



St Paul Regional High School

SCHOOL NEWSLETTER

MAY 2024

School Calendar 2023-2024

- 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



PD DAY: May 16
NO SCHOOL:
May 17 & 20

Have you paid your school fees?

****See page 9 for more information****

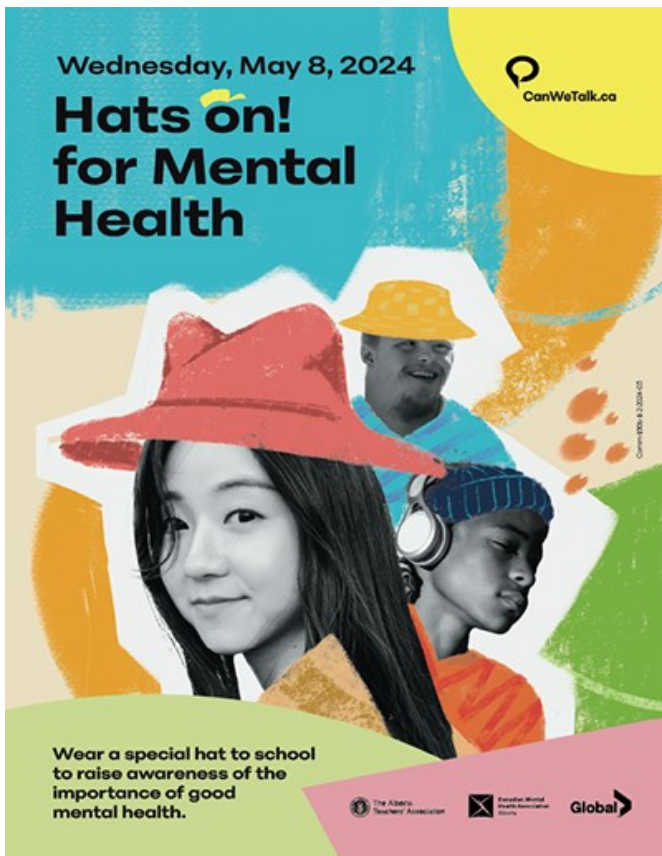
Grad Info

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



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.

Multicultural Day!

May 15

See Mrs. Foisy or Mrs. Lawton for more information.

Calling all dancers, musicians, singers, chefs and anyone who wishes to share their culture!

Grab this opportunity to perform live, create a display, or share a dish!



May 2024

MON	TUES	WED	THURS	FRI
		1 Mac & Cheese w/ Hot Dogs	2 Chicken Caesar Salad w/ Garlic Bread	3 Egg roll in a bowl w/ dumplings (3)
6 Cheese & Bacon Burger w/ Fries	7 Taco in a bag	8 Pizza Sub w/ Caesar Salad	9 Belgian Waffles w/ Strawberries & Whip'd Cream	10 Chicken Strips (3) & Fries
13 Hot Dog & Curly Fries	14 Chicken Nuggets w/ Poutine	15 Garlic Pork Bites w/ Rice & Mixed Veggies	16	17
20	21 Taco Salad	22 Big Mac Casserole	23 Perogies in Cream & Smokie	24 Burger Special w/ Fries
27 Chicken Bacon Ranch Sub w/ Ice Cream Sandwich	28 Nacho Supreme	29 Chicken on a Cloud	30 Grilled Ham & Cheese w/ Fries	31 Ginger Beef, Rice & Peas

REGISTRATION FORMS

2024-2025

Online registration for the 2024-2025 school year is now open.

ALL RETURNING STUDENTS NEED TO BE REGISTERED.

Login in at:
<https://powerschool.sperd.ca/public/>

SPORTS HIGHLIGHTS

SAINTS Handball



Boys won 2nd & Girls Consolation @ Red Deer Handball Tournament
April 30 - May 1: 3A Zone Handball Championship in Bonnyville
May 10-11: Provincial Championship (Diamond Valley)

SAINTS Badminton

58 Athletes competed @ SPAA Sr. High Championship in St. Paul
27 Athletes moved on to the 3A Zone Badminton Championship in Fort McMurray &
BROUGHT HOME THE BANNER!
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 Bonnyville *updated
June 7 & 8: Provincial Track & Field in Edmonton.



