC Day
- **Mar 05**— Grade 9 Orientation Night @6:30 pm
- **Mar 6-8**— Graduation Pictures
- **Mar 12**— Student Led Conferences 6-8pm
- **Mar 21**— Parent Council Meeting @7pm
- **Mar 25-Apr 01**— Spring Break

- **Apr 02**— School Begins
- **Apr 04**— Graduation Picture Retakes
- **Apr 19**— PLC Day
- **Apr 25**— Parent Council Meeting @7pm
- **Apr 26**— Marks Update

- **May 14**— Sports Photos
- **May 16**— PLC Day
- **May 17**— No School
- **May 20**— Victoria Day—No School
- **May 30**— School Council Meeting @7pm
- **May 31**— Marks Update

- **Jun 14**— Last Day of Regular Classes
- **Jun 15**— Final Core Exams Begin
- **Jun 27**— PCL Day
- **Jun 28**— Graduation



POWERSCHOOL APP

Looking for access to your students marks, attendance & more?

Log In to your PowerSchool Parent Portal today!

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

Call Erin at 780-645-4491 in the office if you are unable to log in for any reason.

NOVEMBER BREAK

Remembrance Day Ceremony on
Wednesday, November 8 @ 10:45am

- **Thurs. Nov 09** — PLC Day / No School
- **Fri. Nov 10** — No School in lieu of Remembrance Day
- **Mon. Nov 13** — No School

MARKS UPDATE

*You will notice on the dates listed to the left, and in various other places such as our website, that every month you can expect a 'Marks Update'. On these days **students will be given printed reports of their marks** and you are encouraged to view marks at any time in **Powerschool.***



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.

Grad Update

Current grade 12 students scheduled to graduate in June 2024 have been added to a **Grad Google Classroom**. This platform will be used regularly to share announcements and communicate with Grads.

**** Please get into the habit of checking student emails and logging in to classroom to stay informed. ****

Emails will also be sent to parents/guardians as needed, and our website will be updated with information as it becomes available.

www.sprhs.ca/students/grad



SANTA'S ELVES

Santa's Elves are once again collecting gifts for families in need. Gifts can be dropped off in the box near the front office anytime during school hours.

We are so grateful for the ongoing community support.

November 2023

MON	TUES	WED	THURS	FRI
		1 Chicken Nuggets (8) & Fries	2 Perogies (6), Smokie, Lazy Cabbage Cass.	3 Burger Special w/ Fries
6 12" Pizza Sub & Fruit Salad	7 Chicken Bacon Cheeseburger w/ Fries	8 Taco Salad	9	10
13	14 Baked Lasagna & Spinach Salad	15 Chicken on a Cloud	16 Ginger Beef, Rice & Mixed Vegetables	17 Boneless Pork w/ Mashed Potato Bites
20 Mac & Cheese w/ Hotdogs	21 Chili with a Bun	22 Chicken Strip Wrap w/ Caesar Salad	23 Grilled Ham & Cheese & Tossed Salad	24 Chicken Bacon Ranch
27 Chicken Strips w/ Curly Fries	28 Perogy Casserole	29 Chicken ala King on Croissant w/ Caesar	30 Bacon Cheeseburger w/ Poutine	

22/23 YEARBOOK

The 2022-2023 Yearbook is being re-printed due to a printing issue that was discovered late.

We apologize for the delay - but are happy that the issue will be resolved.

You will be notified when the books are ready for pick-up.

SCHOOL FEES

School fees have been calculated and posted online. Updated fees will appear in your Parent/Student Portal.

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

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

SPORTS HIGHLIGHTS



ROAR!



Members of the St. Paul Lions' football team are celebrating their huge win over the Holy Rosary Raiders on Friday, November 3, resulting in being named the 2023 Wheatland Champions!

The Lions last earned the Wheatland title back in 2013, a victory 10 years in the making!

Congrats Lions - Goodluck on the road to Provincials!

#GOSAINTSGO

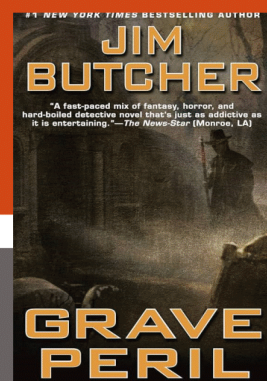
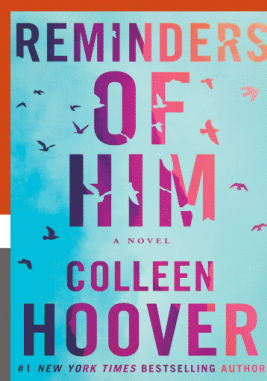
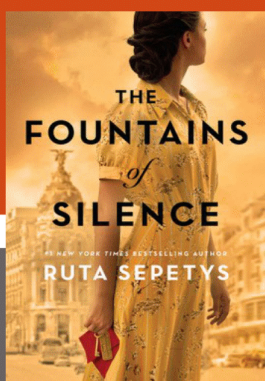
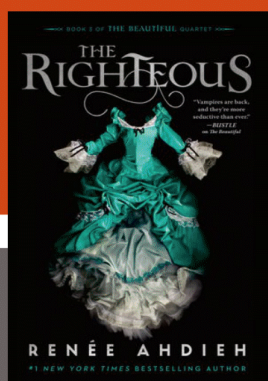
CROSS COUNTRY



