



St Paul Regional High School

SCHOOL NEWSLETTER

APRIL 2024

School Calendar 2023-2024

- 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 Info

Grad Photos RETAKES will take place April 4, 2024

Parent-Grad MEETING:

WEDNESDAY May 1 @ 7:00pm Fine Arts Theatre

Re: Costs, Questions, & Purdy's Pick-Up!

Grads should be regularly checking the Grad Google classroom and their student emails - parents/guardians, too - for updates and announcements.

Please check the 'Grad' section of our website for updates as available. www.sprhs.ca/grad

PD DAY: Apr. 19

PASSWORDS

At the end of March, ALL students passwords were reset by our tech department. This affects both Google, and Powerschool accounts. If you haven't already gotten your new password - please inquire at the office!

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.

Culinary SKILLS

Congratulations to Marissa Shtybel (1st in Culinary) & Isabella Parsons (2nd in Culinary). Full results on page 3.



APRIL 2024				
MON	TUES	WED	THURS	FRI
1 EASTER MONDAY	2 Burger Special w/ Fries	3 Mac & Cheese w/ Hot Dogs	4 Chicken Caesar Salad w/ Garlic Bread	5 Egg roll in a bowl w/ dumplings (3)
8 Pepperoni Pizza w/ Caesar Salad	9 Taco in a bag	10 Belgian Waffles w/ Strawberries & Whip'd Cream	11 12 Perogies in Cream	12 3 Chicken Strips w/ Fries
15 Hot Dog & Curly Fries	16 Nacho Supreme	17 Chicken on a Cloud	18 Burger Special w/ Fries	19 PCL DAY
22 Chicken Bacon Cheeseburger w/ Fries	23 Taco Salad	24 Big Mac Casserole	25 Chicken Nuggets w/ Poutine	26 Pizza Sub w/ Caesar Salad
29 Chicken Bacon Ranch Sub w/ Ice Cream Sandwich	30 Spaghetti w/ Meatballs			



Rocking our socks for World Down Syndrome Day!

SPORTS HIGHLIGHTS

SAINTS Handball

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

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).

**SAINTS Track & Field**

May 22: SPAA Track & Field at Regional

May 29: Zone Track & Field in Lloydminster

June 7 & 8: Provincial Track & Field in Edmonton.

