



# St Paul Regional High School

## SCHOOL NEWSLETTER

MARCH 2024

### School Calendar 2023-2024

- 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 13— Last Day of Regular Classes
- Jun 14— PLC Day
- Jun 17— Final Core Exams Begin
- Jun 27— PD 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.

## Grad Photos Etc.

**Grad Photos will take place from March 6 - 8, 2024 by appointment.** Appointments can be made online via:

<https://prestigeportraits.ca/>

To book: Follow the link. Enter the province: Alberta, and the city : St. Paul . Then select: St. Paul Regional High School and follow the steps.

A representative from **Jostens Grad Rings will also be on site from 11am-2pm on March 6 - 7.** You will be able to order rings through her or online at [www.jostens.com](http://www.jostens.com). Grad Rings are completely optional to Grad students.

Please check the 'Grad' section of our website for updates as available. [www.sprhs.ca/grad](http://www.sprhs.ca/grad)

# PD DAY: Mar. 1

# SPRING BREAK

# Mar. 23 - Apr. 1

## Have you paid your school fees?

**\*\*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.

# Grad Notes

A reminder to all Grads to get into the habit of checking their **school email accounts** together with the **Grad Google Classroom**.

Don't forget to do the following on Classroom:  
 Grad Write Up - Used for convocation and yearbook

\*Turn in on google classroom assignment\*  
 Baby Picture - Used for yearbook. \*Bring to school if you need it scanned or Google Classroom\*  
 If you have signed up to do a speech or create a proof of the program cover, those must be completed by the date on the assignment posted.



# Thursday, Mar. 21

Show your support and sport some funky socks!

| March 2024                             |  |                                 |                               |  |
|--|--|---------------------------------|-------------------------------|--|
| MON                                    | TUES   | WED                             | THURS                         | FRI                                    |
|  |  |                                 |                               | 1<br>PLC DAY                           |
| 4<br>Chicken Bacon Burger w/ Fries     | 5<br>Meatballs, Gravy, Mashed Potatoes & Veg.    | 6<br>BLT Chicken Salad          | 7<br>Beef Burrito Wrap        | 8<br>Chicken Caesar Salad Wrap         |
| 11<br>Chicken Strips (3), Dip w/ Fries | 12<br>Soft Tacos (2)                             | 13<br>Pizza Sub w/ Caesar Salad | 14<br>Burger Special w/ Fries | 15<br>Pulled Pork Sandwich w/ Coleslaw |
| 18<br>Bacon Mac & Cheese               | 19<br>Belgian Waffles w/ Whipped Cream & Berries | 20<br>Perogies & a Smokie       | 21<br>Chicken on a Cloud      | 22<br>Taco Salad                       |
| 25                                     | 26   | 27                              | 28                            | 29                                     |
| SPRING BREAK                           |  |                                 |                               |  |

You're Invited  
*grade 9*  
**SCHOOL TOURS**

**MARCH 5 '24**  
**6:20 PM**

IN THE  
**FINE ARTS THEATRE**

\*Organized school tours to follow.

# Student-Led CONFERENCES

**MAR. 12, 2024**  
**6 - 8 pm**  
**in the GYM**

## Board Approved 24-25 Calendar

### St. Paul Education Learning Calendar 2024-2025

| August 2024 |    |    |    |    | September 2024 |    |    |    |    | October 2024 |    |    |    |    | November 2024 |    |    |    |    |
|-------------|----|----|----|----|----------------|----|----|----|----|--------------|----|----|----|----|---------------|----|----|----|----|
| M           | T  | W  | T  | F  | M              | T  | W  | T  | F  | M            | T  | W  | T  | F  | M             | T  | W  | T  | F  |
|             |    |    | 1  | 2  | 2              | 3  | 4  | 5  | 6  |              | 1  | 2  | 3  | 4  |               |    |    |    | 1  |
| 5           | 6  | 7  | 8  | 9  | 9              | 10 | 11 | 12 | 13 | 7            | 8  | 9  | 10 | 11 | 4             | 5  | 6  | 7  | 8  |
| 12          | 13 | 14 | 15 | 16 | 16             | 17 | 18 | 19 | 20 | 14           | 15 | 16 | 17 | 18 | 11            | 12 | 13 | 14 | 15 |
| 19          | 20 | 21 | 22 | 23 | 23             | 24 | 25 | 26 | 27 | 21           | 22 | 23 | 24 | 25 | 18            | 19 | 20 | 21 | 22 |
| 26          | 27 | 28 | 29 | 30 | 30             |    |    |    |    | 28           | 29 | 30 | 31 |    | 25            | 26 | 27 | 28 | 29 |