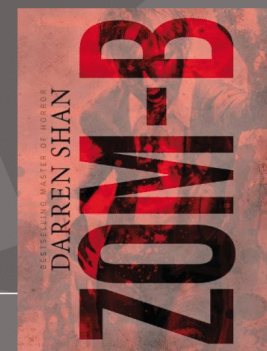
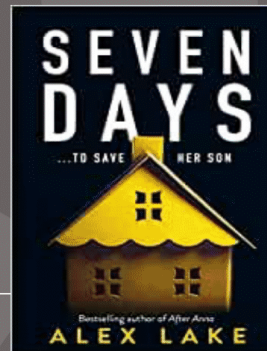
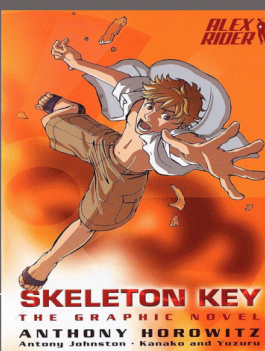
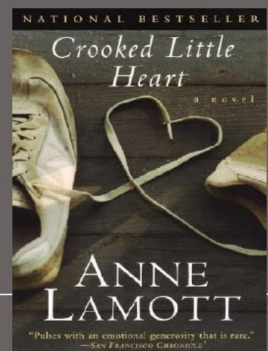
We have wrapped up another great cross country running season. The Saints were able to capture the SPAA championship on Sept 28th at Ross Lake. We brought 33 runners and had our top finishing girls capture first, second and third. On the boys side our school finished with first, second, third, fourth and fifth. On Oct 10th we traveled to Muriel Lake to compete at zones. Thirty one runners competed against schools from Fort McMurray to Lloydminster. We had some great individual results with Natalie Leroux winning silver, Matthew Zarowny winning silver and Ethan Loughran winning bronze. As a team we were able to win the zone banner.

The top 18 runners in each category are able to advance to compete at the provincial championship. We traveled with 24 runners to Trochu and had a great time on their fabulous and difficult course. The runners competed well and we finished third in the province among 3A schools. The coaches would like to thank all 38 runners that participated this year. Cross country running is a grueling competition and we are proud of all of our athletes that competed and trained so hard.

NEW TEEN BOOKS



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



Mrs. Della Laschowski, Learning Commons Librarian

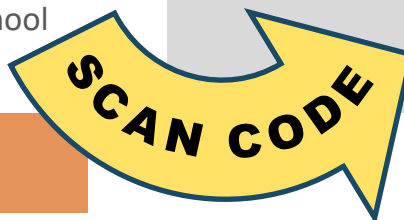
YEARBOOK

The 2022-2023 Yearbook is bring re-printed due to a printing issue that was discovered late.

We apologize for the delay - but are happy that the issue will be resolved. You will be notified when the books are ready for pick-up.

This year's 2023-2024 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.

ID# 14790924



BUY A BOOK

\$50.00 each

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



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

Halloween Fun





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.



St. Paul Education

MEET THE INCLUSIVE EDUCATION STUDENT SUPPORTS TEAM

SHA



DIRECTOR



VOON

SPERD OT

DARLENE



**CONTRACTED
SLP**

IRMGARD



**CONTRACTED
SLP**

KRISTIN



**CONTRACTED
OT**

MICHELLE



COORDINATOR

MANDY



SLP-A

CHRISTEEN



SLP-A

CHANTELLE



ASSISTANT

CHLOE



ASSISTANT

GAIL



ASSISTANT

BRENDA



ASSISTANT

SPRHS CAREER CORNER

Mrs. Morrison Ph: 780-614-7458 morrage@sperd.ca | Mrs. Kotowich-Dubrulle Ph: 780-645-4491 kotosusa@sperd.ca

IMPORTANT DATES

Nov 3: SAIT Open House (also on the 4th) @ 10am - 3pm

Nov 4: MacEwan University Open House @ 10am - 3pm

Nov 6: Portage College Open House at the Lac La Biche campus @ 6-8pm

Nov 7: Portage College Open House at St. Paul campus @ 6-8pm

Nov 8: Augustana campus presentations @ SPRHS in the morning



Nov 8: Learn about the Augustana Athletic program. Webinar happening at 5-6:30pm

Nov 9: UAlberta Scholarships 101 webinar @ 5-6pm

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

Nov 16: Campus Day @ Concordia

Nov 21: UAlberta webinar @ 6-7:30pm about transferring into the Faculty of Ag, Life, Env science from NAIT, Olds, Lethbridge College, Lakeland C, Portage College