**#GOSAINTSGO****SAINTS Skills**

Porter Dallaire: 1st in Welding

Nate Crook: 3rd in Construction

Marissa Shtybel: 1st in Culinary

Isabella Parsons: 2nd in Culinary

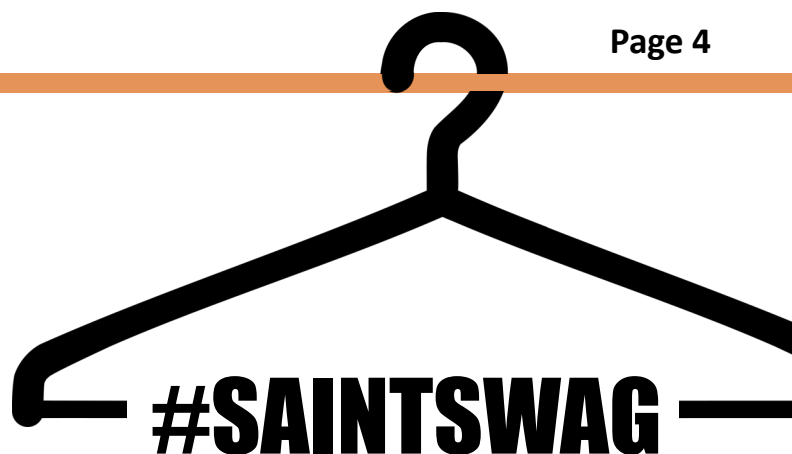
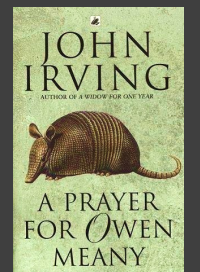
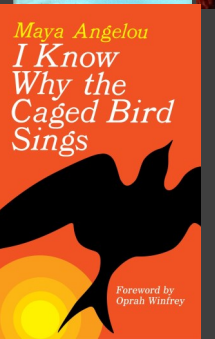
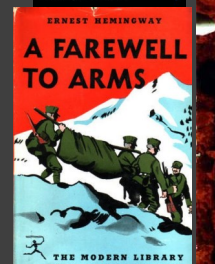
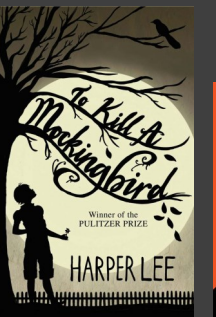
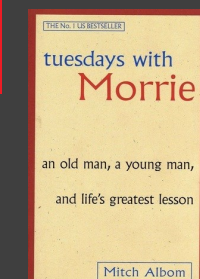
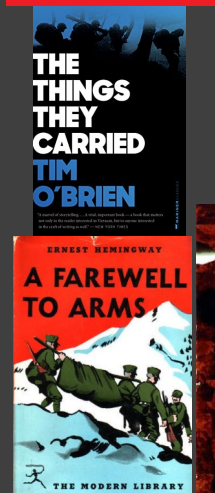
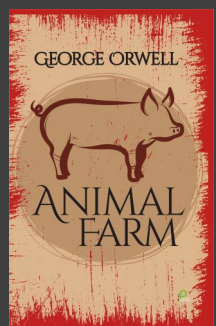
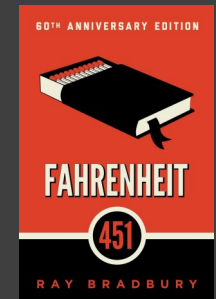
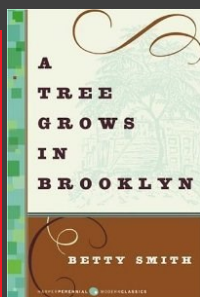
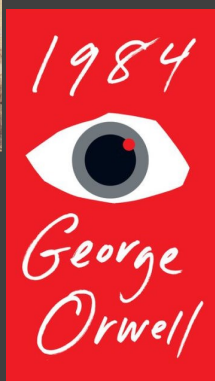
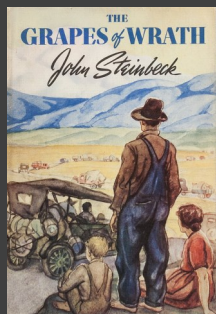
Mechanics compete at Regionals in Vermilion on April 22.

Cosmetology will head straight to Provincials.

**Skills Canada
Alberta**

12

Most Influential Books for High School Students, According To Teachers

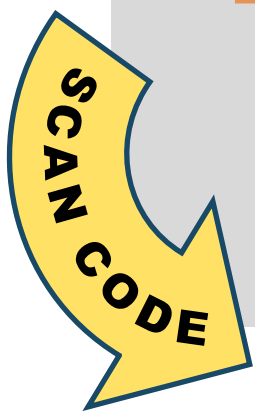


Check out our SCHOOL STORE for amazing Saints Gear!
New stock arriving weekly.
Gift Certificates are also available.

Open daily over the lunch break— 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.

Come to the library to see these, and many more, great reads, or visit our [website](#).

ID# 14790924



SCHOLARSHIP WORKSHOP

Get Your Dream With Scholarship

LIMITED SPOTS

SHAD CANADA GUIDES AMBITIOUS STUDENTS THROUGH THE FINER POINTS OF FILLING OUT SCHOLARSHIP APPLICATIONS

60 MINUTES

GRADES 7-12

 **13** SATURDAY
2024
APRIL

 **TIME AT**
11.30 AM
OR 1.45 PM

Lunch Provided by Portage College
Get a 15% discount at Boston Pizza the day of the event

11.30 AM



PORTAGE COLLEGE

St Paul Campus
April 13, 2024

1.45 PM



IT'S FREE

SPREAD THE WORD!

<https://spdss.ca/lakelandsteamxcape2024>

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



April Affirmations!

Most people use self-talk everyday, but unfortunately it is usually negative. Please consider that thought-stopping and reframing is an effective strategy to reduce anxiety and create a more positive mindset when dealing with challenges. Step 1. Recognize the negative thought and what caused it. Step 2. Stop the thought and start to reframe it into something positive. Step 3. Practice this and become aware of the reframing of negative thoughts to positive and soon your brain will do it automatically.



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!

Students union organized a pie -throwing fundraiser in honour of Pi Day. They raised \$180 for the foodbank and 7 teachers suffered a pie to the face for their efforts. Nice work 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.

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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.