| December 2024 |    |    |    |    | January 2025 |    |    |    |    | February 2025 |    |    |    |    | March 2025 |    |    |    |    |
|---------------|----|----|----|----|--------------|----|----|----|----|---------------|----|----|----|----|------------|----|----|----|----|
| M             | T  | W  | T  | F  | M            | T  | W  | T  | F  | M             | T  | W  | T  | F  | M          | T  | W  | T  | F  |
| 2             | 3  | 4  | 5  | 6  |              |    | 1  | 2  | 3  | 3             | 4  | 5  | 6  | 7  | 3          | 4  | 5  | 6  | 7  |
| 9             | 10 | 11 | 12 | 13 | 6            | 7  | 8  | 9  | 10 | 10            | 11 | 12 | 13 | 14 | 10         | 11 | 12 | 13 | 14 |
| 16            | 17 | 18 | 19 | 20 | 13           | 14 | 15 | 16 | 17 | 17            | 18 | 19 | 20 | 21 | 17         | 18 | 19 | 20 | 21 |
| 23            | 24 | 25 | 26 | 27 | 20           | 21 | 22 | 23 | 24 | 24            | 25 | 26 | 27 | 28 | 24         | 25 | 26 | 27 | 28 |
| 30            | 31 |    |    |    | 27           | 28 | 29 | 30 | 31 | 31            |    |    |    |    | 31         |    |    |    |    |

| April 2025 |    |    |    |    | May 2025 |    |    |    |    | June 2025 |    |    |    |    |   |
|------------|----|----|----|----|----------|----|----|----|----|-----------|----|----|----|----|---|
| M          | T  | W  | T  | F  | M        | T  | W  | T  | F  | M         | T  | W  | T  | F  |   |
|            |    | 1  | 2  | 3  | 4        |    |    |    | 1  | 2         | 2  | 3  | 4  | 5  | 6 |
| 7          | 8  | 9  | 10 | 11 | 5        | 6  | 7  | 8  | 9  | 9         | 10 | 11 | 12 | 13 |   |
| 14         | 15 | 16 | 17 | 18 | 12       | 13 | 14 | 15 | 16 | 16        | 17 | 18 | 19 | 20 |   |
| 21         | 22 | 23 | 24 | 25 | 19       | 20 | 21 | 22 | 23 | 23        | 24 | 25 | 26 | 27 |   |
| 28         | 29 | 30 |    |    | 26       | 27 | 28 | 29 | 30 | 30        |    |    |    |    |   |

| LEGEND                                       |  |
|--|--|
| Instructional Day                            |  |
| PLC Day                                      |  |
| Schools Closed                               |  |
| Early Dismissal (2 pm)                       |  |
| Catholic Formation (Mallaig, SPECS, Racette) |  |