Nov 22: Lakeland College College Night @ 5-7pm

Nov 29: NAIT Health program interview workshop -Part 3 @ 5pm



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 10th 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

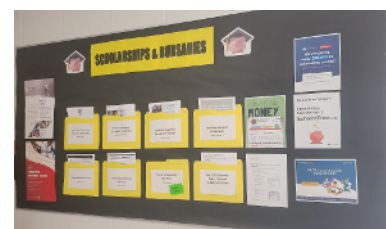
Did you know the difference between a scholarship, a bursary and a loan? Where do you look for scholarships? These are some common questions that we hear from students and so we decided to add more resources and information to our school website at www.sprhs.ca/students/scholarships to download and view.

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



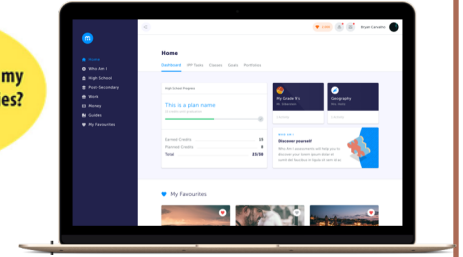
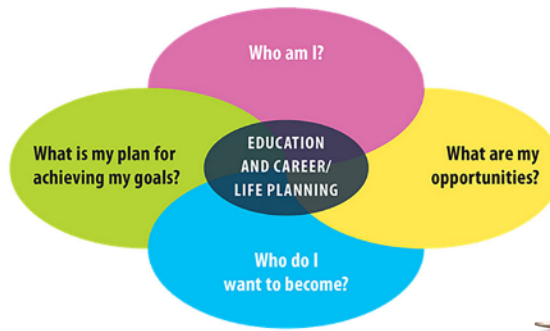
Augustana Campus will be visiting St. Paul Regional High School on November 8th. She will be in room 220 presenting during block 1 and 2, as well as she will be available during team XV to answer questions from any interested students. If any other students are interested in learning about Augustana, its programs and student life, please join us during your spare or Team XV.



Thank you to everyone who attended our Lakeland College Open House field trip. We had a great group of students who took part in a campus tour, try a trade, and even played bingo to win a FREE Lakeland College Tshirt!



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. Kotowich-Dubrulle for help navigating

STAY CONNECTED WITH EMAIL

We are communicating important events, deadlines, and information with students through their school emails. Please regularly check your emails throughout the year, so you don't miss anything.



October 11, 2023

BOARD MEETING HIGHLIGHTS



St. Paul Education

Name Change Review

Due to financial constraints, the Board approved a motion to postpone indefinitely their initial motion to review the Division name. Any further review will include seeking feedback from parents and stakeholders.

Ward D Vacancy

Communication on the SPERD website and within the schools newsletters should reflect that, as accommodation for the Ward D vacancy, Trustee Melvin Abraham is appointed as the representative for the Ashmont area, and Trustee Sylvie Smyl is appointed as the trustee representative for the Mallaig area.

Enrolment Update

The Division is looking at options for reducing expenses by \$300,000 as a result of lower than projected enrolment. Several areas are to be reviewed including opportunities for savings through attrition.

Bags for Breakfast

Thank you to Cornerstone Co-op for their generous donation of \$18,420 for our school breakfast programs. This donation is made possible with the use of reusable grocery bags.

Restorative Practices

At the October leadership meeting principals received an overview of restorative justice, an alternative to traditional discipline practices. The Division is looking at adopting restorative practices as a way to increase opportunities for student success and high school completion. Several of our schools will be participating in additional training throughout the year.

Post-Secondary Night

Our annual Post-Secondary Night is on Tuesday, October 24, 2023 from 7:00 - 8:30 p.m. in the gymnasium of St. Paul Regional High School. Post-secondary schools from all over Alberta will be in attendance. Students of all ages and their families are welcome to attend and explore options for after high school.

Provincial Achievement Tests and Diploma Exams

The province is in the process of changing Provincial Achievement Tests and Diploma Exams from paper to digital format. Grade 6 teachers have the option to pilot or field test the new digital format during the current school year. The province's proposed timeline is to fully implement digital assessments by the 2024-25 school year.

Lieutenant Governor Visit

On September 28 the Lieutenant Governor Salma Lakhani visited the New Myrnam School following the meeting of her majesty at the winning of the prestigious Alberta Emerald Awards in the spring of 2023.

Mallaig Design Initial

On October 10 BR2 Construction, Alberta government and SPERD representatives met to discuss the initial phases of the Mallaig School Design.

For more information, contact:

Mr. Peter Barron

Superintendent of Schools

barrpete@sperd.ca

Learning Together, Growing Together