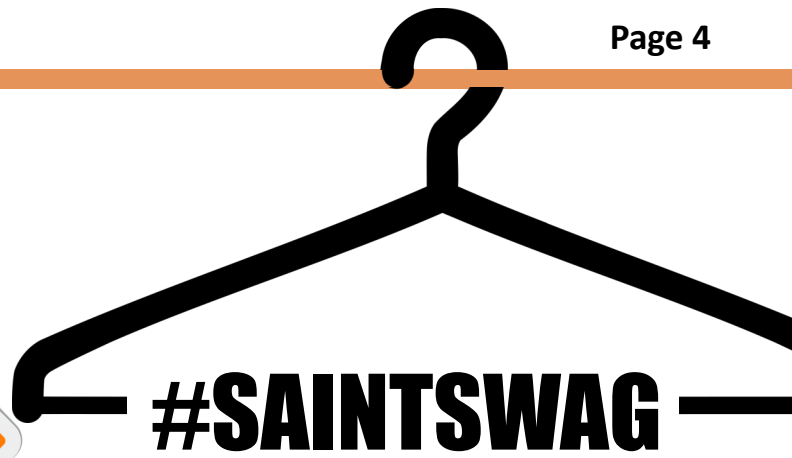
RCMP Roadrace Tuesday, May 7



#GOSAINSTSGO

Athletic Awards
SAVE the date: Thurs. June 13

SPIRIT DAYS Weekly!



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.

MAY

May 3 - Y2K Day

May 8 - Barbie vs Ken Day

May 15 - Multicultural Day:
Food, Booths, and performances
(11:30-12:30)

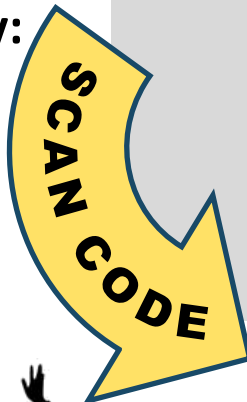
May 24 - Album Cover Day

May 28 - Work Uniform Day:
Wear your work uniform to school

May 31 - 10 Years in the Future Day

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





2024 TRADITIONAL SCHOOL DIVISION POW WOW

Thursday,
May 30
2024

Host Location: Frog Lake First Nation

Pow Wow Arbor - Frog Lake, AB

10 am - 2:30 pm

Featuring the talented dancers from St. Paul Education schools. Students are encouraged to bring their own lunch. A concession will also be available on site.

Host Drum - Kihew Asiniy

**For more information
contact Keith Gamblin:**



St. Paul Education

Learning Together, Growing Together

 780-645-3323

 gambkeit@sperd.ca

M, E, N, T, A, L,
H, E, A, L, T, H,
M, A, T, T, E, R, S,

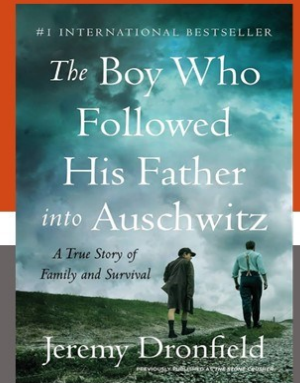
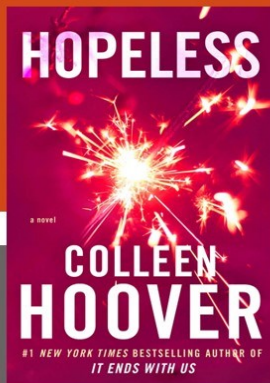
Cheryl Quinton
Family School Liaison Worker
quincher@sperd.ca
780 645-4491

6 REASONS TO GO ON A WALK

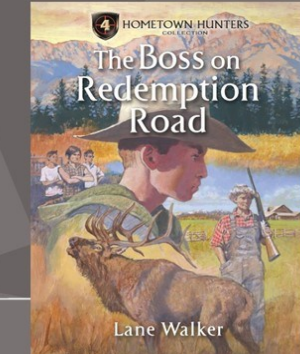
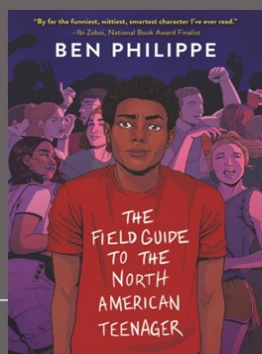
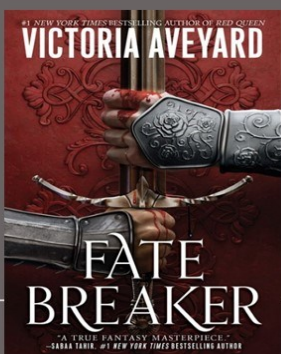


May Meditation. With the weather warming up it is a good time to spend more time outside. Fresh air and sunlight is very good for your mental health and going on a walk is a nice brain break from screens and a great way to de-stress.