| Important Dates    |   |
|--------------------|---|
| August 28-30       | PLC Days  |
| September 2        | Labour Day  |
| <b>September 3</b> | <b>First day of school</b>                                  |
| September 30       | Truth & Reconciliation Day                                  |
| October 10         | Catholic Education Formation (SPECS, Racette, Mallaig only) |
| October 11         | PLC Day   |
| October 14         | Thanksgiving  |
| November 11        | Remembrance Day   |
| November 12-15     | Fall Break  |
| December 20        | Early Dismissal   |
| Dec 23 - Jan 3     | Christmas Break   |
| <b>January 28</b>  | <b>First day of second semester</b>                         |
| January 31         | PLC Day   |
| February 12        | Early Dismissal   |
| February 13-14     | Teachers' Convention  |
| February 17        | Family Day  |
| February 18        | PLC Day   |
| March 10           | PLC Day   |
| March 24 - 28      | Spring Break  |
| April 17           | PLC Day   |
| April 18           | Good Friday   |
| April 21           | Easter Monday   |
| May 15             | PLC Day   |
| May 16             | Schools Closed  |
| May 19             | Victoria Day  |
| June 9             | PLC Day   |
| June 21            | National Indigenous People's Day                            |
| <b>June 25</b>     | <b>Last day of classes</b>                                  |
| June 26            | PLC Day   |



| Approved School Holidays |              |
|--------------------------|--------------|
| Labour Day               | Sept 2       |
| Thanksgiving Day         | Oct 14       |
| Remembrance Day          | Nov 11       |
| Fall Break               | Nov 12-15    |
| Christmas Break          | Dec 23-Jan 3 |
| Family Day               | Feb 17       |
| Spring Break             | March 24-28  |
| Good Friday              | April 18     |
| Easter Monday            | April 21     |
| Victoria Day             | May 19       |

Professional Learning Community - PLC days provide opportunities for staff to work together on topics such as: school opening and closing, professional learning, sharing best practices, assessment, and supports for students.  
 Catholic Education Formation (CEF) - October 10, 2024  
 Diploma Exam Schedule 2024-25 - October 28 - 31 November 4-7 January 13-17, 20-24 & 27 April 1-4, 7-11 June 11-13, 16-20, 23-25  
 Provincial Achievement Test Schedule 2024-2025 - In draft format as per Alberta Education January 15-17, 20-24 May 26-29 June 3-6, 9-13, 17-19

## SPORTS HIGHLIGHTS

## SAINTS Curling



The teams faced a couple of tough ends, but still saw some good results! Our Ladies' Team brought home silver, our Men's Team brought home bronze, and our Mixed Team finished in 4th place at the NEASAA Zones championships in Lloydminster. Thank you to Kitscoty for hosting!

## SAINTS Basketball

**JV Basketball:**

Boys and girls lost in the SPAA semi finals Feb 26. Boys lost to Elk Point & Girls lost to Ashmont.

**Sr. Basketball.**

Boys won first in the Stettler Tournament Feb 23 & 24

**March 8 & 9:** 3A Zone Championship in Fort McMurray

**March 14-16:** 3A Provincial Championship (Girls -Sturgeon) (Boys-Strathmore) in Edmonton (Saville Center)



## SAINTS Handball

**March 11-15:** Handball Tryouts

**April 11-13:** St. Peter the Apostle Handball Tournament (Spruce Grove)

**April 25-27:** Red Deer Handball Tournament

**April 30 - May 1:** 3A Zone Handball Championship in Ashmont

**May 10-11:** Provincial Championship (Diamond Valley)

## SAINTS Badminton

**March 11-15:** Badminton Tryouts

**April 17:** SPAA Sr. High Championship in St. Paul

**April 24:** 3A Zone Badminton Championship in Fort McMurray

**May 3-4:** Provincial Badminton Championship in Edmonton (Saville Center)

# #GOSAINSTSGO



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



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**

2022-2023 Yearbooks are still available for pick-up in the office for those that ordered.

**30 Must-Read BOOKS FOR TEENS**

Visit the Learning Commons Library to see these, and many more, great titles.

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



# Movement March!

One way to practice self-care and promote overall wellness is through movement. Movement helps with mental clarity, as well as concentration and memory.

If you have ever gone out for a walk to 'clear your head', you'll intuitively know this. When our body moves, so does our brain. Movement positively impacts our mood and many studies have shown that people who exercise regularly experience fewer symptoms of anxiety and depression.