SPRHS

CAREER CORNER

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

IMPORTANT DATES

Apr 4: Course registration opens at UAlberta for first year students

Apr 8: Course registration opens at MacEwan University for 1st year

Apr 9: Finding & Applying for Scholarships webinar at 4pm through ScholarshipsCanada

Apr 10: Lakeland College presentation during TEAM XV in room 220 (any interested students are welcome to join, regardless of grade level)

Apr 25: Red Deer Polytechnic Education and Career Expo

Apr 30: Deadline for guaranteed housing at University of Alberta

Apr 30: Bold Eagle application deadline

Apr 30: Deadline to pay the tuition deposit at Red Deer Polytechnic

May 1: Deadline to pay the tuition deposit @ UAlberta

May 15: Olds College Discovery Day



SCHOLARSHIPS

We have several scholarships available for students to apply for.

- NADC Bursary (Apr 30)
- TransCanada Scholarships (for Indigenous students or any students going into the Trades or STEM field) (due May 3)
- Mary Poirier Young Leaders Scholarship (May 31)
- June 1st is a BIG deadline for many of our other local scholarships

More scholarship info at sprhs.ca/parents/career-counselling/scholarships and check out our 2024 Local Scholarship Booklet.

JOB RESUME

Take this time to update your resume. We can help! Our Career Counsellors can guide you through writing a resume and cover letter and can give you some suggestions.

SCHOLARSHIP ESSAY

Want someone to look over your scholarship essay and give you some feedback. Email your rough draft to Mrs. Morrison or share it with morrance@sperd.ca

COURSE REGISTRATION FOR POST-SEC

For those grade 12 students who are post-secondary bound, we need to start making some decisions. April/May/June is a busy time of the year because it's time to register for your 1st year university classes!! Many schools will offer registration online workshops and we

encourage students to sign up and learn about how to register for classes and plan with your post-secondary Academic Advisor. My advice: register EARLY for your classes! They are first come, first serve and so, it's important to plan your schedule ahead of time. *Check your post sec email for info.

March 13, 2024

BOARD MEETING HIGHLIGHTS



St. Paul Education

Mallaig Community Engagement

The Division hosted a Community Engagement session on March 7 in Mallaig. We extend our gratitude to the parents, community stakeholders, and MLA Glenn van Dijken for attending. The session fostered productive discussions and valuable feedback on the potential inclusion of a daycare in the design of the new school planned for Mallaig. Following the recent provincial budget announcement, it was confirmed that the Division will not receive funding to proceed with the Mallaig replacement school construction during this current budget cycle. The Division remains optimistic that funding will be approved in the next cycle.

Provincial Budget Announcement

The Provincial budget was released on February 29. At the provincial level there is a modest increase of 4.4% to the overall Education budget; however, student growth province wide is expected to be about 3.6% which narrows the amount to accommodate inflation. The Division is awaiting the release of its funding profile to assess the local impact of the budget. The Division will receive additional \$86,558 in one-time funding for the current school year to support nutrition programming in schools.

2024-25 Two Hills Mennonite and Colony School Calendar

The regular calendar was approved on February 14, 2024. Superintendent Barron has created an alternative calendar for the Two Hills Mennonite and Colony schools. The Board of Trustees approved the recommended calendar. The 2024-25 calendar for Two Hills Mennonite and the Colony schools can be viewed [here](#).

School Division Pow Wow

The Division will host a Traditional School Pow Wow on May 30, 2024. We extend our gratitude to the Frog Lake First Nation for hosting this event at their Pow Wow Arbour. This celebration of Cree culture will feature talented dancers from St. Paul Education schools showcasing their talents and skills.

Local Scholarship Program

The 2024 Local Scholarship Booklet is now available on our [website](#). It features numerous scholarships, awards, and bursaries that our graduating students can apply for. This year, we are excited to introduce a new scholarship - the Pratch Family Foundation Arts Scholarship. Thank you to all our generous sponsors for supporting this valuable program and assisting our students in their career and post-secondary endeavors.

Alberta Rural Education Symposium

Several representatives from the Board and Division attended this conference, which was hosted in Enoch in early March. Participants had the opportunity to attend sessions and participate in conversations focused on cultivating relationships, nurturing connections and harvesting success in the context of rural education.

Capital Plan Priorities

The Board of Trustees passed a motion to approve the 2023-24 IMR and Capital Plan. Capital plan improvements are subject to provincial funding approval. The Division's priority ranking includes the replacement of the École Mallaig and Elk Point Elementary schools and modernizations to the New Myrnam and Heinsburg schools.

Alberta School Employee Benefit Plan Premium Rate Increase

An increase in these fees will result in a cost of approximately \$200,000 for the Division. The Board of Trustees approved a motion to share a letter of concern with the Minister of Education and the Alberta School Boards Association regarding the ASEBP rate increase.

For more information, contact:

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

Learning Together, Growing Together