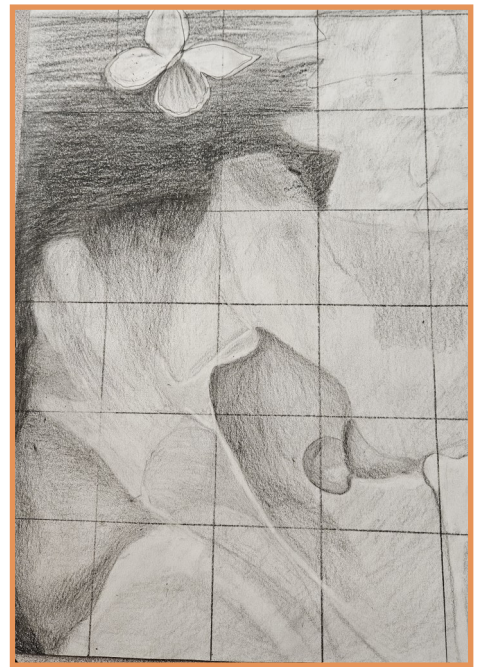
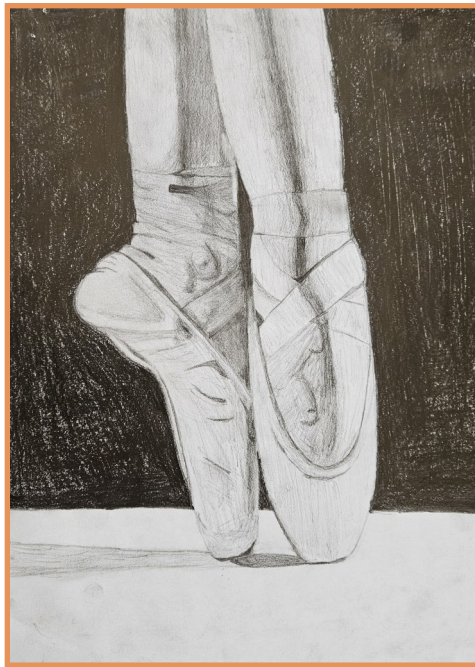
HOT TEEN BOOKS



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



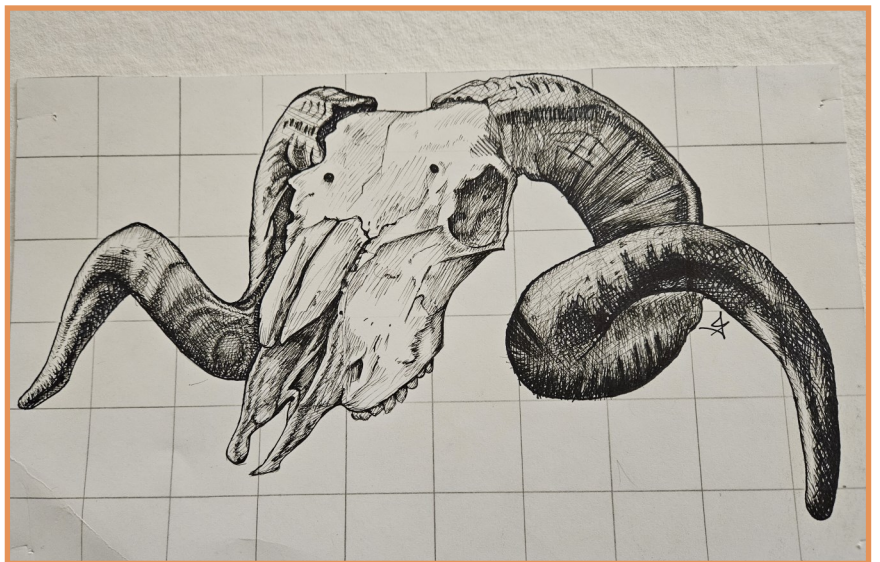
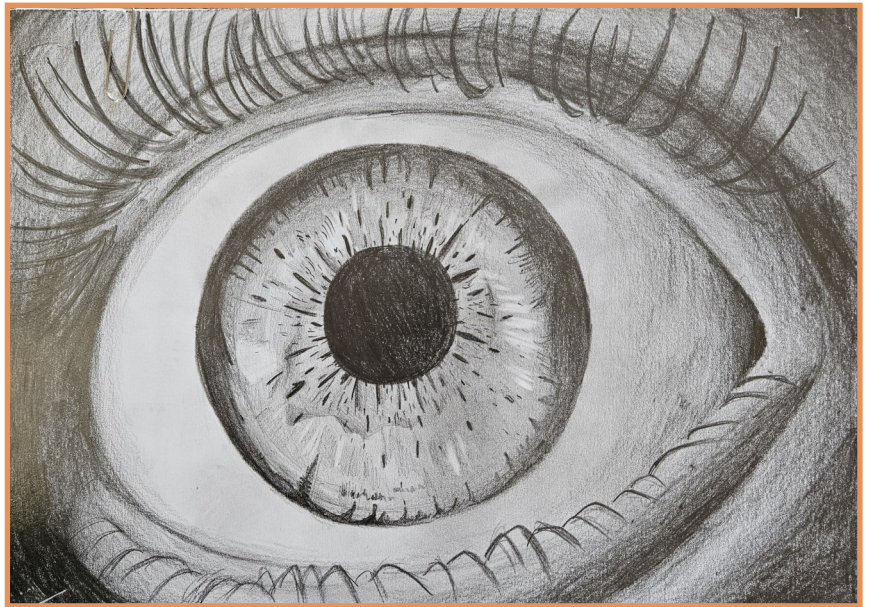
Mrs. Della Laschowski, Learning Commons Librarian