## *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!



#PINK





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

## IMPORTANT DATES

Mar 1: UAlberta application deadline, and UCalgary application deadline for fall 2024 & Deadline for UCalgary High School awards and Mount Royal University Scholarship deadline

Mar 1 - 15: Indigenous students can apply for FREE at MacEwan University

Mar 4: Saddle Lake Post-Secondary presentation at SPRHS block 3 in room 112

Mar 5: Portage College (St. Paul campus) Open House at 6-8pm

Mar 7: Concordia University of Edm Info Night @5-7:30pm (in person with online features for those who can't attend) \* free applications

Mar 7 & 8: Lakeland College Program Info Sessions (Lloyd - Mar 7 & Vermillion - Mar 8)

Mar 9: NAIT Program Preview for School of Health and Life Sciences

Mar 13: Concordia Presentation during Team XV in room 220

Mar 15: Deadline to apply for the ULethbridge high school awards

Mar 16: King's University Open House @ 10am - 2pm

Mar 16: NAIT Program Preview for School of the Trades

Mar 30: MacEwan application deadline for some of their programs

## SCHOLARSHIPS

We have several scholarships available for students to apply for.

- RE/Max Quest for Excellence Scholarship (due Mar 13)
- Belcourt Brosseau Metis Awards (due March 31)
- Northern Alberta Development Council Bursary (due April 30)

We added other scholarships to the bulletin board in the English hallway. Also grab a tip sheet for how to write a great scholarship essay! Also, we will be hosting a Scholarships 101 presentation in room 38 on March 12th at 8pm. Come learn more about our local scholarships.

## MACEWAN FIELD TRIP



On March 19th, we are bringing interested students to MacEwan University to explore the campus. At MacEwan, we plan to do a campus tour, have lunch (\*bring a packed lunch or money), check out the two and four bedroom options in residence, and visit the Indigenous Student Centre. We will be leaving the school at 8:15am and returning around 4:45pm. Permission forms are in the office. We can only bring 38 students, so please return your signed form and \$15 (cost/student) to the office to save yourself a seat.

## COURSE REGISTRATION FOR POST-SEC

For those grade 12 students who are post-secondary bound, March and April are busy times of the year. It's time to register for your first year university classes! Many schools will offer virtual registration workshops this year and we encourage our students to register for these and learn how to sign up for classes and plan with your

post-secondary Academic Advisor. My advice: register for classes EARLY! They are first come, first serve, and so it's important to plan your schedule ahead of time. Keep checking your emails and correspondence from post-secondary for more instructions and see Mrs. Morrison for help.

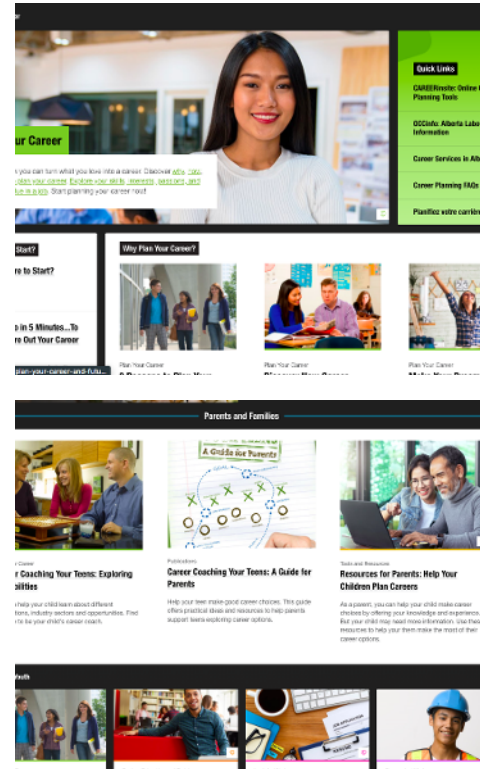


# HOW TO WRITE A SCHOLARSHIP ESSAY

Many scholarships require students to write a scholarship essay or write up about their experiences, career plans etc. They want to get to know YOU to make sure that you are a good candidate for their scholarship. This will require students to show off their writing skills and often, students are shy when they write about themselves. Here's some suggestions:

- Check the scholarship criteria, application instructions and DEADLINE
- In your essay, write about your achievements (both in school and outside of academics), experiences where you got involved in extra-curriculars, helped others and had a positive effect on your school and/or community
- Clearly explain your post-secondary plans and your long term plans.
- Always describe you WHY  
Ex. why did you choose that school? Why did you get involved in that volunteer work? This better describes your motivation and passion.
- Don't forget to write about financial need - why do you need the money?
- And finally, have someone proofread/review your draft.

## ALIS : PLAN YOUR CAREER & EXPLORE



Have you checked out the [alis.alberta.ca](http://alis.alberta.ca) website lately? This a great website, full of information to help our students plan their career, explore education and training programs, look for work and they even have a section to help parents and families. Occinfo ([alis.alberta.ca/occinfo](http://alis.alberta.ca/occinfo)) is a section where students can search specific occupations that interest them or even generate a list of possibilities if they are interested in a specific field (ex. Health care and medical). Students can learn more about the job, what skills/traits are good to have, and what type of schooling or training is required. It's a great starting point! For any students who aren't sure what they want to do after school, we encourage them to complete the self-assessment questionnaires on Careerinsite ([alis.alberta.ca/careerinsite](http://alis.alberta.ca/careerinsite)) and on myBlueprint ([myblueprint.ca](http://myblueprint.ca) - all SPRHS students have a login).

## LOCAL SCHOLARSHIP BOOKLET

Our 2024 Local Scholarship Booklet will be available this month for our grade 12 students and families, as well as for previous grads who are now pursuing post-secondary. Paper copies will be available at the school or you can view it online at

[www.sprhs.ca/parents/career-counselling/scholarships](http://www.sprhs.ca/parents/career-counselling/scholarships)

We have a wealth of school specific and division wide scholarships available to our students. Many of the scholarships will ask for a scholarship essay so please see Mrs. Morrison for a tipsheet.

**February 14, 2024**

# BOARD MEETING HIGHLIGHTS



## **2024-25 School Calendar**

Trustees reviewed feedback received from school councils, parents and staff on the two draft versions of the 2024-2025 school calendar. Trustees approved Calendar B as presented with the following amendments:

- The first day of school will be moved to after the September long weekend
- Professional Learning Days scheduled for November 8 and December 2 will be changed to instructional days

The 2024-25 school calendar can be viewed [here](#).

## **Alberta School Council Association Annual Conference**

The ASCA Annual Conference will be hosted in Edmonton on April 26-28, 2024. Trustees approved a motion to sponsor the cost of registration and accommodations for two members of school councils who would like to attend. Those who are interested are asked to contact their school trustee by March 10, 2024.

## **FNMI Trustee**

The Board approved a motion to extend the current FNMI trustee term from the end of May 2024 to the end of June 2024. A letter regarding the extension will be shared with all relevant stakeholders.

## **Mallaig School Daycare**

Division representatives met with the County of St. Paul to discuss the potential of including a daycare in the design of the new school planned for Mallaig. We extend our gratitude to the County of St. Paul for their commitment to sponsor up to \$300,000 to support a portion of the costs associated with adding this space. The Division is also working with other stakeholders to explore options for covering the remaining costs.

## **Two Hills School Grant**

Congratulations to Two Hills School for receiving the N:OW for Net-Zero Foundation for Environmental Stewardship Grant. The school will use the \$14,400 grant to upgrade their lights to LED lights. We look forward to hearing more about this project as it develops.

## **Financial Report**

The Province is expected to release its budget at the end of February. Trustees and stakeholders will be engaged in budget development in the coming months including the setting of priorities. Trustees reviewed the Division's five year financial profile. As requested by the Province, the Division has reduced their reserves and is not in a position to draw them down any further.

For more information, contact:

Mr. Peter Barron  
Superintendent of Schools  
barrpete@sperd.ca

*Learning Together, Growing Together*