Above from left to right:
Chad Fithen, Mariah Ng,
Krymson Osatenko

Right:
Autumn Thomas

Below Right:
Jayde Small



SHOW CASE

**THURSDAY
MAY 2, 2024**

6:30 - 8:30 p.m.

St. Paul Regional High School
FINE ARTS THEATRE

4701-44 St

Ariel Haubrich, M.Ed Psych

Knowledge is Power
Consulting & Wellness Services



what am I MISSING?

A session designed for parents of children of all ages to learn about:

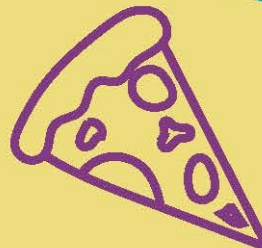
- ✓ Impact of social media & the internet (anxiety & conflict)
- ✓ What's happening in kids brains? (typical development & behaviour)
- ✓ The continuum of mental health challenges through to mental illness (What's the difference?)

***Please note this session is intended for an adult audience.**



**Registration is not required;
however, we do want to know if
you will be joining us for pizza?**

Please let us know by going to this link:
<https://bit.ly/4amnOGc>



St. Paul Education



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.



**WE ARE SO EXCITED TO BE OFFERING
GOOGLE PRODUCTIVITY PRO
AGAIN THIS SUMMER SCHOOL YEAR**

ARE YOU IN GRADES 9-11?
COMPLETE OUR 6-CREDIT COURSE DURING
SUMMER SCHOOL AND RECEIVE A
CHROMEBOOK FOR NEXT YEAR.

NOTE: IN ORDER TO GET THE CHROMEBOOK YOU MUST
COMPLETE ALL 6 CREDITS OF WORK

**MORE INFO? SOUND INTERESTING?
QUESTIONS?
MALCBREA@SPERD.CA**

SPRHS CAREER CORNER

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

IMPORTANT DATES

May 1: Applications open on the Inspire website

May 1: Deadline to accept your offer and pay deposit at UCalgary & UAlberta

May 3: TransCanada Scholarships application deadline

May 8: Rupertsland presentation during Team XV in Room 220

May 15: Rupertsland funding applications open

May 15: Olds College Discovery Day

May 21: Red Deer Polytechnic new student registration opens

May 21: UAlberta Grade 11 Matters webinar at 5-6pm

May 31: Mary Poirier Young Leaders Scholarship deadline

May 31: Application deadline for the RDP general awards

June 1: MANY local scholarships are due today!!!! Check out our local scholarship booklet for a full list.

All scholarship info can be found on our website:
www.sprhs.ca/parents/career-counselling/scholarships



SCHOLARSHIPS

We have several scholarships available for students to apply for.

- Rupertsland (for Metis students) post sec funding applications open May 15th
- TransCanada Scholarships (for Indigenous students and students pursuing Trades or a STEM program) due May 3
- Mary Poirier Young Leaders Scholarship due May 31
- JUNE 1st deadline for many local scholarships & deadline for Saddle Lake Post-Secondary Funding

RUPERTSLAND

Rupertsland Institute provides post-secondary financial aid to Metis students to help with the cost of furthering their education. They will be at SPRHS on May 8th to give a presentation on funding during Team XV in Room 220. Applications will be open on May 15th at 10:00am and we advise students to apply for this post-secondary funding as early as possible, since funding is limited and not guaranteed. Students can access the application online at apply.rupertsland.org



LOCAL SCHOLARSHIP ESSAY

May is a busy month for Grade 12's to prep their local scholarship essay. Many of our local scholarships are due on or around June 1st and they require an essay. Your essay should include information about your career and future plans, school and community involvement, financial need and other

criterion set by the scholarship sponsor. This is a chance to share your story with the scholarship committee. TIP: Don't wait until the last minute. Need help getting started? Reach out to Mrs. Morrison for tips and help reviewing your essay.